

# The Third Sunday of Great Lent / Veneration of the Holy Cross

22 March / 4 April



**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!

**Tropar of the Holy Cross, Tone 1:** Save O Lord Thy people and bless Thine inheritance / Granting unto Orthodox Christians victory over their enemies / and by the power of Thy cross / preserving Thy community.

**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.

**Kondak of the Holy Cross, Tone 4:** O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God: gladden with Thy power the Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

Matins Gospel X

Epistle - Hebrews 4: 14 - 5:6

14 Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. 15 For we do not have a High Priest who cannot sympathise with our weaknesses, but was in all points tempted we are, yet without sin. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Chapter 5: 1 For every priest taken from among men is appointed for men in things pertaining to God that he may offer both gifts and sacrifices for sins. 2 He can have compassion on those who are ignorant and going astray, since he himself is also beset by weakness. 3 Because of this he is required as for the people, so also for himself, to offer for sins. 4 And no man takes this honour to himself, but he who is called by God, just as Aaron was. 5 So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son today I have begotten You." 6 As He also says in another place: "You are a priest forever according to the order of Melchizedek".

## SEEING THEN THAT WE HAVE A GREAT HIGH PRIEST... JESUS, THE SON OF GOD

What priest could be so righteous and holy as the only Son of God, who had no need to purge his own sins by sacrifice, neither original sins nor additional sins committed during a man's life? And what more suitable offering for men could be taken from men than human flesh? What more fitting for this immolation than mortal flesh? And to cleanse the faults of mortals what offering so clean as flesh that came to life in a virgin womb, and from a virgin womb, without any pollution of lust? And what could be offered as acceptably, and received as readily, as the flesh of our sacrifice, the flesh that made up the body of our priest? In every sacrifice there are four considerations: to whom it is offered, by whom it is offered, what is offered, for whom it is offered. And so the one True Mediator Himself reconciled us to God, and in this he remained one with Him to whom He made the offering, and made one in Himself those for whom He offered, and was Himself one as the offerer and the offering.

*St. Augustine of Hippo. On the Trinity, 4.19. B#15, p. 226.*

Gospel - Mark 8: 34 - 9:1

34 The Lord said,, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me. 35 For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's shall save it. 36 For what shall it profit a man, if he shall gain the whole world, and lose his own soul? 37 Or what shall a man give in exchange for his soul? 38 Whosoever therefore shall be ashamed of me and of my words, in this adulterous and sinful generation, of him also shall the Son of Man be ashamed when he cometh in the glory of his Father with the holy angels." MARK 9: 1 And He said unto them, Verily, I say unto you, That there be some of them that stand here, which shall not taste death, till they have seen the kingdom of God come with power.

## **WHOEVER DESIRES TO COME AFTER ME, LET HIM DENY HIMSELF, AND TAKE UP HIS CROSS, AND FOLLOW ME**

And you see how He also makes his discourse unexceptionable: not saying at all, 'whether you will or not you must suffer this,' but how? 'If any man will come after Me.' I do not force, I do not compel, but each one I make lord of his own choice ...For to good things do I call you, not to things evil or burdensome; not to punishment and vengeance, that I should have to compel. No, the nature of the thing alone is sufficient to attract you ...For you ought not, O Peter, because you have confessed Me Son of God, therefore only to expect crowns (Cf Mark 8:29), and to suppose this enough for your salvation, and for the future to enjoy security, as having done all. For although it be in My power, as Son of God, to hinder you from having any trial at all of those hardships, yet such is not My will for your sake, that you may yourself contribute something, and be more approved.

*St. John Chrysostom. Homily LV on Matthew XVI, 1. B#54, p. 339.*

## **THE CROSS PRESERVES THE UNIVERSE**

In the Prophet Ezekiel (9:6), it is said that when the Angel of the Lord was sent to punish and destroy the sinning people, it was told him not to strike those on whom the "mark" had been made. In the original text this mark is called "tau," the Hebrew letter corresponding to the letter "T," which is how in ancient times the cross was made, which then was an instrument of punishment.

