



25th Sunday After Pentecost

Holy Martyrs Galacteon and his wife Episteme

5 / 18 November

Resurrection Tropar, Tone 8: Thou didst descend from on high, O Merciful One! / Thou didst endure the three-day burial / to free us from our sufferings! / O Lord, our Life and Resurrection, glory to Thee.

Troparion of the Martyrs tone 1: Let us the faithful honour these two betrothed athletes, divine Galacteon and modest Episteme. / Their ascetic labours blossomed in martyrdom: therefore we cry to them: / Glory to Him Who has strengthened you; glory to Him Who has crowned you; / glory to Him Who through you works healings for all.

Resurrection Kondak, Tone 8: By rising from the tomb Thou didst raise the dead and resurrect Adam / Eve exults in Thy Resurrection, / and the world celebrates Thy rising from the dead, O Greatly Merciful One.

Kontakion of the Martyrs tone 2: You were numbered among the hosts of martyrs / for you were illustrious in mighty contests, / O Galacteon with thy fellow-sufferer Episteme. / Pray unceasingly to the One God for us all.

Matins Gospel III

EPISTLE: Ephesians 4: 1-6

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, With all lowliness and gentleness, with longsuffering, bearing with one another in love, Endeavouring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; One Lord, one faith, one baptism; One God and Father of all, who is above all, and through all, and in you all.

I BESEECH YOU TO HAVE A WALK WORTHY OF THE CALLING WITH WHICH YOU WERE CALLED

Great has the power of Paul's chain been shown to be, and more glorious than miracles. It is not in vain then, as it would seem, nor without an object, that he here holds it forward ...It is not merely being a prisoner that is honourable, but being so for Christ's sake ...Nothing is equal to this ...But what is this calling? You were called as His body, it is said...You have Christ as your head; and though you were 'enemies,' and had committed misdeed out of number, yet 'He has raised you up with Him and made you sit with Him' (Eph. 2:6) ...But how is it possible to 'walk worthily' of it? 'With all lowliness.' Such a one walks worthily. This is the basis of all virtue. If you are lowly, and realise what you are, and how you were saved, and will take this recollection as a motive to all virtue ...The lowly-minded man is able to be at once generous and a grateful servant. 'For what do you have,' he says, 'that you did not receive?' (I Cor.4:7) ...Even in your good deeds be lowly; for hear what Christ says, 'Blessed are the poor in spirit' (Matt.5:3), and He places this in first order ...How is it possible to forbear, if a man is passionate or censorious? ...If you, he would say, are not forbearing to your neighbour, how shall God be forbearing to you? ...Wherever there is love all things are to be borne ...

THERE IS ONE BODY AND ONE SPIRIT

The love which Paul requires of us is no common love, but that which cements us together, and makes us cleave inseparably to one another, and effects as great and as perfect a union as though it were between limb and limb. For this is that love which produces great and glorious fruits. Hence he says, there is 'one body;' one, both by sympathy, and by not opposing the good of others, and by sharing their joy, having expressed all at once by this figure. He then beautifully adds, 'and one Spirit,' showing that from the one body there will be one Spirit ...God has called you all on the same terms. He has bestowed nothing upon one more than upon another. To all He has freely given immortality, to all eternal life, to all immortal glory, to all brotherhood, to all inheritance. He is the common Head of all; 'He has raised us up together and made us sit together in the heavenly places in Jesus Christ' (Eph. 2:6). You then, who in the spiritual world have such great equality of privileges, how is it that you are high-minded?

St. John Chrysostom. Homilies IX, X, XI on Ephesians IV. B#57, pp. 94, 96, 97, 99, 102.

THE GOSPEL: LUKE 8: 41-56

And behold, there came a man named Jairus, and he was a ruler of the synagogue. And he fell down at Jesus' feet and begged Him to come to his house, For he had an only daughter about twelve years of age, and she was dying. But as He went, the multitudes thronged Him. Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, Came from behind and touched the border of His garment. And immediately her flow of blood stopped. And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?' " But Jesus said, "Somebody touched Me, for I perceived power going out from Me." Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately. And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace." While He was still speaking, someone came from the ruler of the synagogue's house, saying to him, "Your daughter is dead. Do not trouble the Teacher." But when Jesus heard it, He answered him, saying, "Do not be afraid; only believe, and she will be made well." When He came into the house, He permitted no one to go in except Peter, James, and John, and the father and mother of the girl. Now all wept and mourned for her; but He said, "Do not weep; she is not dead, but sleeping." And they ridiculed Him, knowing that she was dead. But He put them all outside, took her by the hand and called, saying, "Little girl, arise." Then her spirit returned, and she arose immediately. And He commanded that she be given something to eat. And her parents were astonished, but He charged them to tell no one what had happened.

