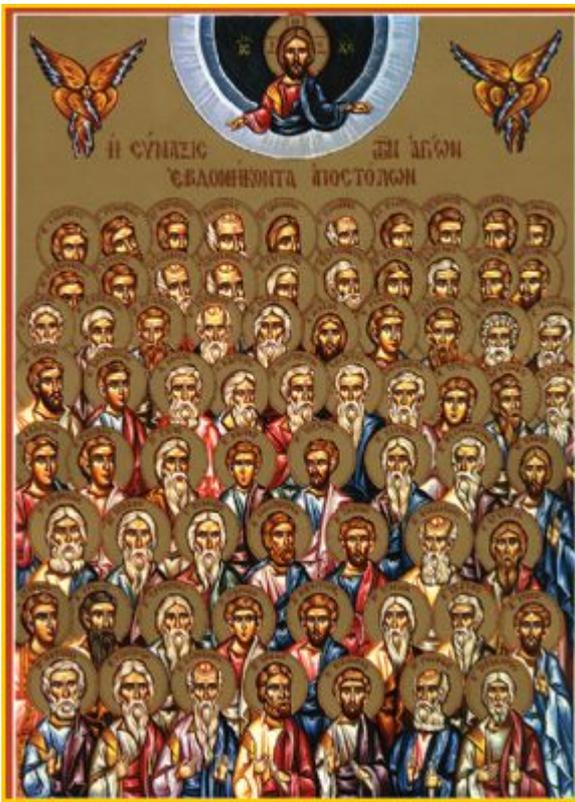


33rd Sunday After Pentecost Sunday Before Theophany, Synaxis of the 70 Apostles

4 / 17 January 2016



Resurrection Tropar, Tone 8: Thou didst descend from on high, O Merciful One! / Thou didst endure the three-day burial / to free us from our sufferings! / O Lord, our Life and Resurrection, glory to Thee.

Troparion of The Seventy Apostles tone 3 - With the use of divine faith you caught the nations,/ O seventy Apostles of the Lord:/ and you lead them into the knowledge of God,/ as those who had received the grace of the Holy Spirit./ O inspired ones,/ intercede with Christ our God/ that He grant us His great mercy.

Forefast of the Theophany, Troparion, Tone IV — Make ready, O Zebulon!/ Adorn thyself, O Nephthali!/ O River Jordan, leaping up,/ receive thou the Master Who cometh to be Baptized!/ Rejoice, O Adam, with our first mother!/ Hide not yourselves as ye did before in paradise;/ for He that beheld you naked hath appeared,/ that He may clothe you in your primal raiment.// Christ hath appeared, desiring to

make all creation new!

Resurrection Kondak, Tone 8: By rising from the tomb Thou didst raise the dead and resurrect Adam/ Eve exults in Thy Resurrection, / and the world celebrates Thy rising from the dead, O Greatly Merciful One.

Kontakion of The Seventy Apostles tone 2 - Let us praise the choirs of Christ's Seventy Disciples, O faithful,/ and celebrate their Festival./ They have taught us to worship,/ the Undivided Trinity;/ for they are divine lamps of the Faith.

Kontakion of the Forefast, Tone IV, "Thou hast appeared today" — In the streams of the Jordan the Lord crieth out to John today:/ Fear not to baptize Me, // for I have come to save Adam the first-created!

Matins Gospel XI

Epistle: II Timothy 4: 5-8

5 But you be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry. 6 For I am already being poured out as a drink offering, and the time of my departure is at hand. 7 I have fought the good fight, I have finished the race, I have kept the faith. 8 Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.

“The Struggle and the Crown.”

“I have fought a good fight, I have finished my cause, henceforth there is laid up for me a crown of righteousness...” (II Tim. 4:5-8).

St. Paul, dear brethren, is for the second time imprisoned at Rome. The first time, as indicated in the epistle of Captivity (Eph., Phil., Col., and Phil.), he was very optimistic and he saw that very quickly he will gain his freedom and would visit them in the communities which he established. For instance, to Philemon he writes and begs him to prepare a room for him ... “but withal prepare me also a lodging for I trust that through your prayers I shall be grown unto you” (Phil. 1:22). To the Philippians he writes that although he was captive in jail, the Gospel arrived even in the house of the Emperor ... “so that my bonds in Christ are manifest in all the palace and in all other places” (Phil. 1:13).

Things changed during the second imprisonment which took place A.D. 67-68. The persecutions of the Christians became an official policy of the State. The Christians were considered as an enemy of the Empire, spies against authorities, arsenists of Rome, and killers of innocent children, from whom they drank blood; and so many other false accusations. We have said many times before, and today repeat, that the Christian religion, in order to reach today's situation, in order to be considered the ideal man, passed through the fire and iron. Paul also writes this ... “and others had trials of cruel mockings and scourgings, yes, moreover of bonds and imprisonment, they were stoned, were sawn asunder, were burnt, were slain with sword, they wandered about in sheepskins and goatskins ...” (Heb. 11: 36-38).

Paul is in jail and he feels that his end is at hand. But his conscience is alert. He has the calmness and tranquility which fill all men who do good works throughout their entire life. These men do not fear death. They don't shake in the fear of that

moment. In whatever way death comes, martyrdom, painful, natural, they accept it with pleasure and they consider it (death) as a redemption, as transfer from the earthly to the heavenly. For this reason, Paul wrote to the Philippians 1:21 ... "for to me to live is Christ, and to die is gain."

From the jail he found time to write to his disciple Timothy, who was bishop at Ephesus, granting him the last of his advice. He exposes his struggle for Christ and his pains and labor for the Church which is the Body of Christ, the continuation of the work of Christ. The second epistle of Timothy is the "kyknon asma" (swan song). The epistle is a reflection of the depth of personal experiences of Paul. He begs Timothy not to forget that he is an apostle of Christ, that he undertook the responsibility of the Gospel. He commands him to be an example to the faithful through words and through practice. He orders him to keep the faith as to Christ, as good harbors shelter ships, according to the interpretation of St. John Chrysostom. And he foresees to Timothy that in the very near future will appear corrupted men and bad times will arise ... "This know also, that in the last days perilous times shall come, for men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection .." (II Tim. 3:1-5).

Alas, dear brethren, how many such men the Church knew during the course of her History. Paul also advised Timothy to avoid the foolish discussions which concerned things with no significance, and to devote all his energy and power to the propagation of the Gospel. Not to pay attention to the mouths of the evil men. One is his goal and struggle — Christ — and to try to satisfy only Christ. Finally, he supplicated him to come quickly to Rome because death is very near. Come, Timothy, quickly, for I am now ready to be offered and the time of my departure is at hand. All those words of the second epistle to Timothy were appointed to be read in Church today, the first Sunday after the new year, with one purpose — for Christians to compare how Paul finished his life, how he used the time of his life, and how we spend the invaluable investment which we call our life.

Dear brethren, the life of Christians is not only enjoyment, eating and drinking, or as we say, in modern language — a good time. But it is a struggle. Here is the struggle and afterwards enjoyment. With struggle, the honest man gains his bread and in this way he enjoys life. If man put first the enjoyment and later the struggle, then we wouldn't have any sacrifice. For example, if the astronauts attached more importance to pleasure and good times than conquering the moon, they would never get there. And so, first struggle and then enjoyment. Naturally, I think it is superfluous to make the distinction between struggles. The best struggle for man is the struggle for faith, moral life, righteousness, virtue, ideals, which uplift him and make him Christ-like.

St. Paul says to us, "I have finished my course." The life of man is a road, a procession toward the end. We pursue this course without possibility of stopping or turning back. And because it is not for our interest we say that time runs and leaves. The time does not run, we run. Time stands, like the tree immovable beside the river, in order to use the expression of St. Augustine.

We run, brethren, and all of us will arrive some day at the end. But who will receive the crown of God? That is the great question. Because the prize, the reward, the crown is not a favor, harisma. It is given in reward to those who are worthy of it, who gained it, as in the Olympic Games, And the crown will receive all those who accepted Him as their law-giver, as their teacher, as their God, who loved Him and worshipped Him as their Saviour. If you accept Him, my brethren, be sure that you will gain the crown. Amen.

for the Apostles: Rom. 8:8-14

Gospel: St. Mark 1: 1-8

1. The beginning of the gospel of Jesus Christ, the Son of God. 2 As it is written in the Prophets: "Behold, I send My messenger before Your face, who will prepare Your way before You." 3 "The voice of one crying in the wilderness: 'Prepare the way of the Lord, make His paths straight.'" 4 John came baptizing in the wilderness and preaching a baptism of repentance for the remission of sins. 5 And all the land of Judea, and those from Jerusalem, went out to him and were all baptized by him in the Jordan River, confessing their sins. 6 Now John was clothed with camel's hair and with a leather belt around his waist, and he ate locusts and wild honey. 7 And he preached, saying, "There comes One after me who is mightier than I, whose sandal strap I am not worthy to stoop down and loose. 8 "I indeed baptized you with water, but He will baptize you with the Holy Spirit."

Reflection

Then will I sprinkle clean water upon you, and you will be clean: from all your filthiness, and from all your idols will I cleanse you. A new heart also will I give you, and a new spirit will I put within you; and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put my spirit within you, and cause you to walk in My statutes, and you shall keep My judgements and do them (Ezekiel 36:25).

for the Apostles: Luke 10:1-15

Saints of the week

4 / 17 January — The Synaxis of the Seventy Apostles - Fast-free period — In addition to the twelve Great Apostles, the Lord chose besides seventy other, lesser, apostles and sent them to preach to the Jews. He sent them out two by two before His face, to each town and place, saying: "Behold, I send you as sheep among wolves" (Lk. 10:1-5). But as Judas, one of the Twelve, fell away from the Lord, so some among these Seventy withdrew from Him, not with the intention of betraying Him but from human weakness and lack of faith (Jn. 6:66). And as Judas's place was filled from among the other apostles, so the places of these were filled with others chosen. These apostles laboured in the same way as the twelve Great Apostles; they were the assistants of the Twelve in the spreading and strengthening of the Church of God in the world. They suffered much torture and malice, from men and from demons, but their firm faith and burning love for the risen Lord made them conquerors of the world and heirs of the Kingdom of heaven. St Eustathius, Archbishop of Serbia - born in the diocese of Budim, of God-fearing parents, he became a monk as a young man in Zeta, then moved on to greater asceticism at Hilandar. In time he became abbot of Hilandar, was then chosen to be Bishop of Zeta and, after some time had elapsed, to be Archbishop of Serbia. He was a man of great virtue and led Christ's flock with zeal and love. He entered peacefully into rest at a great age in 1279, exclaiming as death drew near: 'Into Thy hands, O Lord, I commend my spirit.' His relics are preserved in the crypt of the church at Pec.