So, even then, it was foretold the power of the Cross, which preserves those who venerate it. Likewise, by many other events in the Old Testament the power of the Cross was indicated. Moses, who held his arms raised in the form of a cross during the battle, gave victory to the Israelites over the Amalekites. He also, dividing the Red Sea by a blow of his rod and by a transverse blow uniting the waters again, saved Israel from Pharaoh, who drowned in the water, while Israel crossed over on the dry bottom (Exodus, ch. 14, 17).

Through the laying on of his hands in the form of a cross on his grandsons, Jacob gave a blessing to his descendents, foretelling at the same time their future until the coming of the "expectation of the nations" (Genesis, ch. 48).

By the Cross, the Son of God, having become man and accomplished our salvation. He humbled Himself and became obedient unto death, even death on the Cross (Phil. 2:8). Having stretched out His hands upon the Cross, the Savior with them as it were embraced the world, and by His blood shed on it, like a king with red ink, He signed the forgiveness of the human race.

The Cross of the Lord was the instrument by which He saved the world after the fall into sin. Through the Cross, He descended with His soul into hell, to raise up from it the souls who were awaiting Him. By the Cross Christ opened the doors of paradise which had been closed after our first ancestors had been banished from it. The Cross was sanctified by the Body of Christ which was nailed to it when He gave Himself over to torments and death for the salvation of the world. Then it was filled with life-giving power. By the Cross on Golgotha the prince of this world was cast out (John 12:31) and an end was put to his authority. The weapon by which he was crushed became the sign of Christ's victory.

The demonic hosts tremble when they see the Cross, because the kingdom of hell was destroyed by the Cross. They do not dare to draw near to anyone who is guarded by the Cross.

The whole human race, by the death of Christ on the Cross, received deliverance from the authority of the devil, and everyone who makes use of this saving weapon is inaccessible to the demons.

When legions of demons appeared to St. Anthony the Great and other desert-dwellers, they guarded themselves with the sign of the Cross, and the demons vanished.

When there appeared to St. Symeon the Stylite, who was standing on his pillar, what seemed to be a chariot to carry him to heaven, the Saint, before mounting it, crossed himself and it disappeared. The enemy, who had hoped to cast down the ascetic from the height of his pillar, was put to shame.

One cannot enumerate all the various incidents of the manifestation of the power of the Cross. Invisibly and unceasingly, Divine grace that gushes from it saves the world.

The sign of the Cross is made at all the Mysteries and prayers of the Church. With the making of the sign of the Cross over the bread and wine, they become the Body and Blood of Christ. With the immersion of the Cross the waters are sanctified. The sign of the Cross looses us from sins. "When we are guarded by the Cross, we oppose the enemy, without fearing his nets and barking." Just as the flaming sword in the hands of the Cherubim barred the entrance into paradise of old, so the Cross now acts invisibly in the world, guarding it from perdition.

The Cross is the unconquerable weapon of pious kings in the battle with enemies. Through the apparition of the Cross in the sky, the dominion of Emperor Constantine was confirmed and an end was put to the persecution against the Church. The apparition of the Cross in the sky in Jerusalem in the days of Constantius the Arian proclaimed the victory of Orthodoxy. By the power of the Cross of the Lord, Christian kings will continue to reign until Antichrist, barring his path to power and restraining lawlessness (St. John Chrysostom, Commentary on II Thes. 2:6-7).

The "sign of the Son of Man" (Matt. 24:30), that is, the Cross, will appear in the sky in order to proclaim the end of the present world and the coming of the eternal Kingdom of the Son of God. Then all the tribes of the earth shall weep, because they loved the present age and its lusts, but all who have endured persecution for righteousness and called on the name of the

Lord shall rejoice and be glad. The Cross then will save all who conquered temptations, from eternal perdition by the Cross, who crucified their flesh with its passions and lusts, and took up their cross and followed afar Christ.

However, those who hated the Cross of the Lord and did not engrave the Cross in their soul will perish forever. For "the Cross is the preserver of the whole universe, the Cross is the beauty of the Church, the Cross is the might of kings, the Cross is the confirmation of the faithful, the Cross is the glory of angels and the scourge of demons" (Octoechos: Exapostilarion, Monday Matins).

