

19th Sunday After Pentecost

Protomartyr Thekla

24 September / 7 October



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 of St Thekla tone 3: Inspired by the divine teacher's words/ thou wast inflamed with love for thy Creator./ Thou didst disdain all earthly pleasures/ and endure wild beasts and fire./ O glorious Thekla, companion of Paul,/ entreat thy divine Bridegroom/ to grant us His great mercy.

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 of St Thekla tone 8: Radiant with virginity and adorned with the crown of martyrdom,/ thou wast a bearer of the Faith./ Thou didst turn flames to dew and tame a wild bull by thy prayer,/ O glorious Thekla, first woman martyr.

Matins Gospel VIII

EPISTLE: II Corinthians 11:31 - 12:9

The God and Father of our Lord Jesus Christ, who is blessed forever, knows that I am not lying. In Damascus the governor, under Aretas the king, was guarding the city of the Damascenes with a garrison, desiring to arrest me; But I was let down in a basket through a window in the wall, and escaped from his hands. It is doubtless not profitable for me to boast. I will come to visions and revelations of the Lord: I know a man in Christ who fourteen years ago--whether in the body I do not know, or whether out of the body I do not know, God knows--such a one was caught up to the third heaven. And I know such a man--whether in the body or out of the body I do not know, God knows-- How he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter. Of such a one I will boast; yet of myself I will not boast, except in my infirmities. For though I might desire to boast, I will not be a fool; for I will speak the truth. But I refrain, lest anyone should think of me above what he sees me to be or hears from me. And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

PAUL'S VISIONS AND REVELATIONS OF THE LORD

This revelation was great indeed ...Why is it then that he neither spoke plainly nor kept silence? To show by this also that he resorts to the thing unwillingly ...to show that he who had refrained for so long a time would not now have spoken out unless the necessity for doing so had been great. But he would still have kept silence, had he not seen the brothers perishing ...

Was it the mind that was caught up and the soul, while the body remained dead, or was the body caught up? It is impossible to tell. For if Paul, who was caught up and whom things unspeakable - so many and so great - had befallen, was in ignorance, much more are we. For indeed, that he was in Paradise he knew, and that he was in third heaven he was not ignorant, but the manner he did not clearly know ...For this reason he also goes on to say, 'Of such a one I will glory,' not meaning that he who was caught up was some other person, but he so frames his language in the best manner he possibly could, so as to mention the fact, and at the same time to avoid speaking of himself openly ... But why was he caught up? In my thinking, so he might not seem to be inferior to the rest of the Apostles. For since they had accompanied Christ but Paul had not: He therefore caught him up unto glory - 'into Paradise' ...He also added, 'For I will speak the truth, but I forbear lest any man should account me above what he sees me to be, or hears from me.' Here you have the acknowledged reason; for they even deemed them to be gods, on account of the greatness of their miracles ... By 'the messenger of Satan,' he means Alexander the coppersmith, the party of the Hymenaeus and Philetus, all the adversaries of the Word, those who contended with and fought against him, those who cast him into a prison, those who beat him, and who led him away to death, for they did Satan's business.

St. John Chrysostom. Homily XXVI on II Corinthians XII, 1, 2. B#56, pp. 398-400

for the Protomartyr: II Tim . 3:10-15

GOSPEL: LUKE 5:1-11

So it was, as the multitude pressed about Him to hear the word of God, that He stood by the Lake of Gennesaret, And saw two boats standing by the lake; but the fishermen had gone from them and were washing their nets. Then He got into one of the boats, which was Simon's, and asked him to put out a little from the land. And He sat down and taught the multitudes from the boat. When He had stopped speaking, He said to Simon, "Launch out into the deep and let down your nets for a catch." But Simon answered and said to Him, "Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking. So they signalled to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. When Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord!" For he and all who were with him were astonished at the catch of fish which they had taken; And so also were James and John, the sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid. From now on you will catch men." So when they had brought their boats to land, they forsook all and followed Him.

JESUS SAID TO SIMON ...'FROM NOW ON YOU WILL CATCH MEN'

Christ was preaching on the lake of Gennesaret. Now the sermon has finished. There were two boats at the shore, and Christ had been preaching from one of them. Here He addressed the Apostle Peter and said: "Launch out into the deep, and let down your nets." Peter answered: "Master, we have toiled all the night, and have taken nothing" (Lk. 5:4-5). And the Apostles were experienced fishermen; they knew the laws of the sea. If at night-time no fish were caught, then during the day a catch was out of the question. And Peter said this to Christ. But he added: "Nevertheless at Thy word I will let down the nets" (Lk. 5:5). And they let them down. And a miracle happened. The boats were so filled with fish that they started to sink. Then the Apostle Peter fell at the feet of the Saviour and said: "Depart from me; for I am a sinful man, O Lord" (Lk. 5:8).

