

**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 5 July 2026. Issue 36.

Tone 4

**Venerable Athanasius of Mount Athos and his six fellow disciples;
Venerable Lampados; Saint Cyprian the New Hieromartyr; Saint
Stephen, Metropolitan of Rhegium in Calabria; Finding of the
Precious Relics of our Venerable and God-bearing Father Sergius,
Abbot of Radonezh, the Wonderworker; Saint Modwena**

**Epistle Reading
Galatians (5:22-6:2)**

Prokeimenon in Tone VI

O Lord, save Thy people and bless Thine inheritance.

Verse: Unto Thee, O Lord, will I cry; O my God, be not silent unto me.

Brethren, the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, meekness, self-control: against such there is no law. And those who belong to Christ have crucified the flesh with the passions and the lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not become vainglorious, provoking one another, envying one another. Brethren, if a person is overtaken in any trespass, you who are spiritual should restore such a one in a spirit of meekness; looking to yourself, lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

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
Matthew (8:28-9:1)

When Jesus arrived on the other side, into the country of the Gergesenes, two men possessed by demons met him there, coming out of the tombs. They were extremely violent, so much that nobody could pass that way. Behold, they cried out, saying, "What do we have to do with you, Jesus, Son of God? Have you come here to torment us before the time?" Now there was a herd of many pigs feeding at some distance from them. The demons begged him, saying, "If you cast us out, allow us to go away into the herd of pigs." He said to them, "Go!" The demons came out and went into the herd of pigs: and behold, the whole herd of pigs rushed down the cliff into the sea and died in the water. Those who fed them fled and went into the city where they told everything, including what had happened to those who were possessed with demons. Behold, the entire city came out to meet Jesus. When they saw him, they begged that he would depart from their borders. Jesus entered into a boat, crossed over [the lake] and came into his own town.

Troparion of the Resurrection. Tone 4.

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection; they cast away the ancestral curse and elatedly told the apostles; Death is over thrown! Christ our God is risen, granting the world great mercy.

St Athanasios the Athonite
Troparion

The Angels' ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. Entreat Him that our souls find salvation, O most renowned Father Athanasius.

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 Athanasios the Athonite

Venerable Athanasius, who was born in Trebizond (Trebizond/Trabzon), came from a very devout and prosperous family. His family provided him with everything necessary for his education, which he completed in Constantinople. While there, he developed a deep desire to become a monk and to pursue the highest ideals of the ascetic life.

For this reason, he went to Mount Kyminas in Asia Minor, where there was a monastery whose abbot was Michael Maleinos. Athanasius joined the monastic community and, within a short time, distinguished himself through his virtues and his strict asceticism. However, because he attained great spiritual heights and was honoured by everyone, he

decided to leave. He travelled to Mount Athos, where he placed himself under the guidance of an elderly hermit, serving him with profound humility and obedience.

Later, following a divine revelation, he departed from there and withdrew into the more remote parts of the Holy Mountain. There, after repeated requests from Emperor Nikephoros Phokas, whom he knew personally, he built a church in honour of the Most Holy Theotokos (the Virgin Mary). He also constructed many cells for the monks. After much labour and sacrifice, he founded the Holy Monastery of the Great Lavra in AD 963, the oldest monastery on Mount Athos, which is dedicated to Venerable Athanasius.

In due course, he departed to the Lord, meeting a martyr-like end. The roof of the monastery church needed to be rebuilt, and although he was already advanced in age, the Venerable Athanasius climbed onto the roof together with several of the brethren to help with the work. During the construction, the roof suddenly collapsed, burying Athanasius and the other monks beneath the rubble.

Source: Translated from saint.gr with ChatGPT

Holy Liturgy this week

Tuesday 7 July, 8:10am

Great Martyr Kyriaki, St Helen's Chapel.