

SUNDAY, JULY 28

TONE 4

5th Sunday after Pentecost: Holy Apostles of the Seventy and Deacons:
Prochorus, Nicanor, Timon, and Parmenas

"Lord I Call..." Tone 4

Lord, I call upon You, hear me!
Hear me, O Lord!
Lord, I call upon You, hear me!
Receive the voice of my prayer,
when I call upon You!//
Hear me, O Lord!

Let my prayer arise
in Your sight as incense,
and let the lifting up of my hands
be an evening sacrifice!//
Hear me, O Lord!

v. (10) Bring my soul out of prison, that I may give thanks to Your Name!

Tone 4 *(for the Resurrection)*

We glorify Your Resurrection on the third day, O Christ God,
by always honoring Your life-creating Cross;
by it, You have renewed the corrupted nature of man,
O almighty One.
By it, You have renewed our entrance to heaven,//
for You are good and the Lover of man.

v. (9) The righteous will surround me, for You will deal bountifully with me.

You loosed the Tree's verdict of disobedience, O Savior,
by being voluntarily nailed to the tree of the Cross.
By descending to hell, O almighty God,
You broke the bonds of death.
Therefore, we adore Your Resurrection from the dead, singing in joy://
"Glory to You, O all powerful Lord!"

v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!

You smashed the gates of hell, O Lord,
and by Your death You demolished the kingdom of death.
You delivered the race of men from corruption,//
granting the world life, incorruption and great mercy.

v. (7) Let Your ears be attentive to the voice of my supplications!

(Resurrection stichera by Anatolius)

Come, O people,
let us sing of the Savior's Resurrection on the third day!
By it, we have been freed from the unbreakable bonds of hell.
By it, we have received life and incorruption.
Save us by Your Resurrection!//
O Life-creating and almighty Savior, glory to You!

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

Angels and men sing of Your Resurrection on the third day, O Savior.
By it, the ends of the earth have been illuminated.
By it we have been delivered from bondage to the Enemy.
Save us by Your Resurrection!//
O Life-creating and almighty Savior, glory to You!

v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

You have shattered the gates of brass
and destroyed the chains of death, O Christ God.
You have raised the fallen human race.//
O Lord, risen from the dead, glory to You!

v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!

O Lord, Your begetting from the Father is timeless and everlasting.
Your incarnation from the Virgin is beyond words and understanding.
Your descent into hell is terrible for the Devil and his Angels.
You have trampled on death,
rising on the third day,//
and granting men incorruption and great mercy.

v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

Tone 1 *(for the Apostles) (Joy of the Heavenly Hosts)*

By a choice determined by God,
you were honored by being preferred to serve the needs of the saints.
You were full of divine wisdom, illumination and grace.
Now, O glorious ones, you ever dwell in the heavens,//
rejoicing with the Angels.

V. (2) Praise the Lord, all nations! Praise Him, all peoples!

By the grace of the Spirit,
you were revealed to the world as bright lamps,
shining richly with the light of knowledge,
ending the darkness of wickedness.
You have been translated, O Apostles,//
and now make your dwelling near the unapproachable Light.

V. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.

Let us praise the most holy Nícanor, Parménas and Tímon,
and with them let us honor the divine Próchorus,
for these men fulfilled the commands of the Word!
They enrich those who doubt,//
and are most ardent intercessors with our God.

*Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.*

Tone 4 *(Theotokion – Dogmatikon)*

The Prophet David was a father of the Lord
through thee, O Virgin.
He foretold in songs the One Who worked wonder in thee:
“At Thy right hand stood the Queen,”
Thy Mother, the mediatrix of life,
since God was freely born of her without a father.
He wanted to renew His fallen image, made corrupt in passion,
so He took the lost sheep upon His shoulder
and brought it to His Father,
joining it to the heavenly pow’rs.//
Christ, Who has great and rich mercy, has saved the world, O Theotokos.

