

## 6<sup>th</sup> Sunday After Pentecost

### Venerable Sisoes the Great

6 / 19 July



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

**Troparion of St Sisoës tone 5:** From thy childhood/ thou didst follow the angelic life/ and wast therefore filled with many godly gifts./ O Sisoës, emulator of Angels,/ thou didst shine resplendently like a sun/ in the hour of thy going forth,/ and so didst reveal thy glory and illuminate our souls.

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

**Kontakion of St Sisoës tone 4:** Thou wast an earthly angel in asceticism/ and didst divinely illumine the thoughts of the faithful./ Wherefore we acclaim thee with faith, O righteous Father Sisoës.

**Matins Gospel: VI**

**EPISTLE: Romans 12: 6-14**

Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; Or ministry, let us use it in our ministering; he who teaches, in teaching; He who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; Not lagging in diligence, fervent in spirit, serving the Lord; Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; Distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

#### **HAVING GIFTS THAT DIFFER ACCORDING TO THE GRACE GIVEN TO US, LET US USE THEM**

He wants to make them vie with each other, and to labour more earnestly by showing that it is they themselves who give the grounds for their receiving more or less. For he says indeed that it is given by God ...But he also says that the beginnings lie with themselves in order to rouse the listless. This he does in the Epistle to the Corinthians as well, to produce these emotions. For when he says, 'covet the gifts earnestly,' (I Cor. 12:31), he shows that they were themselves the cause of the differences in what was given ...For though it is a grace, yet it is not poured forth at random, but framing its measure according to the recipients, it lets as much flow as it may find the vessel of faith that is brought to be capable of holding...

#### **CONTRIBUTE TO THE NEEDS OF SAINTS, PRACTICE HOSPITALITY**

Even the Apostleship is called a ministry, and every spiritual work is a ministry ... It is not enough to give, but we must also do it with munificence, for this always answers to the name of simplicity ...It is not enough to show mercy, but it behooves us to do it with largesse and an ungrudging spirit ... even with a cheerful and rejoicing one ...He said, 'He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully' (II Cor. 9:6) ... In this way the widow outweighed many talents by the two mites, for her spirit was large.

*St. John Chrysostom. Homily XXI on Romans XII. B#55, pp. 501, 502.*

**GOSPEL: Matthew 9: 1-8**

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins"--then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

## JESUS HEALS THE PARALYTIC

The Gospel reading of last Sunday told us how the Gadarenes went out to meet Jesus and how they asked Him to “depart out of their coasts.” And this happened because all of them were infected with one sin, the passion for profit, the love of money. This was an insatiable thirst for wealth, more and more of it. And wealth came to them through large herds of swine which were grazing in their pastures. But according to Jewish Law, they had no right to keep them. In this was their sin, and they lived in sin, to satisfy only this passion, this idol of getting rich. And this passion seemed to unite them all. See how the Gospel says: “And, behold, the whole city came out to meet Jesus and...besought Him that He would depart out of their coasts” (Mt. 8:34).

Yet not all inhabitants of this town were bad people. Undoubtedly, among them were those who wanted to see Jesus, who wanted to listen to His teaching, and maybe were ready to believe in Him. Salvation was so close, so very close. But this idol, this passion for profit enslaved them; and instead of asking the Lord to remain in their town, they asked Him to go away. They were already deprived of their freedom of will; through sin they were enslaved, a spiritual paralysis possessed them. The Gospel continues, “And He entered into a ship, and passed over, and came into His own city. And, behold, they brought to Him a paralytic, lying on a bed: and Jesus seeing their faith said unto the paralytic; Son, be of good cheer; thy sins be forgiven thee” (Mt. 9:1-2).

There is physical paralysis, but there is also spiritual paralysis. Being paralysed physically we want to do something, but either our hand or our foot does not move. But being spiritually paralysed even to think is difficult, and we don't want to do anything—we lose heart. There is a desire to fulfill a commandment of Christ, and yet we cannot; something is interfering, something is holding us back. And instead of Christ abiding in our heart—there is a storm, and Christ goes away.

What motivated the Gadarenes to ask Christ to leave their land? Sin—the passion for profit. And this sin brought them into spiritual paralysis, and they did not have enough spiritual fortitude to detain Christ with them.

