Hieromartyr Phocas, bishop of Sinope

Phocas exercised himself in all the Christian virtues from his youth. As bishop in his birthplace, the town of Sinope on the shores of the Black Sea, he strengthened the faith of the true believers by his example and divine words and converted many idol-worshipers to the true Faith. The hard-hearted pagans were filled with rage against holy Phocas. Through a vision granted him by the Lord, he foresaw his martyrdom: Phocas saw a white dove fly down from heaven carrying a beautiful wreath of flowers in its beak, and lowered the wreath onto his head. And Phocas heard a voice, saying: "Your cup is full and you should drink it!" From this vision the God-pleaser realized that he was soon to suffer for Christ. He was not afraid, but with gratitude toward God prepared himself for suffering. Soon after, a certain prince, Africanus, took Phocas for interrogation, and subjected him to harsh tortures. The torturers beat and wounded his whole body, and after a time of imprisonment threw him into boiling water, where this brave soldier of Christ ended his earthly life and settled in the joy of his Lord. Phocas suffered during the reign of Emperor Trajan.

Martyr Phocas the Gardener

Phocas was a compatriot of the Hieromartyr Phocas. He had a garden in Sinope, near the Black Sea, that he himself cultivated. He treated all passers-by with the fruits of his garden, not missing an opportunity to feed their souls with the word of God. But a certain prince who persecuted Christians heard of him, and sent soldiers to kill him. Phocas treated the soldiers so cordially that they hesitated to kill him. However, by his own insistent request, they carried out the command and beheaded him. In that place, over his miracle-working relics, a church was soon built in his name. St. Phocas is especially venerated by sailors, and is invoked for help by all who travel by sea. Phocas suffered in the year 320 A.D.

Prologue from Ochrid

September 22, 2019 – Fourteenth Sunday after Pentecost

Hieromartyr Phocas, bishop of Sinope; Apostle Quadratos of the Seventy; Martyr Phocas the Gardener; New-martyrs Isaac and Martin

Matins Gospel Reading: Mark 16:9-20

Troparion of the Resurrection (Tone 5):
Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

Apolitikion for St. Phocas of Sinope (Tone 4):
By choosing the Apostles’ way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Phocas. Entreat the Lord our God to save our souls.

Note to Visitors and Guests: Welcome! We are glad you have joined us today for worship! If this is your first visit to All Saints, please take a moment to fill out a visitor’s card at the greeter’s stand before you leave. The greeter also has Liturgy Books for use during the service, if you desire one. We hope you will join us for brunch following this morning’s service.
Kontakion for Ordinary Sunday (Tone 2)
O undisputed intercessor of Christians, O Theotokos who is unrejected by the creator, turn not away from the voice of our petitions though we be sinners. Come to us with aid in time, who cry unto Thee in faith, for Thou art good. Hasten to us with intercessions, O Theotokos, who didst ever intercede for those who honour Thee.

Troparion of All Saints (Tone 4):
Adorned in the blood of Thy martyrs, throughout all the world as in purple and fine linen, Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassion upon Thy people; grant peace to Thy habitation and great mercy to our souls.

Prokeimenon Psalm:
Thou, O Lord, wilt keep and preserve us.
Save me, O Lord, for the godly man has failed.

Epistle Reading: the Second Epistle of St. Paul to the Corinthians 1:21-2:4

Saturday, September 28: Vespers, 7:30 PM (Confession available before and after)

<table>
<thead>
<tr>
<th>Date</th>
<th>Reader</th>
<th>Prosphora</th>
<th>Greeter</th>
<th>Flowers</th>
<th>Coffee</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday Sep 22</td>
<td>Polycarp</td>
<td>Pat K.</td>
<td>Sarah K.</td>
<td>Alice I.</td>
<td>Polycarp &amp; Gosa G.</td>
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<td>Sunday Sep 29</td>
<td>Doug J.</td>
<td>Domitille N.</td>
<td>Nancy L.</td>
<td>Carmen C.</td>
<td>Scott &amp; Christy K.</td>
<td>R - W</td>
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<td>Sunday Oct 6</td>
<td>Jim K.</td>
<td>Cristina P.</td>
<td>Hal O.</td>
<td>Alice I.</td>
<td>Paul &amp; Elizabeth K.</td>
<td>A - F</td>
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<td>Sunday Oct 27</td>
<td>Polycarp</td>
<td>Sandy A.</td>
<td>Jerry C.</td>
<td>Cristina P.</td>
<td>Robert H.</td>
<td>R - W</td>
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<td>Sunday Nov 3</td>
<td>Doug J.</td>
<td>Carmen C.</td>
<td>Ofelija I.</td>
<td>Pat K.</td>
<td>Gabriel &amp; Domitille N.</td>
<td>A - F</td>
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News and Announcements


The 2018 Touchstone conference Fight or Flight: The Benedict & Other Options for Facing the World, the Flesh & the Devil will be held from Thursday, October 10 to Saturday, October 12 at Trinity University in Deerfield, Illinois. Speakers include Anthony Esolen, Rod Dreher, Robert George, Leah Libresco and many others. The conference price is $199.00 for the general public, but Touchstone is making tickets available for FREE to students attending All Saints, and $19.00 for any adult members of All Saints. Please go to this link to register: https://www.touchstonemag.com/fight-or-flight/. When you arrive on the page where you select the number of tickets, you must click on the link in the top left corner that reads "Enter Promo Code." When prompted, enter one of the codes:
ASOC (for the $19.00 adult ticket price, including meals)
ASOCS (for the FREE student ticket price, which also includes meals)

The Annual All Saints Women's Retreat: is scheduled for Saturday October 19. The theme is Filled with Less a movement to simplify and declutter our lives in order to make room for what really matters. As a society, we are more overwhelmed, distracted, and drowning in material possessions than ever, making it difficult to access Christ's joy and become good stewards of the gifts He has given us. Led by Integrative and Functional Nutrition Health Coach Cynthia Damaskos, Professional Organizer Presbytera Stacey Dorrance, and podcaster and blogger Molly Sabourin, the Filled With Less workshop is designed to help its participants become intentional about reducing the clutter in their homes, the toxins in their bodies and environments, the stress in their lives, and the vices preventing them from pursuing peace. Please see JoAnne T. for details. An e-mail regarding registration will be sent out soon.