The Eunuch of Queen Candace - The Apostle Philip baptised this negro eunuch (Acts 8:26-40). After his baptism, the eunuch returned home and began to teach about Christ. He was the first apostle of the Faith among the negroes of Ethiopia. He died a martyr and was counted worthy of the Kingdom of God. Our Holy Father, the Martyr Onuphrius of Hilandar.

5 / 18 January — Eve of Theophany — Fast Day - The Hieromartyr Theopemptus and the Holy Martyr Theonas - when the Emperor Diocletian gave orders for the persecution of Christians, Theopemptus, Bishop of Nicomedia, was the first to suffer for Christ. He was brought before the Emperor, who threatened him with death if he did not deny Christ. To that threat, the courageous bishop replied: 'It is written: "Fear not those who are able to kill the soul". You, O King, have power over my body. Do with it whatever you will!' He was cruelly beaten and starved, and tortured in many ways. Finally the Emperor called in a magician, Theonas, to trick the man of God in some way with magic. Theonas dissolved a very strong poison in water and gave it to Theopemptus to drink. Theopemptus made the sign of the Cross over the cup and drank the poison. Theonas, seeing that it had no effect on Theopemptus, turned to the Emperor and cried out: 'I too am a Christian, and worship the Crucified!' They were both condemned to death; Theopemptus was slain with the sword and Theonas buried alive in the year 298. They suffered with honour and became citizens of the Kingdom of Christ.

The Holy Prophet Micah the First (or Micaiah) - Micah was a contemporary of the Prophet Elias (9th century B.C.), and prophesied evil to King Ahab, who was killed in battle against the Syrians (I Kings 22:8; II Chron. 18:7). He prophesied entirely orally, writing nothing down. There was another Micah, in the eighth century, who prophesied the birth of the Lord in Bethlehem (Mic. 5:2) and wrote one of the prophetic books. Our **Holy Mother Syncletica** - a native of Macedonia and educated in Alexandria, she was a rich young woman of standing. She had many suitors, but refused them all and fled from her parents' home to a monastery. In the greatest self-denial, in vigils and prayer, she lived to the age of eighty. Her counsels to the nuns have always been regarded as true spiritual pearls, the wisdom she attained coming not from reading but through suffering and pain, through constant meditation and spiritual converse with the divine world. Her soul entered into that higher world in the year 350. Among other counsels, St Syncletica taught: 'Do not abandon a fast in time of sickness, for lo, those who do not fast fall into the same sicknesses.' Also: 'Treasure, when discovered, is quickly seized upon; so virtue, when it is made public, is quickly eclipsed and lost.' Our Holy Mother Apollinaria.



6 / 19 January — The Theophany of Our Lord, God, & Saviour Jesus Christ (Baptism of the Lord) — When the Lord Jesus had lived for thirty years from His birth in the flesh, He began His teaching and saving work. He marked this very beginning of the beginning by His Baptism in the Jordan. St Cyril of Jerusalem says: 'The beginning of the world—water; the beginning of the Gospel—the Jordan.' At the Baptism of the Lord in the water, that mystery was revealed to the world that was predicted in the Old Testament and fabled in ancient Egypt and India—the mystery of the Holy Trinity of God. The Father revealed Himself to the sense of hearing, the Spirit to the sense of sight and the Son, further beyond these, to the sense of touch. The Father gave His testimony of the Son, the Son was baptised in the waters and the Holy Spirit, in the form of a dove, hovered over the waters. And when John the Baptist bore witness of Christ and said: 'Behold the Lamb of God, which taketh away the sin of the world' (Jn. 1:29), and when he immersed the Lord in

the Jordan and baptised Him, there were thus revealed both the mission of Christ in the world and the path of our salvation. That is to say: Christ takes upon Himself the sin of the whole human race. He dies under it (the immersion) and rises again (the coming up out of the water), and we must die to the old, sinful man and rise again, cleansed, renewed and re-born. Here is the Saviour and here is the way of salvation. The Feast of the Theophany is also called the Illuminating, for in the Jordan there is given to us an illumining, revealing God to us as Trinity, consubstantial and undivided. That is one thing. And the other is that each of us baptised in the water is illumined by the Father of lights, through the merits of the Son and in the power of the Holy Spirit.

TODAY THE nature of the waters is sanctified. Today the Son of God is baptised in the waters of Jordan, having no need Himself of cleansing, but in order to cleanse the sinful human race from defilement. Now the heavens open and the voice of God the Father is heard: This is My beloved Son. The Holy Spirit descends upon the Saviour of the world, Who stands in the Jordan, thereby confirming that this indeed is He Who is the incarnate Son of God. The Holy Trinity is clearly made manifest and is revealed to mankind. The waters of the Jordan are sanctified, and together with them all the waters of creation, the very

nature of water. Water is given power to cleanse not only the body, but also man's whole soul, and to regenerate the whole man unto a new life through Baptism. Through water all of nature is cleansed, for out of water the world was made, and moisture penetrates everywhere, giving life to everything else in nature. Without moisture neither animals nor plants can live; moisture penetrates into rocks, into every place in the world. The waters are sanctified and through them the whole world, in preparation for renewal and regeneration for God's eternal Kingdom which is to come.

Every year on this day the glory of God is revealed, renewing and confirming what was accomplished at Christ's Baptism. Again the heavens are opened; again the Holy Spirit descends. We do not see this with our bodily eyes, but we sense its power. At the rite of blessing, the waters which are thereby sanctified are transformed; they become incorruptible and retain their freshness for many years. Everyone can see this—both believers and unbelievers, both the wise and the ignorant. Whence do the waters acquire this property? It is the action of the Holy Spirit.

Those who with faith drink these waters and anoint themselves with them receive relief and healing from spiritual and bodily infirmities. Homes are sanctified by these waters, the power of demons is expelled, God's blessing is brought down upon all that is sprinkled with these waters. Through the sanctifying of the waters God's blessing is again imparted to the whole world, cleansing it from the sins we have committed and guarding it from the machinations of the devil.

Today the Holy Spirit, descending upon the waters when the Cross of Christ is immersed into them, descends upon all of nature. Only into man He cannot enter without his will. Let us open our hearts and souls to receive Him and with faith cry from the depth of our souls: "Great art Thou, O Lord, and marvellous are Thy works, and there is no word which sufficeth to hymn Thy wonders."

Man of God, St. John of Shanghai & San Francisco, p.163

7 / 20 January — Afterfeast of Theophany - Synaxis for the Holy, Glorious Prophet, Forerunner and Baptist, John —

John's greatest role during his life was enacted on the day of the Theophany, and because of this the Church has, from the earliest times, dedicated the day following that feast to his memory. This day is also connected with an event involving the hand of the Forerunner. The Evangelist Luke desired to take John's body from Sebaste, where the great prophet had been beheaded by Herod, to Antioch, his own birthplace. He succeeded, though, in acquiring and taking only one hand, which was kept in Antioch till the tenth century. It was then moved to Constantinople, whence it disappeared during the Turkish occupation. (It is related that each year, on his feast-day, the archbishop would bring it out before the people. Sometimes the hand appeared open, and sometimes clenched. In the first case it indicated that it would be a fertile year, and in the second that it would be a year of famine.) St John is commemorated several times during the year, but his greatest feast is on this day, January 7th. Among the Gospel-figures surrounding the Saviour, the person of John the Baptist holds a very special place, by the manner of his birth in this world and of his earthly life, by his role of baptiser of men to repentance and his baptism of the Messiah, and, lastly, by the tragic manner of his departure from this world. He was of such moral purity that he indeed deserved the name 'angel', as he was named in the Scriptures, rather than being thought of as just a mortal man. John differs from all the other prophets in that he had the joy of showing forth to the world the One Whom he had foretold.

Tropar of St. John the Baptist (Tone 2): The memory of the just is praised, but thou art well pleased, O Forerunner, with the testimony of the Lord. For thou hast verily been shown forth as more honoured than the prophets, since thou wast counted worthy to baptise in the stream Him whom they foretold. Therefore, having mightily contended and suffered for the truth, with joy thou hast preached also to those in hell the good tidings of God made manifest in the flesh, who takes away the sin of the world and grants us great mercy. The Holy Martyr Athanasius; St. Cedd of Lastingham, bishop of the East Saxons (664); St. Brannoch (Brynach) of Braunton (6th c).

8 / 21 January — Afterfeast of Theophany — The Holy Martyrs Julian and Vasilissa - They were both of rich and noble families and, though married, agreed to live in celibacy as brother and sister. They gave their goods to the poor and embraced the monastic state; Julian founding a men's monastery of about 10,000 monks and Vasilissa one for about a thousand nuns. When a violent persecution of Christians was launched under Diocletian, Vasilissa besought God that none of her nuns should suffer torture nor repudiate the Orthodox faith. The Lord hearkened to the petition of His worthy servant and, during the next six months, took all the nuns to Himself, one by one, and finally their abbess Vasilissa. Before her own death, Vasilissa had a vision of her sisters in the other world. They were all bathed in light and were rejoicing like the angels. They appealed to their spiritual mother to join them as quickly as possible. Julian's monastery was burned by fire, and Julian was inhumanly tortured, being killed only after the most horrible sufferings. The Lord inspired and strengthened him in his torments and he endured them with heroism, keeping faith and glorifying the name of Christ. Together with Julian were beheaded the son and wife of the persecutor Marcian, Celsus and Maronilla, who, seeing Julian's heroic and patient sufferings, were themselves converted to Christianity. Also martyred with him were twenty Roman soldiers, seven brothers from that locality, a priest named Antony and a man called Anastasius whom Julian, at the time of his own martyrdom, raised from the dead by his prayers. They all suffered with honour for Christ and became citizens of the Kingdom of heaven in about the year 313. Our Holy Father George the Chozebite; St Domnica; St Gregory, Bishop of Ochrid; Holy Virgin Gudula of Brussels (659).

