

# Sunday of the Myrrbearing Women

## Third Sunday of Pascha

17 / 30 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 Sunday Of The Myrrh-bearing Women, Tone 2:** The noble Joseph took Thine immaculate Body down from the Tree, / having wrapped It in pure linen and spices, laid in a new tomb. / But on the third day Thou didst rise, O Lord, // granting to the world great mercy.

**Kondak of the Sunday Of The Myrrh-bearing Women, Tone 2:** When Thou didst cry, Rejoice, unto the myrrh-bearers, / Thou didst make the lamentation of Eve the first mother to cease / by Thy Resurrection, O Christ God. / And Thou didst bid Thine apostles to preach: // The Saviour is risen from the grave.

**Kondak of Pascha, Tone 8:** Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as

victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

### Matins Gospel III

**Epistle: St. Acts of the Apostles 6: 1-7**

Now in those days, when the number of the disciples was multiplying, there arose a complaint against the Hebrews by the Hellenists, because their widows were neglected in the daily distribution. Then the twelve summoned the multitude of the disciples and said, "It is not desirable that we should leave the word of God and serve tables. Therefore, brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; But we will give ourselves continually to prayer and to the ministry of the word." And the saying pleased the whole multitude. And they chose Stephen, a man full of faith and the Holy Spirit, and Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolas, a proselyte from Antioch, Whom they set before the apostles; and when they had prayed, they laid hands on them. Then the word of God spread, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

### THE FIRST SEVEN DEACONS

He performs the office of a deacon, who anoints the mind for holy endeavours and drives out passionate thoughts; he performs the office of a priest, who enlightens the mind by knowledge of what is, and destroys false knowledge; he performs the office of a bishop, who completes the mind's perfection by the sacred unction of knowledge of the worshipful Holy Trinity.

*St. Maximos the Confessor. Second Century on Love. Text 21. B#9. p. 302.*

### The Gospel According To St. Mark 15: 43 - 16: 8

Joseph of Arimathea, a prominent council member, who was himself waiting for the kingdom of God, coming and taking courage, went in to Pilate and asked for the body of Jesus. Pilate marvelled that He was already dead; and summoning the centurion, he asked him if He had been dead for some time. So when he found out from the centurion, he granted the body to Joseph. Then he bought fine linen, took Him down, and wrapped Him in the linen. And he laid Him in a tomb which had been hewn out of the rock, and rolled a stone against the door of the tomb. And Mary Magdalene and Mary the mother of James observed where He was laid. Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him. Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen. And they said among themselves, "Who will roll away the stone from the door of the tomb for us?" But when they looked up, they saw that the stone had been rolled away--for it was very large. And entering the tomb, they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him. But go, tell His disciples--and Peter--that He is going before you into Galilee; there you will see Him, as He said to you." So they went out quickly and fled from the tomb, for they trembled and were amazed. And they said nothing to anyone, for they were afraid.

## THE MYRRH-BEARING WOMEN

Mark how great the women's assiduity. They had followed Him, ministering to Him, and were present even to the time of the dangers. This is why they also saw all; how He cried, how He gave up the ghost; how the rocks were rent and all the rest. These women were the first to see Jesus; and the sex that was most condemned first enjoys the sight of the blessings; this sex shows its courage the most. And when the disciples had fled, these were present. Joseph, who had been concealing his discipleship of late, now became very bold after the death of Christ. He was by no means an obscure person ...but one of the council ...He exposed himself to death, taking great enmity upon him from all by his affection for Jesus ...Do you see the women's courage? Do you see their affection? Do you see their noble spirit in matters of money? their noble spirit even unto death? Let the men imitate the women; let us not forsake Jesus in temptation ...But we neither feed Him when hungry, nor clothe Him when naked (Cf. Matt.25), but seeing Him go begging, we pass Him by. And yet if we saw Him in fact, everyone would strip himself of all his goods.

*St. John Chrysostom. Homily LXXXVIII on Matthew XXVII, 1. B#54, p. 522.*

"And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint Him. And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun. And they said among themselves, Who shall roll us away the stone from the door of the sepulchre?" (Mk. 16:1-3).