This is the process of faith. The Apostle knew that fish could not be caught. But he accepted the word of Christ within himself, within his will; and this will, which by now was Christ's, he fulfilled. And what happened? A miracle? Yes, a miracle. But the main miracle was not in the abundance of fish, although this catch was a miracle. The main miracle was the change of soul which occurred in Peter. He saw himself, he saw his essence. "Depart from me, for I am a sinful man, O Lord!" Here is the process of faith: to accept in your heart the word of Christ, to fulfill it. And then to us will be revealed the thing which is most important for our salvation, for our inner life.

People say: I do not believe. What do these words mean? They mean that you are not fulfilling the teaching of Christ. Because if you would only attempt to fulfill the word of Christ, at least one commandment of Christ, then the essence of your life would be revealed to you, too. But you don't want to do this, and therefore you say: I have no faith. But how does one make an attempt? Well, the same way the Apostle Peter did. In spite of all his experience as a fisherman, he listened to Christ and let down the nets. Listen to the word of Christ. But where do we find this word? In the Gospel—that is where. If we know the Gospel and apply it to our life, then our life in Christ will be revealed to us. And His Resurrection will become for us more real than the physical world surrounding us. And He will fill our heart with an unspeakable joy, with the joy of Eternal Life; and this joy will have no end.

Only take the Gospel in your hands, only try to apply it in your life. Take everything which the Holy Church gives us. Then a miracle will happen to you, too—a greater miracle than the wonderful catch. Christ Himself will be revealed to you as He was revealed to Peter. Then you too will say deep in your heart: "I am a sinful man, O Lord!" And if you are a sinner, it means that you are sick and need a physician. And if a physician, then who is the Physician of the heart? Christ alone!

O Lord, Thou seest the infirmities and the wounds of sin in our heart, which prevent us from fulfilling Thy teaching, Thy Word. Heal us and help us to start a New Life!

Archbishop Andrei, The One Thing Needful

for the Protomartyr: Matt. 25:1-13

Saints of the week

24 September / 7 October - The Holy Protomartyr Thecla, Equal to the Apostles — Thecla was born in Iconium of eminent pagan parents. She was betrothed at the age of eighteen to a young man, at the time that the Apostle Paul came to Iconium with Barnabas to preach the Gospel. Listening to Paul for three days and nights, Thecla turned utterly to the Christian faith and vowed to live in virginity. Her mother, seeing that she shunned her betrothed and thought no more of marriage, first talked to her and then beat her and starved her. Finally, she gave her over to the judges and demanded, wicked mother that she was, that Thecla be burned. The judge threw her into the flames, but God preserved her unharmed. Thecla then became a follower of the Apostle Paul, and went with him to Antioch. Attracted by Thecla's beauty, an elder of the city attempted to take her by force, but Thecla tore herself out of his grasp. The elder denounced her to the governor as a Christian who was averse to marriage. The governor condemned her to death and threw her to the wild beasts, but the animals would not touch the body of this holy virgin. Amazed at this, the governor asked: 'Who are you, and what is the power that you have in you, that nothing can do you harm?' Thecla replied: 'I am a servant of the living God.' Then the governor let her go free, and she began to preach the Gospel and succeeded in bringing many to the true Faith, among whom was an eminent and honoured widow, Tryphena. After this, St Thecla, with the blessing of the Apostle Paul, withdrew to a solitary place near Seleucia. She lived a long time there in asceticism, healing the sick with miraculous power and in this way bringing many to Christianity. The

doctors in Seleucia were jealous of her and sent some young men to assault her, hoping that, in losing her virginity, she would lose also her miraculous power. Thecla fled from these insolent young men and, when she saw that they would catch her, prayed to God for help in front of a rock, and the rock opened and hid the holy maiden and bride of Christ. This rock was her hiding-place and her tomb. St Chrysostom says of this wonderful Christian heroine and saint: 'I seem to see this blessed virgin going to Christ with virginity in one hand and martyrdom in the other.' St Stephen, King of Serbia, the First-Crowned (Simon the Monk); St David; The Holy Prince Vladislav.