9 / 22 January — Afterfeast of Theophany — The Holy Martyr Polyeuctus - The Armenian town of Melitene was soaked in Christian blood, as was all the land of Armenia. The first blood shed for Christ in that town was that of St Polyeuctus, spilled in about the year 259, during the reign of Valerian. There were in the town two friends who were officers: Nearchus and Polyeuctus, the former baptised and the latter unbaptised. When a decree went out from the Emperor that all Christians were to be killed, Nearchus prepared himself for death, though with great sorrow at not having brought his friend Polyeuctus to the true Faith. When Polyeuctus became aware of Nearchus' sorrow, he promised to become a believer. On the following day, he related to Nearchus a dream that he had: the Lord Himself had appeared to him in light, stripped his old clothing from him, clothed him in new and shining raiment and set him upon the saddle of a winged horse. After relating this dream, Polyeuctus

went off to the town, tore up the royal decree on the persecution of Christians and smashed many statues of idols. He was tortured and condemned to death. On the way to the place of execution, he caught sight of Nearchus in the crowd and called joyfully to him: 'Save your soul, my dear soul-friend! Remember the vow of love confirmed between us!' And St Nearchus later ended a martyr for Christ in the fire. His feast is on April 22nd. Our Holy Father Eustratius; St Philip, Metropolitan of Moscow; **St. Adrian of Canterbury (710)** - When Archbishop Deusdedit of Canterbury died in the year 664 the Pope decided that the best man to succeed him was an African named Adrian who was already abbot of a monastery in Italy, near Naples. But Adrian did not want this high office. Bede tells us that when the Pope summoned Adrian and instructed him to go to Canterbury as archbishop, the abbot excused himself, saying that he was not fitted for such a great dignity, but that he would find someone else more suited for the task.' The first substitute was too ill to become archbishop. Again the pope urged the post on Adrian. Again Adrian begged permission to find someone else. At that time a monk from Tarsus named Theodore was in Rome. Adrian nominated Theodore to the Pope. Theodore was willing to become Archbishop of Canterbury, but only if Adrian agreed to come to England and help him. So on 26 March 668 Theodore was consecrated Archbishop of Canterbury, and two months later he and Adrian set sail for England. They were a perfect team. Theodore appointed Adrian abbot of the monastery of St Peter and St Paul at Canterbury. Here the saint's learning and great virtues were employed to their best. Scholars came to the monastery from far away and Adrian taught there for thirty-nine years. His pupils could often speak Latin and Greek as well as they could speak their own languages, if not better. He knew an astonishing amount - teaching poetry, astronomy and maths (to calculate the church's calendar) as well as the Bible. Into the minds of his students Adrian 'poured the waters of wholesome knowledge day by day,' Bede records. The saint could convey happiness. 'Never,' asserts Bede, 'had there been such happy times as these since the English settled in Britain.' Adrian died in 710.

10 / 23 January — Afterfeast of Theophany - St Gregory, Bishop of Nyssa - The brother of St Basil the Great, he was at first a married priest, but when his wife, the blessed Theosevia, died, he was chosen and consecrated as Bishop of Nyssa. He was distinguished by great secular learning and spiritual experience, and was a great preacher, a translator of the Scriptures and a theologian. As a result of his opposition to the Arians, they did everything in their power to crush him, regarding him as their chief enemy. They were so successful in this that, in the reign of the Emperor Valens, their confederate, they managed to depose him from his episcopal seat and drive him into exile. This was in 376. The holy Father spent several years in patient exile, enduring poverty and humiliation. In 381, he took part in the Second Ecumenical Council, and it is thought that he formulated the final part of the Creed concerning the Holy Spirit. Finally, finishing his life at a great age in about the year 395, he entered into the Kingdom of God and has been commemorated through all succeeding ages as a great light in the Church. Our Holy Father Ammon of Egypt.

HOMILY About the citizens of the other world

"They do not belong to the world anymore than I belong to the world" (St. John 17:16).

Christ the Lord is not of this world rather only in the vesture of this world. That is the Commander [Christ] clad in the clothing of a slave to save the captive enslaved by sin, matter and Satan. As is the commander, so are his soldiers. Even they, according to the spirit, are not of this world: They are not captives but free, they are not slaves but masters; they are not corruptible but immortal; they are not fallen but are saved. Such are all those who Christ recruited and who tasted immortal life willingly, rejected the world and united themselves with Him and remained faithful to Him until the end of their lives on earth. Abba Moses said, "No one can enter the army of Christ if he were not totally as fire; if he does not abhor honours and comfort, if he does not sever all bodily desires; and if he does not keep all of God's commandments." Judas was recruited but he fell away and loved prison more than the royal court, slavery more than freedom, corruption more than immortality, and destruction more than salvation. But the other apostolic recruits, great and small, remained faithful to Him [Christ] to the end, achieved victory for which they are glorified on earth among men and in heaven among the angels. That is why they are glorified and blessed both on earth and in heaven. All who are glorified by the world perish with the world, but those who are glorified by Christ are saved by Christ. The glory of the world is death, but the glory of Christ is life, life eternal and without death.

O Immortal Lord, even though we are of the world according to the body and sin, recruit us into Your army, the army according to the spirit, power, wisdom and love which is not of this world. So, even when we die to the world, we may live in Your immortal kingdom with the angels, apostles and saints because of the love and prayers of Your holy apostles.

To You be glory and thanks always. Amen.

34th Sunday After Pentecost
Sunday After Theophany,
Venerable Theodosius the Great
11 / 24 January 2016



Resurrection Tropar, Tone 1: When the stone had been sealed by the Jews; / while the soldiers were guarding Thy Most Pure Body; / Thou didst rise on the third day, O Saviour, / granting life to the world. / The Powers of Heaven therefore cried to Thee O Giver of Life: / glory to Thy Resurrection O Christ! / Glory to Thy Kingdom; / Glory to Thy Dispensation, O Thou who lovest mankind.

Theophany of our Lord, Troparion, Tone I — When Thou, O Lord, wast baptized in the Jordan, / the worship of the Trinity was made manifest; / for, the voice of the Father bare witness unto Thee, / calling Thee His beloved Son; / and the Spirit in the form of a dove / confirmed the certainty of His word. / O Christ our God, Who hast appeared and enlightened the worlds, // glory be to Thee!

Troparion of St Theodosius the Great tone 5 - Thou didst shine forth in God given virtues, / O righteous Father Theodosius and wast an illustrious model of monastic life. / Pray to God to have mercy on our souls.

Resurrection Kondak, Tone 1: As God, Thou didst rise from the tomb in glory, / Raising the world with Thyself. / Human nature praises Thee as God, for death has vanished. / Adam exults O Master, Eve rejoices, for she is freed from bondage, and cries to Thee; / Thou art the Giver of Resurrection to all, O Christ.

Kontakion of the Feast, Tone IV — Thou hast appeared today to the whole world, / and Thy light, O Lord, hath been signed upon us / who hymn Thee with understanding. / Thou hast come, Thou hast appeared, / the Light unapproachable.

Kontakion of St Theodosius the Great tone 8 - Thou didst blossom with holy virtues; / thou didst increase thy flock in the desert, / and didst irrigate them with the rain of thy tears. / O shepherd of God's divine sheep folds. / Wherefore we cry:- O Holy Father Theodosius, rejoice.

Matins Gospel I

Epistle : Ephesians 4: 7-13

7: But unto every one of us is given grace according to the measure of the gift of Christ. 8: Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men. 9: (Now that he ascended, what is it but that he also descended first into the lower parts of the earth? 10: He that descended is the same also that ascended up far above all heavens, that he might fill all things.) 11: And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; 12: For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: 13: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ.

THE MEASURE OF CHRIST'S GIFT

But what does He say? 'According to the measure of Christ's gift' ...If then this or that man possesses any superiority in any spiritual gift, do not grieve at it, since his labour also is greater. He who had received five talents, had five required of him, whilst he who had received the two, brought only two, and yet received no less reward than the other. And therefore the Apostle here also encourages the hearer on the same ground, showing that gifts are bestowed not for the honour of one above another, but for the work of the Church, 'for the perfecting of the saints for the work of ministering to the building up of the body of Christ' ...By this He shows that it is not of his own intrinsic merit that one has received more and another less, but that it is for the sake of others, as God Himself has measured it.

St. John Chrysostom. Homily XI on Ephesians IV, B#5, p. 103.

Second Epistle – II Cor. 4:6-15

Gospel St. Matthew 4: 12-17

12: Now when Jesus had heard that John was cast into prison, he departed into Galilee; 13: And leaving Nazareth, he came and dwelt in Capernaum, which is upon the sea coast, in the borders of Zabulon and Nephthali: 14: That it might be fulfilled which was spoken by Isaiah the prophet, saying, 15: The land of Zabulon, and the land of Nephthali, by the way of the sea, beyond Jordan, Galilee of the Gentiles; 16: The people which sat in darkness saw great light; and to them which sat in the region and shadow of death light is sprung up. 17: From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

UPON THOSE WHO SAT IN THE REGION AND SHADOW OF DEATH LIGHT HAS DAWNED

Why does He depart? Again instructing us not to go to meet temptations but to give place and withdraw ourselves ...He retires to Capernaum; at once fulfilling the prophesy (Isa. 9:1-2) ...by plotting against His forerunner and casting him into prison, they thrust out Christ into Galilee of the Gentiles ...Then, implying that they did not of themselves seek and find, but that God showed Himself to them from above, He says to them, 'Light has dawned,' that is the light of itself sprang up and shone forth: it was not that they first ran to the light ...For as persons not even knowing where to put a step forward, so they sat, overtaken by the darkness ...When He began preaching, He Himself also taught this same doctrine, which the other used to preach; and no word as yet concerning Himself. Because it was for the time a great thing even for this to be received, forasmuch as they had not as yet the proper opinion about Him.

