

SUNDAY, JULY 12, 2020

TONE 4

5th Sunday after Pentecost/Martyrs Proclus and Hilarion

STICHERA

(10) Bring my soul out of prison, that I may give thanks to Your name! Tone 4

We glorify Your Resurrection on the third day, O Christ God,
by always honoring Your life-creating Cross;
by it You have renewed the corrupted nature of mankind, O almighty One.
By it You have renewed our entrance to heaven, //
for You are good and the Lover of mankind.

v. (9) The righteous will surround me; for You will deal bountifully with me.
You loosed the Tree's verdict of disobedience, O Savior,
by being voluntarily nailed to the tree of the Cross.
By descending to hell, O almighty God,
You broke the bonds of death.
Therefore, we adore Your Resurrection from the dead, singing in joy: //
"Glory to You, O all powerful Lord!"

v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!
You smashed the gates of hell, O Lord,
and by Your death You demolished the kingdom of death.
You delivered the human race from corruption, //
granting the world life, incorruption and great mercy.

v. (7) Let Your ears be attentive to the voice of my supplications!
Come, O people,
let us sing of the Savior'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 Your Resurrection! //
Life-creating and almighty Savior, glory to You!

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.
Angels and mortals sing of Your Resurrection on the third day, O Savior.
By it, the ends of the earth have been illuminated.
By it we have been delivered from bondage to the Enemy.
Save us by Your Resurrection! //
Life-creating and almighty Savior, glory to You!

v. (5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.

You have shattered the gates of brass
and destroyed the chains of death, O Christ God.
You have raised the fallen human race.//
O Lord, risen from the dead, glory to You!

v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!
Lord, Your begetting from the Father is timeless and everlasting.
Your incarnation from the Virgin is beyond words and understanding.
Your descent into hell is terrible for the Devil and his Angels.
You have trampled on death, rising on the third day,//
and granting mankind incorruption and great mercy.

*(3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities. **Tone 1***
You suffered a multitude of tortures,
Together obtaining your holy crowns, Proclus and Hilarion.
Therefore we worthily celebrate your memory,//
Praying fervently that you may intercede for us.

v. (2) Praise the Lord, all nations! Praise Him, all peoples!
Proclus, your body was torn asunder,
But you obtained eternal glory, O blessed one.
Now that you are in the eternal light of paradise,//
Pray that we who sing to you may also see this!

v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.
Like two fountains of light, holy passion bearers, Proclus and Hilarion,
Dispel the darkening of passions
As we sing to you with joy,//
Celebrating your memory!

Glory to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.
Tone 4 The Prophet David was a Father of the Lord through you, O Virgin.
He foretold in songs the One Who worked wonders in you:
“At Your right hand stood the Queen,”
Your 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 pow’rs.//
Christ who has great and rich mercy has saved the world, O Theotokos.

APOSTICHA

Tone 4 By ascending the Cross, O Lord,
You have annulled our ancestral curse.
By descending to hell, You have freed the eternal prisoners,
granting incorruption to the human race.//
Therefore in songs we glorify Your life-creating and saving Resurrection.

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

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

v. Holiness befits Your house, O Lord, forevermore!

With tears the women reached Your tomb,
searching for You, but not finding You.
They wept with wailing and lamented:
“Woe to us! Our Savior, King of all,
how were You stolen?
What place can hold Your 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 Look on the entreaties of your servants, O Blameless One!

Stop all the terrible attacks against us,
freeing us from every affliction,
for we have only you as our sure and firm anchor!
Lady, do not let us be put to shame,
for we call on you for our intercession!
Hasten to pray for those who call in faith:
“Rejoice, Lady, Help of all://
the Joy and Shelter and Salvation of our souls!”

TROPARIA

Tone 4 Troparion (*Resurrection*)

When the women Disciples of the Lord
learned from the Angel the joyous message of the 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; now and ever, and unto ages of ages. Amen.

Tone 4 Resurrectional Dismissal Theotokion

The mystery of all eternity,
unknown even by Angels,
through you, Theotokos, is revealed to those on earth:
God incarnate by union without confusion.
He voluntarily accepted the Cross for us,
by which He resurrected the first-created man,//
saving our souls from death.