RESURRECTION OF THE DAUGHTER OF JAIRUS

Last Sunday's reading from the Apostle told us that we are saved by Grace, and that Grace is received through faith, and this is the gift of God. And we were shown what faith is in a striking example.

And here, even today's Gospel speaks about faith. To some degree we all possess it. But because it is imperfect, our faith is often subject to temptations. And the most terrible, the strongest of such temptations, is the death of a person near and dear to us. I think that the majority of those present here have already lived through, or are now living through, this incurable grief. But if not, it is something which will inevitably come. Today's Gospel gives us a classic example of how, in spite of all the difficulty of such an experience, it is possible to endure it. And at the same time it shows us again how much we need faith. For only through faith does God give us and will give us His power of Grace not to fall spiritually in such a terrible moment.

Jairus approached Christ; his daughter was near death. He fell at the feet of Jesus and asked Him to enter his house. Christ agreed, but the people were crowding Him. On the way, the woman with an issue of blood was healed. The whole time there were delays. Christ moved slowly, very slowly. Imagine what Jairus was going through. Here he had asked Christ to hurry. After all, this was a matter of life and death for his daughter. If Christ were one minute late, it might be too late—his daughter could die. And this is exactly what happened. Someone came from the house of the ruler of the synagogue and said to him: "Thy daughter is dead; trouble not the Master" (Lk. 8:49).

Yes, according to human understanding it was all over. Why trouble the Master? Anything is possible to mend, but not death. Death alone is irreparable. Before it even the Teacher is powerless. Yes, this is so according to human understanding, but not according to God's understanding. And Jesus, after He heard this, said to Jairus: "Fear not: Believe only, and she shall be made whole" (Lk. 8:50). And in this moment Jairus rejected human understanding and accepted God's understanding. Now before him stood not just a Teacher, but the Saviour of the world, the Son of God—God Himself. Because God alone has power over life and death.

Jairus accepted within himself His words: "Fear not: believe only!" From this very moment he lived only by these words and continued following after Christ. They entered the house. And again two sides: the human side—"All wept and bewailed her." And Christ said, "She is not dead, but sleepeth." And again the human. "And they laughed Him to scorn, knowing that she was dead." But in the soul of Jairus there was an unspeakable calm. He had faith. And faith conquered. "Maid, arise!" exclaimed Christ, and her spirit returned into her and she immediately got up and was united with her father (Lk. 8:52-55).

Yes, but you may say this is a miracle of resurrection, and such miracles do not happen now. True. But the same miracle has been promised to all of us. Every day in our Confession of Faith we read, "I look for the resurrection of the dead." And this will happen, it will! Not as soon as it happened for Jairus, but it will happen! Pay attention to the following moment. Jairus already knew that his daughter was dead, but all the same he followed Christ, believing His words. How long this walk in faith lasted is not important; but what is important is that it took place.

Let us also believe in the words of the Gospel that the dead will rise; and like Jairus, let us follow Christ in faith. Mystically, this walk of Jairus after Christ did not end and will never end. It goes on even now, and we can all participate in it. Let us hasten to join Jairus. Then the words of Christ, "Fear not: Believe only, and she shall be made whole," will refer also to us. But for this to happen, like Jairus, we must hold fast to the robe of Christ and endure everything that God sends to us on the road of our life. The way of Jairus was comparatively short. Ours might be long, very long. It will go to the end of our life. But let us believe that there will be the resurrection of the dead and that we will be united with those dear to us who are already with the Lord. May God grant us the faith and the patience of Jairus!