St. John Chrysostom. Homily XIV on Matthew IV, 1, 2. B#54, pp.86-87

Second Gospel – Matt. 11:27-30

Saints of the week

11 / 24 January — Afterfeast of Theophany — Our Holy Father Theodosius the Great - The first founder and organiser of cenobitic monasticism, he was born of devout parents in Cappadocia, in the village of Mogarisses. As a young man, he visited Simeon Stylites, who blessed him and predicted for him great spiritual glory. Theodosius set out in search of a place in which to found a monastery. He took with him a censer containing cold charcoal and incense. At the place where the charcoal suddenly ignited of itself, he stopped, settled down and began to lead a life of asceticism. There very quickly gathered round him many monks of different nationalities and with different languages. He therefore built a church for each language-group, so that services were conducted and God praised at the same moment in Greek, Armenian, Georgian and so forth. But on a day when they were to receive Communion, all the brethren gathered in the great church, where the service was conducted in Greek. The refectory was common to all; they held all possessions in common, laboured in common, endured in common and often hungered in common. Theodosius was a sublime example to all the monks; an example in work, in prayer, in fasting, in vigils and in all the Christian virtues. And God endowed him with the gifts of wonder-working, to heal the sick, to be present and help from a distance, to tame wild beasts, to predict the future and to increase bread and wheat. Prayer was on his lips day and night. He entered peacefully into rest in the Lord in the year 529, at the age of 105. Blessed Michael of Klops; Hieromartyr Hyginus, pope of Rome (142).

12 / 25 January — Afterfeast of Theophany — The Holy Martyr Tatiana of Rome - She was a Christian, of an eminent family, a deaconess in the Church. After the death of the Emperor Heliogabalus, the Emperor Alexander came to the throne in Rome. His mother, Julia Mamaea, was a Christian, but the Emperor himself was unsure and hesitant about his faith; an uncertainty that was clearly expressed by his keeping statues of both Christ and Apollo, of both Abraham and Orpheus, in his palace. His chief advisors took it into their own hands to persecute the Christians without his orders. When the virgin Tatiana was led to martyrdom, she prayed for her executioners. And lo, their eyes were opened and they saw four angels around the martyr. Seeing this, eight of them were converted to Christ, for which they were tortured and killed. St Tatiana's martyrdom was long-drawn-out: she was flogged, parts of her flesh were cut off, she was sawn with an iron saw, and then, all disfigured and bleeding, was flung that evening into prison to be brought out on the following day for further torture. But God sent His angel to the prison, to give her courage and heal her wounds. Tatiana, therefore, appeared before her torturers each morning in perfect health. She was thrown to a lion, but the lion became tame before her and did her no harm. Her hair was shorn, from an idea that occurred to their godless minds that some sorcery might be hidden in it, some magical strength. Finally she was led out, together with her father, and the two were beheaded. In such manner this heroic maiden finished her earthly life in about the year 225, and was crowned with an immortal crown of glory. She had the weak body of a woman, but a manly and valiant spirit.

The Holy Martyr Peter Apselemus - A native of Eleutheropolis in Palestine, he suffered as a youth for the Christian faith in the year 311, under the Emperor Maximian. After terrible tortures, he was condemned to death. Hearing the sentence pronounced, he cried out with great joy: 'My one desire is to die for my God!' He was crucified, like his Lord, and gave up his spirit on the cross.

The Icon of the Mother of God, "She who gives suck" - This is the name given to the icon of the Mother of God that St Sava of Serbia brought from the monastery of St Sava the Sanctified near Jerusalem and placed in his hermitage at Karyes on the Holy Mountain. In that way a prophecy, made 800 years previously by St Sava the Sanctified, was fulfilled—that one day a Serbian priest called Sava would come and would be given the icon and his staff. When Sava of Serbia visited the community of St Sava the Sanctified, the monks called to mind the prophecy of their founder and gave the icon and the staff to Sava. The icon was placed at the right-hand side of the Royal Doors in the hermitage, and the staff in a cell which received the name

'Pateritsa'(the father's rod), also situated at Karyes.; Our Holy Mother Theodora; St. Benedict Biscop, abbot of Wearmouth (689-90), who introduced glass windows to England and raised St. Bede; in Cornwall, St. Alan, abbot of Erbin, c.

13 / 26 January —Afterfeast of Theophany - The Holy Martyrs Hermylas and Stratonicus - The Emperor Licinius launched a violent persecution against the Christians. St Hermylas, a Christian and a deacon in one of the churches, was arrested and condemned to death. When he was told that he was being taken out to martyrdom, he rejoiced greatly. The Emperor threatened him in vain; Hermylas openly confessed his faith in Christ and, in reply to the Emperor's threats, said: "The Lord is my helper, I will not fear what man doeth unto me" (Ps. 117:6). After harsh torture, Hermylas was flung into prison. But the jailer was one Stratonicus, a secret Christian who was filled with whole-hearted compassion for Hermylas's sufferings. When he too appeared before the Emperor as a Christian, Licinius ordered that they both be thrown into the Danube. So Hermylas and Stratonicus were bound together in one net and cast into the river. After three days the river threw their bodies onto the bank, and fellow-Christians took them and buried them a little way outside Belgrade. These glorious martyrs suffered for Christ and entered into glory in the year 315.

St James, Bishop of Nisibis - In summer in an open field and in winter in a cave, St James lived as a hermit. On one occasion he went down into the city of Nisibis in Mesopotamia, to look into the faith and life of the Christians, and was there elected by the people as their bishop. He took part in the First Ecumenical Council in 325 and defended Orthodoxy against the Arians. It happened at one time that the pagan Persian army attacked Nisibis. St James went out onto the ramparts with the banner-icon from the church, himself raising it aloft and walking round the ramparts fearless of the arrows the enemy was aiming at him. Walking thus, the saint prayed to God to save the city and the faithful in it by sending flies and mosquitoes on the Persians, thus driving them away from the city walls. He did not, we see, seek the destruction of the enemy but some sort of catastrophe, no matter what, even some quite small occurrence, that would overcome them and remove them from the vicinity. God heard the prayer of His chosen one and sent a plague of flies and mosquitoes on the Persians, driving them away and saving the city of Nisibis. St James lived long and with honour, and died peacefully in great old age in the year 350.

St Hilary, Bishop of Poitiers - An ardent fighter against Arianism in the West, he suffered greatly for his choice of Orthodoxy. Of his writings on many subjects, the most important are those on the Holy Trinity. He entered into rest in the Lord in the year 367; Our Holy Father Maximus of Kapsokalyvia; in Cornwall, St. Erbin (Hermes), c and St. Elian (Alan), hermit. Australia Day.

St. Kentigern Mungo - Bishop, founder of the See of Glasgow, born about 518; died at Glasgow, 13 January, 603. His mother Thenaw was daughter of a British prince, Lothus (from whom the province of Lothian was called); his father's name is unknown. According to Jocelyn's life of Kentigern, the saint was born at Culross in Fife, and brought up until manhood by St. Serf (or Servanus) at his monastery there; but Skene shows that this connection between the two saints involves an anachronism, as St. Serf really belongs to the following century. At the age of twenty-five we find Kentigern (the name means "head chief", but he was popularly known as Mungo — in Cymric, Mwyn-gu, or "dear one"), beginning his missionary labours at Cathures, on the Clyde, the site of modern Glasgow. The Christian King of Strathclyde, Roderick Hael, welcomed the saint, and procured his consecration as bishop, which took place about 540. For some thirteen years he laboured in the district, living a most austere life in a cell at the confluence of the Clyde and the Molendinar, and making many converts by his holy example and his preaching. A large community grew up around him, became known as "Clasgu" (meaning the "dear family") and ultimately grew into the town and city of Glasgow. About 553 a strong anti-Christian movement in Strathclyde compelled Kentigern to leave the district, and he retired to Wales, staying for a time with St. David at Menevia, and afterwards founding a large monastery at Llanelwy, now St. Asaph's, of which he appointed the holy monk Asaph superior in succession to himself. In 573 the battle of Arthuret secured the triumph of the Christian cause in Cumbria, and Kentigern, at the earnest appeal of King Roderick, returned thither, accompanied by many of his Welsh disciples. For eight years he fixed his see at Hoddam in Dumfriesshire, evangelizing thence the districts of Galloway and Cumberland. About 581 he finally returned to Glasgow, and here, a year or two later, he was visited by St. Columba, who was at that time labouring in Strathclyde. The two saints embraced, held long converse, and exchanged their pastoral staves. Kentigern was buried on the spot where now stands the beautiful cathedral dedicated in his honour. His remains are said still to rest in the crypt.

14 / 27 January — St Sava, Archbishop of Serbia - The son of Stefan Nemanja, the great Serbian national leader, he was born in 1169. As a young man he yearned for the spiritual life, which led him to flee to the Holy Mountain, where he became a monk and with rare zeal followed all the ascetic practices. Nemanja followed his son's example and himself went to the Holy Mountain, where he lived and ended his days as the monk Simeon. Sava obtained the independence of the Serbian Church from the Emperor and the Patriarch, and became its first archbishop. He, together, with his father, built the monastery of Hilandar and after that many other monasteries, churches and schools throughout the land of Serbia. He travelled to the Holy Land on two occasions, on pilgrimage to the holy places there. He made peace among his brothers, who were in conflict over their rights, and also between the Serbs and their neighbours. In creating the Serbian Church, he created the Serbian state and Serbian culture along with it. He brought peace to all the Balkan peoples, working for the good of all, for which he was venerated and loved by all on the Balkan peninsular. He gave a Christian soul to the people of Serbia, which survived the fall of the Serbian state. He died in Trnovo in the reign of King Asen, being taken ill after the Divine Liturgy on the Feast of the Theophany in 1236. King Vladislav took his body to Mileseva, whence Sinan Pasha removed it, burning it at Vracar in Belgrade on April 27th, 1595.

