

# St Gregory Palamas /

## The Second Sunday of Great Lent

15 / 28 February

**Resurrection Tropar, Tone 5:** Let us, the faithful; praise and worship the Word, / Co-eternal with the Father and the Spirit, / born for our salvation from the Virgin; / for He willed to be lifted up on the cross in the flesh, / to endure death, / and to raise the dead / by His glorious Resurrection!

**Tropar of St. Gregory Palamas, Tone 8:** Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace, ever pray that our souls be saved.

**Resurrection Kondak, Tone 5:** Thou didst descend into hell, O my Saviour, / shattering its gates as Almighty, / resurrecting the dead as Creator, / and destroying the sting of death. / Thou hadst delivered Adam from the curse, O Lover of Man, / and we cry to Thee, O Lord, save us.

**Kontakion of St Gregory Palamas, Tone 8:** O sacred and divine instrument of wisdom, joyful trumpet of theology / with one accord we sing thy praises, O Gregory inspired by God. / But since thou standest now in mind and spirit before the Original Mind // guide our minds to Him, O father, that we may cry to thee Hail, preacher of grace.

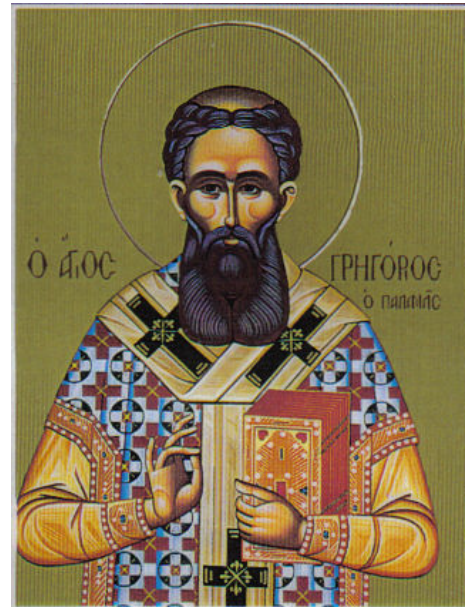
**Kontakion from the Triodion, Tone 4:** The season of the virtues hath now been revealed / and judgement is at the doors / therefore let us arise and keep the Fast / offering tears of compunction together with our alms / and let us cry: our sins are more than the sands of the sea / but do Thou pardon us, O Creator of all // that we may receive incorruptible crowns.

**St. Gregory Palamas** — Gregory's father was an eminent official at the court of the Emperor Andronicus II Palaeologus. The gifted Gregory, completing his secular studies, did not want to go into imperial service at court, but withdrew to the Holy Mountain and became a monk, living in asceticism at Vatopedi and the Great Lavra. He waged war against the heretic Barlaam, and finally overcame him. He was consecrated Metropolitan of Salonica in 1347, being glorified both as an ascetic and a theologian, both as a hierarch and a wonderworker.. He was the defender of the Hesychasts. He upheld the doctrine that the human body played an important part in prayer, and he argued that the Hesychasts did indeed experience the Divine and Uncreated Light of Tabor. To explain how this was possible, St. Gregory developed the distinction between the essence and the energies of God. He set Hesychasm on a firm dogmatic basis, by integrating it into Orthodox theology, and by showing how the Hesychast vision of Divine Light in no way undermined the doctrine that God can not be comprehended. His teachings were confirmed by the local councils held in Constantinople in 1341 and 1351. St. Gregory began by reaffirming the Biblical doctrine of man and of the Incarnation; i.e. the whole man, united in body and soul, was created in the image of God, and Christ, by taking a human body at the Incarnation, has 'made the flesh an inexhaustible source of sanctification'. The Hesychasts, so he argued, in placing emphasis on the body's part in prayer, are not guilty of a gross materialism but are simply remaining faithful to the Biblical doctrine of man as a unity. Christ took human flesh and saved the whole man; therefore it is the whole man that prays to God. How is it possible for man to know God and, at the same time, affirm that God is by nature unknowable? St. Gregory answered this question by quoting St. Basil the Great who said "We know our God from His energies, but we do not claim that we can draw near to His essence. For His energies come down to us, but His essence remains unapproachable". St. Gregory added "God is not a nature, for He is above all beings.... No single thing of all that is created has or ever will have even the slightest communion with the supreme nature, or nearness to it". Even though God's essence may be remote from us, He has revealed Himself through His energies (or grace). These energies do not exist apart from God, but are God Himself in His action and revelation to the world. It is through these energies that God enters into a direct and immediate relationship with us. When we say that the saints are 'deified' by the grace of God, we mean that they have a direct experience of God Himself through his energies (or grace), not in His essence. The vision of Light that Hesychasts receive is the same Light that surrounded Christ on Mount Tabor. It is a true vision of God in His divine energies.