25 September / 8 October - The Repose of Our Holy Father Sergius of Radonezh — A great ascetic and light of the Russian Church, he was born in 1313 in Rostov of devout parents, Kiril and Maria. After the death of his parents, Bartholomew —for that was his baptismal name —became a monk and founded the community of the Holy Trinity in the forest of Radonezh. A gentle and meek servant of God, occupied only with labour and prayer, he was made worthy of the gifts of wonder-working for the purity of his heart, raising the dead in the name of Christ. The holy Mother of God appeared to him a number of times. Princes and bishops came to him for counsel, and he gave his blessing to Prince Dimitri of the Don and foretold his victory in Russia's war of liberation against the Tartars. He had insight into men's hearts and into distant events. His community became filled with monks during his lifetime, and has served through the ages as one of the chief centres of spiritual life and of God's miracles. St Sergius entered into rest in 1392. After his death, he appeared a number of times to various people;

Our Holy Mother Euphrosyne — The daughter of a rich and eminent man, Paphnutius, from Alexandria, she was besought of God by her childless parents, who brought their daughter up in the Christian faith. Not wishing to marry, the young Euphrosyne, in order to hide from her father, dressed herself in men's clothing and presented herself to the abbot of a monastery as a eunuch of the Emperor Theodosius with the name of Smaragdus. The abbot received her and placed her under the guidance of the monk Agapetus as spiritual father. By her fasting and prayers, Smaragdus quickly outstripped the other monks in the monastery. When she had spent thirty-eight years in strict asceticism, Paphnutius visited the monastery and the abbot placed him in Smaragdus's care for prayer and counsel. Smaragdus recognised Paphnutius, but Paphnutius did not recognise her. When her father confessed his grief for his lost daughter, Smaragdus told him not to lose hope, for he would see his daughter again once more in this life, and asked him to come again in three days' time. When Paphnutius returned, Smaragdus was on her deathbed. Then the dying monk said to Paphnutius: 'I am Euphrosyne your daughter; you are my father.' Her father could not for a long time collect himself, for sheer astonishment. Then Euphrosyne breathed her last and her father wept over her. After burying his daughter, Paphnutius remained in the monastery and settled in the cell of his departed, holy daughter. After ten years of asceticism, holy Paphnutius entered into rest in the Lord; Commemoration of the earthquake in Constantinople in 447, when a boy was lifted to heaven and heard the "Trisagion."

St. Finbar (Barry) bishop of Cork, Ireland (c.633) - Son of an artisan named Amergin and a lady of the Irish royal court. Educated at Kilmacahil monastery, Kilkenny, Ireland. Very light hair, which led to the nickname Fionnbharr, "white hair". Made multiple pilgrims to Rome, visiting Saint David of Wales on one trip. Preached throughout southern Ireland, and possibly in Scotland. Hermit on a small island at Lough Eiroe and at Gougane Barra. Founded a school at Eirce. Founded a monastery on the river Lee; it developed into the city of Cork, Ireland. First bishop of Cork. Extravagant miracles were attributed to him. It is said that the sun did not set for two weeks after his death.

26 September / 9 October - The repose of St John the Theologian, Apostle and Evangelist — the son of Zebedee the fisherman and Salome the daughter of Joseph, the betrothed of the holy Mother of God. Called by the Lord Jesus, John immediately left his father and the fishing nets and followed Christ with his brother James. From that time, he was not parted from his Lord until the end. With Peter and James, he was present at the raising of Jairus's daughter and at the Lord's Transfiguration, and laid his head on Jesus' breast at the Last Supper. When all the others had forsaken the crucified Lord, John stayed beneath the Cross with the holy Mother of God. In obedience to the Lord's wish, he was as a son to the holy Virgin Mary, caring for her and serving her, looking after her right up to her falling-asleep. After her Dormition, John went off with his disciple Prochorus to preach the Gospel in Asia Minor, and mainly lived and worked in Ephesus. By his inspired preaching and miracles, he brought many to Christianity and undermined the foundations of paganism. The vexed pagans bound him and sent him to Rome to the Emperor Domitian. He was tortured and flogged before the Emperor, but, when he was unharmed either by the strong poison that he was given to drink or the boiling oil into which he was put, the Emperor was afraid and, thinking he was immortal, sent him into exile on the island of Patmos. On this island, St John brought many to Christianity by his words and miracles, and strengthened the Church of God. He wrote his Gospel and the Revelation there. In the time of the Emperor Nerva, who gave liberty to all the captives, John returned to Ephesus, where he lived for some time, confirming the work that he had earlier begun. He was over a hundred years old when he went to the Lord. When his disciples later opened his grave, they found that his body was not there. Every year, on May 8th, a fine, fragrant dust endowed with healing power rose from his grave. After a long and fruitful life of labour upon earth, this beloved disciple of Christ and pillar of the Church entered into the joy of his Lord, to peace and eternal rejoicing; Our Holy Father Nilus of Calabria.