Brothers and sisters! Can you imagine the state of mind these Myrrh-bearing women were in? For those who lived through Soviet times in Russia and through the persecution of the Church, it is so understandable. In some churches, as in the outskirts of Kiev, this service (the Burial of the Saviour) was performed at night. People made their way to such a church through dark streets. Anything could happen, you had to be careful of everything. Neighbours might hear that you went somewhere at night; and you could be stopped on the street. And the service itself in church and the carrying of the Shroud around the church could be interrupted by the authorities. One did not know if tomorrow, on Holy Saturday, this already semi-Easter Liturgy would be performed, because the priest might be arrested.

The Myrrh-bearers were in such a state of mind. They themselves were in danger of being arrested at any moment. Even in their homes they locked the doors from inside; they were afraid of any knock, any little sound. Two days before, Peter had denied that he too was with Jesus, meaning that he was one of His disciples. And before whom? Before a servant girl, and only because she might report him.

Such was the situation. Their Teacher had been condemned and sentenced to the most terrible death, had been executed. And now it was their turn: as the disciples of the executed Teacher they were outside the law. More than that—they were probably being sought already. The most sensible thing would have been to flee somewhere, to hide. But instead of that, they decided to go while it was still night to the sepulchre which was not far from the place of execution. They knew well that the entrance to the sepulchre was blocked by a stone, which as the Gospel says, was "very great" (Mk. 16:4), that it bore a seal, that Roman guards were guarding the tomb, and that these guards were armed and especially vigilant because they had been warned that the disciples might steal His body.

Actually, in terms of reason, what these weak women wanted to do was not only impossible, but was just a mad risk. And yet they went anyway. How? Why? What powerful force was drawing them? This force was the Word of God expressed in the Law of Moses. And fulfilling what was for them a holy law, they bought perfumes and went to anoint Him. This required their conscience. And this strength of faith in the Word of God, strength of love toward their tortured Teacher, and strength of hope that God would help—proved to be stronger than fear, stronger than reason, stronger than everything else.

And what happened? When they arrived, the guards had run away in fear. And when they entered the tomb, they saw a youth sitting on the right side, clad in white clothes; and they were terrified. But he said: "Be not afraid: Ye seek Jesus of Nazareth, which was crucified; He is risen; He is not here: behold the place where they laid Him" (Mk. 16:6).

Doesn't the same thing happen in our life? The Myrrh-bearers, fulfilling the Old Testament Law, the Law of Moses, bought perfumes and went to anoint His body, the body of Christ. And we, fulfilling the Law of the New Testament, the Law of Christ, must also acquire spiritual perfumes—His commandments: humility, meekness, peaceloving—and we must anoint His body with spiritual oil (that is, with love and mercy). And His Body is the Church of Christ. This is all our brothers and sisters in Christ; and more—this is even our enemies. How often in doing this, we subject ourselves to discomfort, losses, mockery, and sometimes even dangers. And what insurmountable obstacles are raised by our cold mind, our egotism! Not infrequently we yield, we retreat, we are afraid to express ourselves loudly and openly as His disciples.

But if we throw off this shameful fear and only begin to fulfil His teaching, only begin to follow in His footsteps, the same will happen to us that happened to the Myrrh-bearers: the obstacles will disperse of themselves, will fall away, like the stone from the door of the tomb. All those who would disturb us will run away; we will not even find them. Before us will be one thing—the illuminated sepulchre of Christ. And there will be such a clearness that all doubts will vanish. We will know what to do, how to act; and that which seemed impossible will become possible.

Let us from this day imitate the Myrrh-bearers and not fear to fulfil the will of Christ, not fear to be His disciples. Christ always conquered, always conquers, and always will conquer.

