

**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**

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**Tone 7**

Saint Eustathius and his companions, Theopiste his wife, Agapius and Theopistos his children; Saint Hilarion the New, the Neomartyr from Crete; Saints Hypatius the Bishop and Andrew the Presbyter, the Confessors; Saints Martin, Pope of Rome, and Maximus the Most Wise Confessor; Holy Confessors Euprepis, the two Anastasios and Theodore, the disciples of St Maximos; Saints Artemidorus and Thalos; Venerable Meletius, Bishop of Cyprus; Saints John the Egyptian and the Forty Martyrs; Venerable John the Stranger from Siva of Pyrgiotissa; Saint Eustathius the Cataract, Archbishop of Thessaloniki

**Epistle Reading  
Galatians (2:16-20)**

**Prokeimenon in Tone VII**

The Lord shall give strength unto His people, the Lord shall give His people the blessing of peace.

**Verse:** Bring unto the Lord, O ye sons of God, bring young rams unto the Lord; bring unto the Lord glory and honour.

Brethren, knowing that a person is not justified by the works of the Law, but through faith in Jesus Christ, even we have believed in Jesus Christ, that we might be justified by faith in Christ, and not by the works of the Law: for by the works of the Law shall no flesh be justified. But if, while we sought to be justified in Christ, we ourselves also were found sinners, is Christ then a minister of sin? God forbid! For if I build up again those things which I destroyed, I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have

been crucified with Christ, nevertheless I live, yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself up for me.

**Alleluia.**

**Verse 1:** It is good to give thanks to the Lord and to sing to Thy name, O Most High.

**Verse 2:** To proclaim Thy mercy in the morning and Thy truth every night.

**Gospel Reading**  
**Mark (8:34-9:1)**

At that time, Jesus called the multitude to himself with his disciples and said to them, "Whoever wants to come after me, let him deny himself, take up his cross, and follow me. Indeed, whoever wants to save his life will lose it; and whoever will lose his life for my sake and for the sake of the Good News will save it. What will it profit if someone gains the whole world and loses his life? Or what will someone give in exchange for his life? Whoever will be ashamed of me and my words in this adulterous and sinful generation, the Son of Man also will be ashamed of when he comes in the glory of his Father with the holy angels." Jesus said to them, "Amen, I tell you that there are some standing here who will not taste death until they see the Kingdom of God come with power."

**Troparion of the Resurrection. Tone 7.**

By Thy Cross, thou didst destroy death! To the thief, Thou didst open paradise! For the myrrh-bearers, Thou didst change weeping in to joy! And Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy.

**Elevation of the Precious and Life-Giving Cross**  
**Troparion**

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation.

## **Greatmartyr Eustathius**

### **Troparion**

Thy holy martyr Eustathius and his wife and sons, O Lord, through their sufferings have received incorruptible crowns from Thee, our God. For having Thy strength, they laid low their adversaries, and shattered the powerless boldness of demons. Through their intercessions, save our souls!

## **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 Elevation of the Cross**

### **Kontakion**

Do thou, who of thine own good will wast lifted up upon the cross, O Christ our God, bestow thy bounties upon the new nation which is called by thy name. Make glad in thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in thine aid a weapon of peace and a trophy invincible.

## **Greatmartyr Eustathius**

Eustathius was a distinguished officer in Rome and came to the Christian faith in a miraculous manner.

Once, while hunting a deer, he saw a cross between its antlers and heard a voice calling him to the true faith. Thus, he believed and was baptised with the name Eustathius, having previously been called Placidus. His wife Tatiana was likewise baptised with the name Theopiste, while their two children were named Agapius and Theopistus.

When the Emperor Trajan learned that he had embraced Christianity, he stripped him of his high military rank and exiled him with his entire family. During their journey, however, he was separated from his wife Theopiste and his two children, Theopistus and Agapius. This event caused Eustathius great sorrow.

Years later, when Trajan found himself in great military difficulty, he remembered his highly capable officer Eustathius. He therefore restored him to service, and Eustathius, through his bravery and the strategic skill for which he was renowned, contributed greatly to the victory. On the journey, moreover, he found his family and was filled with great joy.

The successor of Trajan, however, Hadrian, demanded that Eustathius take part in sacrifices to the pagan gods. Eustathius, of course, refused, with the result that he and his family were tortured. Yet their love for Christ strengthened their souls during the tortures, as they remembered the divine words: “Blessed is the man who endures temptation, for when he has been tested, he will receive the crown of life which the Lord has promised to those who love Him” (Epistle of James, 1:12). That is, supremely blessed is the person who patiently endures the trials of suffering. For in this way he becomes steadfast and proven, so as to receive the radiant and glorious crown of eternal life which the Lord promised to those who love Him.

Finally, Eustathius and his family died inside a red-hot bronze bull (AD 117).

*Source: Translated from saint.gr*

### **Holy Liturgy this week**

**Thursday 24 September, 8:10am**

**St Silouan and Holy Protomartyr Thecla, St Helen's Chapel.**