So it happens to us. The only reason is sin. And sin is not only love of money. There is a whole variety of rays from this “black diamond.” This means laziness, pride, vain talking, lying, condemnation, gluttony, anger, irritability, cruelty, any kind of impurity, despondency and still more and more. And we all suffer from these sins: whoever has any of these, this is sin. And this is what brings us to spiritual weakness, to spiritual paralysis. Let us look within ourselves and let us honestly recognise that, like the Gadarenes, we all live in spiritual weakness, in spiritual paralysis.

But let us not despond. The Gospel today gives us great comfort. With what words does Christ heal the paralytic? “Thy sins be forgiven thee.” This means that in bodily paralysis, also, the reason is often sin. And in spiritual paralysis, sin is always the reason. All you have to do is find this sin, this passion which stands between us and Christ; take it to the Lord and say: “Lord, heal me!” Then the Lord will tell us as He did the paralytic: “Thy sins be forgiven thee.... Arise, take up thy bed and go unto thine house” (Mt. 9:5-6).

And the storm will calm down, will go away from the heart, and Christ will fill it with quiet joy. The weakness will disappear and a new energy will appear in us, a new life in Christ Jesus our Lord.

*The One Thing Needful - Archbishop Andrei*

## Saints of the Week

**6 / 19 July — Our Holy Father Sisoës the Great** - an Egyptian by birth, he lived at first in Scetis then, after St Antony's death, settled on the desert mountain on which Antony had earlier lived in asceticism and which was named after him. He learned humility through great struggles with himself, becoming meek and guileless as a lamb. Therefore God gave him the great gifts of healing the sick, driving out unclean spirits and raising the dead. Sisoës lived in the desert for sixty years, and was a fount of living wisdom for all the monks and lay folk who came to him for advice. At the time of his death, his face shone like the sun. The monks stood around him and marvelled at this sight and, when the saint gave up his soul, the whole chamber was filled with a wonderful fragrance. He entered into rest in great old age, in about 429. St Sisoës taught his monks: 'When temptation comes to a man, that man must give himself over to the will of God, and acknowledge that the temptation comes upon him because of his sins. If something good comes to pass, he must acknowledge that it comes about by the providence of God.' A monk asked him: 'How can I please God and be saved?' The saint replied: 'If you desire to please God, withdraw from the world, separate yourself from the earth, leave aside creation and draw near to the Creator, unite yourself to God with prayers and tears, and you will find rest in this world and in the next.' A monk asked Sisoës: 'How can I acquire humility?' The saint replied: 'When a man learns to regard every man as better than himself, he thus acquires humility.' Ammon complained to Sisoës that he could not memorise the wise sayings that he had read, to be able to quote them in conversation with others. The saint replied: 'It is not necessary. That which is necessary is to acquire purity of mind and to speak from this purity, placing one's hope in God.' The Holy Martyrs Marinus and Martha, with their sons, Audifax and Habakkuk, the Priest Valentine, Cyrinus, Asterius and many others; The Finding of the Relics of St Juliana the Virgin; The Holy Martyr Lucy; St. Monenna, foundress of Killeevy Monastery, Ireland (c.518).

**7 / 20 July — Our Holy Father Thomas of Mt. Maleon** - was a general, famed for his courage and wealth. He was massive of body and a source of fear to his enemies. But, when he came to love Christ more than the world or anything in the world, he left everything and retired to the desert, where he became a monk and gave himself to asceticism. St Elias the Prophet appeared to him, and led him to the mountain called Malea, near the Holy Mountain. There he lived in solitude, alone with God, in unceasing prayer day and night. Although he hid from the world, he could not succeed in concealing himself. Learning of the holiness of his life, people began to go to him, bringing their sick. St Thomas healed them of all ills and weaknesses. When he went to God (in the tenth century), his relics continued to give aid to all who drew near to them in faith; St. Acacius of Sinai, who is mentioned in The Ladder;

**Our Holy Fathers, the Martyrs Epictetus and Astius** - Astius, the only son of his parents, was persuaded to love the Faith of Christ by Epictetus the priest who baptized him and tonsured him a monk. After that they moved from somewhere in the eastern regions of Scythia and settled in the Scythian town of Almirida (now Ramzina) on the mouth of the Danube on the Black Sea. They were tortured and beheaded for the Faith of Christ about 290 A.D. After their deaths, they both appeared in great radiance to the parents of St. Astius, Alexander and Marcellina, who were converted to Christ and who were baptized by Bishop Evangelus who himself, then was beheaded for Christ: "Evangelus, another angel!" as is sung about him

**St. Illtyd, founder of the Llantwit abbey in Wales** - (c. 425 to c. 505), the founder of the great school/seminary/abbey of Llan Illtyd Fawr (English, "Llantwit Major") in the west of South Glamorgan. Illtyd was considered the most learned person in Britain, expert alike in Maths, Grammar, Philosophy, Rhetoric and Scripture. One of the *Trioedd Ynys Prydein*, or Welsh Triads, refers to him as one of the "three knights of the Court of Arthur who kept the Holy Grail". In an age when any schooling was available only to a very few privileged people, perhaps Illtud's seminary was the closest approximation in existence to an institution of higher education. Among Illtyd's pupils were Saints Pol Aurelian (in Latin, *Paulinus Aurelianus*), Samson, Gildas and Dewi (English, *David*).