**Epistle: St. Paul's Epistle to the Hebrews 1:10 - 2:3.**

10 And: "You, Lord, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands; 11 They will perish, but You remain; and they will all grow old like a garment; 12 Like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail." 13 But to which of the angels has He ever said: "Sit at My right hand, till I make Your enemies Your footstool?" 14 Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

HEBREWS 2: 1 Therefore we must give the more earnest heed to the things we have heard, lest we drift away. 2 For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, 3 how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.



## WE MUST GROW AND CHANGE WHILE ON EARTH

The hereinafter provides no more opportunities for change. So this leaves our life on earth as the only time during which change is possible. St. Paul says 'Behold, now is the accepted time; behold now is the day of salvation' (I Cor.6:12). Of this passage, St. John Chrysostom says: "Let us therefore strive for the mastery in the time of this gift. It is the day of grace, of grace divine, wherefore with ease even we will obtain the crown [of heaven]" (Homily XII on II Cor. 6.)

"If you approach now, you will receive both grace and mercy, for you approach 'in due season,' but if you approach then, i.e., at the Day of Judgement, no longer will you receive it...Even now it is hard for those to find repentance who sin after baptism of grace...Now is the time of the gift; let no man despair of himself. Then will be the time of despairing, when the bride chamber is shut...For still are the spectators assembled; still is the contest; still is the prize in suspense," (Ibid. Homily VII on Hebrews IV).

So how do we use this 'accepted time' to benefit us for all eternity? The Church, in her wisdom, has made available to us the sacraments for this purpose: Baptism, Confession, Communion, and Holy Unction. But none of these can help us in the depth of our being or effect the necessary essential change in us without our own contributing effort and without that crowning virtue: humility. A baptism casually buried in the mire of subsequent sin, a perfunctory confession, communion taken without the fear and devout love of God, and holy unction received without fervent belief in its power of healing - all these are useless to us. Indeed they are a mockery and a sacrilege.

The change that must take place in us must be in the heart, 'with much groaning and weeping' (Cf. Rom.8:23). It must be real. For only the real and the pure can enter heaven.

Second Reading: St. Paul's Epistle to the Hebrews 7:26 – 8:2

### The Gospel According To St. Mark 2: 1-12

1 At that time Jesus entered into Capernaum after some days, and it was noised that he was in the house. 2 And straightway many were gathered together, insomuch that there was no room to receive them, no, not so much as about the door; and he preached the word unto them. 3 And they come unto him, bringing one sick of the palsy, which was borne of four. 4 And when they could not come nigh unto him for the press, they uncovered the roof where he was: and when they had broken it up, they let down the bed wherein the sick of the palsy lay. 5 When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee. 6 But there were certain of the scribes sitting there and reasoning in their hearts, 7 Why doth this man thus speak blasphemies? who can forgive sins but God only? 8 And immediately, when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, Why reason ye these things in your hearts? 9 Whether is it easier to say to the sick of the palsy, Thy sins be forgiven thee; or to say, Arise, and take up thy bed and walk? 10 But that ye may know that the Son of man hath power on earth to forgive sins (he saith to the sick of the palsy,) 11 I say unto thee, Arise, take up thy bed, and go thy way into thine house. 12 And immediately he arose, took up the bed, and went forth before them all; insomuch that they were all amazed, and glorified God, saying, We never saw it on this fashion.