Archbishop Andrei, The One Thing Needful

Saints of the week

5 / 18 November – Our Holy Father Galacteon and our Mother Epistemis, Martyrs - They were born in the city of Edessa in Phoenicia, both of pagan parents. Galacteon's mother was barren until she was baptised. After her baptism, she brought her husband also to the true Faith and baptised her son Galacteon, bringing him up a Christian. When the time came for Galacteon to marry, his devout mother Leucippe died, and his father betrothed him to a maiden called Epistemis. Galacteon did not wish to enter into marriage at all, and he quickly urged Epistemis to be baptised and then to become a nun at the same time as he became a monk. Both went away to the mountain of Publion, Galacteon to a men's monastery and Epistemis to a women's, and each of them became a true light in the monastery. They were first in labours, in prayer, in humility and obedience, and first in love. They did not leave their monasteries, and neither saw the other until the time of their death. A fierce persecution arose, and they were both brought to trial. While they were mercilessly whipping Galacteon, Epistemis was weeping, and they then whipped her also. They cut off their hands and feet, and finally their heads. One Eutolius, a man who had been a servant of Epistemis's parents and then a monk together with Galacteon, took their bodies and buried them. He also wrote the Lives of these two wonderful martyrs for Christ, who suffered and received their heavenly crowns in 253. The Holy Apostles Patrobus, Hermes, Linus, Gaius and Philologus; St. Jonah, Archbishop of Novgorod;

St. Cybi, abbot in Cornwall and Wales (550) - a Cornish saint who travelled by sea and river, living as a hermit and/or evangelist in various places which bear his name before settling on Anglesey, where his most important work was achieved. This was his founding of a monastery at Holyhead (called in Welsh *Caer Gybi*, 'Cybi's Fort') in Anglesey, the small island on which it stands being called Holy Island or *Ynys Gybi*.

6 / 19 November - St Paul the Confessor, Patriarch of Constantinople - When the blessed Patriarch Alexander was lying on his deathbed, the lamenting faithful asked him whom he would leave to follow him as chief pastor of the flock of Christ. Then the sick Patriarch said to them: 'If you want to have a shepherd who will teach you and whose virtues will illumine you, choose Paul; but, if you want a suitable man as a figurehead, choose Macedonius.' The people chose Paul. This was not acceptable to the Arian heretics, nor to the Emperor Constantius, who was at that time in Antioch, and so Paul was quickly deposed and fled to Rome together with St Athanasius the Great. There, both Pope Julian and the Emperor Constans gave them a warm welcome and upheld them in their Orthodoxy. The Emperor and the Pope sent letters which restored Paul to his episcopal throne, but, after the death of Constans, the Arians raised their heads again and drove the Orthodox Patriarch off to Cucusus in Armenia. While Paul was celebrating the Liturgy one day in exile, he was set on by the Arians and strangled with his pallium. This was in the year 351. In the time of the Emperor Theodosius, in 381, his relics were translated to Constantinople, and, in 1236, to Venice, where they still lie. (A small piece of their relics is kept at the Russian Cathedral in London). Our Holy Father Varlaam of Chutinsk, the Wonderworker; Commemoration of the falling of ash from the air;

