

The 22nd Day of September

**Holy Hieromartyr Phocas, Bishop of Sinopé; the Holy Prophet Jonah;
Venerable Jonah the Presbyter, father of Theophan, author of canons.**

**On this day we also celebrate the service for the Holy Apostle Quadratus of
the Seventy, which is transferred from the 21st because of the Leavetaking.**

Evening Service

At “Lord, I call...,” 3 Stikhera to Saint Quadratus, in Tone 4: *To the melody, “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 God-bearing and blessèd one.

Having splendidly gained the knowledge of divine things /
Thou didst pass over the earth /
Like the Sun, 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 the prince of darkness away /
And all his [foul] demons, who could not endure the living brightness /
And the grace and all-powerful action of the All-good Spirit dwelling within thee. /
O holy hierarch Quadratus, ///
Blessèd intercessor for those who praise thee

Strengthened by the confession of God, /
Adorned by wounds of goodness, /
And driven away from Athens and thy flock by the transgressing people, /
O all-blessèd one, /
Like a saving fountain thou didst water the earth /
And showed fruitful the hearts that were once overgrown with the vanities of darkness. /
As an apostle and disciple of Christ, ///
O truest hierarch Quadratus, pray for those who praise thee.

And 3 Stikhera to Saint Phocas, in Tone 1: *To the melody, “Joy of the ranks of heaven....”*

Casting down the vanity of idolatry with thy sacred words /
Thou didst strengthen the hearts of the weak with faith, /
Guiding them to the Life, O Hierarch; /
Thou didst suffer under the law, O Phocas ///
Thereby becoming a martyr of the Lord.

Having steeped the sacred vestments of thy holy body in blood, /
O most-holy father, /
Thou didst truly receive a double crown from Christ, O blessèd one; /
[And] rejoicing now with the angels in heaven, ///
Thou art praying that we all may be saved

Enlightening the whole world with the rays of thy miracles /
Thou dost help those who are upon the seas, O father, /
Driving away all infirmities of the soul and every weakness of the flesh, /
Having received grace from God, ///
O divinely-bless't martyr Phocas.

Glory..., in Tone 4: *the composition of Cyprian*

From thine infancy thou wast zealous for the Lord, /
O wise, all-blessèd hieromartyr Phocas. /
And taking up the weapon of the Cross upon thy shoulders, /
Without deviating thou didst proceed upon the path of salvation. /
Thus becoming a partner of the angels /
And an adversary of the demons ///
Revealing thyself to be a most-bright intercessor for the world.

Now and ever..., Dogmatic Theotokion, in the Same Tone.

Or the Stavrotheotokion: *to the melody, "Called from on high...."*

"Do not lament Me, O Mother, /
Seeing Me Thy Son and God hanging on the tree, /
Who suspended the earth over the waters /
And created all of creation. /
For I shall arise in glory /
And with might shatter the dominion of Hades, /
Destroying its power /
And delivering the captives from its villainy /
As I am the Compassionate One, /
Presenting them to My Father, ///
As the Lover of Mankind.

The Apostikha from the Octoechos.

The Troparion of the Apostle, in Tone 3:

O holy apostle Quadratus, /
Intercede with our merciful God, /
That He may grant to our souls ///
The remission of our transgressions.

Glory..., the Troparion of the Hieromartyr, in Tone 4:

Like the apostles in character, /
A successor on their throne, O Divinely-inspired One /
Through visions thou didst find thy work /
Rightly dividing the word of truth. /
Thou didst suffer for the sake of the faith /
Even to the shedding of thy blood ///
O Hieromartyr Phocas, pray to Christ God that our souls may be saved.

The Service to the Prophet Jonah and the Venerable Jonah are read at Compline.

— *incomplete as of 8/2/2013*

Morning Service

One Canon from the Octoechos, and two of the Saints.

The Canon of the Apostle, in Tone 2, having the acrostic: “*For thee, O great Quadratus, I weave a song of praise*”, and that of the Hieromartyr, in Tone 4, with the acrostic: “*May God grant me the gift of singing thy praise, O Phocas*”, the composition of Joseph.

— *incomplete as of 8/2/2013*

After Ode 3, the Kontakion of the Hieromartyr Phocas, in Tone 6:

As a hierarch, thou didst offer sacrifice, O father, /
Offering thyself in the end as a living sacrifice, /
Bearing witness under the law concerning Christ God, /
Strengthened by the angels, thou didst consent to death. /
Be thou with us, O Phocas, who cry to thee: ///
Come to us, and no one shall be against us

After Ode 6, the Kontakion of the Apostle Quadratus, in Tone 8:

The universe brings to thee the apostle Quadratus /
As an honorable hierarch and a brave martyr, O Lord, /

And with hymns it honors his precious memory, /
For he is ever praying for the remission of sins ///
Of us who sing his praises, O Greatly-merciful One.

The Exapostilarion of the Apostle:

The course of thy beautiful feet having ended, O apostle Quadratus, thou didst come over rejoicing to the heavenly procession, and standing before the Trinity, thou dost behold the Father, Son and Holy Spirit. Therefore, with faith we celebrate thy most-sacred and divine memory.

Glory..., the Exapostilarion of the Hieromartyr:

Thou didst reveal thyself to be the glory of hierarchs, a defender of the needy and a pillar of virtues, O divinely-wise father. Therefore, remember all those singing thy praises, O Phocas.

Now and ever..., Theotokion:

All of us sinners have thee as an intercessor, O All-holy Virgin. By thy maternal prayers, make thy Son show [His] favor toward us.

Liturgy

Prokeimenon, in Tone 7: Precious in the sight of the Lord / is the death of His saints.
Verse: What shall I render to the Lord for all His bounty to me.

The Epistle: (311) Hebrews 4:14-5:10

The Alleluia, in Tone 2: Thy priests shall be clothed with righteousness and Thy saints shall rejoice. **Verse:** Blessèd is the man who fears the Lord, who greatly delights in His commandments.

The Gospel: (36) John 10:9-16

Communion Hymn: The righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings.