**SUNDAY, SEPTEMBER 22 TONE 5**

**14th Sunday after Pentecost/Hieromartyr Phocas, Bishop of Sinope**

**Today we sing the service to the Apostle Quadratus *(transferred from***

***September 21.)***

**"Lord I Call..." Tone 5**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!//

Hear me, O Lord!

Let my prayer arise

in Thy 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 Thy name!*

**Tone 5**  *(for the Resurrection)*

By Thy precious Cross, O Christ,

Thou hast put the devil to shame.

By Thy Resurrection, Thou hast blunted the sting of sin

and saved us from the gates of death.//

We glorify Thee, O only-begotten One.

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

Christ was led as a sheep to the slaughter

in order to grant Resurrection to the human race.

The princes of hell were frightened by this,

for the gates of sorrow were lifted.

Christ the King of glory had entered,

saying to those in chains: “Go forth!”//

And to those in darkness: “Come to the light!”

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

O great wonder!

The Creator of the invisible suffered in the flesh in His love for man

and rose again immortal.

Come, O sons of nations,

let us worship Him,

for delivered from error by His compassion,//

we have learned to sing of one God in three Persons!

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

*(for the Resurrection, by Anatolius)*

We offer Thee our evening worship,

O never-setting Light,

Who didst come in these last days to the world in the flesh;

Who even didst descend to hell to dispel its darkness.

Thou hast revealed the light of Resurrection to the nations.//

Glory to Thee, O Lord and Giver of light!

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

**Tone 4** *(from the Menaion, for 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,

thou didst wisely preach the holy Gospel,

leading those dwelling in the darkness of unbelief to the Light.

Therefore keeping joyous festival//

we honor thine all-sacred memory, O blessed bearer of God.

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

Having splendidly gained the knowledge of divine things,

like the Sun, thou didst pass over the earth,

enlightening all with the brightness of thy teachings.

O witness of the divine mysteries,

thou didst enlighten 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 thee,

O holy hierarch Quadratus,//

blessed intercessor for those who praise thee.

*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 thy flock by lawless people,

O all-blessed one,

like a saving fountain thou didst water 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 thee!

*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** *(from the Menaion, for Phocas) (Joy of the Heavenly Hosts)*

Overthrowing the empty folly of idols by thy sacred words,

thou didst confirm by faith unstable hearts,

and guided them to life, O Hierarch Phocas.//

Thou didst compete as an athlete and becamest a martyr of the Lord.

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

Having dyed thy sacred vestment in the blood of thy sacred body,

O most holy Father,

Thou didst truly receive from Christ double crowns, O all-blessed one,//

and thou dost dance with the Angels as thou intercedest for our salvation.

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

Thou dost illumine the whole world with the rays of thy miracles,

thou givest help daily to those at sea,

Thou dost drive out diseases,

Thou bringest to an end infirmities of soul and body,

for thou hast 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 Phocas, by Cyrpian)*

From thy childhood thou didst love the Lord, O all-blessed Phocas,

bishop and martyr of Christ;

thou didst take up the cross on thy shoulders

and walked the way of salvation by the narrow path.

By this thou hast become a companion of the Angels,//

and art always seen as an opponent of demons and a great intercessor for

the world.

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

**Tone 5**  *(Theotokion – Dogmatikon)*

In the Red Sea of old,

a type of the Virgin Bride was prefigured.

There Moses divided the waters;

here Gabriel assisted in the miracle.

There Israel crossed the sea without getting wet,

here the Virgin gave birth to Christ without seed.

After Israel’s passage, the sea remained impassable;

after Emmanuel’s birth, the Virgin remained a Virgin.

O ever-existing God Who didst appear as Man,//

O Lord, have mercy on us!

**14th Sunday after Pentecost/Hieromartyr Phocas/Apostle Quadratus**

**Aposticha**

**Tone 5**  *(for the Resurrection)*

We magnify Thee in songs of praise,

O incarnate Christ and Savior.

By accepting the Cross and death for our sake,

as the Lord and Lover of man,

Thou didst overthrow the gates of hell,//

and didst arise on the third day, saving our souls.

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

By being pierced in the side, O Lover of man,

Thou hast poured out drops of life and salvation for all.

