

**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 22 March 2026. Issue 21.

Tone 8

**Commemoration of John Climacus, Author of “The Ladder”;
New Hieromartyr Zachariah, metropolitan of Corinth;
Sophronios, bishop of Irkutsk**

**Epistle Reading
Hebrews (6:13-20)**

Prokeimenon in Tone VIII

Pray and make your vows before the Lord our God and keep it.

Verse: God is known in Judea, His name is great in Israel!

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, “Surely blessing I will bless thee, and multiplying I will multiply thee.” And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things, in which it is impossible for God to lie, we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering into “that which is within the veil,” where Jesus entered as a Forerunner on our behalf, having become a High Priest “forever according to the order of Melchizedek.”

Alleluia.

Verse 1: Come, let us greatly rejoice unto the Lord; let us make a joyful noise unto God our saviour.

Verse 2: Let us come before His presence with thanksgiving and rejoice unto Him with psalms.

Gospel Reading **Mark (9:17-31)**

Someone in the crowd answered, "Teacher, I brought you my son who has a mute spirit. Wherever [the spirit] seizes him, it throws him to the ground and my son foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to cast it out, but they were not able." Jesus answered him, "Unbelieving generation, how long shall I be with you? How long shall I put up with you? Bring him to me." They brought the son to him, and when he saw Jesus, the spirit immediately convulsed the boy who fell to the ground and rolled around, foaming at the mouth. Jesus asked the boy's father, "How long has he been like this?" "From childhood," he answered. "Often, it has thrown him both into the fire and into water, in order to destroy him. But if you are able to do anything, have compassion on us and help us!" Jesus said to the man, "If you are able! All things are possible to the one who believes!" Immediately the father of the child cried out with tears, "I believe! Help my unbelief!" When Jesus saw that a crowd was running to the scene, he rebuked the unclean spirit, saying to him, "You mute and deaf spirit, I command you, come out of him, and never enter him again!" The spirit cried out, convulsed greatly, and came out of the boy. He became as dead, so much that many said, "He is dead!" But Jesus took him by the hand and raised him up; and the boy stood up. When Jesus entered into the house, his disciples asked him privately, "Why could we not cast it out?" He answered, "This kind can come out by nothing, except by prayer and fasting." They left that place and passed through Galilee, [and] Jesus did not want anyone to know it. He was teaching his disciples and told them, "The Son of Man is to be delivered into the hands of men. They will kill him, and when he is killed, he will rise again on the third day."

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 John of the Ladder (Climacus) Troparion

O dweller of the wilderness and angel in the body, thou wast a wonder-worker, O our God-bearing Father John. Thou didst receive heavenly gifts through fasting, vigil, and prayer, healing the sick and the souls of those drawn to thee by faith. Glory to Him Who gave thee strength! Glory to Him Who granted thee a crown! Glory to Him Who grants healing to all!

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.

Words from St John Climacus

“Repentance is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the daughter of hope and the renunciation of despair. A penitent is an undisgraced convict. Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins. Repentance is purification of conscience. Repentance is the voluntary endurance of all afflictions. A penitent is the inflicter of his own punishments. Repentance is a mighty persecution of the stomach, and a striking of the soul into vigorous awareness.”

“Let us charge into the good fight with joy and love without being afraid of our enemies. Though unseen themselves, they can look at the face of our soul, and if they see it altered by fear, they take up arms against us all the more fiercely. For the cunning creatures have observed that we are scared. So let us take up arms against them courageously. No one will fight with a resolute fighter.”

“Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience.”

“I consider those fallen mourners more blessed than those who have not fallen and are not mourning over themselves; because as a result of their fall, they have risen by a sure resurrection.”

Source: Orthodox Wiki

Services this week

Wednesday 25 March, 8:10am

**The Annunciation of Our Most Holy Lady the Theotokos,
Hours and Holy Liturgy,
St Helen's Chapel.**

NO PRESANCTIFIED LITURGY

Friday 27 March, 6pm

Akathist - Fifth Week, St Helen's Chapel.