*The One Thing Needful - Archbishop Andrei*

## Saints of the Week

**17 / 30 April — The Hieromartyr Simeon, Bishop in Persia** - In the time of the wicked King Savori, or Sapor, Simeon was tortured for Christ together with two of his priests, Audel and Ananias. The King's eunuch, Ustazan, who had first denied Christ but then, moved by the reprimand of St Simeon, again confessed the true Faith before the King, was executed before they were. A thousand other Christians were also led to execution with St Simeon, who purposely stood a little back so that he should be the last to die, and so be able to encourage the other Christians right to the end and keep them from wavering through fear of death. When the priest Ananias laid his head on the block, he was trembling all over. But the King's clerk, Fusik, who was himself secretly a Christian, began to encourage him, saying: 'Don't be frightened, old man. Shut your eyes and be a man, and you'll see the divine light.' As soon as he had said this, it was seen that he was a Christian and he was denounced to the King. The King wore him down with harsh tortures, and also his daughter, the maiden Askitria. St Simeon was eventually beheaded, after having seen his flock into the other world. The following year, on Great Friday, the King's beloved eunuch, Azat, was slain for Christ, along with another thousand of the faithful. Then the King grieved for his eunuch and gave up killing any more Christians. They all suffered with honour for Christ their King and Lord in about 341.

**St Acacius, Bishop of Melitene** - lived the ascetical life in the place where he was born, i.e., in Melitene, Armenia. Blessed Otreius, bishop of that city, who participated at the Second Ecumenical Council [Constantinople 381 A.D.], ordained him a presbyter. Following the death of Otreius, Acacius became a bishop. He participated at the Third Ecumenical Council [Ephesus 431 A.D.], which condemned the evil blasphemy of Nestorius against the Mother of God. Here, together with St. Cyril of Alexandria, Acacius zealously fought for the purity of the Orthodox Faith. St. Acacius possessed much Grace from God and worked many miracles. After long and zealous service to God, Acacius died peacefully in the year 435 A.D.; St Agapetus, Pope of Rome; Our Holy Fathers Sabbatius and Zossima.

**Holy Martyr Donan, an Irish monk of Iona under Columba & 52 monks with him at his monastery on the Isle of Eigg** - Inner Hebrides, Scotland - while the monks were celebrating Liturgy on Easter night 618 a gang of robbers, possibly Vikings, arrived on the island and herded the monks into the refectory and set fire to it. Those who tried to escape were killed by the sword. At least eleven Scottish churches bear his name.

**18 April / 1 May — Our Holy Father John** - He was a disciple of St Gregory of Decapolis. In the time of the iconoclast heresy, the Emperor Leo the Armenian put John to torture, together with his teacher, Gregory, and Joseph the Hymnographer. When Gregory finished his earthly course, John became abbot of the Decapolite monastery in Constantinople. Becoming abbot, he intensified his asceticism for the sake of the Kingdom of God. He died peacefully in about 820. After his death, St Joseph buried him near the grave of St Gregory.

**The Holy Martyr John the New of Ioannina** - born in Ioannina, once the capitol city of the Emperor Pyrrhus. When his impoverished parents died, the young John moved to Constantinople and there continued his occupation, for he was a craftsman. Not long before that, the Turks surrounded Constantinople and many Christians, out of fear, denied Christ and embraced the Islamic faith. St. John had his workshop in the midst of these converts to Islam. The more the young John burned with love for Christ the Lord, the more openly he exposed himself as a Christian before these traitors of Christ. He began to argue with them about faith and, finally, rebuked them for their betrayal of Christ. They dragged him before the judge and falsely accused John, alleging that he had earlier embraced Islam, and that he again reverted to Christianity. After he was tortured and beaten with rods and iron ramrods, they cast him into prison. The next day was the Feast of the Resurrection of Christ and, again, they brought him out for further torture and John emerged singing: "Christ is risen from the dead!" To his torturers, he bravely said: " Do what you want in order to send me as soon as possible from this transient life to eternal life. I am Christ's slave, I follow Christ, for Christ I die that I may live with Him!" After that, John was bound in chains and brought to the place of burning. Upon seeing a large fire prepared for him, John ran and leaped into the flames. His torturers seeing how he loved death in the fire removed him from the fire and sentenced him to be beheaded. After they beheaded him, they threw his head and body into the fire. Later on, Christians leafed through the ashes and gathered some of the remains of his honourable and wonder-working relics and interred them in the Great Church [Agia Sophia - Church of the Holy Wisdom] in Constantinople. Thus, St. John of Ioannina died a martyr's death and received the glorious martyr's wreath on April 18, 1526 A. D.; The Holy Martyrs Victor, Zoticus, Zeno, Acyndinus and Severian; New Martyr Priests Nicholas (1937) and Basil (Derzhavin) (1930) and lay people of the city of Gorodets, Nizhni-Novgorod.

