

# Stichera at "Lord, I Call"

*Hieromartyr Phocas - September 22*

Tone 1  
Sticheron 1

Sedmiezersk Hermitage Melody  
Model: "Joy of the Heavenly Hosts"



Soprano  
Alto

O - ver - throw - ing the empty folly of idols by thy

Tenor  
Bass

sa - cred words, thou didst con - firm by faith un - sta - ble

hearts, and didst guide them to life, O Hier - arch Pho - cas. //

Thou didst com - pete as an athlete and becamest a mar - tyr of the Lord.

Sticheron 2

Hav-ing dyed thy sacred vestment in the blood of thy sa-cred

bod - y, O most ho - ly Fa - ther,

thou didst tru - ly receive from Christ double crowns, O all -

bless - ed one, // and thou dost dance with the Angels

as thou intercedest for our sal - va - tion.

## Sticheron 3



Thou dost il - lu - mine the whole world with the rays of thy

mir - a - cles; thou giv - est help dai - ly to those at

sea; thou driv - est out dis - eases; thou bringest to an

end infirmities of soul and bod - y, for thou hast re -

ceived grace from the Lord, // O Pho - cas, bless - ed by God.