

**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 21 June 2026. Issue 34.

Tone 2

**Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia;
New-martyr Nikita of Nisyros near Rhodes; Saint Terentius, Bishop
of Iconium; Saint Julian the Egyptian and those who were martyred
together with him: Basilissa, Celsus, Anastasius, Antony the
Presbyter, twenty prison guards and seven brothers; Saint
Aphrodisius; Saint Anastasia of Serbia**

**Epistle Reading
Romans (5:1-10)**

Prokeimenon in Tone II

The Lord is my strength and my song, He has become my salvation.

Verse: With chastening hath the Lord chastened me, but He hath not given me over unto death.

Brethren, having been justified by faith, we have peace with God through our Lord Jesus Christ. Through him also we have obtained our access by faith to this grace in which we stand, and we boast in hope of the glory of God. And not only so, but we also boast in our tribulations, knowing that tribulation produces patience; and patience produces character, and character produces hope, and hope does not put to shame, because the love of God has been poured into our hearts through the Holy Spirit which has been given to us. For while we were still weak, in due season Christ died for the ungodly. For scarcely for a righteous man will one die, though perhaps for a good man one would even dare to die. But God shows his own love toward us in that while we were yet sinners Christ died for us. Much more then, being now justified by his blood, through him shall we be saved from the wrath.

For if we were reconciled to God through the death of his Son, while we were enemies, much more, being reconciled, we will be saved by his life.

Alleluia.

Verse 1: May the Lord hear you in the day of afflictions; may the name of the God of Jacob defend you.

Verse 2: O Lord, save the king, and hearken to us in what day soever we call upon Thee.

Gospel Reading Matthew (6:22-33)

The Lord said, the lamp of the body is the eye! If therefore your eye is sound, your whole body will be full of light. But if your eye is evil, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is the darkness! No one can serve two masters. Either he will hate the one and love the other; or else he will be devoted to one and despise the other. You cannot serve both God and Mammon. Therefore, I tell you, do not be anxious about your life, wondering what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothing? See the birds of the sky: they do not sow, or reap, or gather into barns. Your heavenly Father feeds them! Are you not of much more value than they? Which of you, by being anxious, can add one moment to his lifespan? Why then are you anxious about clothing? Consider the lilies of the field, how they grow. They do not toil or spin, yet I tell you that even Solomon in all his glory was not dressed like one of these! But if God clothes the grass of the field which today exists and tomorrow is thrown into the oven, will he not much more clothe you, you of little faith? Therefore, do not be anxious, saying: ‘What will we eat?’, ‘What will we drink?’ or, ‘What will we wear?’ It is the Gentiles who seek after all these things, but your heavenly Father knows that you need them all. Seek first the Kingdom of God and his righteousness, and all these things will be given to you as well.



Troparion of the Resurrection. Tone 2.

When Thou didst descend to death, O Life Immortal, Thou didst slay hell with the splendor of Thy Godhead! And when from the depths Thou didst raise the dead, all the powers of heaven cried out: O Giver of Life! Christ our God! Glory to Thee!

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!

Theotokos Kontakion

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant; O despise not the suppliant voices of those who have sinned, but be thou quick, O good one, to come unto our aid, who in faith cry unto thee. Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

St Alban (11 June)

Saint Alban was the first martyr of the British Isles. He was executed at Verulamium (modern Saint Albans, named after him), probably during the persecution of the Emperor Diocletian in 303 or 304 AD, although some traditions place his death during the reign of Septimius Severus around 209 AD.

According to Saint Bede the Venerable, Alban sheltered a Christian priest who was hiding from persecution. Moved by the priest's kindness and teaching, Alban accepted Christianity and was baptised. When soldiers discovered the priest's hiding place, Alban exchanged clothes with him and surrendered himself.

At his trial, Alban declared himself a Christian and refused to sacrifice to the Roman gods, saying that they were demons unable to offer true help. The judge condemned him to torture and beheading. As he was led to the place of execution, his prayers allowed the crowd following him to cross the River Coln on dry ground. The executioner was so moved by this miracle that he became a Christian and refused to kill him, but another soldier carried out the execution.

After Alban's death, further miracles were said to have occurred at the site of his martyrdom and tomb, and his veneration spread throughout England and Europe. During the persecution under King Henry VIII, when English monasteries were destroyed, Alban's shrine was emptied and his relics were lost. In 2002, the Church of Saint Pantaleon in Cologne, which had preserved relics of Saint Alban for centuries, returned part of them to Saint Albans, where they were placed at the site of his martyrdom.

Source: saint.gr

Holy Liturgy this week

Wednesday 24 June, 8:10am

Nativity of the Forerunner, St Helen's Chapel.