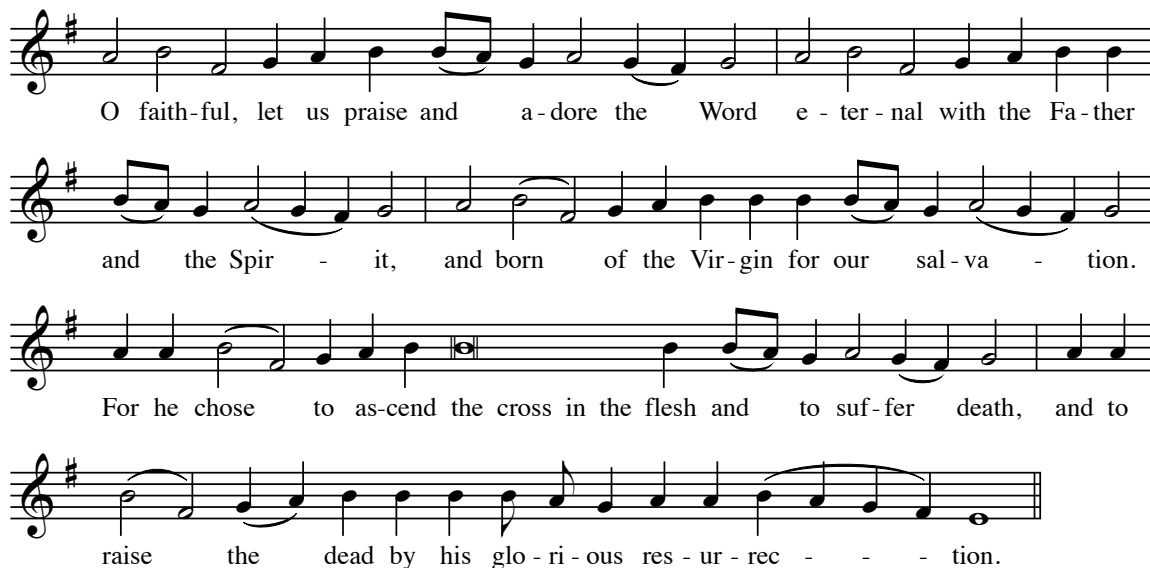


# THIRD HOUR PROPER FOR JULY 12<sup>TH</sup>, 2020

## SIXTH SUNDAY AFTER PENTECOST

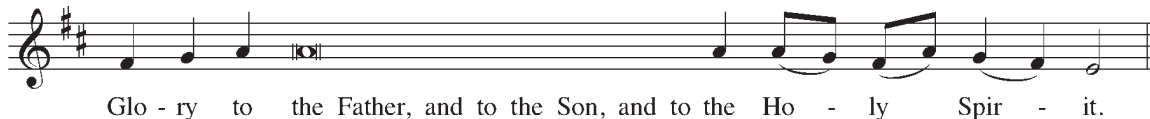
<sup>1</sup>The holy martyrs **Proclus and Hilary** at Ancyra in Galatia, under the emperor Trajan and governor Maximus. Proclus was the uncle of Hilary. They were arrested for being Christians. Proclus said to the torturers, "When you are afraid to transgress the Emperor's commands and risk falling into temporal punishment, how much more do we Christians fear to transgress against God's commands and fall into eternal torment!" **Our venerable father Michael of Malein**, a wealthy man of noble birth who gave away all his goods and became a hermit on Mt. Kyminas in Bithynia. He had many disciples, of whom the best-known is St. Athanasius the Athonite. (3rd century)

### Troparion of the Resurrection - *Tone 5*



O faith-ful, let us praise and a-dore the Word e - ter - nal with the Fa-ther  
and the Spir - it, and born of the Vir-gin for our sal - va - tion.  
For he chose to as-cend the cross in the flesh and to suf-fer death, and to  
raise the dead by his glo - ri - ous res - ur - rec - - - tion.

### Cantor (*Tone 2*):



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.

### Troparion of the holy martyrs Proclus and Hilarion - *Tone 2*



The an-gels looked down and were a-mazed by your suf-fer-ings. By your flesh,



you van-ished the spir - it - foe, O ho - ly ones, and speared him by the



pow'r of the cross. Pray for us in our need, O Pro-clus and Hi - la - ri - on,



that we too may con-quer the en - e - my and save our souls.

**Cantor (Tone 2):**



Now and ev - er and for - ev - er. A - men.

**Theotokion of Third Hour – Tone 2:**



O The - o - tokos, you are the true vine la - den with the Fruit of Life;



where - fore, we im - plore you, O La - dy, to in - ter - cede



to - gether with the a - pos - tles and all the saints that we may ob - tain



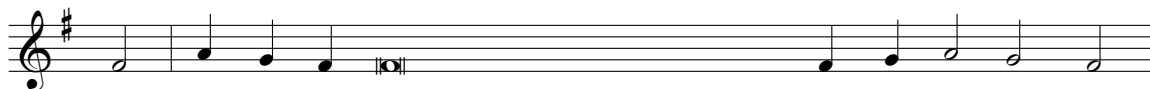
mer - cy for our souls.

*Third Hour continues with "May the Lord God be blessed..." on p. 9*

**Kontakion of Thomas - Tone 4**



With cour-age you pushed on to vic - to - ry, hav-ing been in-flamed with di-vine



love. You of - fend - ed the mortal king and spurned the beau - ties of this earth.



End - ing your days on the moun - tain of Ma - le - um, you stepped up from



it in - to heav - en it - self. O Thomas, pray unceasing - ly for all of us.

*Third Hour continues with "Lord, have mercy..." (40 times) on p. 11*

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<sup>1</sup> Format 14: Sunday with an Ordinary Saint