**19 April / 2 May — Our Holy Father John of the Ancient Caves** - lived a life of asceticism in the so-called "old caves," the "old Lavra" of Chariton the Great in Palestine. Having loved Christ the Lord with all his heart, with all his soul and with all his mind, John, at an early age, began to travel to the holy places and to listen to the instructions and counsels of the holy men. Finally, he settled in the Caves of Chariton, where he gave himself to rigorous asceticism spending days and years in fasting, prayer, vigils, continuously meditating on death, and teaching himself humility. As a good ripened fruit, he was plucked by death and took up habitation in Paradise. He lived and died in the eighth century;

**The Holy Martyrs Christopher, Theonas and Antoninus** - young officers serving under Emperor Diocletian. When St. George the Great Martyr was being tortured, they witnessed his sufferings as well as the miracles which occurred at that time. Seeing all of this, they came before the emperor, laid down their arms, removed their military belts and bravely confessed the Name of the Lord Jesus. For that, they were subjected to great torture and finally were tossed into the fire, where their bodies were consumed while their souls went to God into eternal joy. They honourably suffered in Nicomedia in the year 303 A.D.;

**St Tryphon, Patriarch of Constantinople** - The Emperor Romanus, who reigned over Byzantium at the beginning of the tenth century had a son, Theophylact, who was sixteen years old when Patriarch Stephen died. The emperor wanted his son to be elevated as patriarch for he had promised him [his son] this spiritual calling from his youth. Because his son was a minor, the emperor was ashamed to do this. The patriarchal throne was assumed by Tryphon a simple but chaste and pious old man. Tryphon

remained on the throne for three years. When the son of the emperor reached his twentieth year, the emperor thought, to remove Tryphun at any price and to install his son as patriarch. The saint of God, Tryphun, did not want to relinquish his throne voluntarily, for no other reason, because he considered it to be a great scandal that such a young man be elevated to such a responsible and burdensome position as that of being patriarch. Through the intrigue of a nefarious bishop, the signature of the innocent Tryphun was extracted on a blank sheet of paper. Later on, in the imperial court, above that signature, the alleged resignation of the patriarch was written which the emperor decreed. As a result of this, there arose a great confusion in the Church, for the laity and the clergy stood by Tryphun, the godly man. The emperor then forcibly removed the aged patriarch and sent him to a monastery and, his son, Theophylact, was elevated as patriarch. St. Tryphun lived as an ascetic in this monastery for two years and five months and presented himself before the Lord in the year 933 A.D.. Our Holy Father, the Martyr Agathangelos; Our Holy Father Simeon the Barefoot;

**Hieromartyr Alphege, archbishop of Canterbury (1012)** - he became a monk at Deerhurst but after some years retired to be a hermit in Somerset. In 984 he became bishop of Winchester and he became known for his personal austerity and lavish almsgiving. In 994 King Ethelred sent him to parley with the Danes Anlaf and Swein, who had raided both London and Wessex. The Anglo-Saxons paid tribute but Anlaf became a Christian and promised he would never again come to England 'with warlike intent.' This promise was kept. In 1006 he succeeded Aelfric as archbishop of Canterbury. Meanwhile the Danes continued to overrun southern England. They besieged Canterbury and imprisoned Alphege and others and demanded a ransom of 3000 pounds. Alphege refused to pay and forbade his people to do so. The Danes were so infuriated that, after a feast at which they got drunk, and killed him with the bones of oxen: an axeman delivered the final blow. His was originally buried in St. Paul's Cathedral, London however in 1023 his body was translated to Canterbury Cathedral. In 1105 his body was found to be incorrupt.

**20 April / 3 May — Fast Day - Our Holy Father Theodore Trichinas** - A citizen of Constantinople, he was the son of wealthy parents. He left parents, home and riches while still a young man and settled in a remote monastery in Thrace, where he undertook the most rigorous ascetic life. He slept on a stone so that he might have less sleep; he was always bareheaded and dressed in a hair-shirt, from which he was called 'Trichinas' or 'hairy'. Because of his great and self-inflicted sufferings for the sake of his soul's salvation, God granted him the gift of working miracles, both in his lifetime and after his death, and he died peacefully in about 400. Healing myrrh flowed from his relics.