*St John of Shanghai and San Francisco – Shanghai, Exaltation of the Cross, 1947*

**Lenten Synaxarion  
Cross Veneration Sunday**

**Let all the earth venerate the Cross, through which it has learned to worship Thee, the Word.**

On this third Sunday of the Great Fast we celebrate the Veneration of the precious and life-giving Cross. Since during the forty days of the Fast we are also in a way crucified, mortified to the passions, contrite, abased and despondent, the precious and life-giving Cross is offered to us as refreshment and confirmation, calling to mind the Passion of our Lord Jesus Christ and comforting us. If our God was crucified for our sake, how great should be our effort for His sake, since our afflictions have been assuaged through the Lord's tribulations, and by the commemoration and the hope of the Cross of glory. For as our Savior in ascending the Cross was glorified through dishonor and grief; so should we also endure our sorrows, in order to be glorified with Him. Also, as those who have traveled a long hard road, weighed down by the labors of their journey, in finding a shady tree, take their ease for a moment and continue their journey rejuvenated, so now in this time of the Fast, this sorrowful and laborious journey, the Holy Fathers have planted the life-giving Cross, for our relief and refreshment, to encourage and make easier the labors that lie ahead. Or as when there is a royal procession, the king's scepter and banners precede him, he then appears himself, radiant and joyous in his victory, causing his subjects to rejoice with him. So then our Lord Jesus Christ, desiring to show His sure victory over death and His glory on the day of the Resurrection, sends His scepter before Himself, the sign of His kingship, the life-giving Cross, to gladden and refresh us, as it greatly fortifies and enables us to be prepared to receive the King with all possible strength, and to praise Him in His radiant victory.

This week lies at the middle of the holy Forty Day Fast. The Fast is like a bitter source because of our contrition and the sadness and sorrow for sin that it brings. And as Moses plunged the branch in the bitter waters of Marah, making them sweet, so God, who has led us through the spiritual Red Sea away from Pharaoh, through the life-giving wood of the precious and life-giving Cross sweetens the bitterness of the Forty Day Fast, and comforts us as those who were in the wilderness, up until the time when by His Resurrection He will lead us to the spiritual Jerusalem. And since the Cross is called, and indeed is, the Tree of Life, it is the very tree that was planted in the Garden of Eden. So it is fitting that the Holy Fathers have planted the Tree of the Cross in the middle of the Forty Day Fast to commemorate both Adam's tasting of its sweet fruit and of its being taken from us in favor of the Tree of the Cross, tasting of which we shall in no way die, but will have even greater life.

**Through the power of Thy Cross, O Christ our God,  
preserve us also from the temptations of the Evil One.  
And make us worthy to venerate  
Thy divine Passion and life-bearing Resurrection,  
having radiantly traversed the great length of the Fast,  
and have mercy on us, as Thou art good  
and lovest mankind.  
Amen.**

**Saints of the Week**

**22 March / 4 April — The Hieromartyr Basil, Priest of Ancyra** - Under the Emperor Constantius there was much suffering at the hands of the Arians. At that time, Basil became known as a staunch defender of Orthodoxy and a true shepherd of his flock in Ancyra. When, after Constantius, Julian the Apostate came to the throne and began to persecute the Christians, Basil openly denounced this new wickedness and encouraged his people in the Faith. For this he was thrown into prison. When the Emperor Julian came to Ancyra, Basil was brought before him and he began to urge Basil to abandon the Christian faith, promising him honours and wealth. Then Basil answered him: 'I believe in my Christ, whom you have denied and who gave you this earthly kingdom, but He will shortly take this from you. How can you have no shame before the altar under which you were saved from death as an eight-year-old child when they sought to kill you? Therefore He will soon take this earthly kingdom from you, and your body shall not be buried when you have spewed forth your soul in bitter torments.' Julian was furious and ordered that seven strips of skin be torn from his body every day. And his torturers carried this out for seven days. When Basil was brought out again before the Emperor, he tore a strip of his own flesh off and threw it into Julian's face, shouting: 'Take this and eat it, Julian, if such food is sweet to you, but Christ is life for me!' This occurrence was noised in the town, and the Emperor left Ancyra in secret out of shame and went to Antioch. And they continued to torture Basil with red hot irons until he surrendered his soul to his Lord for whom he had suffered so much. This was in the year 363; St Drossida; Our Holy Father Euthymius the Martyr.

