

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 18 January 2026. Issue 12.

Tone 7.

Athanasius and Cyril, patriarchs of Alexandria; Martyr
Theodoula of Anazarbus and her companions; Maximos,
Serbian ruler; Saint Xenia; Holy Marcian; Holy Ephraimius;
Holy Silvanus, who practised asceticism in Palestine; Saint
Joachim of Bulgaria; Saint Maximus, Bishop of
Hungaro-Wallachia; Venerable Athanasius, Fool-for-Christ;
Venerable Athanasius of Russia

Epistle Reading
Hebrews (13:7-16)

Prokeimenon in Tone VII

Blessed art Thou, O Lord, the God of our Fathers.

Verse: For Thou are justified in all that Thou hast done for 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

Luke (17:12-19)

As Jesus entered into a certain village, ten men who were lepers met him, and they stood at a distance. They lifted up their voices, saying, “Jesus, Master, have mercy on us!” When Jesus saw them, he told them, “Go and show yourselves to the priests.” And it happened that as they went, they were cleansed. One of them, when he saw that he was healed, turned back, glorifying God with a loud voice. He fell on his face at Jesus’ feet, giving him thanks; and this man was a Samaritan. Jesus said, “Were not ten cleansed? But where are the nine [others]? Was no one found who came back to glorify God, except for this foreigner?” Then Jesus said to him, “Get up and go your way. Your faith has healed you!”

Troparion of the Resurrection. Tone 7.

By Thy Cross, thou didst destroy death! To the thief, Thou didst open paradise! For the myrrh-bearers, Thou didst change weeping in to joy! And Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy.

St Athanasius and Cyril

Troparion

You shone forth with works of Orthodoxy and quenched all heresy, and became victorious trophy-bearers, O hierarchs Athanasius and Cyril. You enriched all things with piety and greatly adorned the Church, and worthily found Christ God, Who grants his great mercy to all. Intercede before the Word, Christ our 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!

The Meeting of the Lord

Kontakion

Thou, who didst sanctify the virginal womb by thy nativity and didst bless the hands of Symeon, hast come this day and saved us, O Christ God. Grant peace and strength to the Orthodox people whom thou hast loved, O only Lover of mankind.

St Cyril, Patriarch of Alexandria

Cyril was born about 378 in the small town of Theodosios, Egypt, near modern day Malalla el Kobra. His mother's brother, Theophilus, was a priest who rose to the powerful position of Pope of Alexandria. His mother remained close to her brother and under his guidance Cyril was well educated. His education showed through his knowledge, in his writings, of Christian writers of his day, including Eusebius, Origen, Didymus, and writers of the Alexandrian church. He showed a knowledge of Latin through his extensive correspondence with the Bishop of Rome, Pope Celestine. His formal education appeared normal for his day: 390-392 grammatical studies at ages 12 to 14, 393-397 Rhetoric/Humanities at ages 15 to 20, and 398-402 Christian theology and biblical studies. He was tonsured a reader by his uncle, Theophilus, in the Church of Alexandria and under his uncle's guidance advanced in knowledge and position. He supported his uncle in the removal of St. John Chrysostom

as archbishop of Constantinople, although this was justified as an administrative, not doctrinal, issue, as later Cyril supported John's return as when he contrasted Nestorius' unorthodoxy to Chrysostom's purity of doctrine to the imperial court.

Theophilus died on October 15, 412, and Cyril was made pope on October 18, 412, over stiff opposition by the party for the incumbent Archdeacon Timothy in a volatile Alexandrian atmosphere. Thus, Cyril followed first Athanasius and then Theophilus as the Pope of Alexandria in the position that had become powerful and influential, rivaling that of the city Prefect.

His early years as pope were caught up in the problems of a cosmopolitan city where the animosities among the various Christian factions, Jews, and pagans brought frequent violence. In addition, there was the rivalry between Alexandria and Constantinople and a clash between Alexandrian and Antiochian schools of ecclesiastical reflection, piety, and discourse. These issues came to a head in 428 when the see of Constantinople became vacant. Nestorius, from the Antiochian party, was made Archbishop of Constantinople on April 10, 428, and stoked the fires by denouncing the use of the term Theotokos as not a proper rendition of Mary's position in relation to Christ.

Thus, Cyril and the Alexandrian party crossed swords with those of the Antiochian party in the imperial home court. After much in-fighting, Augusta Pulcheria, older sister of the Emperor Theodosius II, sided with Cyril against Nestorius. To rid himself of Cyril, Nestorius recommended to the emperor a council in Constantinople. But, when Theodosius called the council it was in Ephesus, an area friendly to Cyril. After months of maneuvering the Council of 431 ended with Nestorius being removed from office and sent into exile.

Cyril died on June 27, 444, but the controversies were to continue for decades, from the Robber Council of Ephesus in 449 to the Council of Chalcedon in 451 and beyond.

Source: Orthodox Wiki



Liturgy this week

Thursday 22 January, 8:15am

Holy Apostle Timothy.

Hours and Holy Liturgy.

St Helen's Chapel.