

# Hymns and Readings for Sunday 22<sup>nd</sup> September 2024

## 13<sup>th</sup> Sunday after Pentecost

The Holy Hieromartyr Phocas, Bishop of Sinope

The Holy Apostle Quadratus of the Seventy

### THE HOURS

#### TROPARIA AND KONTAKION AT THE THIRD HOUR

**Troparia:** Resurrection; Glory ... Saint Phocas; Both now ... From the Horologion

**Kontakion:** Resurrection

#### TROPARIA AND KONTAKION AT THE SIXTH HOUR

**Troparia:** Resurrection; Glory ... Saint Quadratus; Both now ... From the Horologion

**Kontakion:** Resurrection

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### THE DIVINE LITURGY

#### TYPICAL PSALMS AND BEATITUDES

##### ENTRANCE HYMN

O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

#### TROPARIA & KONTAKIA

##### **Troparion of the Resurrection in Tone 4**

[Music on website / Green Book page 8]

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

##### **Troparion of Saint Chad in Tone 2**

[Music in Folder]

As a Bishop thou gavest thyself  
to preaching the truth and the purity of the Church.  
Thou didst shine forth as an example of humility and holiness;  
studying the Scriptures, thou tookest care to follow the Word.  
Pray for thy children, O Holy Father Chad,  
that we too may follow Christ, //  
and be found worthy to partake of the nature of God.

##### **Troparion of Saint Quadratus in Tone 3**

[Music on website / Sheet]

O Holy Apostle Quadratus,  
intercede with the merciful God //  
that He grant unto our souls remission of offences!

##### **Troparion of Saint Phocas in Tone 4**

[Music on website / Sheet]

As thou didst share in the ways of the Apostles,  
thou didst occupy their throne,  
thou didst find thine activity to be a passage to divine vision,  
O divinely inspired one.  
Wherefore, ordering the word of truth,  
thou didst suffer for the Faith even to the shedding of thy blood,  
O Hieromartyr Phocas, //  
entreat Christ God that our souls be saved.

**Kontakion of the Resurrection in Tone 4**[\[Music on website / Green Book page 8\]](#)

My Saviour 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!

**Kontakion of Saint Chad in Tone 2**[\[Music in Folder\]](#)

When thou wast praying to Christ, O venerable Chad  
the choir of the angels came to call thee to thy reward.  
Then thou wast summoned to share  
in the Thrice Holy song with the seraphim.  
Pray thou that we may live  
as icons of the cherubim //  
rejoicing before the Trinity, the Giver of life.

**Kontakion Saint Quadratus in Tone 8**[\[Music on website / Sheet\]](#)

The universe offers Thee, O Lord, the Apostle Quadratus  
as a most honoured hierarch and athlete of great strength;  
with hymns it honours his all-venerable memory //  
and asks that through him Thou grant forgiveness of transgressions to those who sing his praise.  
  
Glory be to the Father, and to the Son, and to the Holy Spirit,

**Kontakion Saint Phocas in Tone 2**[\[Music on website / Sheet\]](#)

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.

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

**Steadfast Protectress of Christians in Tone 6**[\[Music on website / Folder\]](#)

Steadfast Protectress of Christians,  
Constant advocate before the Creator,  
despise not the cry of us sinners,  
but in thy goodness  
come speedily to help us who call on thee in faith.  
Hasten to hear our petition and to intercede for us, O Theotokos, //  
for thou dost ever protect those who honour thee.

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**THE TRISAGION**

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**PROKEIMENON**

**Reader:** The Prokeimenon in the Fourth Tone.

**Reader:** O Lord, how manifold are Thy works; in wisdom hast Thou made them all.

**Choir:** O Lord, how manifold are Thy works; in wisdom hast Thou made them all.

**Reader:** Bless the Lord, O my soul! O Lord, my God, Thou art very great!

**Choir:** O Lord, how manifold are Thy works; in wisdom hast Thou made them all.

**Reader:** O Lord, how manifold are Thy works;

**Choir:** in wisdom hast Thou made them all.

**EPISTLE**

The Reading from the First Epistle of the Holy Apostle Paul to the Corinthians.

Ye Brethren: Be watchful, stand firm in your faith, be courageous, be strong. Let all that you do be done in love. Now, brethren, you know that the household of Stephanas were the first converts in

Achaia, and they have devoted themselves to the service of the saints; I urge you to be subject to such men and to every fellow worker and labourer. I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; for they refreshed my spirit as well as yours. Give recognition to such men. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. All the brethren send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. If anyone has no love for the Lord, let him be accursed. Our Lord, come! The grace of the Lord Jesus be with you. My love be with you all in Christ Jesus. Amen. [1 Corinthians 16:13-24]

### ALLELUIA

**Priest:** Peace be to thee that readest, and to all the people.

**Reader:** And to thy spirit. Alleluia, alleluia, alleluia!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** Go forth and prosper and reign, because of truth and meekness and righteousness.

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** For Thou lovest righteousness and hatest iniquity.

**Choir:** Alleluia, alleluia, alleluia!

### GOSPEL

The Reading from the Holy Gospel according to Luke.

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 that 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. [Luke 5:1-11]

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### THE ZADOSTOYNIK

[Folder]

"It is truly meet ..." / "Meet it is in truth ..."

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### COMMUNION HYMNS

Praise the Lord from the heavens, praise Him in the highest! Alleluia, Alleluia, Alleluia!

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### AFTER COMMUNION

"We have seen the True Light ..." etc., as usual.