

**Octoechos - Mode pl. 1.**

On Sunday Morning

**Menaion - September 22**

Memory of the Holy Hieromartyr Phocas

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** Bless the Lord, O my soul, and everything within me, bless His holy name. [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 2:** Bless the Lord, O my soul, and forget not all His rewards. [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

**Verse 3:** The Lord prepared His throne in heaven, and His Kingdom rules over all. [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

*Both now and ever and to the ages of ages. Amen.*

Through the intercessions of the Theotokos, Savior, save us.

**Antiphon II. Mode 2.**

**Verse 1:** Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 2:** Blessed is he whose help is the God of Jacob; his hope is in the Lord his God. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

**Verse 3:** The Lord shall reign forever; your God, O Zion, to all generations. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

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

*Both now and ever and to the ages of ages. Amen.*

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

**Antiphon III.**

**Mode pl. 1.**

**Verse 1:** This is the day the Lord made; let us greatly rejoice and be glad therein. [SAAS]

**Resurrectional Apolytikion.**

**Mode pl. 1. Automelon.**

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our

salvation, O believers, and let us sing His  
praise. \* For in His goodness He was pleased  
\* to ascend the Cross in the flesh, and to  
undergo death, \* and to raise up those who  
had died, \* by His glorious Resurrection. [SD]

**Verse 2:** *Let heaven and earth praise Him.*

[SAAS]

Let us worship the Word who is  
unoriginate \* with the Father and the  
Spirit, and from a Virgin was born \* for our  
salvation, O believers, and let us sing His  
praise. \* For in His goodness He was pleased  
\* to ascend the Cross in the flesh, and to  
undergo death, \* and to raise up those who  
had died, \* by His glorious Resurrection. [SD]

*An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.*

**Psalm 102.**

**Psalm 145.**

**The Beatitudes.**

**Mode pl. 1.**

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**Resurrectional.**

From Octoechos - - -

*Blessed are the merciful, for they shall obtain mercy.* [RSV]

When the robber had believed \* that You the crucified were truly God, \* he wholeheartedly and sincerely confessed You, \* and he cried aloud to You, O Christ, "In Your kingdom, remember me." [SD]

*Blessed are the pure in heart, for they shall see God.* [RSV]

Crucified upon the tree \* of the Cross, He blossomed life for our race, \* and He dried up the curse from the tree, as our Savior; \* whom, as our Creator, let us all in unison extol in song. [SD]

*Blessed are the peacemakers, for they shall be called sons of God.* [RSV]

By Your death, O Christ our Lord, \* You released us from the power of death, \* and raised with yourself those who had died from the ages; \* for You are our Savior and true God, whom all now extol in song. [SD]

*Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.* [RSV]

Pious women came at dawn \* to Your sepulcher, O Giver of life, \* for they wanted to anoint You with fragrant ointments. \* An Angel appeared to them and said, "The Lord has arisen indeed." [SD]

*Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake].* [RSV]

When You were crucified, O Lord, \* between two convicted robbers, O Christ, \* the one was justly condemned for he unjustly blasphemed You, \* but the other, for confessing You, is dwelling in Paradise. [SD]

*Rejoice and be glad, for your reward is great in heaven.* [RSV]

The pious women ran and found \* the Apostles who were hiding in fear, \* and they announced to them that indeed Christ had risen. \* He is our Creator and our Lord. Therefore let us worship Him. [SD]

Glory.

Our Savior and our very God \* we extol You, Father and Son \* and the Holy Spirit, omnipotent, omnific, \* Trinity and Unity, at once distinct and indivisible. [SD]

Both now. **Theotokion.**

Rejoice, living temple of God, \* rejoice, O  
impassable gate, \* and throne that is fiery and  
yet not burning. \* Rejoice, holy Mother of the  
Lord Emmanuel Christ our God. [SD]

**Entrance Hymn. Mode 2.**

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Hymns After the Small Entrance.**

From Octoechos ---

**Resurrectional Apolytikion.**

**Mode pl. 1. Automelon.**

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our salvation, O believers, and let us sing His praise. \* For in His goodness He was pleased \* to ascend the Cross in the flesh, and to undergo death, \* and to raise up those who had died, \* by His glorious Resurrection. [SD]

**For the Hieromartyr.**

**Mode 4.**

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Phocas. Intercede with Christ our God, beseeching Him to save our souls. [SD]

**Apolytikion of the Parish Church**

(The text of the Apolytikion of the local church goes here.)

**Kontakion. Mode 2.**

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry

out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. [SD]

**THE TRISAGION HYMN**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3) [GOA]

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

**The Epistle**

FOURTEENTH SUNDAY

**Prokeimenon. Mode pl. 1. Psalm 11.**

You shall guard us, O Lord; You shall preserve us. [SAAS]

**Verse:** *Save me, O Lord, for the holy man has ceased.* [SAAS]

2 Cor. 1:21-24; 2:1-4

Brethren, it is God who establishes us with you in Christ, and has commissioned us; he has put his seal upon us and given us his Spirit in our hearts as a guarantee. But I call God to witness against me—it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart

and with many tears, not to cause you pain but to let you know the abundant love that I have for you. [RSV]

**Alleluia. Mode pl. 1. Psalm 88.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *O Lord, I will sing of Your mercies forever.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *For You said, "Mercy shall be built up forever."* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

First Sunday of Luke

Lk. 5:1-11

At that time, Jesus was standing by the lake of Gennesaret. And he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all who were with him, at the catch of fish which they

had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed him.

[RSV]

**Hymn to the Theotokos.**

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos. [GOA]

**Communion Hymn. Psalm 148.**

Praise the Lord from the heavens, praise Him in the highest. Alleluia. [SAAS]

**Hymn after Holy Communion.**

**Mode 2.**

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

**THE DISMISSAL**

May He Who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint);

of the holy and righteous ancestors of God  
Joachim and Anna, the holy and glorious  
hieromartyr Phocas, whose memory we  
observe; and of all the saints, have mercy  
on us and save us, for He is good and loves  
mankind.

**Fasting Rule**

*Fast Free: All foods allowed.*