Brothers and sisters, we have lived this week in the light of last Sunday—the Triumph of Orthodoxy. A wonderful feature was pointed out to us in the Gospel which was then read: Philip findeth Nathanael, and saith unto him, We have found Him, of Whom Moses in the law, and the prophets did write, Jesus of Nazareth, the son of Joseph. And Nathanael said unto him, Can there any good thing come out of Nazareth? (Jn. 1:45-46).

Both of them, Philip and Nathanael, wanted to believe in the right way, praise God rightly, that is, to be Orthodox. But for them it meant first of all to determine who was the true Messiah. With such an intention they approached Christ. Seeing Nathanael, Christ said, "Behold an Israelite indeed, in whom is no guile. Nathanael saith unto Him, whence knowest Thou me? Jesus answered and said unto him, Before that Philip called thee, when thou wast under the fig tree, I saw thee" (Jn. 1:47-48).

What happened under the figtree we do not know. But we do know that Christ hit on just the right point, got right to the heart of this man. Here is Nathanael's answer: "Rabbi, Thou art the Son of God" (Jn. 1:49). Nathanael truly and rightly praised Christ, and in this way he became the first Orthodox man. And all because Christ touched his heart, touched something intimate lying deep, deep within Nathanael's heart.

The triumph of Orthodoxy always starts in a person's heart, and only afterwards is it expressed externally. True, sometimes there are cases when the external attracts the heart, as if waking it up. But for this to happen, there must be something in the heart which makes such an awakening possible. God demands our heart. To serve God without heart, Orthodoxy without heart—this is the same as a man without heart.

And here today's Gospel speaks about the same thing. A paralytic was brought to the Lord, carried by four people. Unable to get near Christ because of the multitude, they removed the roof of the house, broke through and lowered the bed on which the paralytic was lying. See how difficult it all was. This is the fulfilment of the commandment of love in external life. Yes, such is life in the triumph of Orthodoxy.

But where is its source? Let's listen further: 'When Jesus saw their faith, He said to the paralytic, Son, thy sins be forgiven thee' (Mk. 2:5). These four had faith in their hearts, and this faith impelled them to make every effort to help; and seeing this faith, Jesus helped. The external happened as a result of the internal. God did not say at once to the paralytic: "Arise, take up thy

bed," but said, "Son, thy sins be forgiven thee." See, not the external first, but the internal. After all, sin was in the heart. A heart paralysed by sin could not sense God in Christ and could not rightly praise Him. And here Christ healed this heart, made it Orthodox. And then followed the external: "I say unto thee, Arise, and take up thy bed and go thy way into thine house" (Mk. 2:11).

But what would have happened if the Lord had started with the second thing, with the external healing? The paralytic would have gotten up in the same way, would have taken his bed and gone, but only with a heart which was dead from sin. This would have been a living corpse. Here is what the Pharisees could not understand. "Whether is it easier?" said Christ to them, "to say to the paralytic, Thy sins be forgiven thee, or to say, Arise, and take up thy bed, and walk? But that ye may know that the Son of Man hath power on earth to forgive sins, (He saith to the paralytic) I say unto thee, Arise, and take up thy bed and go thy way into thine house" (Mk. 2:9-11). To this paralytic the Lord gave both the internal and the external. And he walked home and brought there with him the quiet feeling of the triumph of Orthodoxy.

And here, St. Gregory Palamas, to whom this Sunday of Great Lent is dedicated, shows us so clearly by his whole life that Christian life, Orthodox life, always begins in our heart, and only then expresses itself in feats of asceticism.

