**SUNDAY, JULY 22 TONE 7**

**8th Sunday after Pentecost/ Holy Myrrhbearer and Equal-to-the-Apostles Mary Magdalene/ Hieromartyr Phocas**

**"Lord, I Call..." Tone 7**

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 7** *(for the Resurrection)*

Come, let us rejoice in the Lord,

Who destroyed the dominion of death!

Let us sing to Him with the bodiless hosts,

for He enlightened the human race!//

Our Maker and Savior, glory to You!

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

You endured the Cross and burial for our sake.

By Your death, You destroyed death as God.

We fall down before Your Resurrection on the third day,//

O Savior, glory to You!

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

When the Apostles beheld the Resurrection of the Maker,

they were amazed and sang the angelic praise.

This is the glory of the Church.

This is the richness of the Kingdom.//

O Lord, crucified for our sake, glory to You!

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

*(for the Resurrection, Anatolios)*

You were held by lawless men, O Christ,

but to me, You are God, and I am not ashamed.

You were smitten on the cheek, but I do not deny You.

You were nailed to the Cross and I do not conceal it,

for I glory in Your Resurrection: Your death is my life.//

Almighty Lord and Lover of mankind, glory to You!

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

**Tone 8\*** *(for Mary Magdalene) (O most glorious wonder)*

Bringing myrrh with tears, O Mary Magdalene,

you reached the tomb of God, and beheld an Angel of glory,

who proclaimed the divine Resurrection of the Life-giver and the

deliverance of all.

Therefore, you hurried to announce it to the eleven, joyfully saying://

“Leap for joy, for Christ has risen!”

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

As you served Christ God, Who for our sake became like us,

and were kindled in soul and mind by His never-ending radiance,

you were a light, O most praised Mary.

And beholding the strange sight of Him hanging on the Cross,

You tearfully exclaimed://

“How is it that Life now accepts a voluntary death?”

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

We celebrate your sacred memory, O most praised Mary;

you were taught by Christ and proclaimed His commandments

for the deliverance of all souls.

With faith we venerate the shrine of your relics,

which pour forth abundant grace and enlightenment//

to those who run to it with love, O blessed one of God.

*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 4** *(for Hieromartyr Phocas)**(You have given us a sign)*

You completely devoted yourself to Him

Who, for your sake, suffered the saving Passion.

And with eagerness you accepted the blood of martyrdom,

that you might be well-pleasing to Him.

Cleaving to Him, O father, you were glorified and enriched with the

working of miracles.//

Therefore, a crown has been placed on you, O martyr most wise.

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

By the strength of your suffering, O most glorious Phocas,

you overthrew the arrogance of the iniquitous

and the worship of demons.

Clearly proclaiming the Savior of all,

You enlightened the minds of the faithful,

and drove out the darkness of vain idolatry//

by the illumination of your miracles and the brilliance of your struggles, O

blessed one of God.

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

Having you as a safe haven, O most glorious Phocas,

we who are imperiled by the waves of life and the depth of sin,

and assailed by the storm of afflictions, faithfully pray:

“By your intercession save us, who honor your memory,

from every kind of adversity,//

entreating the Master and Lord and Lover of mankind!”

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

**Tone 6** *(for Mary Magdalene, by Anatolios)*

As the first to see the divine Resurrection of the First Cause of blessings,

Who, in His compassion, made our nature divine,

you were also the first herald of the Gospel, O Mary Magdalene,

when you cried to the Apostles:

“Stop your lamentation and receive my announcement of joy!

Come and behold Christ, Who has risen//

and grants to the world His great mercy!”!

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

**Tone 7**  *(Theotokion – Dogmatikon)*

No tongue can speak of your wonderful childbearing,

for the order of nature was overruled by God.

You were revealed to be a Mother above nature,

for you remained a Virgin beyond reason and understanding.

Your conception was most glorious, O Theotokos!

The manner of your giving birth was ineffable, O Virgin!

Knowing you to be the Mother of God,

devoutly we pray to you://

“Beseech Him to save our souls!”

**Holy Myrrhbearer Mary Magdalene/ Hieromartyr Phocas**

**Aposticha**

**Tone 7**  *(for the Resurrection)*

As the Savior of the world You arose from the tomb.

As God You resurrected the human race with Your flesh.//

O Lord, glory to You!

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

Come, let us worship the One Who rose from the dead,

and enlightened all creation!

By His death, He has saved us from the torments of hell.//

By His Resurrection He has granted us eternal life and great mercy.

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

You descended into hell, capturing death, O Christ.

In three days You arose again, resurrecting us who glorify Your

Resurrection,//

O Lord and Lover of mankind.

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

When You were placed in the tomb as one asleep,

the sight was great and awesome.

