



St. Vladimir Orthodox Church

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Hieromartyr Phocas, Bishop of Sinope /

Prophet Jonah

September 22, 2019

Troparion – Tone 5

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.

Troparion – Tone 3

Holy Apostle Quadratus, entreat the merciful God, // to grant our souls forgiveness of transgressions!

Troparion – Tone 4

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!

Kontakion – Tone 5

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!

Kontakion – Tone 8

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.

Kontakion – Tone 2

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.

Prokeimenon – Tone 5

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

v: Save me, O Lord, for there is no longer any that is godly!

Hieromartyr Phocas, Bishop of Sinope

Hieromartyr Phocas was born in the city of Sinope. From youth he led a virtuous Christian life, and in his adult years he became Bishop of Sinope. Saint Phocas converted many pagans to faith in Christ. At the time of a persecution against Christians under the emperor Trajan (98-117), the governor demanded that the saint renounce Christ. After fierce torture they enclosed Saint Phocas in a hot bath, where he died a martyr's death in the year 117. In the year 404, the relics of the saint were transferred to Constantinople (July 22). The Hieromartyr Phocas is especially venerated as a defender against fires, and also as a helper of the drowning.

Prophet Jonah

The Holy Prophet Jonah lived in the eighth century before the birth of Christ and was a successor of the Prophet Elisha. The Book of the Prophet Jonah contains prophecies about the judgments on the Israelite nation, the sufferings of the Savior, the downfall of Jerusalem, and the end of the world. Besides the prophecies, the Book of Jonah relates how he was sent to the Ninevites to preach repentance (Jon. 3: 3-10).

Our Lord Jesus Christ, addressing the Scribes and the Pharisees who demanded a sign from Him, said that no sign would be given except for the sign of the Prophet Jonah, "As Jonah was in the belly of the whale three days and three nights, so also shall the Son of Man be in the heart of the earth three days and three nights" (Mt. 12: 40). From these words the Lord shows clearly the symbolic meaning of the Book of the Prophet Jonah in relation to Christ's death on the Cross, descent into Hell, and the Resurrection.

Reproaching the lack of penitence and recalcitrance of the Jews, the Lord said, "The Ninevites shall rise in the judgment with this generation and will condemn it, because they repented at the preaching of Jonah; and one greater than Jonah is here" (Mt. 12: 41).

Epistle: 2 Corinthians 1:21-2:4

Now He who establishes us with you in Christ and has anointed us is God, who also has sealed us and given us the Spirit in our hearts as a guarantee. Moreover I call God as witness against my soul, that to spare you I came no more to Corinth. Not that we have dominion over your faith, but are fellow workers for your joy; for by faith you stand. But I determined this within myself, that I would not come again to you in sorrow. For if I make you sorrowful, then who is he who makes me glad but the one who is made sorrowful by me? And I wrote this very thing to you, lest, when I came, I should have sorrow over those from whom I ought to have joy, having confidence in you all that my joy is the joy of you all. For out of much affliction and anguish of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you.

Gospel: Luke 5:1-11

So it was, as the multitude pressed about Him to hear the word of God, that He stood by the Lake of Gennesaret, and saw two boats standing by the lake; but the fishermen had gone from them and were washing their nets. Then He got into one of the boats, which was Simon's, and asked him to put out a little from the land. And He sat down and taught the multitudes from the boat. When He had stopped speaking, He said to Simon, "Launch out into the deep and let down your nets for a catch." But Simon answered and said to Him, "Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking. So they signaled 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. 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 and all who were with him were astonished at the catch of fish which they had taken; and so also were James and John, the sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid. From now on you will catch men." So when they had brought their boats to land, they forsook all and followed Him.

Service Schedule for the week of September 22

Today – 9:00 AM Sunday School, 9:45 AM Hours, 10:00 AM Divine Liturgy, 12:30 PM annual parish picnic at the church picnic grounds on Rt. 33 in Hamilton

Saturday, September 28 – 5:00 PM Vespers followed by Confession

Sunday September 29 – 9:00 Sunday School, 9:45 AM Hours, 10:00 AM Divine Liturgy

Weekly Giving

September 15 – 57 adults, 14 youth, \$3,550

Parish Announcements

Volunteers to host Coffee Hour are needed! It can be as simple as donuts, bagels, and coffee. Please see Melody Stavisky or Michael Toth. Thank you!

Bible Study classes are the 2nd and 4th Wednesdays of each month at 7:00 PM. The next two will be held on September 25 and October 9.

On Saturday October 19 the Sunday School children will travel to St. Tikhon's Seminary for a day visit. Any adults interested in attending please see Father Volodymyr or Melody Stavisky. We will need parental chaperones as well.

All hands on deck – Nadja Nowicki is organizing a pierogi making session for Friday Oct. 4 and Saturday Oct. 5 as a church fundraiser; times will be announced at a later date. Many hands are needed to roll, pinch, cook, and pack the pierogies. Nadja is accepting monetary donations so she can purchase the ingredients. Thank you in advance for your help and support!