Second Reading: St. John 10: 9-16

### Saints of the Week

**15 / 28 February — Apostle Onesimus of the Seventy (ca 109)** - he was a slave of Philemon, a rich and distinguished citizen of Colossae in Phrygia. He offended his master in some way and fled to Rome, where he heard the Gospel from the Apostle Paul and was baptised. By this time, Paul had brought Philemon also to the true Faith, and he reconciled the two of them, Philemon and Onesimus, master and slave, writing a special epistle to Philemon—one of the most moving writings to be found in the New Testament: 'I beseech thee for my son Onesimus, whom I have begotten in my bonds . . . Perhaps he departed for a season, that thou shouldest receive him for ever, not now as a servant, but above a servant; a brother beloved.' Deeply moved by this letter, Philemon received Onesimus as a brother indeed and gave him his freedom. Onesimus was later made bishop and received the see of Ephesus after the death of the Apostle Timothy. This is recorded in the epistles of Ignatius the God-Bearer. At the time of the persecution under Trajan, Onesimus, by then an old man, was arrested and taken to Rome. There he testified before the judge Tertylus, was imprisoned and finally slain. A wealthy woman took his body, placed it in a silver coffin and buried it, in the year 109; Our Holy Father Eusebius; St. Oswy, king of Northumbria (670)

**16 February / 1 March — TWELVE HOLY MARTYRS WHO SUFFERED DURING THE REIGN OF EMPEROR DIOCLETIAN** - Pamphilus, the first of the martyrs, was a presbyter of the church at Caesarea in Palestine. He was a learned and devout man who corrected the text of the New Testament from the errors of the various copiers. He alone, recopied this salvific book and gave it to those who desired it. The second was the Deacon Valentine, old in years and grey in wisdom. He was an excellent authority of Holy Scripture and knew them completely by heart. The third was Paul, an honourable and distinguished man who, during a previous persecution, was cast into the fire for Christ. Besides them, there were five brothers, according to the flesh and spirit, who were born in Egypt and were returning to their homeland after being forced to work in the mines of Cilicia. At the gates of Caesarea they declared that they were Christians for which they were brought to court. To the question: "What are your names?" They responded: "The pagan names which our mother gave to us, we discarded and we call ourselves: Elijah, Isaiah, Jeremiah, Samuel and Daniel." To the question: "Where are you from?" They responded: "From Jerusalem on High." All of them were beheaded and with them a young man Porphyrius who sought the bodies of the martyrs in order to bury them. Porphyrius they burned alive as well as Seleucus, formerly an officer who had approached and kissed the martyrs before the sword fell on their heads. Also the aged Theodulus, a servant of a Roman judge, who, during the funeral kissed one of the martyrs. Finally Julian, who revered and praised the lifeless bodies of the martyrs. And so they gave little for much, the inexpensive for the precious and mortality for immortality and took up habitation with the Lord in the year 308 A.D. The Holy Venerable Martyr Roman – a simple and illiterate peasant from Carpenesion. Learning of the heroism and glory of the martyrs of Christ, the young Roman desired martyrdom for himself. He went to Thessalonica where he began to praise the Faith of Christ on the streets and referred Islam as a fable. The Turks tortured him horribly and then sold him to a galley captain. Christians ransomed him from the captain and sent him to the Holy Mountain [Athos] where he was tonsured a monk by the illustrious Elder Acacius. But Roman further desired martyrdom for Christ. With the blessing of the Elder Acacius, Roman traveled to Constantinople pretending insanity and began to lead a dog along the Turkish streets. To the question: "What are you doing?" Roman responded that he is feeding the dog as Christians feed the Turks. The Turks threw him into a dry well, where he remained without bread for forty days. They then removed him from the well and beheaded him. A light emanated from his body for three days. An Englishman removed his body and took it to England. A certain monk dipped a towel in the blood of the martyr. This towel is preserved, even today, in the Dochiariu Monastery [Mt. Athos]. This glorious soldier of Christ suffered in the year 1694 A.D.