St. Nina, enlightener of Georgia - Hearing of the Georgian people, the maiden Nina desired from her early years to travel to Georgia and baptise the Georgians. The Mother of God appeared to her and promised her that she would take her to that land. When the Lord opened the path to her, the young Nina indeed went to Georgia, where she very quickly gained the love of the people. She baptised Mirian, King of Georgia, his wife Nana and their son Bakar, who then zealously aided Nina in her missionary efforts. Nina travelled throughout Georgia in the course of her life, and succeeded in bringing all the people to the Christian faith—and this during a time of fearful persecution of Christians by the Emperor Diocletian. She rested from her

many labours and entered into peace in the Lord in the year 335. Her grave is in a church in Samtavro. She performed many miracles both during her lifetime and after her death.

Our Holy Fathers, the Martyrs of Sinai and Raithu - These holy fathers were killed by the Saracens, those of Sinai in the fourth century and the others in the fifth century.

15 / 28 January — Our Holy Father Paul of Thebes - Born of wealthy parents in Lower Thebes in Egypt in the reign of the Emperor Decius, he and a sister of his together inherited all their parents' property. But his brother-in-law, an idol-worshipper, plotted to seize Paul's half of the inheritance. He therefore threatened Paul that he would betray him to the authorities as a Christian if he did not hand over his share of the property. This misfortune, coupled with the examples of self-sacrifice by the Christian martyrs that Paul saw with his own eyes, induced him to give his half of the property to his sister and go into the desert, where he lived in asceticism until his death. The spiritual heights attained by this giant of a monk are testified to by no less a person than St Antony the Great, who once visited Paul and saw how the wild animals and birds of the air ministered to him. Returning from this visit, Antony said to his monks: 'Woe is me, my children, a sinful and false monk, who am a monk in name only. I have seen Elias, I have seen John in the desert, and I have seen Paul—in Paradise!' St Paul lived 113 years, and entered peacefully into rest in the Lord in the year 342.

Our Holy Father John Kalyvites (The Hut-Dweller) - He was born in Constantinople in the early part of the 5th century, of rich and eminent parents whose only child he was. Drawn by inclination to the spiritual life, the young John fled with a monk to a monastery in Asia Minor. He spent six years in this monastery in the greatest restraint, prayer and obedience to the superior. Then the devil attacked him with the temptation to leave the monastery and return to his parents, to live with them as a nobleman. He indeed returned to his parents' home, but dressed as a beggar. He saw his parents, but, not wishing to reveal himself to them as their son, remained as a beggar in their courtyard, living off the crumbs that the servants threw him and enduring much ridicule from all. He lived thus for three years, praying God that He would save the souls of his father and mother. When he fell ill and felt death approaching, he revealed himself to his parents. They recognised him by a precious Gospel-book which they had given him in childhood and which he had kept with him as his sole possession. And so this young man, albeit so rich, saved his soul and those of his parents, overcame the devil and entered into rest in the Lord in about the year 450. Our Holy Father Gabriel of Lesnov; The Holy Martyr Pansophius; In Ireland at Limerick,

St. Ita, hermitress (570) - called the "Brigid of Munster"; born in the present County of Waterford, about 475; d. 15 January, 570. She became a nun, settling down at Cluain Credhail, a place-name that has ever since been known as Killeedy--that is, "Church of St. Ita"--in County Limerick. Her austerities are told by St. Cuimin of Down, and numerous miracles are recorded of her. She was also endowed with the gift of prophecy and was held in great veneration by a large number of contemporary saints, men as well as women. When she felt her end approaching she sent for her community of nuns, and invoked the blessing of heaven on the clergy and laity of the district around Killeedy. Not alone was St. Ita a saint, but she was the foster-mother of many saints, including St. Brendan the Voyager, St. Pulcherius (Mochoemog), and St. Cumian Fada.;

St. Maurus, disciple of St. Benedict (584); in Wales - Deacon, son of Equitius, a nobleman of Rome, died 584. Feast, 15 Jan. He is represented as an abbot with crozier, or with book and censer, or holding the weights and measures of food and drink given him by his holy master. He is the patron of charcoalburners, coppersmiths etc. -- in Belgium of shoemakers -- and is invoked against gout, hoarseness etc. He was a disciple of St. Benedict, and his chief support at Subiaco. He is described as a model of religious virtues, especially of obedience.

16 / 29 January — Veneration of the Precious Chains of the Holy and All-glorious Apostle Peter - Today we commemorate the chains with which Peter was shackled by the lawless Herod and which, when an angel appeared to him in prison, fell from him (Acts 12:7). The faithful kept these chains, both in memory of the great Apostle and also because of their healing power, for many of the sick were healed by touching them (as with the towel of the Apostle Paul: Acts 19:12). The Patriarch of Jerusalem, St Juvenal, made a gift of these chains to the Empress Eudocia, the exiled wife of the Emperor Theodosius the Younger. She divided them in half, sending one half to the Church of the Holy Apostles in Constantinople and the other to her daughter, the Empress Eudoxia, wife of Valentian of Rome. This Eudoxia built the Church of St Peter and placed these chains in it, together with those in which Peter was shackled before his death under the Emperor Nero.

The Holy Martyrs Speusippus, Eleusippus, Meleusippus and their grandmother Leonilla - They suffered for Christ in France in the reign of the Emperor Marcus Aurelius (161 - 180). The three brothers were triplets. At first only Leonilla was a Christian, while her grandsons were pagans. After much exhortation on the part of the pious Leonilla and a local priest, the three brothers were baptised. Being baptised, they began with youthful fervour to witness to their faith, and in their zeal went out and smashed all the idols in the area. Accused and brought before the judge, they acknowledged their action and openly confessed their faith in Christ. The judge threw them into prison, then summoned their grandmother and directed her to go to the prison and counsel her grandsons to deny Christ and worship idols. Leonilla went off without a word to the prison, but instead of advising her grandsons to deny the true Faith, she set about encouraging them not to give up, but to persevere to the end in all their sufferings and die for Christ. When the judge examined them again and saw their yet stronger steadfastness in the Faith, he condemned them to death. All three were first hanged on one tree, where they hung 'like the strings of a lute', and after that flogged and then finally burned. A woman, Jovilla, stirred by the courage of these martyrs, cried out: 'I too am a Christian!' They immediately seized her and beheaded her with a sword, together with the aged Leonilla. Our Holy Father, the Martyr Damascene of Gabrovo; Our Holy Father Romil;

St. Honoratus, archbishop of Arles & founder of the Lerins Monastery - b. about 350; d. 429. It is believed that he was born in the north of Gaul and that he belonged to an illustrious pagan family. Converted to Christianity with his brother Venantius, he embarked with him from Marseilles about 368, under the guidance of a holy person named Caprasius, to visit the holy places of Palestine and the lauræ of Syria and Egypt. But the death of Venantius, occurring suddenly at Methone, Achaia, prevented the pious travellers from going farther. They returned to Gaul through Italy, and, after having stopped at

Rome, Honoratus went on into Provence and, encouraged by Leontius, Bishop of Fréjus, took up his abode in the wild island of Lérins with the intention of living there in solitude. Numerous disciples soon gathered around him and thus was founded the monastery, which has enjoyed so great a celebrity and which was during the fifth and sixth centuries a nursery for illustrious bishops and remarkable ecclesiastical writers. Honoratus's reputation for sanctity throughout the south-eastern portion of Gaul was such that in 426 after the assassination of Patroclus, Archbishop of Arles, he was summoned from his solitude to succeed to the government of the diocese, which the Arian and Manichaean heresies had greatly disturbed. He appears to have succeeded in re-establishing order and orthodoxy, while still continuing to direct from afar the monks of Lérins. However, the acts of his brief pontificate are not known. He died in the arms of Hilary, one of his disciples and probably a relative, who was to succeed him in the See of Arles. His various writings have not been preserved, nor has the rule which he gave to the solitaries of Lérins; St. Sigebert, king of the East Angles, martyr (635);

St. Fursey, of Burgh Castle, enlightener of East Anglia - Son of an Irish prince, Fursey became abbot of a monastery in Tuam, Co. Galway, but it was as a missionary in England and France that he achieved a European fame overshadowed only by Columbanus. He was welcomed to East Anglia c. 630 by King Sigebert, who granted land for a monastery at Burgh Castle in Suffolk. Becoming ill, Fursey fell into a trance and, according to Saint Bede the historian, quit his body from evening till cock-crow and was found worthy to behold the chorus of angels in Heaven. Fursey's visions of Heaven and Hell, experienced throughout his life and widely recounted, are thought to have inspired Dante's Divine Comedy. After some years in East Anglia, Fursey set out on a pilgrimage to Rome. He was well-received by Clovis, king of the Franks, whose palace mayor, Erconwald, persuaded the saint to build a monastery at Lagny, outside Paris. Fursey died c. 648 at Mazerolles, where he had once miraculously restored a nobleman's son to life. Erconwald had the body brought to Péronne in Picardy, where it awaited entombment while a new church was built. Four years later, when the body was buried near the altar, it was found to be completely free from decomposition;

Tropar of St

Fursey of Burgh Castle, tone 5: Establishing thy monastery in a Roman fortress thou didst teach men that the Orthodox Faith is a true bastion/ against the onslaughts of every evil force, O Father Fursey./ Wherefore pray to God for us/ that we may all be bastions of the Faith/ standing firm against the rising tide of falsehood,/ that our souls may be saved.

