

Then, addressing Elpidophorus, he told him to be reasonable, as he was educated and could distinguish falsehood from truth. Elpidophorus replied that this was exactly why he believes in Christ, because He is “the way, the truth, and the life” (Gospel of John 14:6). That is, the right path, which leads to absolute truth and to the real and pure life, for which one deserves to die. Elpidophorus’ answer enraged Shapur, and he immediately beheaded him. These sacrifices encouraged the others even more, and they remained steadfast in their faith. Then Shapur ordered them to be thrown into a burning furnace. Thus, martyrfully and gloriously, they all gave their blessed souls to the life-giving Christ.

Saint Birnstan (Beornstan) - 4 November

St. Birnstan was a disciple of St. Grimbald (8 July), and succeeded St. Frithestan (10 September) in the See of Winchester in England. He served as its twenty-first Bishop from 931 until his repose in 934. St. Birnstan is best remembered for his devotion to praying for the reposed; each night he would spend hours in the cathedral’s graveyard chanting psalms for the souls of the reposed. A tradition tells of one night when he had finished the psalms he added “may they rest in peace” , and then heard a mighty “Amen” come from the tombs. He was the founder of the Hospital of St. John the Baptist in Winchester which is still in existence to this day, and known for washing the feet of the poor daily, and would spend hours in prayer once he had finished. St. Birnstan reposed in prayer following his daily foot washing. The cult of St. Birnstan developed about thirty years after his death, when St. Birnstan appeared to the then Bishop of Winchester, St. Ethelwold (1 August), in a vision accompanied by two other figures whom he said were SS. Birinus (3 December) and Swithun (2nd July). St. Birnstan then informed St. Æthelwold that he was held in equal reverence with these saints in heaven and claimed a right for equal treatment on earth. Following this he was commemorated with the other saints of Winchester, though in time popular devotion to St. Swithun eclipsed both St. Birnstan and St. Birinus.

Kursk Root Icon Visit

The Wonderworking Icon will visit St Mary’s Orthodox Church at Bury St Edmunds on 12 and 13 November. Fr Mark will lead a pilgrimage on Wednesday 12 November. Everyone will need to make their own way and should aim to arrive shortly after 5pm to be ready for the vigil service, which will take place from 5-9:30pm.

Orthodox Parish of St Martin & St Helen
Antiochian Orthodox Christian Archdiocese of the British
Isles and Ireland
Patriarchate of Antioch and all the East

Charity number: 1192469

Sunday 2 November 2025. Issue 1.

5th SUNDAY OF LUKE. Tone 4.
The Holy Martyrs Akindynus, Pegasios, Aphthonius, Elpidophorus, and
Anempodistus, Domnina, Domna, & Kyriaki, the Martyrs

Epistle Reading
Galatians 2:16-20

Prokeimenon in Tone IV

O Lord, how manifold are Thy works; in wisdom hast Thou made them all.
Verse: Bless the Lord, O my soul, O Lord my God Thou art very great.

Brethren, knowing that a person is not justified by the works of the Law, but through faith in Jesus Christ, even we have believed in Jesus Christ, that we might be justified by faith in Christ, and not by the works of the Law: for by the works of the Law shall no flesh be justified. But if, while we sought to be justified in Christ, we ourselves also were found sinners, is Christ then a minister of sin? God forbid! For if I build up again those things which I destroyed, I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ, nevertheless I live, yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself up for me.

Alleluia.

Verse 1: Gird thee and prosper and reign, because of truth and meekness and righteousness.

Verse 2: Thou hast loved righteousness and hated iniquity. Therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.

**Gospel Reading
Luke (16:19-31)**

Now there was a certain rich man who was clothed in purple and fine linen, feasting in luxury every day. A certain beggar named Lazarus was laid at his gate, full of sores, who desired to be fed with the crumbs that fell from the rich man's table. Yes, even dogs came and licked his sores. It happened that the beggar died and that he was carried away by the angels to Abraham's bosom. The rich man also died, and was buried. In hades, he lifted up his eyes, being in torment, and saw Abraham far off, and Lazarus in his bosom. He cried and said, 'Father Abraham, have mercy on me, and send Lazarus, so that he may dip the tip of his finger in water and cool my tongue! For I am in agony in this flame!' But Abraham replied, 'Son, remember that in your lifetime, you received your good things, and Lazarus, in the same way, bad things. But now, he is comforted here and you are in anguish. Besides all this, between us and you a great gulf is fixed, so that those who want to pass from here to you cannot [do so], and that no one may cross over from there to us.' He said, 'I ask you therefore, father, that you would send Lazarus to my father's house; for I have five brothers, that he might bear witness to them, so that they would not also come to this place of torment.' Abraham replied to him, 'They have Moses and the prophets! Let them listen to them!' But he said, 'No, father Abraham, but if one goes to them from the dead, they will repent.' Then Abraham said to him, 'If they do not listen to Moses and the prophets, neither will they be convinced if someone rises from the dead.'



Troparion of the Resurrection. Tone 4.

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection they cast away the ancestral curse and elatedly told the apostles; Death is over thrown! Christ our God is risen, granting the world great mercy.

**Martyrs Akindynus, Pegasius, Aphonius, Elpidophorus, and
Anempodistus, of Persia
Troparion**

Blessed is the earth that received your blood, Passion-bearers of the Lord, and holy is the dwelling place which received your spirits. You triumphed over the enemy in the stadium and you preached Christ with boldness. Since He is good, we pray that you beseech Him to save our souls.

**St Martin the Merciful
Troparion**

In signs and in miracles thou wast renowned throughout the land of Gaul. By grace thou art a light for the world, O Martin, Bishop blessed of God. Deeds of mercy and compassion filled thy life with their splendours, teaching and wise counsel were thy riches and treasures, which still thou dost dispense freely to those who honour thee.

**St Helen
Troparion**

We behold thee, glorious Helen, with thy God-inspired son, in the joys of the kingdom of Heaven, and we magnify Christ, for he hath revealed to us thine honoured festival, giving light more brilliant than the sun. Therefore we cry in faith: O People, exalt Christ above all forever!

Kontakion

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant; O despise not the suppliant voices of those who have sinned, but be thou quick, O good one, to come unto our aid, who in faith cry unto thee. Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

**The Holy Martyrs Akindynus, Pegasius, Aphonius,
Elpidophorus, and Anempodistus, of Persia (2 Novem-
ber)**

They were all officials of the Persian king Shapur II. In 330 AD, because they confessed that they were Christians, they were arrested and severely flogged. Then, they were thrown into the flames of a large fire. But their fervent prayers to God caused a terrible storm with rain, which extinguished the fire. This caused fear among the Persians, and even Shapur himself, resulting in the postponement of the death of the brave Christians. But after a few days, he brought them again before the tribunal. Seeing that he could not change their Christian mindset, he beheaded Aphonius first.