**17 February / 2 March — St. Theodore the Tyro** - 'Tyro' means 'Recruit'. No sooner had St Theodore entered the Marmarite regiment of the army in the town of Amasea than a persecution of Christians broke out under the Emperors Maximian and Maximinus. Theodore did not attempt to conceal that he was a Christian, and was brought to trial and imprisoned in a prison that was then locked and sealed. The wicked judge intended him to die of hunger, but the Lord Christ Himself appeared to Theodore in the prison and encouraged His martyr with these words: 'Fear not, Theodore; I am with thee. Take no more earthly food and drink, for thou shalt be in the other life, eternal and unending, with Me in heaven.' Then a multitude of angels appeared in the prison, and the whole place shone with light. The warders on duty saw the angels in white apparel and were filled with fear. Then St Theodore was taken out, tortured and condemned to death. He was thrown into fire, and gave his soul to the most high God. He suffered in 306. Our Holy Fathers Theodosius the Bulgarian and Romanus; St Mariamna (Maria);

**St. Finan, bishop of Lindisfarne** - Irish by birth, St. Finan of Lindisfarne became a monk at Iona and upheld the Celtic traditions against the encroachment of Roman usage. Finan baptised Penda, ruler of the Middle Angles, and Sigebert, ruler of Essex. Elected bishop of Lindisfarne in 651, Finan sent missionaries to Mercia and to Essex. He also debated Ronan, an Englishman, about the correct way to calculate the date of Easter. On the Holy Island, he built a wooden cathedral, the roof of which was thatched with seagrass. (A later abbot removed the thatching and covered the building with lead). Finan died in 661, and St. Cuthbert succeeded him as abbot.

**18 February / 3 March — The "Holy Night" of Russian Monasticism.** The 'Holy Night', so called by the people, was on the night of the 17-18 February, 1932. It is a radiant yet terrible date, the Passion Friday of Russian Monasticism - ignored by all and almost unknown to the whole world - when all of Russian monasticism in a single night disappeared in to the concentration camps. It was all done in the dead of night and with the full knowledge of Metropolitan Alexis (later appointed Patriarch Alexis I of Moscow under the Communists) - about which there is sufficient evidence. In Leningrad there were arrested: 40 monks of the St Alexander Nevsky Lavra; 12 monks of the Kiev metochion (the other monks had all been arrested in 1930); 10 monks from the Valaam metochion; 90 nuns of the Novodevichi Convent; 16 nuns of Abbess Taisia's Leushinsky metochion; 12 monks from St Theodore's Cathedral; 8 monks from the "Kinovia" of the St Alexander Nevsky Lavra's "Big Okhotko"; a hundred or so monastics from various other Leningrad churches. In all - 318 people. That same night all the monks and brethren of the St Macarius the Roman Monastery were arrested and brought to Leningrad as vicious criminals whose very presence was a threat to society; they were treated as deadly insects whose presence must be stamped out. The wave of arrests, like thunder, rolled over the Russian land, striking chiefly the monastic population which so recently had been the glorious guardian of the nation's morals and values. It also struck many of the white (parish) clergy and laymen who, in one way or another, were close in spirit to monasticism. For example, the flaming sermons of the parish priest Father Alexander Medvedsky were the cause of his arrest. All were sent to the Kazakhstan region from where almost no one ever returned.

