

**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 12 July 2026. Issue 37.

Tone 5

Venerable Paisios the Athonite; Saints Proclus and Hilary of Ancyra; Saint Veronica the Woman with the Issue of Blood; Saint Serapion the New; Saints Andrew the General, Heraclius, Faustus, Minas, and their Companions; Venerable Michael Maleinos, Spiritual Father of Saint Athanasius the Athonite; Translation of the Holy Relics of Saint George, Bishop of Assos in Mytilene; Saint Arsenius of Novgorod; Saint Mamas Beyond the Sigma; The Five Venerable Martyrs of Leipsoi

**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 (9:1-8)

At that time, Jesus entered into a boat, crossed over [the lake] and came into his own town. Behold, some people brought him a man who was paralyzed, lying on a bed. Seeing their faith, Jesus said to the paralytic, “Son, be of good cheer! Your sins are forgiven!” At this, some of the scribes said to themselves, “This man blasphemes!” Jesus, knowing their thoughts, said, “Why do you think evil [thoughts] in your hearts? Which is easier, to say, ‘Your sins have been forgiven’ or, ‘Get up, and walk?’ But so that you may know that the Son of Man has authority on earth to forgive sins” (then he said to the paralytic), “Get up, take up your mat, and go to your house.” The man got up and departed to his house. But when the crowds saw this, they were astonished and glorified God, who had given such authority to men.

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.

St Paisios the Athonite
Troparion

Once the fire of love for the Lord was lit in you, through ascetical rigour you gave yourself to God. O God bearing St Paisios, for many you became consolation, giving counsel with God inspired words, and by your prayers working wonders. And now, devout one, you intercede for the whole world unceasingly.

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 Paisios the Athonite

Saint Paisios of Mount Athos was one of the most revered Orthodox elders of the twentieth century, renowned for his deep humility, ascetic life, compassion, and spiritual wisdom. Born Arsenios Eznepidis in Farasa, Cappadocia, he was baptised by Saint Arsenios the Cappadocian, who foretold that he would become a monk.

After settling in Greece following the population exchange, he learned carpentry and later served bravely as a radio operator during the Greek Civil War. In 1950 he entered monastic life on Mount Athos, where he was eventually tonsured with the name Paisios.

Throughout his life he combined rigorous asceticism with profound love for others. He lived at several monasteries and hermitages, including Philotheou, Stavronikita, and finally the hermitage of Panagouda, where thousands of pilgrims sought his guidance. He also spent time restoring the Monastery of Stomion near Konitsa and lived for two years in the Sinai Desert, where he ministered to the local Bedouin community.

Despite chronic ill health—including lung disease, a hernia, and eventually colon cancer—he continued to receive visitors, offering spiritual counsel, comfort, and prayer. He viewed suffering as an opportunity to draw closer to God and to pray for others rather than complain.

Saint Paisios reposed on 12 July 1994 at the Monastery of St John the Theologian in Souroti, where he is buried. He was officially canonised by the Ecumenical Patriarchate of Constantinople on 13 January 2015, and his feast day is celebrated on 12 July.

Source: OrthodoxWiki

Fr Alexander Haig Jr Funeral Details

Monday 13 July

17:00 Reception of body, trisagion prayers, reading of the Gospels through the night.

St Nicholas Church, 102 Bernard Street, Southampton, SO14 3EH.

Tuesday 14 July

11:00 Funeral. St Nicholas Church.

14:00 Burial. Hollybrook Cemetary, Tremona Road, Southampton, SO16 6HW.

Holy Liturgy this week

Friday 17 July, 8:10am

Great Martyr Marina (Margaret) of Antioch, St Helen's Chapel.