**23 March / 5 April — The Hieromartyr Nikon** - Born in Naples of a pagan father and a Christian mother, he was an officer in the Roman army in Naples. He was not baptised, although his mother, unbeknown to his father, had instructed him in the Christian faith. Once, when he was setting off with his company to war, his mother advised him, if he were in trouble, to make the sign of the Cross and call on Christ to help him. And so, when Nikon's company was surrounded during the battle and close to final extermination, Nikon made the sign of the Cross and began to call upon Christ. At that moment he was filled with exceptional strength and rushed upon his opponents, killing some and putting the others to flight. Returning home, Nikon could not stop exclaiming in wonder: 'Great is the God of the Christians!' After he had brought joy to his mother with his report of the victory by the aid of Christ's Cross, he set sail in secret for Asia, where the Bishop of Cyzicus, Theodosius, baptised him. After his baptism, he shut himself up in a monastery and devoted himself to study and to asceticism. However, Bishop Theodosius had a vision before his death, in which he was told to consecrate Nikon as his successor. The aged Theodosius summoned Nikon immediately and ordained him deacon, and then priest and bishop. By divine providence Nikon came soon after this to Neapolis, where he found his mother still alive. On her death, he went to Sicily with nine disciples, one-time comrades in battle, and devoted himself to preaching the Gospel. There was a terrible persecution of Christians at that time, and Prince Quintianus seized Nikon and his companions and gave them over to great torture. One hundred and ninety of his disciples and friends were slain. The torturer tied Nikon to the tails of horses, threw him from a high cliff into a ravine, beat him and flayed him, yet Nikon survived all these tortures. He was finally slain with the sword and his body was abandoned in a field for the birds to eat, but a shepherd boy, possessed by a raging evil spirit, fell on the dead body of Christ's martyr, took hold of it, and was immediately healed. He spread the news about Nikon's body, and Christians came and buried it. St Nikon suffered and went to the Lord in the reign of the Emperor Decius; Our Holy Father Nikon of the Kiev Caves.

**24 March / 6 April — Forefeast of the Annunciation — St Artemon, Bishop of Seleucia;** Our Holy Father James the Confessor; The Hieromartyr Parthenius, Patriarch of Constantinople;

**Commemoration of the miracles at the Monastery of the Caves in Kiev** - Two friends, John and Sergius, swore brotherhood before the icon of the holy Mother of God in this monastery. John was a rich man, with a five-year-old son, Zachariah. John fell ill, and at his death commended his son to the care of Sergius, and left in Sergius's keeping a large sum of silver and gold for him to hand over to Zachariah when he had grown up. When Zachariah came of age, however, Sergius denied receiving anything from the deceased John. Then Zachariah said: 'Let him swear before the same icon of the most holy Mother of God, in front of which he accepted brotherhood with my late father, that he received nothing from John, and then I will seek nothing more from him.' Sergius agreed, but when he had sworn this and went up to kiss the icon, some force held him back and would not allow him to come near. Then, tormented all at once by a demon, he began to cry out: 'Holy fathers Antony and Theodosius, do not let this merciless angel destroy me!' The demon had attacked him by God's permission. He then told them of all the money which John had left. But when they opened the box, they found double the amount. Taking it, Zachariah gave it to the monastery and was himself tonsured as a monk. He lived a long time and was worthy of God's great gifts, entering peacefully into eternity; Our Holy Father Zacharias.