**Papa-Nicholas Planas** - was born on the island of Naxos, the only son of a well-to-do family. He moved to Athens with his mother and sister at the age of 14 following the death of his father. He married at the age of 17, but his wife died giving birth to their first child. Soon afterwards, in 1879, he was ordained a deacon, and five years later, a priest. For fifty years without a break he celebrated liturgy daily from eight in the morning till three in the afternoon. His joy and his life was to celebrate Liturgies, Vigils, Vespers, Canons, Blessings of the Waters, Holy Unction, and Memorial Services. Many times he would say with simplicity, "I will chant unto the Lord for as long as I have my being". He was a great faster, eating only once a day, in the evenings. He would commemorate names for hours on end - sometimes 2000 at a time. First deceased patriarchs, metropolitans, priests, deacons, monastics, and the people of Naxos & Athens. He would tie the lists of names into a big bundle and carry them close to his heart. He was patient & long-suffering, enduring all manner of trials and insults. He quietly observed the Old Calendar and the ways of True Orthodox Christianity. He had no attachment to earthly things, and passed his whole life without acquiring anything. There were many miraculous occurrences during his life, as those close to him have testified, and there are many reports of healings through his prayers and contact with his relics after his repose. He reposed in February 1932 at the age of 81, following a short illness. He shines forth as one of the great saints of the 20th Century. Holy Papa-Nicholas, pray for us!

Tropar of Papa-Nicholas Planas, Tone 5: Let us praise our protector, the godly Nicholas; as one endowed with blest virtue, he shone forth as a true priest of the Most High God, and was his fervent worshipper. For, by his holy life on earth, he hath left us most sublime, divine and unailing teachings of long suffering, meekness, patience, unfeigned humility and true God-like love. Kondak of Papa-Nicholas Planas, Tone 3: Humble of spirit and pure of heart, illustrious in life and dispassionate of a truth, wast thou, O wise one. Thou didst illumine all by thy virtues and dost grant grace unto them that draw nigh unto thee; and by thine intercessions, thou dost heal them that call upon thee, O Father Nicholas. St Leo the First, Pope of Rome; St Flavian; **St. Colman, bishop of Lindisfarne** - An Irish bishop of Lindisfarne, England, a disciple of St. Columba. He was born in Connaught, Ireland. At the Synod of Whitby Colman defended the Celtic ecclesiastical practices against St. Wilfrid and St. Agilbert.

**19 February / 4 March — Commemoration of all the holy and God-bearing Fathers who shone forth in the ascetic life** — there is a general commemoration of all the ascetic saints of the Church, both men and women. As we set out on the journey of the Lenten fast, we are reminded that we do not travel alone but as members of a family, supported by the intercessions of many invisible helpers.

**The Holy Apostles Archippus, Philemon and Apphia.** Archippus was one of the Seventy. The Apostle Paul mentions him in his Epistles to the Colossians (4:17) and to Philemon (2), calling him his fellow-soldier in the battle. The Christians' gathering-place for prayer in the town of Colossae was in the house of Philemon. The Apostle Paul, writing to Philemon, calls this 'the Church in thy house'. This was in the time when the apostles were consecrating their disciples to the episcopate—some to permanent sees and others as missionaries, travelling to various places. Philemon was one of these latter. Apphia, Philemon's wife, remained to serve the house-church with fasting. At the time of a feast of the pagan goddess Artemis, all the faithful in Colossae were, as was their custom, gathered at prayer in the house of Philemon. The pagans came to hear of this gathering, rushed in on them and seized all the Christians. They flogged Archippus, Philemon and Apphia as their leaders, then buried them up to the waist in the ground and stoned them. Philemon and Apphia died of this, but they took Archippus out of the hole barely alive and left him for the children to play with. They took knives and stabbed him all over, and thus this fellow-soldier of Paul's in the battle made a good end of his earthly road. Our Holy Father Dositheus.

