

**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 2 August 2026. Issue 40.

Tone 8

Translation (Transfer) of the Holy Relics of Saint Stephen the Protomartyr; Saint Theodore the New Martyr, who was martyred at the Dardanelles; Discovery of the Holy Relics of the Holy Martyrs Maximus, Dadas, and Quinctilianus; Saint Phocas; Venerable Photini of Cyprus; Saint Justinian II, the Emperor; Saint Basil the Fool for Christ and Wonderworker of Moscow

**Epistle Reading
I Corinthians (3:9-17)**

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, we are God's fellow-workers; you are God's husbandry, God's building. According to the grace of God which was given to me, as a wise architect I laid a foundation, and another builds upon it. Let each one take heed how he builds upon it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if anyone builds on this foundation gold, silver, precious stones, wood, hay, stubble; everyone's work will become manifest; for the Day will declare it, because it will be revealed by fire, and the fire itself will test each one's work of what sort it is. If anyone's work which was built on the foundation survives, he will receive a reward. If anyone's work is burned up, he will suffer loss, but he himself will be saved, yet so as by fire. Do you not know that you are a temple of God and that the Spirit of God dwells in you? If anyone corrupts the temple of God, God will corrupt him. For the temple of God is holy, whose temple you are.

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 Matthew (14:22-34)

At that time, Jesus made his disciples get into the boat and told them to go ahead of him to the other side, while he would send the crowds away. After he had sent the people away, he went up into the mountain by himself in order to pray. When evening came, he was there alone. But the boat was now in the middle of the sea, distressed by the waves, because the wind was against it. In the fourth watch of the night, Jesus came to them, walking on the sea. When the disciples saw him walking on the sea, they were troubled and said, "It is a ghost!" and they cried out in fear. But at once, Jesus spoke to them, saying "Take heart! It is I! Do not be afraid." Peter answered him and said, "Lord, if it is you, tell me to come to you upon the waters." And Jesus said, "Come!" Peter stepped down from the boat and walked on the waters to come to Jesus. But when he saw that the wind was strong, he became afraid and beginning to sink, he cried out, saying, "Lord, save me!" Immediately, Jesus stretched out his hand, took hold of Peter, and said, "You of little faith, why did you doubt?" When they got up into the boat, the wind ceased. Those who were in the boat came [forward] and expressed adoration to him, saying, "You are truly the Son of God!" When they had crossed over [the lake], they arrived in the land of Gennesaret.

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!

Protomartyr Stephen
Troparion

Thy relics have risen from the depths of the earth, like a treasury for the immortal life of all creation. The Church, rejoicing in the grace that she receives from them, duteously honours thee, O Protomartyr Stephen.

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!

The Transfiguration Kontakion

Thou wast transfigured on the mountain, O Christ God, and thy disciples beheld thy glory as far as they could bear it; so that when they would behold thee crucified, they would understand that thy passions was voluntary, and would proclaim to the world that thou art truly the Radiance of the Father.

The Transfiguration of our Lord (6 August)

The Transfiguration of Christ is one of the Great Feasts of the Orthodox Church, celebrated on August 6.

Jesus had gone with his disciples Peter, James, and John to Mount Tabor. Christ's appearance was changed while they watched into a

glorious radiant figure. There appeared Elijah and Moses, speaking with Jesus. The disciples were amazed and terribly afraid.

This event shows forth the divinity of Christ, so that the disciples would understand after his Ascension that He was truly the radiant splendor of the Father, and that his Passion was voluntary (Mark 9:2-9). It also shows the possibility of our own theosis.

This event was the subject of some debates between Gregory Palamas and Barlaam of Calabria. Barlaam believed that the light shining from Jesus was created light, while Gregory maintained the disciples were given grace to perceive the uncreated light of God. This supported Gregory's larger argument that although we cannot know God in His essence, we can know Him in his energies, as He reveals Himself.

Accounts of the Transfiguration are found in the Bible: Matthew 17:1-8, Mark 9:2-9, Luke 9:28-36, and II Peter 1:16-19.

Source: Orthodox Wiki

Holy Liturgy this week

Thursday 6 August, 8:10am

Holy Transfiguration of our Lord, St Helen's Chapel.