All Saints of Ireland - This day's feast is not only a celebration of the great multitude of Irish and Celtic Saints, many of whom were missionaries throughout Europe, but is also a celebration of the many contributions of Celtic culture to the world. A number of centuries ago, a family from a Central European tribe met with a tribe from the Carpathian mountains. The result was the beginning of Celtic civilization, especially with respect to the La Tene and Hallstadt cultures. The "Keltoi" as the Greeks called them were described vividly by Julius Caesar in Gaul. The Iberian Peninsula was once called "Celtiberia." Macbeth, High King of Scots, on his way to Rome by ship, visited these people and could carry on a conversation with them, no problem! The Celtic language of these people, "Galiz" from Galizia, has survived and they are one of the seven nations of the Celts (the others being: Irish, Highland Scots, Manx, Cornish, Breton and Welsh). Paris was named for the Celtic tribe that settled there, the "Parisii." Notre Dame Cathedral with its hanging heads calls to mind the way in which Celtic warriors would celebrate a military victory . . . Everything that had the prefix "Wal" in front of it was of Celtic origin. "Wales" and "Cornwall" and even "Wallachia" in Roumania. Sevastopol in Crimea was originally built by the Celts who settled there very early. "Walnuts" are also named for the Celts who developed them. St Peter Mohyla, Metropolitan of Kyiv, is also of Wallachian and therefore Celtic, descent. The Celtic Christian missionaries were intrepid travelers. They would cross vast areas in their little boats known as "birinns." Even Christopher Columbus visited Ireland to read the log books of St Brendan the Navigator who was said to have crossed over to the Eastern Coast of what is now Canada. There is evidence of early Christian settlements in Newfoundland and also in Baffin Island! Celtic missionaries came down through the Baltic Sea into Kyivan Rus/Ukraine and St Olha the Great greeted Celtic men of God at her court. The Celtic Rite is actually one of the most "Eastern" of those in the West. The Celts had strong ties with Coptic Egypt and its tradition of the Thebaid through the Ukrainian Saint, John Cassian. There are still mentioned in Celtic liturgical sources a veneration for "Seven Coptic Monks" buried in Ireland. The Irish Rite has many connections to the Egyptian liturgy. For example, following the Rule of St Pachomios, the Irish Celtic Office has groups of 12 Psalms. So, depending on the Feast, the Morning Office will have 12, 24, 36, 60 or 72 Psalms. In many cases, the entire Psalter is read in a single day. Prostrations to the ground, familiar in the East, were also practiced by the Celts. It was the Celts who invented the tradition of saying 150 Our Fathers and Hail Mary's for the Psalms. They devised strands of beads and knotted cords as prayer counters, the Celtic Rosary. The great asceticism of the Celtic saints is patterned after that of the Eastern Church Fathers. Saying the Psalter while standing in cold running water, among other things, required a hardy sort of person. . . The Celts had their own tonsure, the tonsure of Simon Magus, which was in front of the head, rather than on top in the Roman fashion. The Abbot, rather than the Bishop, was the administrator of the Celtic communities, built around the monasteries or "cashels" as they were. Their calculation of Easter was their own and varied from that of the rest of the Church at the time. The Celts inherited much from their druidic ancestors. Like the Eastern Slavs, they worshipped the Sun. After becoming Christian, the Sun symbol still figured prominently in their Christian faith. St Ninian of Galloway in Scotland and St Colum mac Felim O'Neill of Isle of Hy (Iona) and their missionary companions worshipped within stone circles and adapted other Sun imagery in their Christianised traditions. The haloed Celtic Cross is also popular in Ukraine. There is one marking the grave of Taras Shevchenko, the national poet and bard. It refers to the fact that Christ is our "Sun." It is also said to be a Celtic form of the "Chi Rho" or "XP" Greek symbol for the first two letters of Christ's Name, also called the "Cross of St

Constantine." The term "Celtic," as some have argued, may be connected to "Chaldea." It is also a play on the monastic notion of "cell." Another explanation is that it refers to the monastic Order of the Celi De or the "Friends of God." Celtic spirituality is very popular these days. Those who should probably know better are presenting it within a type of "New Age" context. Closeness to animals and nature are also stimulants to interest in this version of "Celtic spirituality." In fact, while Celtic monks and nuns lived very simply, their asceticism runs in the face of modern, easy-going spiritual orientations. Their lives were rather exhausting. In addition to daily Divine Liturgy and their Horologion, they recited the full 150 Psalms of David. One could always rest in the after-life, the old Irish spiritual teachers said . . . During the Irish Penal Times when it was against the law to be Catholic and a priest, Irish priests would roam the countryside incognito, just like during the Roman times of persecution. Irish families would light candles in their windows as a sign that this was where the priests could receive a meal and shelter for the night. When Cromwell's Puritan soldiers asked the people what the candles signified, the people said they were "lighting the way of Mary and Joseph to Bethlehem." This interpretation has remained and is why, today, so many homes are decorated with Christmas lights! The Celtic Thebaid was a school for Saints and it is this great Choir that we celebrate today. We are heirs to the rich Celtic Christian culture they produced. The Celtic missionaries were experts at spreading the Gospel and inculturating it with local traditions which they "baptized" as they said. This is why Celtic Christianity became so deeply rooted among the Celtic peoples. Presbyterianism, although Protestant, sees itself as an heir to this tradition as well. Certainly, the Celtic nations had long harboured resentment towards Rome for imposing its Rite on their ancient ways. There is renewed interest in the Celtic Rite today among Orthodox, Roman Catholics and Anglicans. What characterizes the Celtic Rite is its focus on the worship of the Holy Trinity, its spirit of simplicity and asceticism, devotion to the Psalms, the Horologion and the reading of the Gospel, a positive relationship to God's creation in nature, and community in monastic life. The ancient Celtic Rite exemplifies the spiritual richness of the undivided Orthodox Catholic and Apostolic Church of Christ. A missionary Church, the Celtic Rite was practiced throughout Western Europe at one time, reaching out to the shores of North America itself. The Saints of Eire and all Celtic Saints remind us of our calling to preach Christ to all nations, while inculturating the Gospel in every national tradition. All ye Holy Saints of Eire and the Celtic nations, pray unto God for us!

