

**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 4 October 2026. Issue 49.

Tone 1

Saint Hierotheus, Bishop of Athens; Saint Domnina the Martyr and her daughters Berenice and Prosdoce; Venerable John Lampadistis; Saint Peter of Capitolias, the Hieromartyr; Saint Audactus and his daughter Callisthene; Venerable Ammoun of Egypt; Saints Faustus, Gaius, Eusebius and Chaeremon the Deacons; the Translation of the Relics of Saint Gurias; the Translation of the Relics of Saint Barsanuphius, Bishop of Tver and Kazan; Venerable Theodore of Tamasos; Saint Edwin, King of Northumbria; All Saints Hierarchs of Novgorod; Venerable Ammoun of the Kiev Caves Lavra; Venerable Pior the Recluse; Venerable Anna the Princess; Saint Paul, Bishop of Gortyna; Synaxis of the Saints of Cyprus

**Epistle Reading
II Corinthians (9:6-11)**

Prokeimenon in Tone I

Let Thy mercy, O Lord, be upon us, as we have put our hope in Thee.

Verse: Rejoice in the Lord, O ye righteous; praise becometh the just.

Brethren, the one who sows sparingly will also reap sparingly; and the one who sows bountifully will also reap bountifully. Let each one do according to what he has purposed in his heart, not grudgingly, or under compulsion; for God loves a cheerful giver. And God is able to make all grace abound to you; that you, having always all sufficiency in all things, may abound to every good work. As it is written: "He has scattered abroad, He has given to the poor; His righteousness endures for ever"; now He, who supplies seed to the sower and bread for food, will supply and multiply your seed for sowing, and increase the harvest of your righteousness. You will be enriched in all things for every generosity, which works through us thanksgiving to God.

Alleluia.

Verse 1: It is God who avengeth me, and who subdueth the peoples under me.

Verse 2: He magnifieth the salvations of the King and shows mercy unto his anointed, unto David and his seed for evermore.

Gospel Reading Luke (6:31-36)

Jesus said, as you would like others to do to you, do the same to them. If you love those who love you, what credit is that to you? Even sinners love those who love them! And if you do good to those who do good to you, what credit is that to you? For even sinners do the same! If you lend to those from whom you hope to receive [back], what credit is that to you? For even sinners lend to sinners, to receive back as much. But love your enemies, and do good, and lend, expecting nothing back. Then your reward will be great and you will be children of the Most High, for he is kind [even] to the ungrateful and evil. Therefore, be merciful, even as your Father is also merciful.

Troparion of the Resurrection. Tone 1.

When the stone had been sealed by the Jews; while the soldiers were guarding Thy most pure Body; Thou didst rise on the third day, O Saviour, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou who lovest mankind.

Hieromartyr Hierotheus Troparion

We the faithful all praise Hierotheus, the disciple of Paul, Hierarch of Athens, the world's teacher and a preacher of the Faith, who revealed to us Christ's Mysteries and poured forth streams of godly doctrine. His life was well-pleasing to God, Who is greatly merciful.

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 Hierotheus, Bishop of Athens

Saint Hierotheus was a Platonic philosopher and one of the nine members of the council of the Areopagus in Athens. Having received and been taught the faith of Christ by the Apostle Paul, he was ordained the first bishop of Athens. Among his disciples was Saint Dionysius the Areopagite (commemorated on 3 October), who in his writings praises his teacher.

He is also known as Hierotheus the Thesmothete, a title he may have received as a member of the Areopagus; it means a ruler, or junior archon, of Athens (literally “rule-setter”). Little is known of his life beyond the tradition of the Church: he was one of the learned men

of Athens who came to follow the Gospel of Christ as preached by the Apostle Paul, together with Dionysius, and Paul baptised him around the year 53.

He reposed in peace at a great age, after many years of pastoral work and writing, although according to another tradition he died a martyr's death later in the first century. His precious head is kept at the monastery that bears his name at Megara in Attica, and other relics of his are preserved on Mount Athos, at the Monastery of St Paul, and in the chapel of St Andrew at the Archdiocese of Athens.

Tradition is not clear whether Hierotheus was in fact a priest or a bishop: while it generally holds him to have been the first bishop of Athens, other traditions give that place to Dionysius.

In his Synaxarion, M. Galanos notes that Hierotheus cannot have been the first to be taught the Christian faith by Paul, since the Acts of the Apostles state plainly that Dionysius was the first to believe through the Apostle's preaching. Had Hierotheus been an Areopagite, or still more the first bishop of the Church of Athens, so great a figure would hardly have been passed over in the general remark that others also believed. Galanos therefore considers it more likely that Hierotheus came to faith after Dionysius and was taught by him once Paul had left Athens. However that may be, it is certain that Hierotheus was a man of great learning, became the first bishop of Athens, and laboured for his flock with faith and much zeal. According to one tradition, he was also present, with Dionysius, at the Dormition of the Theotokos in Jerusalem (15 August).

His kontakion, in the eighth tone, reads: "We praise you as the Hierarchy of Athens, for you mystically expounded strange and ineffable things. For you were revealed as a God-pleasing singer. O all-blessed Hierotheus, pray to save all of us who have fallen into sin, so that we may cry out: 'Rejoice, O divinely-wise Father.'"

Sources: Translated from saint.gr and adapted from OrthodoxWiki

Holy Liturgy this week

Wednesday 7 October, 8:10am

St Osyth, St Helen's Chapel.