**8 / 21 July — Appearance of the "Kazan" Icon of the Most Holy Theotokos** - The celebration of the Most-holy Theotokos, in honour of her Icon known as the Kazan Icon, was established in thanks for the saving of Moscow and all Russia from the attack of the Poles in 1612. The late 16<sup>th</sup> and early 17<sup>th</sup> Centuries are known in Russian history as the Time of Troubles. The nation was attacked by Polish armies, who mocked the Orthodox Faith, and who looted and burned churches, towns and villages. By means of deceit, they succeeded in seizing Moscow. In response to the appeal of His Holiness Patriarch Hermogenes (commemorated on May 12) the Russian people rose up in defence of the homeland. The miraculous Icon of the Most-holy Theotokos was sent from Kazan to join the militia led by Prince Dimitry Mikhailovitch Pozharsky. In his "Homily on the day of the appearance of the Icon of the Mother of God in Kazan" (celebrated July 8), Holy Hierarch Dimitry of Rostov (commemorated September 21) said: The Mother of God saves from great misfortunes and evils not only the righteous, but also the sinful, but what manner of sinners? Those, who like the prodigal son, return to their Heavenly Father; who lament [over their sins]; who, like the publican, beat their breasts; who are like the sinful woman that wept at the feet of Christ and washed His feet with her tears; those who, like the thief on the cross, confess Him. The Mother of God looks after such sinners and rushes to help them, and saves them from great misfortunes and evils. Recognizing that the misfortune had been permitted because of their sins, the entire people and militia observed 3-day fast, and turned to the Lord and His most-pure mother for divine help. Their prayers were heeded. Holy Hierarch Arseny (later to become bishop of Suzdal), who was a prisoner of the Poles, sent word that he had had a vision revealing by the intercession of the Most-holy Virgin, God's judgment been had turned to mercy. Inspired by this news, the armies on October 22, 1612 liberated Moscow from the Polish occupiers. The celebration in honour of the Kazan Icon of the Most-holy Theotokos was established in 1649. To this day, that Icon is highly venerated by the Russian Orthodox people;

**The Holy and Great Martyr Procopius** - born in Jerusalem of a Christian father and a pagan mother, at first bearing the name Neanias. After his father's death, his mother brought him up entirely in the spirit of Roman idolatry. When he had grown up, the Emperor Diocletian saw him at sometime and was so pleased with him that he took him to court to serve in the army. When this wicked Emperor launched a persecution of Christians, he ordered Neanias to go with a detachment of soldiers to Alexandria and exterminate the Christians there. But, on the road, there happened to Neanias something similar to that which happened to Saul. At three o'clock in the morning there was a violent earthquake, the Lord Jesus appearing to him and saying: 'Neanias, where are you going, and against whom are you rebelling?' In great fear, Neanias replied: 'Who are you, Lord? I cannot recognise You.' Then a brilliant Cross, as of crystal, appeared in the sky and a voice came from the Cross: 'I am Jesus, the crucified Son of God.' The Lord went on: 'By this sign that you have seen, overcome your enemies, and My peace will be with you.' This event utterly changed Neanias's life. He caused a cross such as he had seen to be made, and, instead of moving against the Christians, set off with his soldiers against the Agarians, who were attacking Jerusalem. He entered Jerusalem victorious and told his mother that he was a Christian. Brought to trial, he took off his army belt and sword and cast them before the judge, demonstrating by this that he was a soldier only of Christ the King. After harsh torture, he was thrown into prison. There Christ the Lord appeared to him again, baptising him and giving him the name Procopius. One day twelve women came to the window of his cell and said to him: 'We also are the servants of Christ.' Arrested for this, they were thrown into the same prison, where St Procopius instructed them in the Christian faith and carefully prepared them to receive the crown of martyrdom. (\*) These twelve women were then harshly tortured. Beholding their sufferings and courage, Procopius's mother also came to faith in Christ, and then all thirteen were put to death. When St Procopius was led to the scaffold, he raised his hands towards the East and prayed to God for all the poor and needy, the destitute and the widowed, and especially for the holy Church, that it might grow and spread and that Orthodoxy might shine to the end of time. He was assured from heaven that his prayer was heard, after which he joyfully laid his head under the sword and went to his Lord, to eternal joy. St Procopius suffered with honour in Palestinian Caesarea, and was crowned with an eternal wreath of glory, on July 8th, 303. \*Author's note: Therefore those in the married state ('crowned'), invoke St Procopius, together with the God-crowned Constantine and Helena; St Procopius the Fool for Christ; Our Holy Father Theophilus the Outpourer of Myrrh; Blessed King Edgar the Peaceable (975).