7 / 20 November - The Holy Martyr Hieron and his 32 companions(The 33 Martyrs of Melitene) - He was born in the Cappadocian city of Tijane of a good and God-fearing mother, Stratonica, who was blind. Hieron was a very zealous Christian, and cared for his blind mother with a truly filial love. Because of both his faith and his mother, he refused to go into the army, and fended off and drove away those who were sent to take him, for he was loathe to leave his helpless, blind mother and be forced as a soldier to bow down and offer sacrifice to idols. Finally, Hieron was seized and taken before the governor of the city of Melitene, along with other Christians. While they were on the road, a man in white apparel appeared one night to Hieron and said to him: 'Behold, Hieron, I reveal to thee thy salvation: thou shalt not wage war for any earthly king, but shalt engage in a battle for the King of heaven, and quickly shalt thou come to Him and receive from Him both honour and glory.' Hieron's heart was filled with ineffable joy at these words. When they reached Melitene, they were all thrown into prison, where Hieron strengthened them all in their faith with great ardour, exhorting them that not one should fall away but that all should freely give their bodies over to torment and death for Christ. To a man, they all confessed their faith in Christ the Lord before the judge, except for one kinsman of Hieron's called Victor, who repudiated his faith. Hieron's hands were cut off, then he was flogged and tortured in various ways, until he was finally beheaded with the sword together with the others. Going out to the place of execution, the thirty-three martyrs sang the psalm: 'Blessed are those that are undefiled in the way, and walk in the Law of the Lord' (Ps. 1:1). Let us remember by name these honourable martyrs, who are inscribed in the Book of Life: Hesyclus, Nicander, Athanasius, Mamas, Barachus, Callinicus, Theogenes, Nikon, Longinus, Theodore, Valerius, Xanticus, Theodulus, Callimachus, Eugene, Theodochus, Ostrichius, Epiphanius, Maximian, Ducitius, Claudian, Theophilus, Gigantius, Dorotheus, Theodotus, Castrichius, Anicetas, Themilius, Eutyclus, Hilarion, Diodotus and Amonitus. A certain man called Chrysanthus found Hieron's severed head and gave it burial, and he later built over it a church in honour of St Hieron. One of the martyr's hands was taken to his blind mother. St Hieron suffered with his companions in 298, and entered into the glory of Christ. The Holy Martyr Thessalonica, with Auctus and Taurion;

Our Holy Father Lazarus of Mount Galesius - A pillar of light appeared above the house where he was born. Lazarus left his village of Magnesia And went to Jerusalem on a pilgrimage to the holy places. There, he was tonsured a monk in the Monastery of St. Sava the Sanctified. After ten years, he settled on Mount Galesius and lived a life of asceticism on a pillar as a stylite. Lazarus was a miracle-worker both during his lifetime and after death. Emperor Constantine Monomachus had great respect for him. Attaining old age, St. Lazarus entered into eternity toward the end of the eleventh century; The Holy Martyr Thessalonica; St. Willibrord (Clement), archbishop of Utrecht and enlightener of Holland (d..739).

8 / 21 November - Fast Day - Synaxis of the Archangels, SS Michael, Gabriel, Raphael, Uriel, Salaphiel, Jugediel & Barachiel - The angels of God have been commemorated by men from the earliest times, but this commemoration often degenerates into the divinisation of angels (IV Kings 23:5; A.V. II Kings). Heretics always wove fantasies round the angels. Some of them saw the angels as gods and others, if they did not so regard them, took them to be the creators of the whole visible world. The local Council in Laodicea, that was held in the fourth century, rejected in its 35th Canon the worship of angels as gods, and established the proper veneration of them. In the time of Pope Sylvester of Rome and the Alexandrian Patriarch Alexander, in the fourth century, this Feast of the Archangel Michael and the other heavenly powers was instituted, to be celebrated in November. Why in November? Because November is the ninth month after March, and it is thought that the world was created in the month of March. The ninth month after March was chosen because of the nine orders of angels that were the first created beings. St Dionysius the Areopagite, a disciple of the Apostle Paul (that Apostle who was caught up to the third heaven), writes of these nine orders in his book: 'Celestial Hierarchies'. These orders are as follows: six-winged Seraphim, many-eyed Cherubim, godly Thrones, Dominions, Virtues, Powers, Principalities, Archangels and Angels. The leader of the whole angelic army is the Archangel Michael. When Satan, Lucifer, fell away from God, and carried half the angels with

