

Vespers sung on Saturday 21st September for Sunday 22nd September 2024
13th Sunday after Pentecost

The Holy Hieromartyr Phocas, Bishop of Sinope

The Holy Apostle Quadratus of the Seventy

“LORD, I CALL ...”

Tone 4

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!

Bring my soul out of prison, that I may give thanks to Thy Name.

Tone 4 (For the Resurrection)

We glorify Thy Resurrection on the third day, O Christ God,
by always honouring Thy life-creating Cross;
by it, Thou hast renewed the corrupted nature of man,
O almighty One.
By it, Thou hast renewed our entrance to heaven,//
for Thou art good and the Lover of man.

The righteous will surround me, for Thou wilt deal bountifully with me.

Thou didst loose the Tree's verdict of disobedience, O Saviour,
by being voluntarily nailed to the tree of the Cross.
By descending to hell, O almighty God,
Thou didst break the bonds of death.
Therefore, we adore Thy Resurrection from the dead, singing in joy://
“Glory to Thee, O all-powerful Lord!”

Out of the depths I cry to Thee, O Lord. Lord, hear my voice!

Thou didst smash the gates of hell, O Lord,
and by Thy death Thou didst demolish the kingdom of death.
Thou didst deliver the race of men from corruption,//
granting the world life, incorruption and great mercy.

Let Thine ears be attentive to the voice of my supplications!

Come, O people,
let us sing of the Saviour'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 Thy Resurrection!//
O Life-creating and almighty Saviour, glory to Thee!

If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.

Tone 4 *(For Saint Quadratus)*

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

For Thy Name's sake I wait 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.

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 didst show 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!

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 Saint Phocas)*

Overthrowing the empty folly of idols by thy sacred words,
thou didst confirm by faith unstable hearts,
and didst guide them to life, O Hierarch Phocas.//
Thou didst compete as an athlete and becamest a martyr of the Lord.

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.

For His mercy is confirmed on us, and the truth of the Lord endures forever.

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 Saint Phocas)

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 didst walk 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 4 (Theotokion – Dogmatikon)

The Prophet David was a father of the Lord
 through thee, O Virgin.
 He foretold in songs the One Who worked wonder in thee:
 “At Thy right hand stood the Queen,”
 Thy 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 powers. //
 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,
 Thou hast annulled our ancestral curse.
 By descending to hell, Thou hast freed the eternal prisoners,
 granting incorruption to the human race. //
 Therefore in songs we glorify Thy life-creating and saving Resurrection.

V. The Lord is King; He is robed in majesty!

By hanging upon the tree, O only powerful Lord,
 Thou didst shake all of creation.
 By being laid in the tomb Thou hast raised those who dwelt in the tombs,
 granting life and incorruption to the human race. //
 Therefore in songs we glorify Thy 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 Thee over to Pilate, condemned to be crucified,
 thus proving themselves ungrateful before their Benefactor.
 But voluntarily Thou didst endure burial,
 rising by Thine own power on the third day as God, //
 granting us life everlasting and great mercy.

V. Holiness befits Thy house, O Lord, forevermore!

With tears the women reached Thy tomb,
 searching for Thee, but not finding Thee.
 They wept with wailing and lamented:
 “Woe to us! Our Saviour, King of all,
 how wast Thou stolen?
 What place can hold Thy 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 thy servants, O Blameless One!
Stop all the terrible attacks against us,
freeing us from every affliction,
for we have only thee as our sure and firm anchor!
Do not let us be put to shame, O Lady,
for we call on thee 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!"

TROPARIA

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!"

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

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!

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

Resurrectional Dismissal Theotokion in Tone 3

We hymn thee who hast mediated
the salvation of our race, O Virgin Theotokos;
for thy Son and our God, accepting suffering on the Cross
in the flesh He had received of thee,//
hath delivered us from corruption, in that He is the Lover of mankind.