**The Holy Apostle Zacchaeus** - At first, Zacchaeus was a tax collector and a sinner. When our Lord saw him in Jericho in a tree and entered his home, Zacchaeus was brought to repentance. Later on, Zacchaeus followed the Apostle Peter who appointed him bishop of Caesarea in Palestine where he faithfully served the Gospel and died peacefully; Blessed Anastasius the Sinaite, Patriarch of Antioch; Blessed Gregory, Patriarch of Antioch; Our Holy Father Anastasius of Sinai; Our Holy Father Athanasius of Meteora; **St. Caedwalla, king of the West Saxons (689)** - he became king by conquest being notoriously violent but then abdicated and went to Rome to become a Christian. He was baptised on Holy Saturday 689 being given the name Peter by Pope Sergius. Soon afterwards he was taken ill and died, still wearing his white baptismal robes. He was aged 30.

**April 21 / May 4 — The Hieromartyr Januarius and those with him** - This saint was Bishop of Benevento in Italy. In the time of a persecution under Maximian, he was brought before the judge and tormented with various tortures, which he endured patiently. When they threw him into the flames, they were cooled by an invisible dew and the martyr stood uninjured in it and sang the praises of God. Then they flayed his body with iron flails until the bones showed white, but the martyr patiently endured all. His deacon, Faustus, and his reader, Desiderius, were watching the torture and wept for their spiritual father. Then they too were bound and taken with their bishop to the town of Pozzuoli, and cast into prison. There were in the same prison for the sake of Christ the Puetolian deacons Proclus and Sossus and two simple, Christian men, Eutychius and Acutius. All seven were thrown next day to the wild beasts, but the beasts would not touch them. They were all then beheaded, and the Christians of the city of Naples secretly took the body of St Januarius to their city and buried it in the church. To this present day innumerable wonders are worked at this saint's grave. One among many remembered is this: a poor widow, whose only son had died, took the icon of St Januarius out of the church and laid it on her dead son, weeping and imploring the saint's aid, and her son was restored to life. St Januarius suffered with honour in 305; The Holy Martyr Theodore;

**St. Beuno, abbot of Clynnog Fawr, England (c.640)** - born and educated in Herefordshire before founding his main monastery. When he died a stone oratory was built over his tomb; later his relics were translated to a new church (Eglwys y Bedd) where miracles were reported. He is considered to be the most important local saint of North Wales. Remains of the primitive oratory were excavated in 1914.

**St. Maelrubba (642-722) Apostle of the Picts** - born in Ireland he became a monk at Bangor; later founded a monastery at Applecross on the west coast of Scotland. From there he evangelised Skye and penetrated as far north as Loch Broom. He also build a church on an island in Loch Maree, where his spring was famous for its healing properties.

**St. Ethilwald, hermit of Farne (d. 699)** - he was a monk and a priest of Ripon, who succeeded Cuthbert in the Inner Farne hermitage in 687. Almost nothing is known of him. Once Guthrid, the future abbot, with two monks of Lindisfarne, visited him by boat; on the return journey they were saved from shipwreck in a sudden storm by his prayers. Many miracles have been reported due to his intercession.

**April 22 / May 5 — Fast Day - Our Holy Father Theodore the Sykeote** - His birthplace was the village of Sykeon in Galatia, because of which he was named 'the Sykeote'. While still a ten-year- old boy, Theodore gave himself to strict fasting and night-long vigils under the eye of an elder, Stephen, who lived in his house. His mother, Maria, was a rich widow and intended her son to devote himself to a soldier's calling. But St George appeared to her in her sleep and told her that Theodore was destined for the service, not of an earthly king, but of the King of heaven. St George also appeared to Theodore many times, either to instruct him or to save him

