

**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 28 June 2026. Issue 35.

Tone 3

**Finding of the Holy Relics of Saints Cyrus and John the
Unmercenary Healers; Martyr Pappias; Saint Sergius the
Righteous, the Magister; Saint Macedonius; Saint Ulkianus; Saint
Paul the Physician; Holy Two Children; Saint Moses the Hermit;
Saint Donagus, Bishop of Libya; Seventy Martyrs of Scythopolis;
Three Martyrs of Galatia; Saint Magnus; Saints Sergius and
Germanus the Wonderworkers of Valaam; Translation of the Holy
Relics of Saint Theoktiste.**

**Epistle Reading
Romans (6:18-23)**

Prokeimenon in Tone III

Sing praises unto our God, sing praises, sing praises unto our King,
sing praises.

Verse: Clap your hands, all ye nations, shout unto God with the voice
of gladness.

Brethren, having been set free from sin, you have become bond-servants
of righteousness. I am speaking in human terms, because of the infirmity
of your flesh. For just as you once yielded your members as
bond-servants to uncleanness and to iniquity for iniquity, so now yield
your members as bond-servants to righteousness for holiness. For when
you were bond-servants of sin, you were free from righteousness. What
fruit did you have from the things of which you are now ashamed? For
the end of those things is death. But now, having been set free from
sin and having become bond-servants of God, you have your fruit to
holiness, and the end is life eternal. For the wages of sin is death; but
the free gift of God is life eternal in Christ Jesus our Lord.

Alleluia.

Verse 1: In Thee, O Lord, do I put my trust; let me never be ashamed, deliver me in Thy righteousness.

Verse 2: Be Thou unto me as God, protector and a house of refuge in order to save me.

Gospel Reading Matthew (8:5-13)

At that time, when Jesus came into Capernaum, a centurion came to him, imploring him and saying, "Lord, my servant is lying in the house paralyzed, grievously tormented." Jesus answered, "I will come and heal him." But the centurion replied, "Lord, I am not worthy that you should come under my roof! Only say the word and my servant shall be healed. For I am also a man under authority, having soldiers under my own authority. I tell this one, 'Go,' and he goes; and if I tell another, 'Come,' he comes. Or if I tell my servant, 'Do this,' he does it!" When Jesus heard this, he marveled and said to those who followed, "Amen, I tell you that I have never found so great a faith, not even in Israel! I tell you that many will come from the east and the west, and will sit down with Abraham, Isaac, and Jacob in the Kingdom of Heaven. But the children of the Kingdom will be thrown out into the outer darkness and there will be weeping and gnashing of teeth." Jesus said to the centurion, "Go your way. Let it be done for you as you have believed." And his servant was healed in that hour.

Troparion of the Resurrection. Tone 3.

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm! He has trampled down death by death! He has become the first born of the dead! He has delivered us from the depths of hell, and has granted to the world great mercy.

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 Peter and St Paul (29 June)

Peter was from Bethsaida in Galilee and was the son of Jonah, and the brother of the Apostle Andrew the First-Called. Peter and Andrew were fishermen on the Lake of Gennesaret. He was married in Capernaum, where he lived with his family and his mother-in-law. As the Gospel informs us, when Jesus arrived at the Lake of Gennesaret, He met the two brothers, Peter and Andrew, as they were casting their nets. Immediately after being called, they left their nets and their families and followed Him. A fisherman by trade, Peter was spontaneous and impetuous in character. We learn about his life with Christ from the four Gospels, and about his apostolic activity from the Acts of the

Apostles. He also wrote two Catholic Epistles, in which he exhorts Christians: “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (1 Peter 5:8). That is, practise self-control, be watchful and attentive. For your opponent and accuser, the devil, like a roaring lion, prowls about in fury, seeking someone to draw away from the faith and devour. After the Ascension of the Lord, Peter preached the Gospel in Judea, Antioch, Pontus, Galatia, Cappadocia, Asia, and Bithynia. According to tradition, he reached Rome, where during the reign of Nero (AD 54–68) he suffered a martyr’s death, having been crucified upside down around AD 64.

Paul, on the other hand, was born in Tarsus of Cilicia, in a village called Gischala, and at first was a fierce persecutor of Christianity. Around AD 36, while travelling to Damascus to persecute Christians there as well, a miracle occurred in which Christ appeared to him and instructed him to go to Ananias, who catechised and baptised him. Thus he became the greatest preacher of the Gospel, even sacrificing his life for it. He was called the First after the One and the Apostle of the Nations because of his four great missionary journeys. He is the founder of the Church of Greece. He wrote fourteen epistles to the Churches that he himself founded. Anyone who studies the Acts of the Apostles, as well as his fourteen Epistles in the New Testament, will learn about his life and adventures. The Apostle Paul wished every Christian, like himself, to feel and say: “It is no longer I who live, but Christ lives in me” (Galatians 2:20). That is, it is no longer I, the old man, who live, but Christ lives within me. And furthermore, “Christ is all, and in all” (Colossians 3:11). In other words, Christ should direct every aspect of our human life. The Apostle Paul suffered a martyr’s death by beheading in Rome between AD 64 and 67.

Holy Liturgy this week

Monday 24 June, 8:10am

Holy Apostles Peter and Paul, St Helen’s Chapel.