

**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 1 March 2026. Issue 18.

Tone 5

**First Sunday of Great Lent (Sunday of Orthodoxy);
Venerable-Martyr Eudokia of Heliopolis; Venerable Domnina
of Syria; Martyrs Markellos and Anthony of Pamphylia**

**Epistle Reading
Hebrews (13:24-26, 23-40)**

Prokeimenon in Tone V

Thou, O Lord, shalt keep us and preserve us from this generation forth and for ever.

Verse: Save me, O Lord, for there is no longer any that is godly.

Brethren, by faith Moses, when “he was grown up,” refused to be called the son of Pharaoh’s daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain

with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy, wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

Alleluia.

Verse 1: Of Thy mercies, O Lord, will I sing for ever; from generation to generation shall I proclaim Thy truth with my mouth.

Verse 2: For Thou hast said, "Mercy shall be built up forever." Thy truth shall be established in the heavens.

Gospel Reading John (1:43-51)

On the next day, being determined to go out into Galilee, Jesus met Philip and said to him, "Follow me!" Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathaniel and said to him, "We have found the one of whom Moses in the law and the prophets, wrote: Jesus of Nazareth, the son of Joseph!" Nathanael asked him, "Can anything good come out of Nazareth?" Philip replied, "Come and see!" As Jesus saw Nathaniel coming to him, he said about him, "Behold, an Israelite indeed, in whom there is no deceit!" Nathanael asked Jesus, "How do you know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael replied, "Rabbi, you are the Son of God! You are King of Israel!" Jesus said to him, "Because I told you, 'I saw you underneath the fig tree,' do you believe? You will see greater things than these!" He said to Philip, "Amen, amen, I tell you; hereafter, you will see heaven opened, and the angels of God ascending and descending upon the Son of Man."

Troparion of the Resurrection. 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.

Sunday of Orthodoxy
Troparion

We venerate Thy most pure image, O Good One; and ask forgiveness of our transgressions, O Christ our God. Of Thy good will Thou wast pleased to ascend the cross in the flesh and to deliver Thy creatures from bondage to the Enemy. Therefore with thankfulness we cry aloud to Thee: Though hast filled all with joy, O our Saviour, for Thou alone hast come to save the world.

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!

To Thee the Champion Leader
Kontakion

To thee, the Champion Leader, we thy flock dedicate, a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou bride unwedded.

St Nicholas Planas (2 March)

Saint Nicholas Planas was born in 1851 on Naxos and raised by devout parents who nurtured his deep love for the Church from childhood. After his father's death he moved to Athens with his family, later marrying but becoming widowed soon after the birth of his son, whom he raised alone. He was ordained deacon in 1879 and priest in 1884, beginning a lifelong ministry marked by humility, prayer, and total dedication to liturgical service.

For nearly fifty years he served faithfully at the altar, living an ascetic life of simplicity, charity, and constant worship. He was known as "the simple one," lived in the joy of the Divine Eucharist, which he celebrated unfailingly every day as prescribed by the liturgical rules, often prolonging it for many hours to savour its spiritual delight. He always responded with authentic Orthodox devotion and celebrated solemnly the Mystery of the coming and presence of the Risen Lord, who reveals Himself as at the Last Supper. The joy of the Resurrection at the heart of the Eucharist became ontological refreshment and exultation for the elder who burned with divine love. His participation in Paschal joy carried him away; for him it was not a mere routine duty. The pretext was the many-hours commemoration of the living and the departed, from the mass of prayer notes he kept in a small satchel. In reality, he never wished to interrupt the joy of the Eucharistic Table, the vision of the Risen Body and Blood of Christ.

He died peacefully in 1932 at the age of 82 after a life recognised for holiness, compassion for the poor, and spiritual wisdom. His relics were placed in a silver reliquary in 1992, the same year the Ecumenical Patriarchate formally proclaimed him a saint.

Source: Translated from greek from saint.gr

Services this week

Wednesday 4 March, 6pm

Presanctified Liturgy, St Martin's Church.

Friday 6 March, 6pm

Akathist - Second Salutations, St Helen's Chapel.