By accepting death in the flesh, Thou hast granted us immortality.

Thou hast freed us by being placed in the tomb,

and hast resurrected us with Thyself in glory, as God.//

Glory to Thee, O Lord and Lover of man!

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

Thy crucifixion and descent into hell are awesome, O Lover of man.

Thou hast captured it, releasing the ancient prisoners.

Thou hast opened Paradise and given it to us.

Grant us purification of sins,

who glorify Thy Resurrection on the third day!

Make us worthy of Paradise//

and save us, O Lover of man!

*v. Holiness befitteth Thy house, O Lord, forevermore!*

For our sake, Thou didst accept death in the flesh,

to rise from the dead on the third day.

Heal us from our earthly passions,

and restore us from our evil transgressions;//

and save us, O Lover of man!

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

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

**Tone 5** *(Theotokion)*

Most precious Virgin,

thou art the gate, the temple,

the palace, the throne of the King.

From thee, my Redeemer, Christ the Lord, appeared to those asleep in

darkness.

He is the Sun of Righteousness,

Who desired to enlighten His image, whom He had created.

Since thou possessest motherly boldness before Him, all-praised Lady,//

pray unceasingly that our souls may be saved!

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***(at Great Vespers)***

**Tone 5** **Troparion**  *(Resurrection)*

Let us, the faithful, praise and worship the Word,

co-eternal with the Father and the Spirit,

born for our salvation from the Virgin;

for He willed to be lifted up on the Cross in the flesh,

to endure death,

and to raise the dead//

by His glorious Resurrection.

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

**Tone 3** **Troparion**  *(Holy Apostle 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 thee as the mediatrix of our salvation,

O Virgin Theotokos.

For thy Son, our God, Who took flesh from thee,

accepted the Passion on the Cross,//

delivering us from corruption as the Lover of Man.

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***(at Vigil)*** **Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

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

Blessed art thou among women,

and blessed is the Fruit of thy womb,//

for thou hast borne the Savior of our souls.  *(thrice)*

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

**Tone 5** **Troparion**  *(Resurrection)*

Let us, the faithful, praise and worship the Word,

co-eternal with the Father and the Spirit,

born for our salvation from the Virgin;

for He willed to be lifted up on the Cross in the flesh,

to endure death,

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by His glorious Resurrection.

**Tone 3** **Troparion**  *(Holy Apostle Quadratus)*

Holy Apostle Quadratus,

entreat the merciful God,//

to grant our souls forgiveness of transgressions!

**Tone 4** **Troparion**  *(Hieromartyr Phocas)*

By sharing in the ways of the Apostles,

Thou didst become a successor to their throne.

Through the practice of virtue, thou didst find the way to divine

contemplation, O inspired one of God;

By teaching the word of truth without error, thou didst defend the Faith, even

to the shedding of thy blood.//

Hieromartyr Phocas, entreat Christ God to save our souls!

**Tone 5** **Kontakion**  *(Resurrection)*

Thou didst descend into hell, O my Savior,

shattering its gates as Almighty,

resurrecting the dead as Creator,

and destroying the sting of death.

Thou hast delivered Adam from the curse, O Lover of man,//

and we cry to Thee: O Lord, save us!

**Tone 8 Kontakion** *(Holy Apostle Quadratus)*

The universe offers Thee, 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 Thou grant forgiveness of transgressions to

those who sing his praise.

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

The Master established thee as a brilliant sun

shining on all the faithful, glorious Hieromartyr Phocas.

He has accepted thy life, faith and contest as myrrh,

for He is rich in mercy.

**Tone 5** **Prokeimenon**

Thou, O Lord, shalt protect us and preserve us from this generation forever.

*(Ps 11/12:7)*

*v: Save me, O Lord, for there is no longer any that is godly! (Ps 11/12:1)*

**Epistle**

2 Corinthians 1:21-2:4

**Tone 5**

Alleluia, Alleluia, Alleluia!

*v: I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. (Ps 88/89:1)*

*v: For Thou hast said: “Mercy will be established forever; My truth will be prepared in the heavens.” (Ps 88/89:2)*

**Gospel**

Luke 5:1-11

**Communion Hymn**

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

Alleluia, Alleluia, Alleluia!

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