**25 March / 7 April — The Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary** — when the most holy Virgin had lived and served in the Temple at Jerusalem for eleven years, and was by then fourteen years old— when, that is, she was entering on her fifteenth year—the priests informed her that, according to the Law, she could no longer remain in the Temple but must be betrothed and marry. But, to the great surprise of all the priests, the most holy Virgin replied that she had dedicated herself to God and wished to a maiden remain till death and enter into wedlock with no-one. Then, by God's providence and under His inspiration, Zacharias, the high priest and father of the Forerunner, in consultation with the other priests, chose twelve unmarried men from the tribe of David so that they might entrust the Virgin Mary to one of them to preserve her virginity and care for her. She was thus entrusted to Joseph, an old man from Nazareth and a kinsman of hers. In his house, the most holy Virgin continued to live in the same manner as in the Temple of Solomon, passing her time in the reading of the sacred Scriptures, in prayer, in pondering on the works of God, in fasting and in handwork. She scarcely

ever left the house, nor took an interest in worldly matters or events. She generally conversed very little with anyone, and never without a particular need. She was close friends only with the two daughters of Joseph. But when the time prophesied by the Prophet Daniel had come and when God was pleased to fulfil the promise made to Adam when He drove him out of Paradise, and to the prophets, the mighty Archangel Gabriel appeared in the chamber of the most holy Virgin, at the precise moment (as some priestly writers have related) that she was holding open on her lap the book of the Prophet Isaiah and pondering on his great prophecy: 'Behold, a virgin shall conceive and bear a son'. Gabriel appeared to her in angelic light and said to her: 'Rejoice, thou that art highly favoured, the Lord is with thee!', and so forth, just as is related in the Gospel of the divine Luke. With this angelic greeting and the descent of the Holy Spirit, the salvation of mankind and the renewal of creation were set in motion. The Archangel turned the first page of the story of the New Testament with the word 'Rejoice!', to show by this the joy that the New Testament signifies for mankind and for all things created. And therefore the Annunciation is looked upon as a joyous, as well as a great, feast;

**Tropar for the Annunciation of Our All-Holy Lady, the Theotokos and Ever-Virgin Mary, Tone 4:** Today is the crown of our salvation and the revelation of the mystery which is from before the ages! The Son of God becometh the Son of the Virgin, and Gabriel announceth the glad tidings of grace. Wherefore, with him let us cry out to the Theotokos: Rejoice, O thou who art full of grace! The Lord is with thee!

**Kondak for the Annunciation of Our All-Holy Lady, the Theotokos and Ever-Virgin Mary, Tone 8:** To thee, the champion leader, we, thy servants, dedicate hymns of victory and thanksgiving, as ones delivered from evils, O Theotokos; but in that thou hast invincible might, free us from all misfortunes, that we may cry to thee: Rejoice, O Bridge unwedded!

**Patriarch Tikhon** (in the world, Vassily Ivanovich Bellavin) was born in 1865 in the district of Pskov. He was very religious and a good pupil, always willing to help his fellow students. When he entered seminary at the age of 19, his fellow students prophetically nicknamed him "the patriarch". He was tonsured in 1891, and in 1898, at the tender age of 33, he was consecrated Bishop of the Aleutian-Alaskan Diocese in North America. He laboured tirelessly for his flock, earning their great love and respect. In 1907 he was recalled to Russia and raised to the rank of Archbishop. When war broke out Archbishop Tikhon was based in Vilno, Poland. He participated eagerly in all organisations which helped soldiers and the wounded, and visited the injured and dying at the front lines. In 1914 he was elected Archbishop of Moscow and in 1917 he was raised to the rank of Metropolitan. Shortly thereafter he was chosen by lot to be the first patriarch for 217 years. The consecration was performed in the ancient Patriarchal Cathedral. What a burden the new patriarch had to bear! Patriarch Tikhon was probably the greatest martyr of the Russian Church during the period of its persecution by the communists. As Patriarch of All Russia for eight years, he was invested with tremendous power and consequent responsibility. During that period he lived a selfless life, scarcely a free man, and in the end became another victim, for the sake of his faith and the whole Russian Church. He died on March 25, 1925. Holy New Martyr Tikhon, pray for us!