St. Colman Elo - He was founder and first Abbot of Muckamore, and from the fact of being styled "Coarb of MacNisse", is regarded as Bishop of Connor. He was born c. 555 in Glenelly, in the present County Tyrone, and died at Lynally in 611, 26 September, on which day his feast is celebrated. He studied under his maternal uncle, St. Columcille (Columba), who procured for him the site of a monastery now known as Lynally (Lann Elo). Hence his designation of Colmanellus or Colman Elo.

Tropar of St. Colman Elo, Tone 8: Following in the footsteps of thy renowned kinsman Columba, O Father Colman Elo,/ thou didst bring many in the Celtic lands to Christ by thy preaching and virtuous life./ Pray that we who hymn thee may be given grace to follow in thy footsteps that our souls may be saved.

27 September / 10 October - Fast Day - The Holy Martyr Callistratus — Born in Carthage, he was a Christian from his birth, as his father and grandfather were. One of his forbears, Neochorus, served as a soldier in Jerusalem under Pontius Pilate at the time of the Passion of our Lord and Saviour Jesus Christ. Seeing the many miracles that were wrought at the time of Christ's death, Neochorus came to believe in Him, and was taught the Faith and baptised by the apostles. Returning home, Neochorus took his Christian faith to his own people, like a precious pearl. So, in time, St Callistratus was born, baptised and brought up a Christian. When he went into the army, there was no other Christian in his regiment. One of his companions, seeing holy Callistratus get up at night and pray to God, reported him to the commander, Persentinus, as a Christian —and Persentinus was a harsh torturer of Christians. When he was convinced that Callistratus was indeed a Christian, the commander ordered him to offer sacrifice to idols, which Callistratus immediately refused to do. Then Callistratus was harshly beaten and thrown into the sea, but God's power preserved him, and he emerged from the sea unharmed. Seeing Callistratus's endurance and his miracles, forty-nine soldiers came to believe in Christ the Lord, and they were beaten and thrown into prison along with him. In prison, St Callistratus instructed his companions in the Faith and encouraged them. They showed great courage in suffering, and the Lord showed great power through them. The wicked torturer sent soldiers to the prison at night, and they slew Callistratus and the other forty-nine. They suffered for the truth in 304, and a church was later built over their relics; The Holy Apostles Mark, Aristarchus and Zenas; The Holy New Martyr Aquilina; Our Holy Father Sabbatius of Solovetz;

St. Barrog - Disciple of St. Cadoc, in Wales, also called Barrog and Barnoc. He was a hermit who lived on Barry Island, off the coast of Glamorgan.

Tropar of St. Barrog, Tone 8: Light of the West, inspirer of monastics and boast of ascetics,/ thy radiant life was pleasing to God, O Father Barrog./ Do not reject us in our pitiable state but pray, O Saint,/ that repenting and weeping we may be found worthy of a place in Christ's holy Kingdom.

28 September / 11 October - Our Holy Father Chariton the Confessor — an eminent and devout citizen of the city of Iconium. Imbued with the spirit of his compatriot, St Thecla, Chariton openly confessed the name of Christ. When a harsh persecution of Christians broke out under the Emperor Aurelian, Chariton was immediately brought to trial before the governor. The judge ordered him to worship false gods, to which Chariton replied: 'All your gods are furies, which were aforetime through pride cast out from heaven into the nethermost hell.' Chariton openly showed his faith in the one, living God, the Creator of all, and in the Lord Jesus Christ, the Saviour of mankind. Then the governor ordered that Chariton be so beaten and tortured that his whole body became covered with wounds until it was like one great wound. After the evil death of Aurelian, whose evil-doing caught up with him in the end, Chariton was released from torture and imprisonment. He travelled to Jerusalem, but on the way was seized by robbers from whom he was freed by God's providence. He did not return to Iconium, but withdrew to the wilderness of Pharan, where he founded a community and gathered a group of monks together. Having given a rule to this community and desiring to escape the praise of men, he withdrew to another desert near Jericho where, in time, he founded another community, called after him. He finally founded another community, Souka, called in Greek the Old Lavra. He died at a great age and entered into the glory of his Lord on September 28th, 350, and his relics are preserved in his first monastery. The practice of tonsuring monks is attributed to St Chariton; The Holy Prophet Baruch; The Holy Martyr Mark the Shepherd; The Holy Martyr Vlacheslav (Wenceslas), King of the Czechs;

