

# 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 your

Tenor  
Bass

sa - cred words, you con - firmed by faith un - sta - ble

hearts, - and guid - ed them to life, O Hier - arch Pho - cas. //

You com - peted as an athlete and became a mar - tyr of the Lord.

Sticheron 2

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

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

you tru - ly received from Christ double crowns, O all -

bless - ed one, // and you dance with the Angels as you

intercede for our sal - va - tion.

Sticheron 3

You il - lu - mine the whole world with the rays of your

mir - a - cles; you give help dai - ly to those at

sea; you drive out dis - eas - es; you bring to an

end infirmities of soul and bod - y, for you have re -

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