September 22nd
Hieromartyr Phocas, Bishop of Sinope
Stichera at "O Lord, I have cried"

Byzantine Chant Tone 1
Special Melody: Thou art the joy

1) O godly Phocas, with thy sacred words didst thou cast down the vain and empty folly of the idols, O Hierarch establishing all wavering hearts in the Faith, and conducting them unto life; and as an athlete thou lawfully didst contest, to become a Martyr of the Lord.

2) O sacred Phocas, by straining thy sacred priestly robe in the blood flowing from thy sacred flesh, O our Father, thou truly didst receive two-fold

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crowns from Christ God, O all-blessed, and thou dost now
dance with the Angels in Heaven eternally,
as thou prayest that we all be saved.

3) Thou dost enlighten the whole earth with rays of
miracles; and every day, O Father, thou dost
succor seafarers; thou endest every sickness of
body and soul and dost drive off all maladies,

O Martyr Phocas, for thou hast received this grace
from the Lord, O Saint divinely blest.