St. Machan - A Scottish saint trained in Ireland and consecrated bishop in Rome (Benedictines). St. Machan, who is commemorated in Ecelesmachan in Linlithgowshire, is said to have been a disciple of St. Cadoc of Llancarvan; if so, he was contemporary with Kentigern. We know almost nothing about him. In the Inquest of David I made about 1116 AD when he was Prince of Cumbrian, concerning the lands belonging to the Church of Glasgow a number of old churches can be recognised....Among them is the name Mecheyn, i.e. Machan. 'When Cadoc quitted Scotland, on his way back to Wales, he left behind him an earnest worker to develop his mission among the Britons and the Picts. He was Machan, who had been trained in Ireland, but who now devoted the rest of his life...to the Clyde Valley. One of his centres was Dalsarf, a parish formerly known as Machanshire. In the north end of the parish there is a property still called Machan, or Auld Machan, while the whole of the higher and bleaker lands to the south, between Auld Machan and Draffan in the parish of Lesmahagow, are still entitled Machanshire or Machanmuir.

St. Lioba, abbess of Bischofsheim - Born at Wimborne, Dorsetshire, England; died at Schornsheim (near Mainz), Germany, c. 779. Saint Lioba's mother, descended of an illustrious family and closely related to Saint Boniface (f.d. June 5), had been barren for a long time before the saint was born. Nevertheless, Ebba immediately offered her to God and raised her in piety. She received her first education at Minster-in-Thamet. While Lioba was still young, she was placed in the care of the king's sister Saint Tetta at the Benedictine convent in Wimborne (Winburn or "fountain of wine"). Lioba matured spiritually and emotionally under Tetta's tutelage, and eventually took the religious veil. Tetta also ensured that she had a good education. Letters to Boniface reveal that Lioba understood and wrote verse in Latin. She limited her reading, however, to books that would stir her spirit to love of God. She knew by heart the divine precepts of the Old and New Testaments, the principal canons of the Church, the holy maxims of the Fathers, and the rules of the monastic life. Boniface kept in touch with his young relative through frequent correspondence. Recognising her virtue and abilities, in 748, he requested of her bishop and abbess that she be sent to him with about 30 pious companions to undertake charitable work with women in Germany. Although Tetta regretted the loss of her protegee, she could not refuse. Upon their arrival in Germany, Boniface settled the women religious at Tauberbischofsheim ("bishop's home," possibly his own previous residence). Lioba's zeal attracted so many vocations that her convent was populating many other foundations throughout the country. Lioba's convents were one of the most powerful factors in the conversion of Germany. The saint organised her convents in the true monastic tradition with a combination of manual labour (in scriptorium, kitchen, bakery, brewery, and garden), intellectual study (all had to learn Latin), community devotions, and leisure. No extreme austerities were permitted to interfere with the corporate life established by the Rule. Her love of God was so appealing. She was always ready to set her hand to any task she might ask of

others and did it with cheer and modesty. It is said that she was beautiful, that her countenance was angelic, and that her nuns loved her. Perhaps this is so because Lioba took to heart Saint Paul advice: "Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves" (Philippians 2:3) and "anticipate one another in showing honour" (Romans 12:9b). Thus, Lioba often washed the feet of her sisters in emulation of her Lord. The corporal acts of mercy were her delight, especially extending hospitality to strangers and caring for the poor. She was always patient, kind, and accessible to all who needed her. Nevertheless, kings and princes honoured and respected her, especially Pepin the Short, Blessed Carloman (f.d. August 17) and Charlemagne. Charlemagne often called her to court at Aix-la-Chapelle (Aachen) to seek her advice. His wife, Blessed Hildegard (f.d. April 30), loved her deeply and always heeded her advice, as did some of the bishops. Before his martyrdom, Saint Boniface commended Lioba and her community to the care of Saint Lullus (f.d. October 16) and his monks at Fulda, and requested that her bones be buried next to his at their deaths that they might be raised at the resurrection and spend eternity together. It is said that the tender affection uniting Boniface and Lioba forms one of the most charming episodes in church history. Following Boniface's death in 754, Lioba frequently visited Fulda. By special dispensation, she would be allowed with two elder sisters to join in the choir. Upon the advice of Lullus, Lioba resigned her offices in her old age and retired to the convent at Schornsheim, where she redoubled her prayer and penance. Occasionally she would answer Empress Hildegard's plea to visit her, but return to her cell as quickly as she could. On her last visit, she embraced the queen, kissed her on her garment, forehead, and mouth, then said: "Farewell, precious part of my soul; may Christ, our Creator and Redeemer, grant that we may see each other without confusion in the day of judgement." After her death, Lioba was interred at Fulda, on the north side of the high altar, near the tomb of Saint Boniface.

