

SUNDAY, SEPTEMBER 22

TONE 4

13<sup>th</sup> Sunday after Pentecost (1<sup>st</sup> of Luke); Hieromartyr Phocas, Bishop of Sinope, Apostle Quadratus of the Seventy (*transferred from September 21 because of the Leavetaking*)

"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.*

**Tone 4**      *(for St. Quadratus)*      *(Called from on high)*

As a hierarch and divine preacher,  
a divinely-chosen witness of the sufferings of Christ  
and co-inheritor of the inexpressible glory which is yet to be revealed,  
O glorious Quadratus,  
you wisely preached the holy Gospel,  
leading those dwelling in the darkness of unbelief to the Light.  
Therefore keeping joyous festival//  
we honor your all-sacred memory, O blessed bearer of God.

*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.*

Having splendidly gained the knowledge of divine things,  
like the Sun, you passed over the earth,  
enlightening all with the brightness of your teachings.  
O witness of the divine mysteries,  
you enlightened the souls of those who were in darkness,  
driving away the prince of darkness together with his foul demons,  
who could not endure the brightness and divine grace  
and the all-powerful Spirit dwelling within you,  
O holy hierarch Quadratus,//  
blessed intercessor for those who praise you.

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

Strengthened by confessing God,  
adorned by marks of goodness,  
yet driven away from Athens and your flock by lawless people,  
O all-blessed one,  
like a saving fountain you watered the earth  
and showed hearts once overgrown with the vanities of darkness to be fruitful.  
As an apostle and disciple of Christ, //  
O most faithful hierarch Quadratus, pray for those who praise you!

*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 St. Phocas)*      *(Joy of the Heavenly Hosts)*

Overthrowing the empty folly of idols by your sacred words,  
you confirmed by faith unstable hearts,  
and guided them to life, O Hierarch Phocas.//  
You competed as an athlete and became a martyr of the Lord.

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

Having dyled your sacred vestment in the blood of your sacred body,  
O most holy Father,  
You truly received from Christ double crowns, O all-blessed one, //  
and you dance with the Angels as you intercede for our salvation.

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

You illumine the whole world with the rays of your miracles;  
you give help daily to those at sea;  
you drive out diseases;  
you bring to an end infirmities of soul and body, //  
for you have received grace from the Lord, O Phocas, blessed by God.

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

**Tone 4**      *(for St. Phocas, by Cyprian)*

From your childhood you loved the Lord, O all-blessed Phocas,  
bishop and martyr of Christ;  
you took up the cross on your shoulders  
and walked the way of salvation by the narrow path.  
By this you have become a companion of the Angels,//  
and are always seen as an opponent of demons and a great intercessor for the  
world.

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

**Tone 4**      *(Theotokion – Dogmatikon)*

The Prophet David was a father of the Lord  
through you, O Virgin.  
He foretold in songs the One Who worked wonder in you:  
“At Your right hand stood the Queen,”  
Your 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    *(St. Quadratus)***

Holy Apostle Quadratus,  
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)***

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learned from the angel the joyous message of Your Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
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**Tone 3      Troparion    *(St. Quadratus)***

Holy Apostle Quadratus,  
entreat the merciful God//  
to grant our souls forgiveness of transgressions!

**Tone 4      Troparion    *(St. Phocas)***

By sharing in the ways of the Apostles,  
you became a successor to their throne.  
Through the practice of virtue, you found the way to divine contemplation, O  
inspired one of God;  
by teaching the word of truth without error, you defended the Faith, even to the  
shedding of your blood.//  
O Hieromartyr Phocas, entreat Christ God to save our souls!

**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 8      Kontakion** *(St. Quadratus)*

The universe offers You, O Lord, the Apostle Quadratus  
as a most honored hierarch and athlete of great strength;  
with hymns it honors his all-venerable memory//  
and asks that through him You grant forgiveness of transgressions to those who  
sing his praise.

**Tone 2      Kontakion** *(St. Phocas)*

The Master established you as a brilliant sun  
shining on all the faithful, glorious Hieromartyr Phocas.  
He has accepted you life, faith and contest as myrrh,//  
for He is rich in mercy.

**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**

(166) 1 Corinthians 16:13-24

**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**

(17) Luke 5:1-11

**Communion Hymn**

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