**9 / 22 July — The Hieromartyr Pancratius, Bishop of Taormina.** - this holy hierarch was born in Antioch at the time that the Lord Jesus walked as a man among men on earth. Hearing of Christ's miracles, Pancratius's parents desired to see the Lord, the wonderworker. They came to Jerusalem, bringing Pancratius, where they saw Jesus, heard His words and witnessed His miracles. There Pancratius met the Apostle Peter. After the Lord's Ascension, both parents and their son were baptised in Antioch. Pancratius retired to a cave in Pontus, where the Apostle Peter found him and, in consultation with the Apostle Paul, installed him as bishop of Taormina in Sicily. St Pancratius worked great wonders in that town. He destroyed idols, baptised the unbaptised and instructed the baptised, and governed the Church of God. A pagan general, Aquilinus, hearing that the whole town of Taormina had become Christian, set out with an army to the town to destroy it. Holy Pancratius encouraged the faithful to be fearless, and he himself went out from the city with the clergy, carrying in his hands the unconquerable sign of the precious Cross. When the soldiers drew near to the town, a darkness fell on them and they were seized with great terror. A great confusion arose, so that they fell over one another and were stabbed and cut about by their own swords. Thus that godly man, Pancratius, saved his city and his flock by the power of his prayers before God. He was finally stoned to death by some envious and wicked pagans, and entered into rest in the Lord. His holy relics are preserved in Rome.

**The Hieromartyr Cyril, Bishop of Gortyna** - as an old man of eighty-four, he was tortured for Christ during Decius' reign. Cast into the flames, he was saved by the providence of God. Then the judge pronounced this sentence: 'Just judgement cannot tolerate that Cyril, having been delivered from fire, remain among the living. I therefore command that he be killed with the sword.' The old man joyfully laid his head under the sword and was beheaded, to live eternally in the Kingdom of Christ; The Holy Martyrs Theodore and John; Our Holy Fathers, the Martyrs Patermuthius and Copres; Our Holy Fathers Patermuthius and Copres; St Theodore, Bishop of Edessa; St. Everild, nun of England (c.700).

**10 / 23 July — Saint Anthony of the Kiev Caves** -born in the year 983 at Liubech, not far from Chernigov, and was named Antipas in Baptism. Possessing the fear of God from his youth, he desired to be clothed in the monastic schema. When he reached a mature age, he wandered until he arrived on Mt. Athos, burning with the desire to emulate the deeds of its holy inhabitants. Here he received monastic tonsure, and the young monk pleased God in every aspect of his spiritual struggles on the path of virtue. He particularly excelled in humility and obedience, so that all the monks rejoiced to see his holy life. The igumen saw in St Anthony the great future ascetic, and inspired by God, he sent him back to his native land, saying, "Anthony, it is time for you to guide others in holiness. Return to your own Russian land, and be an example for others. May the blessing of the Holy Mountain be with you. Returning to the land of Rus, Anthony began to make the rounds of the monasteries about Kiev, but nowhere did he find that strict life which had drawn him to Mt. Athos. Through the Providence of God, Anthony came to the hills of Kiev by the banks of the River Dniepr. The forested area near the village of Berestovo reminded him of his beloved Athos. There he found a cave which had been dug out by the Priest Hilarion, who later became Metropolitan of Kiev (October 21). Since he liked the spot, Anthony prayed with tears, "Lord, let the blessing of Mt. Athos be upon this spot, and strengthen me to remain here." He began to struggle in prayer, fasting, vigil and physical labor. Every other day, or every third day, he would eat only dry bread and a little water. Sometimes he did not eat for a week. People began to come to the ascetic for his blessing and counsel, and some decided to remain with the saint. Among Anthony's first disciples was St Nikon (March 23), who tonsured St Theodosius of the Caves (May 3) at the monastery in the year 1032. The virtuous life of St Anthony illumined the Russian land with the beauty of monasticism. St Anthony lovingly received those who yearned for the monastic life. After instructing them how to follow Christ, he asked St Nikon to tonsure them. When twelve disciples had gathered about St Anthony, the brethren dug a large cave and built a church and cells for the monks within it. After he appointed Abbot Barlaam to guide the brethren, St Anthony withdrew from the monastery. He dug a new cave for himself, then hid himself within it. There too, monks began to settle around him. Afterwards, the saint built a small wooden church in honor of the Dormition of the Mother of God over the Far Caves. At the insistence of Prince Izyaslav, the igumen Barlaam withdrew to the Dimitriev monastery. With the blessing of St Anthony and with the general agreement of the brethren, the meek and humble Theodosius was chosen as igumen. By this time, the