29 September / 12 October - Fast Day - Our Holy Father Cyriacus the Solitary — Born in Corinth of parents named John (a priest) and Eudoxia, he was a kinsman of the local bishop, Peter. He was made reader in the cathedral by the bishop while still a young man. Reading the Holy Scriptures, the young Cyriacus marvelled at God's providence, how it glorified every true servant of the living God and ordered the salvation of the human race. At the age of eighteen, his desire for the spiritual life led him to Jerusalem. There, he entered the monastery of a godly man called Eustorgius, who grounded him in the monastic life. He then went off to St Euthymius, who discerned in him future spiritual greatness, clothed him in the Great Habit and sent him to the Jordan, to St Gerasim, where Cyriacus spent nine years. After Gerasim's death, he returned to St Euthymius' monastery, where he remained in silence for ten years. After this he moved from place to place, fleeing the praise of men. He lived in ascetic labour also in the community of St Chariton, where he finished his earthly course, having lived for a hundred and nine years. A glorious ascetic and wonderworker, St Cyriacus was massive and strong of body, and stayed thus in great old age, despite strict fasts and vigils. In the desert, he sometimes lived for years only on raw vegetables. He was very zealous for the Orthodox faith, denouncing heresies, especially the heresy of Origen. Of himself he said that, while he was a monk, the sun never saw him eat or be angry with any man. According to the rule of St Chariton, the monks ate only once a day, after sunset. Cyriacus was a great light, a pillar of Orthodoxy, the boast of monks, a mighty healer of the sick and a gentle comforter of the sorrowful. Living long in ascetism and giving aid to many, he entered into the eternal joy of his Lord in 557; The Holy Martyrs Dada and Gohdelas; St Theophanes the Merciful; St Mary of Palestine.

30 September / 13 October - St Gregory the Enlightener, Bishop of Armenia - Gregory was of a noble family, kin to the imperial house of Persia (to King Artaban) and Armenia (King Khosrov). When these two houses made war between themselves, Gregory withdrew to Caesarea in Cappadocia, where he first came into contact with the Christian faith, received baptism and married. He had two sons of this marriage, Rostanes and Aristanes, and dedicated them both to the service of the Church. After his wife's death, he returned to Armenia and entered the service of King Tiridates. Gregory served his king faithfully, and the king loved him, but, when he discovered that Gregory was a Christian, he was greatly enraged and put pressure on him to reject the Christian faith and worship idols. Having no success whatever in this, Tiridates put Gregory to harsh torture and, after cruel torment, threw him into a deep pit filled with every kind of poisonous reptile, meaning thus to kill him. But God, who is all-seeing, preserved Gregory alive in that pit for four-teen whole years. Tiridates continued the persecution of Christians in his kingdom, and attacked a women's monastery of thirty-seven nuns with their abbess, Gaiane. When he had slain them with terrible tortures, Tiridates went mad and was like a monstrous wild boar. A man appeared to the king's sister in a dream and told her that her mad brother would not be restored to sanity until Gregory was taken out of the pit. This being done, Gregory healed and baptised Tiridates. Then Gregory, at the king's desire, became Bishop of Armenia and, with the king's help and, above all, God's help, enlightened the whole of Armenia and the surrounding area with the Christian faith. St Gregory finished his life of great toil in old age, in about 335. In his place, his son Aristanes was consecrated bishop, and he continued his father's work. Aristanes was one of the 318 fathers at the First Ecumenical Council; The Holy Martyrs Gaiane, Rhipsimia and 35 other nuns; St. Michael, First Metropolitan of Kiev; St. Honorius, archbishop of Canterbury (653).