Aposticha

Tone 4 *(for the Resurrection)*

By ascending the Cross, O Lord,
You have annulled our ancestral curse.
By descending to hell, You have freed the eternal prisoners,
granting incorruption to the human race.//
Therefore in songs we glorify Your life-creating and saving Resurrection.

v. The Lord is King; He is robed in majesty!

By hanging upon the tree, O only powerful Lord,
You shook all of creation.
By being laid in the tomb You have raised those who dwelt in the tombs,
granting life and incorruption to the human race.//
Therefore in songs we glorify Your rising on the third day.

v. For He has established the world, so that it shall never be moved.

The lawless people, O Christ,
handed You over to Pilate, condemned to be crucified,
thus proving themselves ungrateful before their Benefactor.
But voluntarily You endured burial,
rising by Your own power on the third day as God,//
granting us life everlasting and great mercy.

v. Holiness befits Your house, O Lord, forevermore!

With tears the women reached Your tomb,
searching for You, but not finding You.
They wept with wailing and lamented:
“Woe to us! Our Savior, King of all,
how were You stolen?
What place can hold Your life-bearing body?”
An Angel replied to them:
“Do not weep, but go and proclaim that the Lord is risen,//
granting us joy as the only compassionate One!”

*Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.*

Tone 4 *(Theotokion)*

Look on the entreaties of your servants, O Blameless One!
Stop all the terrible attacks against us,
freeing us from every affliction,
for we have only you as our sure and firm anchor!
Do not let us be put to shame, O Lady,
for we call on you for our intercession!
Hasten to pray for those who call in faith:
“Rejoice, O Lady, Help of all://
the Joy and Shelter and Salvation of our souls!”

(at Great Vespers)

Tone 4 **Troparion** *(Resurrection)*

When the women disciples of the Lord
learned from the angel the joyous message of Your Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,//
granting the world great mercy!”

Glory to the Father, and to the Son, and to the Holy Spirit,

Tone 3 **Troparion** *(Apostles)*

Holy Apostles Próchorus, Nícanor, Tímon, and Parménas,
entreat the merciful God,//
to grant our souls forgiveness of transgressions!

now and ever, and unto ages of ages. Amen.

Tone 3 **Resurrectional Dismissal Theotokion**

We praise you as the mediatrix of our salvation,
O Virgin Theotokos.
For your Son, our God, Who took flesh from you,
accepted the Passion on the Cross,//
delivering us from corruption as the Lover of Man.

(at the Divine Liturgy)

Tone 4 Troparion *(Resurrection)*

When the women disciples of the Lord
learned from the angel the joyous message of Your Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,//
granting the world great mercy!”

Tone 3 Troparion *(Apostles)*

Holy Apostles Próchorus, Nícanor, Tímon, and Parménas,
entreat the merciful God,//
to grant our souls forgiveness of transgressions!

Tone 4 Kontakion *(Resurrection)*

My Savior and Redeemer
as God rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of hell,
and as Master,//
He has risen on the third day!

Tone 1 Kontakion *(Apostles)*

The glorious Nícanor, Próchorus, Parménas, and Tímon,
the honored deacons and eyewitnesses of the Word,
have been revealed as chosen vessels of the Faith.
Therefore, we celebrate your holy memory today,//
blessing you with gladness of heart.

Tone 4 Prokeimenon *(Resurrection)*

O Lord, how manifold are Your works; / in wisdom have You made them all.
(Ps. 103:26)

V. Bless the Lord, O my soul! O Lord, my God, You are very great! (Ps. 103:1)

Epistle
(103) Romans 10:1-10

Tone 4
Alleluia, Alleluia, Alleluia!

V. Go forth, prosper and reign, for the sake of meekness, righteousness and truth!
(Ps. 44:3b)

V. For You love righteousness, and hate iniquity. (Ps. 44:6)

Gospel
(28) Matthew 8:28-9:3

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*
Alleluia, Alleluia, Alleluia!

Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.