number of brethren had already reached a hundred men. The Kiev Great Prince Izyaslav (+ 1078) gave the monks the hill on which the large church and cells were built, with a palisade all around. Thus, the renowned monastery over the caves was established. Describing this, the chronicler remarks that while many monasteries were built by emperors and nobles, they could not compare with those which are built with holy prayers and tears, and by fasting and vigil. Although St Anthony had no gold, he built a monastery which became the first spiritual center of Rus. For his holiness of life, God glorified St Anthony with the gift of clairvoyance and wonderworking. One example of this occurred during the construction of the Great Caves church. The Most Holy Theotokos Herself stood before him and St Theodosius in the Blachernae church in Constantinople, where they had been miraculously transported without leaving their own monastery. Actually, two angels appeared in Constantinople in their forms (See May 3, the account of the Kiev Caves Icon of the Most Holy Theotokos). Having received gold from the Mother of God, the saints commissioned master architects, who came from Constantinople to the Russian land on the command of the Queen of Heaven to build the church at the Monastery of the Caves. During this appearance, the Mother of God foretold

**The 45 Holy Martyrs: Leontius, Maurice, Alexander, Sisinius and the rest** - in the time of the wicked Emperor Licinius, who ruled over the eastern half of the Byzantine Empire, there was a great persecution of Christians. In Armenian Nicopolis, Leontius came before the imperial governor, Lysius, together with several of his friends, and told him that he was a Christian. 'And where is your Christ?', asked Lysius. 'Was he not crucified and did he not die?' To this, St Leontius replied: 'If you know that our Christ died, know that He also rose from the dead and ascended into heaven.' After much harassment for their faith, Lysius had them whipped and thrown into prison, where they were given neither food nor drink. A noble Christian woman, Vlassiana, brought them water and gave it to them through the window of the prison, and an angel of God appeared to them there, to comfort and encourage them. When their trial was held, two of their warders came before Lysius as Christian converts, and many others, numbering forty-five in all. The judge condemned them all to death, ordering that their arms and legs be hacked off and that they then be thrown into the flames. This vicious punishment was carried out, and the souls of the holy martyrs flew off to their Lord, to eternal life. They suffered with honour and inherited the Kingdom in the year 319;

**The Translation of the Precious Vesture of our Lord Jesus Christ** - at the time of our Lord's suffering for the human race, there was to be found in the ranks of the Roman army in Jerusalem a Georgian, Elias, from the town of Mtskhet. His mother had heard of Christ, and believed in Him in her heart. Sending her son into the army in Palestine, she exhorted him to do nothing against Christ. When the Lord was nailed to the Cross, the sound of the hammering on Golgotha came to the ears of Elias's mother in Mtskhet. Hearing this sound, she cried out: 'Woe is me that I did not die before this hour, that death might deliver me from this terrible sound!' And, thus saying, she fell dead. Elias was at that time underneath the Cross, and, with the other soldiers, was casting lots for Christ's vesture. The vesture fell to him, and he took it to Mtskhet, making a gift of it to his sister Sidonia. She, hearing of the Lord's death and learning that her brother had a hand in the shedding of innocent blood, fell dead with the Lord's vesture in her hands, in such a way that no-one could take it from her and they were constrained to bury it with her. A cedar grew up over her grave, from which flowed a healing myrrh. In time, the cedar fell and the place was forgotten. St Nina found it by the aid of a pillar of fire on that spot, in response to her prayers. King Mirian, when he had been baptised, built a church there to the Holy Apostles. In 1625, Shah Abbas took this vesture and sent it to Moscow as a gift to Prince Michael Feodorovitch and Patriarch Philaret. The vesture was then placed in the Cathedral of the Dormition in Moscow.

