



**Holy Transfiguration  
Orthodox Church**

*a mission parish of the Orthodox Church in America*

*Fourteenth Sunday after Pentecost*  
**Sunday, September 22, 2019**

*Hieromartyr Phocas, Bishop of Sinope*  
*Apostle Quadratus*

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Fr. Martin D. Watt, Priest-in-Charge

*Mailing address  
and rectory:*

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Ames, Iowa 50010

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**Welcome!** We are honored that you have joined us in our celebration of the Lord's resurrection this day.

If you are a first time visitor to our parish, we invite you to sign our guest book. If you have a question, a prayer request, or any need, please speak with Fr. Marty, or with any parish member.

For our friends present with us who are not Orthodox Christians, please note that we have specific disciplines regarding receiving Communion. We ask that you refrain from going to Communion until you have spoken with Fr. Marty and understand our discipline and piety regarding this sacrament and its implication for responsibility towards and membership in the Orthodox Church. The bread and wine offered after communion and the bread offered at the end of the service is available to all.

If you are an Orthodox Christian from another parish who has prepared in accordance with your discipline, and have a blessing from your home priest to do so, we invite and encourage you to partake of Holy Communion.

This booklet contains the variable hymns and readings specific to today. Please feel free to take it with you. There are coil-bound booklets available with the text for the Divine Liturgy – if you find it useful, please feel free to take one of those as well, with our compliments. Please leave the hardback versions for future parishioners to use.

We also hope you will stay and join us in our coffee and fellowship hour, which immediately follows the service. We want the opportunity to get to know you, and for you to get to know us. Again, welcome!

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*Regular services:*

**Great Vespers**, *Saturday at 6:30pm*

**Confession**, *immediately following Great Vespers, other times by appointment.*

**Third and Sixth Hour Prayers**, *Sunday at 9:40am*

**Divine Liturgy**, *immediately following the hours.*

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**621 Kellogg Avenue, Ames, Iowa 50010**  
*(corner of 7<sup>th</sup> and Kellogg)*

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*(Resurrectional 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 of the Apostle – Tone 3)*

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

*(Troparion of the Martyr – Tone 4)*

By sharing in the ways of the Apostles,  
you became a successor to their throne.  
Through the practice of virtue, you found the way to divine  
contemplation, O inspired one of God;  
By teaching the word of truth without error, you defended the Faith,  
even  
to the shedding of your blood.//  
Hieromartyr Phocas, entreat Christ God to save our souls!

*(Kontakion for the martyr – Tone 2)*

The Master established you as a brilliant sun  
shining on all the faithful, glorious hieromartyr Phocas.  
He has accepted your life, faith and contest as myrrh,  
for He is rich in mercy.

*Glory to the Father, and to the Son, and to the Holy Spirit;*

*(Kontakion for the Apostle – Tone 8)*

The universe offers You, 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 You grant forgiveness of transgressions to  
those who sing his praise.

*now and ever, and unto ages of ages. Amen.*

*(Resurrectional Kontakion – Tone 5)*

You descended into Hades, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
You have delivered Adam from the curse, O Lover of Man,//  
and we all cry to You: "O Lord, save us!"

*Prokeimenon, Tone 5*

*Priest:* Let us attend! † Peace be unto all!

*Reader:* And with your spirit!

*Priest:* Wisdom!

*Reader:* The Prokeimenon, in the 5<sup>th</sup> Tone: You, O Lord, shall protect us and preserve us from this generation forever.

*Choir:* You, O Lord, shall protect us and preserve us from this generation forever.

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

*Choir:* You, O Lord, shall protect us and preserve us from this generation forever.

*Reader:* You, O Lord, shall protect us ...

*Choir:* ... and preserve us from this generation forever.

*Deacon:* Wisdom!

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**Epistle – (170) 2 Corinthians 1:21-2:4**

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***Reader:* The Reading from the Second Epistle of the Holy Apostle Paul to the Corinthians.**

*Deacon:* Let us attend!

*Reader:* Brothers and sisters, the One who establishes us with you in Christ and who has anointed us is God. He has also sealed us and given us the pledge of the Spirit in our hearts. I call God as a witness to my soul, that to spare you I did not come to Corinth. It is not that we have lordship over your faith: we are fellow workers with you for your joy, as you stand firm in faith.

But I resolved this for myself: that I would not return to you in sorrow. If I cause you distress, who will bring me joy except for you, the very ones whom I grieve? Indeed, I wrote to you as I did, so that when I came, I would not have sorrow from the ones who should be my joy; but I trust in you all, that my joy would also be shared by all. It was out of much affliction and anguish of heart that I wrote to you with many tears, not to cause you distress but to let you know what overflowing love I have for you.

*Priest:* † Peace be to you!

*Alleluia: Tone 5*

*Reader:* **And to Your spirit.** In the 5<sup>th</sup> Tone: Alleluia, Alleluia, Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* For You have said: "Mercy will be established forever; My truth will be prepared in the heavens."

*Choir:* Alleluia! Alleluia! Alleluia!

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## Gospel – (17) Luke 5:1-11

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*Priest:* The reading from the Holy Gospel according to St. **Luke**.

*Choir:* Glory to You O Lord, Glory to You.

*Priest:* At that time, Jesus was standing by the lake of Gennesaret. He saw two boats standing by the lake, but the fishermen had gone out of them and they were washing their nets. Jesus entered into one of the boats, which was Simon's, and asked him to put out a little from the land. He sat down and taught the multitudes from the boat. When he had finished speaking, he said to Simon, "Put out into the deep, and let down your nets for a catch."

Simon answered him, "Master, we worked all night and took nothing! But at your word, I will let down the net." When they had done this, they caught a great multitude of fish, and their net was breaking. They beckoned to their partners in the other boat to come and help them. They came and filled both boats, so much that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, Lord!" He and all who were with him were amazed at their catch of fish; and so also were James and John, sons of Zebedee, who were partners with Simon.

Jesus said to Simon, "Do not be afraid! From now on, you will be catching people alive."

When they had brought their boats to shore, they left everything and followed him.

*Choir:* Glory to You O Lord, Glory to You.

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### Sermon

(then p. 89)

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*Please join us in our fellowship hour immediately following the dismissal!*

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### Upcoming Events:

**Catechism Classes:** Catechism Classes will continue Wednesday, September 25 at 6:30 PM.

**Little Food Pantry:** Please don't forget to support the food pantry!

### Wisdom!

The easy, undisciplined way of life leads to pleasure to be enjoyed now, not later. The way of salvation is hard in the present, but promises a beautiful future. (St. Basil the Great)

Before you ask the Lord for forgiveness, you must yourself forgive. This is what it says in the Lord's prayer. (St. Nikon of Optina)

In any stage you may be, do not get discouraged. Pray even if you feel compulsion and the Lord will visit you with His mercy: "Let it be to you according to your faith." (Elder Cleopas of Romania)