

**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 25 January 2026. Issue 13.

Tone 8.

**Gregory the Theologian, Archbishop of Constantinople;
Venerable Demetrios the sacristan; New martyr Auxentios of
Constantinople**

**Epistle Reading
Hebrews (7:26-8:2)**

Prokeimenon in Tone I

My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

Verse: Hear this, all ye people.

Brethren, it was most fitting that we should have such a High Priest, holy, guileless, undefiled, separated from sinners, and more exalted than the heavens, who has no need, like those high priests, to offer up sacrifices daily, first for his own sins, and then for the sins of the people; for this He did once for all, when He offered up Himself. For the Law appoints men in their weakness as high priests, but the word of the oath, which came after the Law, appoints a Son, perfected for evermore. Now in the things which we are saying the chief point is this: We have such a High Priest, who sat down at the right hand on the throne of the Majesty in the heavens, a liturgical minister of the sanctuary, and of the true tabernacle, which was pitched “by the Lord,” and not by a human.

Alleluia.

Verse 1: I will sing of Thy mercies, o Lord, forever.

Verse 2: For Thou hast said: “Mercy shall be built up forever!”

Gospel Reading

Luke (19:1-10)

At that time, Jesus entered Jericho and was passing through town. There was a man named Zacchaeus who was a chief tax collector, and he was rich. He was trying to see who Jesus was, and could not because of the crowd, for he was short. He ran on ahead and climbed up into a sycamore tree to see Jesus, who was [about] to pass that way. When Jesus came to the place, he looked up, saw Zacchaeus, and said to him, "Zacchaeus, hurry and come down, for today I must stay at your house!" He hurried, came down, and received Jesus with joy. But when the people saw it, they all grumbled, saying, "He has gone in to stay with a man who is a sinner!" Zacchaeus stood up and said to the Lord, "Behold, Lord, half of my goods I give to the poor. And if I have wrongfully obtained money from anyone, I restore four times as much!" Then Jesus said to him, "Today, salvation has come to this house, because he, too, is a son of Abraham. For the Son of Man came to seek and to save what was lost."

Troparion of the Resurrection. Tone 8.

Thou didst descend from on high, O Merciful One! Thou didst accept the three day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

St Gregory the Theologian

Troparion

The sweet sounding shepherd's pipe of thy theology overpowered the trumpeting of the orators; for eloquence was also bestowed on thee as on one searching the depths of the Spirit. Pray to Christ our God, O Father Gregory, that our souls may be saved!

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 Gregory the Theologian

St Gregory was born in 329 in Arianzus, a village of the second district of Cappadocia, not far from Nazianzus. His father, who later became Bishop of Nazianzus, was named Gregory (commemorated Jan. 1), and his mother was named Nonna (Aug. 5); both are among the saints, and so are his brother Caesarius (Mar. 9) and his sister Gorgonia (Feb. 23).

At first he studied in Caesarea of Palestine, then in Alexandria, and finally in Athens. As he was sailing from Alexandria to Athens, a violent sea storm put in peril not only his life but also his salvation, since he had not yet been baptized. With tears and fervor he besought God to spare him, vowing to dedicate his whole self to Him, and the tempest gave way to calm. At Athens St. Gregory was later joined by St. Basil the Great, whom he already knew, but now their acquaintanceship grew into a lifelong brotherly love. Another fellow student of theirs in Athens was the young Prince Julian, who later as emperor was called the Apostate because he denied Christ and did all in his power to restore paganism. Even in Athens, before Julian had thrown off the mask of piety, St. Gregory saw what an unsettled mind he had, and said, "What an evil the Roman State is nourishing" (Orat. V, 24, PG 35:693).

After their studies at Athens, Gregory became Basil's fellow ascetic, living the monastic life together with him for a time in the hermitages of Pontus. His father ordained him presbyter of the Church of Nazianzus, and St. Basil consecrated him Bishop of Sasima (or Zansima), which was in the archdiocese of Caesarea. This consecration was a source of great sorrow to Gregory and

a cause of misunderstanding between him and Basil, but his love for Basil remained unchanged, as can be plainly seen from his Funeral Oration on Saint Basil (Orat. XLIII).

About the year 379, St. Gregory came to the assistance of the Church of Constantinople, which had already been troubled for forty years by the Arians; by his supremely wise words and many labors he freed it from the corruption of heresy. He was elected archbishop of that city by the Second Ecumenical Council, which assembled there in 381, and condemned Macedonius, Archbishop of Constantinople, as an enemy of the Holy Spirit. When St. Gregory came to Constantinople, the Arians had taken all the churches, and he was forced to serve in a house chapel dedicated to St. Anastasia the Martyr. From there he began to preach his famous five sermons on the Trinity, called the Triadica. When he left Constantinople two years later, the Arians did not have one church left to them in the city. St. Meletius of Antioch (see Feb. 12), who was presiding over the Second Ecumenical Council, died in the course of it, and St. Gregory was chosen in his stead; there he distinguished himself in his expositions of dogmatic theology.

Having governed the Church until 382, he delivered his farewell speech—the Syntacterion, in which he demonstrated the Divinity of the Son—before 150 bishops and the Emperor Theodosius the Great. Also in this speech he requested, and received from all, permission to retire from the See of Constantinople. He returned to Nazianzus, where he lived to the end of his life. He reposed in the Lord in 391, having lived some sixty-two years.

His extant writings, both prose and poems in every type of meter, demonstrate his lofty eloquence and his wondrous breadth of learning. In the beauty of his writings, he is considered to have surpassed the Greek writers of antiquity, and because of his God-inspired theological thought, he received the surname “Theologian.” Although he is sometimes called Gregory of Nazianzus, this title belongs properly to his father; he himself is known by the Church only as Gregory the Theologian. He is especially called “Trinitarian Theologian,” since in virtually every homily he refers to the Trinity and the one essence and nature of the Godhead.

Source: Orthodox Wiki

Liturgy this week

Friday 30 January, 8:15am

Synaxis of the Three Holy Hierarchs.

Hours and Holy Liturgy.

St Helen's Chapel.