Kondak of St Fursey of Burgh Castle, tone 4: Thou didst need the walls of stone/ to defend the Faith against its pagan enemies, O Father Fursey,/ but pray for us that we may have a spiritual wall around us/ to defend the Faith against its enemies./ Following thee and praising thy eternal memory,/ we stand firm against every error, ever singing:/ Rejoice, beloved of God, our Father Fursey.

St. Dunchaid O'Braoin, abbot of Clonmacnoisen - Born in Westmeath; died at Armagh, 988. Saint Dunchaid was an anchorite until 969, when he was chosen abbot of Clonmacnoise Monastery. In his old age he retired to Armagh, where he died

17 / 30 January —Our Holy Father Antony the Great - He was an Egyptian, born about 250 in a village called Quemen-el-Arons near Heracleopolis. After the death of his rich and noble parents, he shared his inherited possessions with his sister, who was still in her minority, made sure that she was cared for, gave away his half of the inheritance to the poor and, at the age of twenty, consecrated himself to the life of asceticism that he had desired from childhood. At first he lived near his own village but then, in order to escape the disturbance of men, went off into the desert, on the shores of the Red Sea, where he spent twenty years as a hermit in company with no-one but God, in unceasing prayer, pondering and contemplation, patiently undergoing inexpressible demonic temptations. His fame spread through the whole world and around him gathered many disciples whom he, by word and example, placed on the path of salvation. In eighty-five years of ascetic life, he went only twice to Alexandria: the first time to seek martyrdom during a time of persecution of the Church, and the second at the invitation of St Athanasius, to refute the Arians' slanderous allegations that he too was a follower of the Arian heresy. He departed this life at the age of 105, leaving behind a whole army of disciples and followers. And, although Antony was unlettered he was, as a counsellor and teacher, one of the most learned men of his age, as also was St Athanasius the Great. When some Hellenic philosophers tried to test him with literary learning, Antony shamed them with the question: 'Which is older, the understanding or the book? And which of these is the source of the other?' The shamed philosophers dispersed, for they saw that they had only book-learning without understanding, while Antony had understanding. Here was a man who had attained perfection insofar as man is able on earth. Here was an educator of educators and teacher of teachers, who for a whole eighty-five years perfected himself, and only thus was able to perfect many others. Full of years and great works, Antony entered into rest in the Lord in the year 356. St. Anthony teaches: "Learn to love humility, for it will cover all your sins. All sins are repugnant before God but the most repugnant of all is pride of the heart. Do not consider yourself learned and wise; otherwise, all your effort will be destroyed and your boat will reach the harbour empty. If you have great authority, do not threaten anyone with death. Know, that according to nature, you too are susceptible to death and that every soul sheds its body from itself as the final garment." In Byzantium there existed an unusual and instructive custom during the crowning of the emperors in the Church of the Divine Wisdom [St. Sophia]. The custom was that when the patriarch placed the crown on the emperor's head, at the same time, he handed him a silk purse filled with dirt from the grave. Then, even the emperor would recall death and to avoid all pride and become humble. The Holy Emperor Theodosius the Great; The Holy Martyr George the New of Ioannina;

St. Nennius - One of the Twelve Apostles of Ireland, he was a disciple of St. Finian. The only other thing known about him is that he was born in Ireland..



35th Sunday After Pentecost

Ss. Athanasius and Cyril of Alexandria

18 / 31 January 2016

Resurrection Tropar, Tone 2: When Thou didst descend to death, O Life Immortal, Thou didst slay hell with the splendour of Thy Godhead! And when from the depths Thou didst raise the dead, all the powers of Heaven cried out: O Giver of Life, Christ our God, Glory to Thee!

Troparion tone 3 - You shone with works of Orthodoxy and quench all heresy,/ and become victorious trophy-bearers./ You enriched all things with piety and greatly adorned the Church,/ and worthily found Christ our God;/ by your prayers He grants mercy to all.

Resurrection Kondak, Tone 2: Hell became afraid, O Almighty Saviour, seeing the miracle of Thy resurrection from the tomb! The dead arose! Creation, with Adam, beheld this and rejoiced with Thee! And the world, O My Saviour, praises Thee forever.

Kontakion tone 4 - Great Hierarchs and champions of Christ's Church,/ preserve all who sing: O compassionate Lord,/ save those who with faith honour Thee.

Matins Gospel II

EPISTLE: ST. PAUL'S Second Letter to The Corinthians 6:16 - 7:1

And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: "I will dwell in them And walk among them. I will be their God, And they shall be My people." Therefore "Come out from among them And be separate, says the Lord. Do not touch what is unclean, And I will receive you." "I will be a Father to you, And you shall be My sons and daughters, Says the LORD Almighty." Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

YOU ARE THE TEMPLE OF THE LIVING GOD

He uses opposites which themselves cannot admit of their opposites: light and darkness' ...Do you bear God within you and run to them, God, Who has nothing in common with them? And in what way can this deserve forgiveness? Bear in mind Who walks and Who dwells in you ...But what is filthiness of the flesh? Adultery, fornication, lasciviousness of every kind. And what of the soul? Unclean thoughts, as gazing with unchaste eyes, malice, deceits, and whatsoever such things there are ...Do you realize the greatness of the prize? It is both to be delivered from what is evil, and to be made one with God ...What promises? That we should be temples of God, sons and daughters, have Him indwelling, and walking in us, be His people, having Him for our God and Father...

PERFECTING HOLINESS IN THE FEAR OF GOD

Yet he is not content with this, but adds, 'Perfecting holiness in the fear of God.' For not to touch unclean things does not thereby make you clean, but something else is needed for becoming holy: earnestness, heedfulness, piety. And he well said, 'In the fear of God.' For it is possible to perfect chasteness, not in the fear of God but for vainglory ...For even if lust makes imperious demands, still if you occupy its territory with the fear of God, you have stayed its frenzy ...Now by holiness here he means not chastity alone, but the freedom from every kind of sin, for he is holy who is pure. Now one will become pure, not if he is free from fornication only, but also from covetousness and envy and pride and vainglory, yes, especially from vainglory, which in everything indeed it behoves us to avoid, but much more in almsgiving, since, with this distemper, it is no longer almsgiving, but display and cruelty. For when you do not do it out of mercy, but from parade, such a deed is not only no alms, but even an insult, for you have put your brother to open shame. Not then the giving money, but the giving it out of mercy, is almsgiving...

Wherefore I exhort and entreat you all, disregard what this man and that man thinks about these things, and inquire all these things from the Scriptures. And having learned what are the true riches, let us pursue them so we may also obtain the eternal good things, which may we all obtain, through the grace and love towards men of our Lord Jesus Christ, with Whom, to the Father and the Holy Spirit, be glory, might, and honour, now and ever and world without end. Amen.

St. John Chrysostom. Homily XIII on II Corinthians VI 1, 4. B#56.

The Holy Bible & the Holy Fathers for the Orthodox - edit. Johanna Manley

Second Epistle – Heb. 13:7-16

THE GOSPEL LUKE 18: 18-27

Now a certain ruler asked Him, saying, "Good Teacher, what shall I do to inherit eternal life?" So Jesus said to him, "Why do you call Me good? No one is good but One, that is, God. You know the commandments: 'Do not commit adultery,' 'Do not murder,' 'Do not steal,' 'Do not bear false witness,' 'Honor your father and your mother.' "And he said, "All these things I have kept from my youth." So when Jesus heard these things, He said to him, "You still lack one thing. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me." But when he heard this, he became very sorrowful, for he was very rich. And when Jesus saw that he became very sorrowful, He said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." And those who heard it said, "Who then can be saved?" But He said, "The things which are impossible with men are possible with God."

WHY DO YOU CALL ME GOOD?

Now he, who is here called a Ruler, and who fancied himself to be learned in the law, and supposed that he had been accurately taught therein, imagined that he could convict Christ of dishonoring the commandment spoken by the most wise Moses, and of introducing laws of His own. For it was the object of the Jews to prove that Christ opposed and resisted the former commandments, to establish, as I said, new laws, of His own authority, in opposition to those previously existing, so that their wicked conduct towards Him might have a specious pretext. He draws near, therefore, and makes pretense of speaking kindly; for he calls Him Teacher, and styles Him Good, and professes himself desirous of being a disciple...

And what does the Omniscient reply, 'Who, as it is written, takes the wise in their craftiness?' (Job 5:13) Why do you call Me good? None is good but one, God. You see how He proved at once that he was neither wise nor learned, though the ruler of a synagogue of the Jews. For if, He I says, you did not believe that I am God, and the clothing of the flesh has led you astray, why did you apply to Me epithets suitable to the supreme nature alone, while still you suppose Me to be a mere man like yourself, and not superior to the limits of human nature? In the nature that transcends all, only in God, is found the attribute of being by nature, and un-changeable good; but the angels, and we on earth, are good by resembling Him, or rather by participation in Him.

But those whose minds are perverted by sharing in the wickedness of Arius will probably not assent to the correctness of this explanation. For, they make the Son inferior to the supremacy and glory of God the Father... For they assert, as though they had obtained a reason for their blasphemy from the passage now before us, Behold, He has clearly and expressly denied that He is good, and set it apart as something appropriate only to God the Father; but verily, had He been equal to Him in substance, and sprung from Him by nature, how would He not also be good, being God? Let this, then, be our reply to our opponents. Since all correct and exact reasoning acknowledges a son to be consubstantial with the father, how is He not good, as being God? For He cannot but be God, if He is consubstantial with Him Who is by nature God... We have the Savior's own testimony, Who says this: A good tree cannot bring forth evil fruits' (Matt. 7:18). How from a good root has there shot forth an evil sprout? Or how from a sweet fountain can there flow a bitter river? Was there ever a time when there was no Father, seeing that He is the Father eternally? ...We conclude, therefore, that the fruit of the good God is the good Son.

St. Cyril of Alexandria, Commentary on the Gospel of St Luke, Homily 122. B#42, pp. 486-488.