**Our Holy Father Justin, Abbot of Chelije Monastery in Valjevo, Serbia** - was born into a pious & priestly family on the Feast of the Annunciation, 1894. His name in the world was Blagoje. A church-minded youth, he entered seminary at the age of 11, where he studied under the then Hieromonk Nikolai Velimirovic, who was also his Father Confessor, and who was the most influential person throughout his life. After his graduation, the young Blagoje served as a student nurse during WW1. He was tonsured in 1916, receiving the name Justin. He then studied in Russia, forming a great love for Russian spirituality and piety, especially that of the common people. He then studied at Oxford, England, afterwards returning to teach in Seminary in Serbia, and undertake further study in Greece. He was ordained deacon in 1920 and priest in 1922. Many were attracted to this humble priestmonk, coming to him for confession and spiritual guidance. Father Justin had close contact at this time with two luminaries of the Russian Church: Metropolitan Anthony (Khrapovitsky) and the then Bishop John Maximovitch. A great intellect and ascetic, his labours enriched the Serbian Church. Worthy of special mention is his three volume exposition of the Orthodox Faith in Serbian, *The Dogmas of the Orthodox Church*, published in 1932. After WW2, Father Justin was exiled from Belgrade by the communists. He lived in several monasteries before settling in Chelije in 1948., where he remained until his repose on March 25, 1979. This women's monastery flourished under his guidance. Many pious people travelled from all over the world to hear him preach and teach the correct Orthodox Faith. He was a pillar of Orthodoxy and a true Holy Father of the 20th Century.

**26 March / 8 April — Synaxis of the Archangel Gabriel — Wine & Oil allowed** - The Holy Archangel Gabriel - The herald of the incarnation of the Son of God, he is one of the seven great angels who stand before the throne of God. He revealed to Zacharias the birth of the Forerunner, and said of himself: 'I am Gabriel that stands in the presence of God' (Lk. 1:19). His name, Gabriel, signifies 'man of God'. Speaking about the Annunciation, the holy Fathers comment that an angel with such a name was sent to signify who He was, and of what nature He was, who would be born of the most pure Virgin. He would be the Man of God, the Man-God, the strong and mighty God. Others have found that it was this same Gabriel who announced the conception of the Virgin Mary to Joachim and Anna, and that it was he who taught Moses in the wilderness to write the Book of Genesis. The holy Fathers considered that Gabriel belongs to the foremost and highest order of the heavenly powers, the seraphim, since the seraphim stand closest to God. And so he is one of the seven seraphim closest to God. The names of these seven are: Michael, Gabriel, Raphael, Uriel, Selathiel, Jegudiel and Barachiel. Some would add Jeremiel to this number. Each has his own particular service, but all are equal in honour. Why did God not send Michael? For the reason that Michael's service is the suppression of the enemies of God's truth, while Gabriel's is the annunciation of the salvation of the human race;

**The Hieromartyr Irenaeus, Bishop of Srem** - It is thought that Irenaeus was a Slav. He was married and had children prior to becoming a bishop. He suffered for Christ during the reign of Maximian. At the time of horrible sufferings, his relatives stood around him crying and begged him to spare himself and them [that is, to deny Christ]. But this wonderful priestly-martyr loved the wounds of Christ more than all the riches of this world. At the same time Seren, a certain gardener in Srem, also suffered at the hands of Prince Probus, as did Afrius suffer in Regia. Because Irenaeus did not want to deny his faith, Prince Probus ordered that he be hurled from a bridge into the Sava river, where this shepherd of Christ's flock died and took up habitation among the citizens of heaven. He honourably suffered in the year 304 A.D.;

**27 March / 9 April — The Holy Martyr Matrona** - She was an orphan, and a servant in the house of a certain Jew in Salonica. The wife of this Jew constantly derided Matrona for her faith in Christ, and urged her to cast Christ aside and go to the synagogue. But the humble Matrona went about her work conscientiously, not replying to her mistress and secretly praying to Christ our God. On one occasion the Jewess discovered that Matrona had gone to church unbeknown to her, and demanded, in a great rage, to know why she had gone to the church and not the synagogue. 'Because God is alive in the Christian Church, but He has departed from the synagogues of the Jews', replied Matrona. Enraged by such a courageous answer, the Jewess thrashed her and locked her in a dark chamber, and in addition to that had her bound. But the next day she found her unbound by the power of God and kneeling in prayer, praising God. Then she locked her up again for the second time until she died of hunger. Then that wicked woman took the body of the holy maiden and threw it to the ground from the top of her house. Christians took the body of the martyr and buried it, and the bishop, Alexander, when he had learned of the many miracles worked by the holy martyr, built a church over her grave. As for the evil Jewess, she soon received her just reward, when, standing on the same spot from which she had thrown Matrona's body, she slipped and fell onto the cobbled pavement and was smashed to pieces; Our Holy Father John the Seer; Our Holy Father Paphnutius.