**11 / 24 July — The Holy and Great Martyr Euphemia** - this saint is commemorated on September 16th, the day on which she suffered. On this day is commemorated the miracle wrought by her precious relics, revealed at the time of the Fourth Ecumenical Council in Chalcedon. This Council was called together in the reign of the Emperor Marcian and the Empress Pulcheria, in 451, after the death of the Emperor Theodosius the Younger, and was summoned because of the heresy of Dioscorus, Patriarch of Alexandria, and Eutyches, an archimandrite in Constantinople, who had disseminated the false teaching that there were in Christ not two natures, divine and human, but only one, a divine nature. At this Council, the chief role was played by Anatolius, Patriarch of Constantinople and Juvenal, Patriarch of Jerusalem. Because, through the quarrels and evidence on both sides, no decision could be reached, Patriarch Anatolius suggested that the Orthodox and the heretics each write down their confession of faith, and that they be put into the coffin that contained the relics of St Euphemia. All agreed to this. Two confessions of faith, then, were written and placed in the hands of the great martyr. The coffin was closed and sealed with the imperial seal, a watch then being set over it. They then all spent three days in fasting and prayer. On the fourth day, when the tomb was opened, they saw the Orthodox confession of faith in the saint's right hand and the heretical one beneath her feet. Thus was the conflict resolved by God's power, on the side of Orthodoxy. In the time of the Emperor Heraclius, the relics of St Euphemia were translated from Chalcedon to Constantinople, to the church dedicated to her near the Hippodrome. The iconoclast Emperor Leo the Isaurian ordered that her relics be thrown into the sea; but, by a wonderful act, the coffin was brought to the island of Lemnos and placed in the church of the holy martyr Glykeria. Then, in the time of the Empress Irene, the coffin with its relics was again taken to Constantinople, to its former place. Blood has flowed from these relics from time to time, to the succour of the sick and the feeble.

**Blessed Equal-to-the-Apostles St Olga, princess of Russia in baptism called Elena** - renowned for her wisdom and sobriety, in her youth became the wife of Igor, Great Prince of Kiev, who ruled during the tenth century. After her husband's death, she herself ruled capably, and was finally moved to accept the Faith of Christ. She traveled to Constantinople to receive Holy Baptism. The Emperor, seeing her outward beauty and inward greatness, asked her to marry him. She said she could not do this before she was baptized; she furthermore asked him to be her Godfather at the font, which he agreed to do. After she was baptized (receiving the name of Helen), the Emperor repeated his proposal of marriage. She answered that now he was her father, through holy Baptism, and that not even among the heathen was it heard of a man marrying his daughter. Gracefully accepting to be outwitted by her, he sent her back to her land with priests and sacred texts and holy icons. Although her son Svyatoslav remained a pagan, she planted the seed of faith in her grandson Vladimir (see July 15). She reposed in peace in 969.; Our Holy Father, the Martyr Nicodemus; Our Holy Father, the Martyr Nectarius.

**12 / 25 July — St Veronica** - this is the woman with the issue of blood, whom the Lord healed (Matt. 9:20). In gratitude to the Lord her healer, Veronica caused a statue of the Lord Jesus to be made, before which she prayed to God. By tradition, this statue was preserved up to the time of Julian the Apostate, when it was altered to become a statue of Zeus. This is one of the very rare occasions that a holy statue has been used in the Eastern Church. As is known, this later became a common custom in the Western Churches. St Veronica remained faithful to Christ till death, and entered peacefully into rest.

**The Holy Martyrs Proclus and Hilarius** - these martyrs were born in Kallippi in Asia, Proclus being Hilarius's uncle. They suffered in the time of Trajan. The judge asked Proclus: 'Of what race are you?' Proclus replied: 'I am of the race of Christ, and my hope is in my God.' When the judge threatened him with torture, he said: 'When you are afraid to transgress the Emperor's commands and risk falling into temporal punishment, how much more do we Christians fear to transgress against God's commands and fall into eternal torment!' While Proclus was being tortured, Hilarius came up to the judge and said: 'I too am a Christian!' After many tortures, the two of them were condemned to death, Proclus being crucified and Hilarius beheaded with the sword. They both entered into the joy of their Lord; Our Holy Father Michael Maleinos; The Holy Martyr Golinduc.