**20 February / 5 March — St Leo, Bishop of Catania** - beneath Mount Etna the volcano, in the town of Catania, St Leo was a good shepherd and compassionate teacher of the people. He had great care for the sick and poor, and both his zeal for the Faith and his compassion for the needy were great. There appeared one day in that town a magician called Heliodorus, who deluded the people with many illusions and greatly seduced the young. He once entered a church during divine service and began his tricks. St Leo came up to him, bound him with one end of his pallium and led him out to the market place. There he ordered that a great fire be kindled. When it was burning fiercely he stood among the flames and pulled Heliodorus to him. Heliodorus was completely burned up, but Leo remained alive and unharmed. All who had been taken in by Heliodorus, and who had regarded him as in some way divine, were put to shame by this. The compassionate and zealous Leo became known throughout the whole kingdom as a wonder-worker, helping people by his miracles. When he had finished his course, some time in the 8th century, his soul went to the Lord and healing myrrh flowed from his relics.

**The Hieromartyr Sadok, bishop Persia and the 128 martyrs with him** - Sadok was a bishop in Persia, following St. Simeon. At one time, St. Simeon appeared to him in a dream and said: "Yesterday, I - today, you!" Sadok interpreted these words to his flock as meaning: Last year I [St. Simeon] suffered, this year you [Sadok] will suffer. Indeed that year the Emperor Sapor arrested him with many of the clergy and people and brought them to trial. Sapor first ordered them to worship fire and sun as divinity. Sadok replied: "We are eagerly prepared to die for our God, but we cannot worship the sun nor fire." After that, they were tortured and sentenced to death by beheading. Before being beheaded, Sadok uplifted a prayer to God: "Wash us, O Lord, from our sins in our blood!" Sadok, with his priests and faithful gloriously gave up their bodies to death and their souls to the immortal God. They suffered in the year 342 A.D. or 344 A.D.

**21 February / 6 March — St Zacharias, Patriarch of Jerusalem** - the Persian King Chozroes attacked Jerusalem, ransacking the city, in the time of the Greek Emperor Heraclius, in 614. He took the Precious Cross off to Persia and enslaved an enormous number of Christians, including Patriarch Zacharias. The Jews supported him in his wickedness towards the Christians. It is recorded, among further malice on the part of the Jews, that they bought 90,000 Christian slaves from Chozroes and killed them all. The aged Patriarch spent fourteen years in slavery. Many marvels were wrought in Persia by the Precious Cross, and the Persians exclaimed: "The Christian God has come to Persia!" The Emperor Heraclius later compelled King Chozroes to return the Precious Cross to Jerusalem, together with the Patriarch and the remaining slaves. The Emperor himself carried the Cross into the Holy City on his back. St Zacharias spent his remaining days in peace, and went to the Lord in 632. Patriarch Modestus deputised for him on the patriarchal throne, and after him came St Sophronius.

**Our Holy Father Timothy** - Timothy was a recluse in a place called Symbola on the Asiatic side of Mount Olympus. In his youth, Timothy entered a monastery, was tonsured a monk and until old age spent his earthly time in fasting, prayer, vigils and ceaseless labour. He remained pure and chaste throughout his entire life. To the pure and chaste God gives authority over evil spirits and He gave this to Timothy. Though his labours for the salvation of his soul, St. Timothy succeeded to build in himself a beautiful home for the Holy Spirit. This holy man died in the year 795 A.D.;

**St Eustathius (Eustace), Archbishop of Antioch** - a great zealot and protector of Orthodoxy. As such, he was especially prominent at the First Ecumenical Council [Nicaea 325 A.D.], where he intellectually and systematically refuted the teaching of Arius. With the other Holy Fathers, Eustathius confessed correctly that Jesus Christ, as the Son of God, is equal to the Father and the Holy Spirit according to divine Hypostasis [natures]. Following the death of Emperor Constantine, the Arians somehow again gained prevalence and began to bitterly persecute Orthodoxy. St. Eustathius was ousted from his throne and exiled, at first to Thrace and after that to Macedonia. Eustathius suffered much and long until, in the end, he gave up his holy soul to God in the year 345 A.D.;

**St John III Scholasticus, Patriarch of Constantinople** - As an advocate, John was ordained a priest and after that became patriarch in the year 565 A.D. He compiled canons, which were included in the Nomo-Canon.