

**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 11 January 2026. Issue 11.

Tone 6.

**Sunday after Holy Theophany; Theodosios the Great, head of
monasteries (Cenobiarch)**

**Epistle Reading
Hebrews (13:7-16)**

Prokeimenon in Tone VII

Precious in the sight of the Lord is the death of His saint.

Verse: What shall we render to the Lord for all that He hath rendered unto us?

Brethren, remember those who preside over you who have spoken to you the word of God; and considering the outcome of their life, imitate their faith. Jesus Christ is the same yesterday and today and forever. Do not be carried away by diverse and strange doctrines. For it is a good thing for the heart to be confirmed by grace, not by foods which have not profited those who occupied themselves with them. We have an altar from which those serving the tabernacle have no authority to eat. For the animals whose blood “is brought into the sanctuary” by the high priest “as an offering for sin,” their bodies are burned outside the camp. For this reason Jesus also suffered outside the gate in order to sanctify the people through His own blood. Let us therefore go forth to Him “outside the camp,” bearing His reproach; for here we do not have a lasting city in here, but we seek the one which is to come. Through Him therefore “let us offer up a sacrifice of praise” to God always, that is, the “fruit of lips” that confess His Name. Do not forget to do good and to share, for God is well pleased with such sacrifices.

Alleluia.

Verse 1: Thy priests, O Lord, shall be clothed with righteousness, and Thy Saints shall rejoice.

Verse 2: Blessed is the man who fears the Lord.

Gospel Reading
Matthew (4:12-17)

Now when Jesus heard that John had been arrested, he withdrew into Galilee. Leaving Nazareth, he came and lived in Capernaum, which is by the sea, in the region of Zebulun and Naphtali, so that what had been spoken through Isaias (Isaiah) the prophet might be fulfilled: The land of Zebulun and the land of Naphtali, toward the sea, beyond the Jordan, Galilee of the Gentiles, the people who sat in darkness saw a great light, to those who sat in the region and shadow of death, to them light has dawned. From that time on, Jesus began to preach and to say, "Repent! For the Kingdom of Heaven is at hand."

Troparion of the Resurrection. Tone 6.

The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure Body. Thou didst capture hell, not being tempted by it. Thou didst come to the Virgin, granting life. O Lord who didst rise from the dead: glory to Thee.

Holy Theophany
Troparion

When Thou, O Lord, wast baptised in the Jordan, the worship of the Trinity was made manifest. For the voice of the Father bore witness to Thee, and called Thee His Beloved Son; and the Spirit in the form of a dove confirmed the truthfulness of His word. O Christ our God, Though hast revealed Thyself, and hast enlightened the world, glory to Thee!

Theodosius the Great

Troparion

By a flood of tears thou didst make the desert fertile, and thy loving for God brought forth fruits in abundance. By the radiance of miracles thou didst illumine the whole universe. Our Father Theodosius, pray to Christ God 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!

Holy Theophany

Kontakion

Today thou hast appeared to the universe, O Lord; and thy light hath been signed upon us, who praise thee with knowledge, saying: Thou has come and appeared, O unapproachable Light.

St Theodosius the Great (Cenobiarch)

Saint Theodosius was born in the province of Cappadocia in the village of Mogarissus. His parents Proheresius and Eulogia were very devout.

Endowed with a splendid voice, he zealously toiled at church reading and singing. St Theodosius prayed fervently that the Lord would guide him on the way to salvation. In his early years he visited the Holy Land and met with

St Symeon the Stylite (September 1), who blessed him and predicted future pastoral service for him.

Yearning for the solitary life, Saint Theodosius settled in Palestine into a desolate cave, in which, according to Tradition, the three Magi had spent the night, having come to worship the Savior after His Nativity. He lived there for thirty years in great abstinence and unceasing prayer. People flocked to the ascetic, wishing to live under his guidance.

When the cave could no longer hold all the monks, St Theodosius prayed that the Lord Himself would indicate a place for the monks to live. Taking a censer with cold charcoal and incense, the monk started walking into the desert. At a certain spot the charcoal ignited by itself and the incense smoke began to rise. Here the monk established the first cenobitic monastery, or Lavra (meaning “broad” or “populous”).

It was around this time that Theodosius’ friend and countryman Sabbas the Sanctified was appointed Archimandrite of all the isolated monks in Palestine, by Patriarch Sallustius of Jerusalem (486-493). Therefore Theodosius was made the leader of all those monks who lived in community, and this was the origin of his being called “the Cenobiarch”, which translates as chief of those living a life in common.

Soon the Lavra of St Theodosius became renowned, and up to 700 monks gathered at it. According to the final testament of St Theodosius, the Lavra rendered service to neighbor, gave aid to the poor and provided shelter for wanderers. There was a communal table for all, communal property, communal penance, communal labor, communal patience and, not too rare, communal hunger. Theodosius was an exalted model of life to all the monks; an example in labor, prayer, fasting, watchfulness and in all Christian virtues.

Before his death, St Theodosius summoned to him three beloved bishops and revealed to them that he would soon depart to the Lord. After three days, he died peacefully at the age of 105, in 529 AD. The saint’s body was buried with reverence in his first cell, the cave in which he lived at the beginning of his ascetic deeds.

Source: Orthodox Wiki

Liturgy this week

Friday 16 January, 8:15am

Veneration of the Precious Chains of St Peter.

Hours and Holy Liturgy.

St Helen’s Chapel.