from some danger in which the evil demons had placed him. He also had several visions of the most holy Mother of God. Theodore's asceticism exceeded in its severity the asceticism of all the other ascetics of his time. He tormented his body in hunger and thirst and iron girdles and standing all night in prayer. All this—only to link his soul in love to God and to achieve total mastery over his body. The merciful Lord's love responded to Theodore's love. He gave him great power over evil spirits and over all the ills and pains of men. He became known on all sides as a miraculous healer. For his great purity and devotion, he was chosen against his wishes as Bishop of Anastasioupolis. He spent eleven years in episcopal service, and then begged God to release him from this service in order to devote himself again to his beloved asceticism. After that, he returned to his monastery, where, in old age, he gave his soul to the Lord for whose sake he had undergone so much voluntary suffering. He died at the beginning of the reign of the Emperor Heraclius, in about 613. The Holy Martyr Leonidas;

**Our Holy Father, the Monk Vitalis** - During the time of the Alexandrian Patriarch John the Merciful, a young monk appeared who, as soon as he arrived, compiled a list of all the prostitutes in Alexandria. The mortification (asceticism) of this young monk was exceptional and unique. During the day he would offer himself for hire to do the most difficult jobs and at night, he would enter the houses of ill repute, gave the earned amount of money to some prostitute and close himself in the room with her the entire night. As soon as they were locked up, Vitalis would beg the woman to lie down and sleep and he would spend the entire night in a corner of the room in prayer to God for that sinner. Thus, he would save the woman from sinning at least one night. The second night, he would go to a second, the third night to a third and so on until he had visited them all, and then, he again returned to the one with whom he started. By his counselling, many of the sinners abandoned their sullied trade. Some of them married, others entered convents and still others turned to a respectable work and income. Vitalis forbid all of these women to reveal the reason why he was visiting them. Because of this, Vitalis became a scandal for all of Alexandria. The men began to scold him, spit upon him and to openly beat him on the streets. He bore all patiently, making known his good works to God and concealing them from men. When he died, everything about him became known. Many miracles of healing occurred over his grave. People from different places began to bring their sick to his grave. Spat upon by men, he was and remained glorified by the Omniscient God.

**April 23 / May 6 — The Holy and Great Martyr George** - This renowned and glorious martyr was born in Cappadocia, the son of rich and God-fearing parents. His father suffered for Christ, after which his mother moved to Palestine. When George grew up, he went into the army, in which he rose, by the age of twenty, to the rank of tribune, and as such was in service under the Emperor Diocletian. When this Emperor began a terrible persecution of Christians, George came before him and boldly confessed that he was a Christian. The Emperor threw him into prison, and commanded that his feet be put in the stocks and a heavy weight placed on his chest. After that, he commanded that he be bound on a wheel, under which was a board with great nails protruding, and thus be turned. He then had him buried in a pit with only his head above the ground, and left there for three days and nights. Then, through some magician, he gave him deadly poison, but in the face of all these tortures, George prayed unceasingly to God, and God healed him instantly and saved him from death, to the great amazement of the people. When he also raised a dead man to life by his prayers, many embraced the Christian faith. Among these was the Emperor's wife, Alexandra, and the chief pagan priest, Athanasius, the governor Glycerius and Valerius, Donatus and Therinus. Finally, the Emperor commanded that George and the Empress Alexandra be beheaded. Blessed Alexandra died on the scaffold before being killed, and St George was beheaded. This happened in the year 303. The miracles that have been performed at his grave are without number. Also are his appearances in dreams to those who, thinking on him, have sought his help, from that time up to the present day. Consumed by love for Christ, it was not difficult for holy George to leave all for this love—his status, wealth and imperial favour, his friends and the whole world. For this love, the Lord rewarded him with a wreath of unfading glory in heaven and on earth, and with eternal life in His Kingdom. The Lord further endowed him with the power to help in need and distress all who honour him and call on his name; The Holy Martyr Lazarus the New.

**St. Ethelbert, king of East Angles** - he was venerated as a martyr because of his violent death for political reasons at the hand of Offa, king of Mercia, whose daughter Aelfthryth he visited with a view to marriage. The body was buried by the river Lugg at Marden and later translated to Hereford where it remained until the Danes burnt it in 1050. Fragments of the original shrine at Hereford still remain - it was the second most popular pilgrimage centre of the times.