**28 March / 10 April — Our Holy Father, the Martyr Eustratius of the Kiev Caves** - He was very wealthy, but, moved by the love of Christ, gave away all his goods for His sake, entered the Monastery of the Caves and became a monk. When the Polovtsians conquered Kiev in 1097, they looted the monastery, slew many Christians and monks and gave Eustratius and other of the faithful to a certain Jew in the town of Khorsun as slaves. This Jew mocked the Christian faith and tried to compel the Christians to convert to the Jewish faith. Seeing that they had no other alternative, they all decided to starve to death rather than deny the true Faith. Eustratius encouraged the Christians in this decision. They all perished from hunger, some after three days, some after four and some after seven days. Eustratius, accustomed to fasting, remained the only one alive, and survived fourteen days without food. Infuriated that he had lost the money he had paid for the slaves, the Jew took his revenge by having Eustratius nailed to a cross. But Eustratius gave thanks to God from the cross and predicted an imminent and vicious death for the Jew. Possessed by a furious anger, the Jew stabbed him with a spear. And thus the holy man of God gave his soul to his Saviour. They cast his body into the sea, but it rose to the surface and many were the great miracles performed over it. Soon after this, the Byzantine Emperor commanded that the Jews in Khorsun be punished for their wickedness towards the Christians, and the torturer of the Christians was hanged on a tree and received the wages of Judas. Our Holy Father Hilarion the New; Our Holy Father Hesychius of Jerusalem; The Holy Martyr Boyan; The Miraculous Experience of Taxiotis.

## HYMN OF PRAISE

### THE HOLY MOTHER OF GOD

#### (The Theotokos)

O WHAT WONDERFUL NEWS: REJOICE, ALL-PURE ONE, FOR US, YOU GAVE BIRTH TO CHRIST!

O JOYFUL NEWS: REJOICE O VIRGIN, RADIANT DOVE!

REJOICE O MARY, REJOICE, O ONE FULL OF GRACE, YOU, THE GOLDEN GATE!

O BURNING BUSH, UNCONSUMED, THE DAWN OF NEW SPLENDOR!

GABRIEL COMPOSES THE WORDS, AND HE HIMSELF REJOICES, THE ANNUNCIATION HE PROCLAIMS!

PROCLAIMS THE ANNUNCIATION, ALL OF HEAVEN LISTENS, YOUR SOUL TREMBLES!

IN THE TEMPLE YOU SERVED, TO GOD YOU CONSECRATED YOURSELF, YOU BECAME THE TEMPLE!

REJOICE, O PURE ONE, HEAVENLY BRIDE, YOU ARE THE ROYAL THRONE!

REJOICE, O HUMBLE ONE, TO THE HUMBLE ONE, YOU WILL GIVE BIRTH, AND REGENERATE THE WORLD!

REJOICE, O OBEDIENT ONE, GOD HEARD YOU AND CROWNED YOU WITH GLORY!

REJOICE, O TEARFUL ONE, BY TEARS SOFTENED, BY THE SPIRIT GLISTENING!

REJOICE, O POOR ONE, BUT THE WEALTHIEST ONE AND BRIGHTER THAN THE SUN!

FOR US, PLEAD JOY, FROM CHRIST YOUR SON, O VIRGIN, ALL-PURE ONE!

## REFLECTION

Abba Athanasius was asked by some: "How is it that the Son is equal to the Father?" He answered, "Just as there are two eyes but one sight." The response is admirable. To this we can add: just as there are two ears but one hearing. The same is with all three Divine Hypostases: just as there are three candles but one and the same light.

## CONTEMPLATION

To contemplate the All-Holy Virgin Mary: 1. How she served God for eleven years in the Temple humbly, obediently and devotedly; 2. How she served God in her chamber in Nazareth, humbly, obediently and devotedly; 3. How humbly, obediently and devotedly she received the Divine Annunciation from the Archangel Gabriel.

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