Second Gospel – Matt. 5:14-19

Saints of the week

18 / 31 January — St Athanasius the Great, Archbishop of Alexandria - Born in Alexandria in 296, he had from childhood an inclination to the spiritual life. He was a deacon with Archbishop Alexander and accompanied him to Nicaea, to the First Ecumenical Council in 325. At this Council, Athanasius became famed for his learning, his devotion and his zeal for Orthodoxy, and contributed very greatly to the containing of the Arian heresy and the strengthening of Orthodoxy. After the death of Alexander, Athanasius was chosen as Archbishop of Alexandria. He remained in his archiepiscopal calling for more than forty years, although he was not on the archiepiscopal throne the whole time. He was persecuted by heretics through almost the whole of his life, particularly by the Emperors Constantius, Julian and Valens, by Bishop Eusebius of Nicomedia and many others, and by the heretic Arius and his followers. He was forced to hide from his persecutors in a well, a grave, private houses and the deserts. Twice he was forced to flee to Rome. Only just before his death did he have a peaceful period as a good shepherd with his flock, which truly loved him. There are few saints who have been so callously slandered and so criminally persecuted as St Athanasius. But his great soul endured all with patience for the love of Christ and at last emerged victorious from all these terrible and lengthy struggles. He often went to St Antony for advice and moral support, revering him as his spiritual father. He suffered greatly for the truth, until the Lord gave him rest in His kingdom as His faithful servant, in the year 373; St Maxim, Archbishop of Wallachia; Saint Leobardus of Marmoutier (Gaul), hermit.
St. Dermot, abbot - (also known as Diarmaid) - 6th century. Ruins of six churches can be seen on Inchcleraun (Innis Clothran) in Lough Ree, where Saint Dermot founded a monastery. His burial site there became a pilgrimage centre. It is believed that Dermot was a native of Connaught and of royal blood.

19 January / 1 February — Our Holy Father Macarius the Great - He was an Egyptian and one of the contemporaries of St Antony the Great. His father was a priest. He married in obedience to his parents' wishes, but his wife died very soon and he went off into the desert of Scetis, where he spent sixty years in toil and struggle, both physical and spiritual, for the Kingdom of heaven. When he was asked why he was so thin, both when he ate and when he fasted, he replied: 'From fear of God!' He succeeded so greatly in purifying his mind from evil thoughts and his heart from evil desires that God endowed him with abundant wonderworking gifts, such that he even raised the dead from the grave. His humility made men and demons marvel. A demon once said to him: 'There is only one thing in which I cannot excel you: that is not in fasting, for I never eat, nor in

vigils, for I never sleep.' 'Then what is it?' asked Macarius. 'Your humility', replied the demon. Macarius often said to his disciple, Paphnutius: 'Condemn no man, and you will be saved.' He lived for ninety years. Before his death, St Antony and St Pachomius appeared to him from the other world and told him that he would die in nine days' time. And so it came to pass. Cherubim also appeared to him before his death and revealed the heavenly, blessed world to him in a vision, praised his labours and virtues and told him that they had been sent to take his soul to the heavenly Kingdom. He entered into rest in the year 390; Our Holy Father Macarius of Alexandria; St Arsenius, Bishop of Corfu; St Mark, Archbishop of Ephesus; Blessed Theodore, the Fool for Christ of Novgorod;

St. Branwallader (Breward) of Cornwall and the Channel Islands, bishop of Jersey, (6th C.) - the day of the translation of his relics. Saint Branwallader was a Celtic or Welsh monk, who is said to have been a bishop in Jersey. It is believed that Branwallader worked with Saint Samson (f.d. July 28) in Cornwall and the Channel Islands, where he is remembered at Jersey in St. Brelade. He may also have travelled with Samson to Brittany in northern France. In the Exeter Martyrology, Branwallader is described as the son of the Cornish king, Kenen.

St. Nathalan - Born near Aberdeen, Scotland; died 678. Nathalan was a nobleman, who possessed a large estate which he gave to the poor in order to become an anchorite. Nathalan is especially praised for having earned his living by farming, "which approaches nearest to divine contemplation." He fed his neighbours from his produce during times of famine, and found that farming served him as a type of penance. During his pilgrimage to Rome, Nathalan was consecrated bishop by the pope, because of his holiness and proficiency in profane and sacred learning. He took up residence at Tullicht (now in the diocese of Aberdeen), where he built a church, but he continued to use all his revenues for the relief of the poor as he had previously. He continued to earn his livelihood by the work of his hands, while living austerely, and preaching the Gospel. He is also credited with founding the churches at Bothelim and Colle.

St. Catellus of Castellamar E.

20 January / 2 February — Our Holy Father Euthymius the Great - Born in the Armenian town of Melitene near the River Euphrates in 377, of noble and eminent parents, he was their only son. His mother Dionysia had prayed for a child, and had a heavenly vision concerning his birth. He lived in asceticism from his youth, at first in the vicinity of his town, but then, after a visit to Jerusalem at the age of 29, in the Wilderness of Pharan, between Jerusalem and Jericho. He filled his days and nights with prayer and meditation, contemplation and physical toil. Many disciples gathered round him, such as Cyriac the Hermit, Sava the Sanctified, Theoctistus and others. He was, by God's gift, a great worker of wonders: he drove out demons, healed grave illnesses, brought forth water in the desert, multiplied bread and prophesied. He taught his monks the love of hardship, saying: 'If you eat bread that comes not from your own labours, that means that you eat the labour of another'. When one of the younger brethren desired to fast more than others, he forbade him and ordered him to come to the common table, so that he should not become proud through his too-great fasting. He also said that it is not good for a monk to move from place to place, for, he said: 'A tree that is frequently transplanted does not bear fruit.' Whoever desires to do good can do it in the place where he is. On love, he said: 'As salt is to bread, so is love to the other virtues.' He went off into the desert in the first week of the Great Fast and remained there in silence and meditation on God until before Easter. During his lifetime, a great monastery grew up near his cave, which was for centuries as full of monks as a hive of bees. His last command was that there should be loving hospitality to guests in the monastery, and that its gate should never be closed. He entered into rest at the age of 97. Patriarch Anastasius of Jerusalem was at his funeral. The Patriarch waited the entire day while a great mass of people gave the saint the last kiss, and only in the evening was he able to finish the funeral. On the seventh day after his death, Euthymius appeared to his disciple Domitian in light and joy. St Euthymius was a true 'son of light'. He entered into rest in the year 473. The Holy Martyrs Innas, Nirras and Pinnas;

St. Fechin, abbot - was probably born at Luighne (Leyney), Ireland. He was trained by St. Nathy, was founding Abbot of Fobhar, or Fore, in Westmeath, and died of the plague that devastated Ireland in the year 665..

21 January / 3 February — Our Holy Father Maximus the Confessor - By birth a citizen of Constantinople and at first a high-ranking courtier at the court of the Emperor Heraclius, he then became a monk and the abbot of a monastery not far from the capital. He was the greatest defender of Orthodoxy against the so-called Monothelite heresy, which developed from the heresy of Eutyches. That is to say: as Eutyches asserted that there is in Christ only one nature, so the Monothelites asserted that there is in Him only one will. Maximus resisted this assertion and found himself in opposition to both the Emperor and the Patriarch. But he was unafraid, and persevered to the end in proving that there are in the Lord two wills and also two natures. By his efforts, one Council in Carthage and one in Rome stood firm, and both these Councils anathematised the Monothelite teaching. Maximus's sufferings for Orthodoxy cannot be described: tortured by hierarchs, spat upon by the mass of the people, beaten by soldiers, persecuted, imprisoned; until finally, with his tongue cut out and one hand cut off, he was condemned to exile for life in Skhimaris, where he gave his soul into God's hands in the year 662. Blessed Maximus the Greek; The Holy Martyr Neophytus; The Holy Martyr Agnes; in Wales, St. Laudog, confessor; in Scotland,

St. Vimin (6th C.) - the founder of the monastery of Holywood at Nithsdale. It is related that St. Vimin was an abbot in Fifeshire when he was consecrated bishop. He actively evangelized the region. In order to avoid the temptations to pride that accompanied his many miracles, he moved to a deserted place and founded Holywood (Sacrumboscum), which later became famous for producing many holy and learned men

22 January / 4 February — The Holy Apostle Timothy - One of the Seventy, he was born in Lystra of Lycaonia of a Greek father and a Jewish mother. His mother and grandmother were praised by the Apostle Paul for their sincere faith (2 Tim. 1:4-5). He met the great Apostle for the first time in Lystra, and was the only witness of Paul's healing of the man lame from birth. Later, Timothy was an almost constant travelling-companion of Paul's, visiting Achaia, Macedonia, Italy and Spain with him. A

great zealot for the Faith, a superb preacher and of a gentle spirit, Timothy contributed greatly to the spreading and establishing of the Christian faith. Paul called him his own son in the faith (1 Tim. 1:2). After Paul's martyrdom, Timothy had St John the Evangelist as his teacher. But when the Emperor Domitian exiled John from Ephesus to the island of Patmos, Timothy remained in Ephesus as bishop. At the time of an idolatrous feast called Katagogium, the pagans, resentful of the Christians, made a merciless, masked attack on Timothy and killed him, in about the year 93. His honoured relics were later taken to Constantinople and buried in the Church of the Holy Apostles by the graves of St Luke the Evangelist and St Andrew the First-Called. Our Holy Father, the Martyr Anastasius; St. Brithwald, monk of Glastonbury, bishop of Sarum who removed his see from Ramsbury to Sarum.