But when You rose on the third day as almighty God,

You resurrected Adam with Yourself.//

Glory to Your Resurrection, only Lover of mankind!

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

**Tone 8** *(for Mary Magdalene) (by Byzas)*

As a disciple faithfully ministering to Christ God

Who, in His great compassion, willingly assumed my poverty,

Mary Magdalene beheld Him stretched upon the Tree

and enclosed within a tomb.

She cried out: “What strange sight do I see?

You give life to the dead, yet You are counted among the dead!

How shall I bring myrrh to You

when You have removed from me the stench of demons?

How shall I shed tears for You, for You wiped away the tears of Eve?

Yet, O King of all, you appeared as a gardener,

taking away the burning heat with the dew of Your words.”

You said to her: “Go to My brethren and declare to them the joy of the

Gospel!

For I shall ascend to the Father,

to My God and your God,//

that I may grant great mercy to the world!”

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

**Tone 8** *(Theotokion)*

Unwedded Virgin,

you ineffably conceived God in the flesh.

O Mother of God most high,

accept the cries of your servants, O blameless one!

Grant cleansing of transgressions to all!//

Receive our prayers and pray to save our souls!

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***(at Great Vespers)***

**Tone 7** **Troparion**  *(Resurrection)*

By Your Cross You destroyed death.

To the thief You opened Paradise.

For the Myrrhbearers You changed weeping into joy.

And You commanded Your disciples, O Christ God,

to proclaim that You are risen,//

granting the world great mercy.

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

**Tone 1** **Troparion**  *(Mary Magdalene)*

By keeping His commandments and laws, holy Mary Magdalene,

you followed Christ, Who for our sake was born of the Virgin,

and in celebrating your most holy memory today,//

we receive forgiveness of sins by your prayers.

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

**Tone 1 Resurrectional** **Dismissal Theotokion**

When Gabriel announced to you, O Virgin, saying “Rejoice!”

with that word the Master of all was incarnate in ^you,

the holy Ark, spoken of by the righteous David!

Your womb became more spacious than the heavens,

for you carried your Creator.

Glory to Him Who took abode in you!

Glory to Him Who came ^forth from you!

Glory to Him Who freed us by being born of you!

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***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

Mary, full of grace, the Lord is with you!

Blessed are you among women,

and blessed is the Fruit of your womb,//

for you have borne the Savior of our souls. *(thrice)*

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***(at the Divine Liturgy)***

**Tone 7** **Troparion**  *(Resurrection)*

By Your Cross You destroyed death.

To the thief You opened Paradise.

For the Myrrhbearers You changed weeping into joy.

And You commanded Your disciples, O Christ God,

to proclaim that You are risen,//

granting the world great mercy.

**Tone 1** **Troparion**  *(Mary Magdalene)*

By keeping His commandments and laws, holy Mary Magdalene,

you followed Christ, Who for our sake was born of the Virgin,

and in celebrating your most holy memory today,//

we receive forgiveness of sins by your prayers.

**Tone 4** **Troparion**  *(Hieromartyr 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.//

Hieromartyr Phocas, entreat Christ God to save our souls!

**Tone 7** **Kontakion** *(Resurrection)*

The dominion of death can no longer hold mankind captive,

for Christ descended, shattering and destroying its powers.

Hell is bound, while the Prophets rejoice and cry:

“The Savior has come to those in faith;//

enter, you faithful, into the Resurrection!”

**Tone 3\* Kontakion** *(Mary Magdalene)*

Standing before the Cross of the Savior,

suffering with the Mother of the Lord,

the most glorious Mary Magdalene

offered praise with tears.

She cried out: “What is this strange wonder?

He Who holds the whole creation in His hand chooses to suffer.//

Glory to Your power, O Lord!”

**Tone 2** **Kontakion** *(Hieromartyr Phocas)*

The Master established you as a brilliant sun,

shining on all the faithful, glorious O hieromartyr Phocas.

He has accepted your life, faith and contest as myrrh,//

for He is rich in mercy.

**Tone 7** **Prokeimenon**

The Lord shall give strength to His people. The Lord shall bless His

people with peace. *(Ps 28/29:11)*

*v: Offer to the Lord, O you sons of God! Offer young rams to the Lord!*

*(Ps 28/29:1)*

**Epistle**

1 Corinthians 1:10-18

**Tone 7**

Alleluia, Alleluia, Alleluia!

*v: It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps 91/92:1)*

*v: To declare Your mercy in the morning, and Your truth by night.*

*(Ps 91/92:2)*

**Gospel**

Matthew 14:14-22

**Communion Hymn**

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

Alleluia, Alleluia, Alleluia!

Liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Archimandrite Juvenaly, Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.