23 January / 5 February — Sunday of the Holy New Martyrs & Confessors of Russia (celebrated on the Sunday nearest to January 25 o.s.) — In any case, the world can and must wholeheartedly use for its edification and correction the present suffering by fire of the Russian people. The Russian people undoubtedly will come out of this fire holier, stronger and greater than it ever was before. No good blacksmith throws nails into the fire to be rid of them, he does it to make something better out of them. We think and believe that the Creator of the Russian people allowed this great people to experience this flame of suffering not to punish and kill it, but in order that by its terrible example other peoples may come to their senses and understand that the Russian people will be even more greatly glorified before heaven and earth. Do not cry, but be happy. A great harvest of souls has ripened in Russia. In these days the tortured Russian people fill Paradise more than any other Christian people on earth.
*St. Nikolai
(Velimirovic) of Ochrid*

"Blessed is God! And in our time martyrs have sprung up and we have been vouchsafed to see people slain for Christ, people who have shed their blood which has watered the whole Church" (3rd Homily of St. John Chrysostom on 1 Chronicles)

We also in our times together with the golden-mouthed preacher can say the same of the Holy New Martyrs and Confessors of Russia, who now stand in the choir of the God-pleasers before the throne of the King of Glory and intercede on behalf of our people.

The congregation of the New Martyrs of Russia consists of representatives of all the professions and ranks of the Russian land - beginning from the time of the Tsar-Martyr down to the last homeless wanderer, the finest children of our Fatherland, who were fated to water the whole Russian Church with their holy blood.

The tortures which the holy passion-bearers endured were little different from the Christian martyrdoms of the first centuries, and the refined cruelty of the modern persecutors in no way yields to the cruelty of their predecessors.

Being incited by the devil — the first cause of all persecution against the Church in all ages, the new tormentors subjected their victims to the same kinds of sufferings which the Jews, pagans, and Moslems used in the first and following centuries of persecution.

To these God-pleasers can be ascribed the words of the apostle concerning the first martyrs of the Church of God in the Old Testament ... of them many were "stoned, sawn asunder, were slain with the sword" "not accepting deliverance: that they might obtain a better resurrection" (Heb 11:37, 35)

Tortures for Christ and death itself the new martyrs met fearlessly they rejoiced that in their sufferings they resembled their Redeemer.

Before their deaths many of them prayed for their tormentors, they blessed their murdered, they called them to repentance.

Their valour irradiates the Russian Church with a new glory presenting to the world a countless congregation of crowned passion-bearers. And together with them the whole Universal Church is harvesting the fruits of their victories. The New Martyrs have united heaven with the earth in common joy, for both the Church militant together with the Church triumphant now rejoices over them.

The celebration of the glorification of the Holy New-Martyrs and Confessors of Russia took place abroad on October 19/November 1, 1981.
"Orthodox Life" 1/1987

The Hieromartyr Clement, Bishop of Ancyra - He was born in 258 in the town of Ancyra of a pagan father and a Christian mother. His devout mother, Euphrosyne, prophesied a martyr's death for her son, and left this world when Clement was twelve years old. Her friend Sophia took Clement into her own home as her son and saw that he was brought up a Christian. Clement became so famed for his virtuous life that he was chosen as bishop of Ancyra at the age of twenty. He acquired a mature wisdom in his early years, and harnessed and conquered his body by great restraint. He ate only bread and vegetables, and never anything slaughtered or with blood. In the reign of Diocletian, he was tortured as terribly 'as anyone has ever been since the foundation of the world'. He spent twenty-eight years under torture and imprisonment. Eleven different torturers tormented him. When, at one time, they were smiting him on the face, spitting on him and breaking his teeth, he cried out to Domentian the torturer: 'You are doing me honour, O Domentian, not torturing me, for the mouth of my Lord Jesus Christ was struck in like manner, and His cheeks slapped; and lo, I, unworthy as I am, am now made worthy of this!' When he was brought before the Emperor Diocletian in Rome, the Emperor placed on one side various instruments of torture, and on the other side gifts—medals, clothing, money—whatever the Emperor was able to bestow, and then told Clement to choose. Christ's martyr, with a scornful glance at all the Emperor's gifts, chose the instruments of torture. And he was terribly tortured; piece by piece the flesh was flayed from his body until the bones showed white beneath. He was healed of these wounds, and was finally beheaded by a soldier in 312, while he was presiding at the Liturgy as bishop in the church in Ancyra. St Clement's miracles are without number. The Sixth Ecumenical Council; St Paulinus the Merciful;

St. Colman - Died c. 702. Saint Colman succeeded Saint Hierlug (Zailug) as abbot-bishop of Lismore in 698. During his rule the fame of Lismore monastery, Ireland reached its peak

24 January / 6 February — Our Holy Mother Xenia - Born in Rome, she was the only daughter of a famous senator. Drawn by the love of Christ, she refused to marry as her parents desired. In order to escape this, she fled from her home with two of

her slaves and came to the island of Kos, to a place called Mylassa, where she started a community for virgins, remaining there in asceticism till her death. Though she was a weak woman, she had a man's perseverance in fasting, prayer and vigils. She often spent entire nights standing in prayer, was dressed more poorly than her sisters, and on her bread, when she ate, she often put ashes from the censer. At the hour of her death (in 450), a wonderful sign appeared over the monastery: a wreath of stars encircling a cross more resplendent than the sun. Many of the sick were healed by her relics. Her two slaves girls followed the example of their abbess in all things, and when they died, they were buried, by their wish, at the feet of blessed Xenia. The Holy Martyr Babylas; Our Holy Father Macedonius; Our Holy Father Philo, Bishop of Cyprus; Our Holy Father Dionysius of Olympus;

Blessed Xenia of St Petersburg - Saint Xenia lived during the eighteenth century, but little is known of her life or of her family. She passed most of her life in Petersburg during the reigns of the empresses Elizabeth and Catherine II. Xenia Grigorievna Petrova was the wife of an army officer, Major Andrew Petrov. After the wedding, the couple lived in St Petersburg. St Xenia became a widow at the age of twenty-six when her husband suddenly died at a party. She grieved for the loss of her husband, and especially because he died without Confession or Holy Communion. Once her earthly happiness ended, she did not look for it again. From that time forward, Xenia lost interest in the things of this world, and followed the difficult path of foolishness for the sake of Christ. The basis for this strange way of life is to be found in the first Epistle to the Corinthians (1 Cor. 1:18-24, 1 Cor. 2:14, 1 Cor. 3:18-19). The Lord strengthened her and helped her to bear sorrow and misfortune patiently for the next forty-five years. She started wearing her husband's clothing, and insisted that she be addressed as "Andrew Feodorovich." She told people that it was she, and not her husband, who had died. In a certain sense, this was perfectly true. She abandoned her former way of life and experienced a spiritual rebirth. When she gave away her house and possessions to the poor, her relatives complained to the authorities. After speaking to Xenia, the officials were convinced that she was in her right mind and was entitled to dispose of her property as she saw fit. Soon she had nothing left for herself, so she wandered through the poor section of Petersburg with no place to lay her head. She refused all assistance from her relatives, happy to be free of worldly attachments. When her late husband's red and green uniform wore out, she clothed herself in rags of those colors. After a while, Xenia left Petersburg for eight years. It is believed that she visited holy Elders and ascetics throughout Russia seeking instruction in the spiritual life. She may have visited St Theodore of Sanaxar (February 19), who had been a military man himself. His life changed dramatically when a young officer died at a drinking party. Perhaps this officer was St Xenia's husband. In any case, she knew St Theodore and profited from his instructions. St Xenia eventually returned to the poor section of Petersburg, where she was mocked and insulted because of her strange behavior. When she did accept money from people it was only small amounts, which she used to help the poor. She spent her nights praying without sleep in a field outside the city. Prayer strengthened her, and in her heart's conversation with the Lord she found the support she needed on her difficult path. When a new church was being built in the Smolensk cemetery, St Xenia brought bricks to the site. She did this in secret, during the night, so that no one would know. Soon her great virtue and spiritual gifts began to be noticed. She prophesied future events affecting the citizens of Petersburg, and even the royal family. Against her will, she became known as someone pleasing to God, and nearly everyone loved her. They said, "Xenia does not belong to this world, she belongs to God." People regarded her visits to their homes or shops as a great blessing. St Xenia loved children, and mothers rejoiced when the childless widow would stand and pray over a baby's crib, or kiss a child. They believed that the blessed one's kiss would bring that child good fortune. St Xenia lived about forty-five years after the death of her husband, and departed to the Lord at the age of seventy-one. The exact date and circumstances of her death are not known, but it probably took place at the end of the eighteenth century. She was buried in the Smolensk cemetery. By the 1820s, people flocked to her grave to pray for her soul, and to ask her to intercede with God for them. So many visitors took earth from her grave that it had to be replaced every year. Later, a chapel was built over her grave. Those who turn to St Xenia in prayer receive healing from illness, and deliverance from their afflictions. She is also known for helping people who seek jobs.

St. Cadoc of Llancarvan Wales - Son of Saint Gwynllyw, a king in Wales, a robber chieftain who led a band of 300; his mother, Saint Gladys, had been stolen in a raid on a neighbouring chief. Raised by an Irish monk; Cadoc's father had stolen the monk's cow, and when he came to demand its return, the king decided it was sign. Studied in Wales and Ireland. Priest. Once chased through a wood by an armed swineherd from an enemy tribe. His hiding place spooked an old, grey, wild boar that made three great leaps at him - then disappeared; Cadoc took this as a sign, and the location became the site of the great church and monastery at Llancarvan. He once saved his brother monks in a famine by tying a white thread to the foot of a (well-fed) mouse; he then following the thread to an abandoned, well-stocked, underground granary. Another time he and his brothers went out to meet a band of thieves, chanting and playing harps; it surprised the highwaymen so much, they turned and left. Lived as a hermit with Saint Gildas on the Island of Flatholmes off Vannes, Brittany. Established a monastery on a small island just off Brittany, joined by a stone bridge so local children could walk out for school. Returned to Britain to evangelize, and work with Christian survivors of Saxon raids. Born 6th century Welsh Died martyred by Saxons while serving at Mass c.580 near Weedon, Northamptonshire, England

Available on the net at <http://www.saintjonah.org/bltn/> or at www.roq.org.au or, request your own copy from Father John Weir by emailing him at rev.john.weir@rocor.org.au