him to destruction, then Michael arose and cried to the unfallen angels: 'Let us give heed! Let us stand aright; let us stand with fear!', and the whole angelic army sang aloud: 'Holy, holy, holy Lord God of Sabaoth; heaven and earth are full of Thy glory!' (See on the Archangel Michael: Joshua 5:13-15 and Jude v.9). Among the angels there rules a perfect unity of mind, of soul and of love; of total obedience of the lesser powers to the greater and of all to the holy will of God. Each nation has its guardian angel, as does each individual Christian. We must keep in mind that, whatever we do, openly or in secret, we do in the presence of our guardian angel and that, on the Day of Judgement, a great multitude of the holy angels of heaven will be gathered around the throne of Christ, and the thoughts, words and deeds of every man will be laid bare before them. May God have mercy on us and save us at the prayers of the holy Archangel Michael and all the bodiless powers of heaven. Amen; St. Tysilio, abbot of Meifod; St. Willehad, bishop of Bremen.

9 / 22 November - The Holy Martyrs Onesiphorus and Prophyrius - These two wonderful men were martyred for the name of Christ in the time of the Emperor Diocletian (284-305). They were harshly beaten, and then burned in iron coffins, and after that tied to horses' tails and dragged over stones and thistles. They were thus broken to pieces and gave their holy souls into God's hands. Their relics were buried in Pentapolis. Our Holy Father John the Dwarf; Our Holy Mother Matrona of Constantinople; Our Holy Father Euthymius of Docheiariou and his disciple, Neophytus; St. Simon Metaphrastes; Our Holy Mother Theoctista of Paros.

Saint Matrona, Abbess of Constantinople was born in the city of Perge Pamphylia (Asia Minor) in the fifth century. They gave her in marriage to a wealthy man named Dometian. When her daughter Theodota was born, they resettled in Constantinople. The twenty-five-year-old Matrona loved to walk to the temple of God. She spent entire days there, ardently praying to the Lord and weeping for her sins. At the church the saint met two pious Eldresses, Eugenia and Susanna, who from their youth lived there in asceticism, work and prayer. Matrona began to imitate the God-pleasing life of an ascetic, humbling her flesh by abstinence and fasting, for which she had to endure criticism by her husband. Her soul yearned for a full renunciation of the world. After long hesitation, St Matrona decided to leave her family and entreated the Lord to reveal whether her intent was pleasing to Him. The Lord heard the prayer of His servant. Once, during a light sleep, she had a dream that she had fled from her husband, who was in pursuit of her. The saint concealed herself in a crowd of monks approaching her, and her husband did not notice her. Matrona accepted this dream as a divine directive to enter a men's monastery, where her husband would not think to look for her. She gave her fifteen-year-old daughter to be raised by the Eldress Susanna, and having cut her own hair and disguised herself in men's attire, she went to the monastery of St Bassion (October 10). There the Nun Matrona passed herself off as the eunuch Babylos and was accepted as one of the brethren. Apprehensive lest the monks learn that she was a woman, the saint passed her time in constant quietude and much work. The brethren marveled at the great virtue of Babylos. One time the saint was working in the monastery vineyard with the other monks. The novice monk Barnabas noted that her ear-lobe was pierced and asked about it. "It is necessary, brother, to till the soil and not watch other people, which is not proper for a monk," answered the saint. After a certain while it was revealed in a dream to St Bassion, the igumen of the monastery, that the eunuch Babylos was a woman. It was also revealed to Acacius, igumen of the nearby Abraham monastery. St Bassion summoned St Matrona and asked in a threatening voice why she had entered the monastery, to corrupt the monks, or to shame the monastery. With tears the saint told the igumen about all her past life, about her husband, hostile to her efforts and prayers, and about the vision directing her to go to the men's monastery. Convinced that her intent was pure and chaste, St Bassion sent St Matrona to a women's monastery in the city of Emesa. In this monastery the saint dwelt for many years, inspiring the sisters by her high monastic achievement. When the Abbess died, by the unanimous wish of the nuns the Nun Matrona became head of the convent. The fame of her virtuous activities, and miraculous gift of healing, which she acquired from the Lord, spread far beyond the walls of the monastery. Dometian also heard about the deeds of the nun. When St Matrona learned that her husband was coming to the monastery and wanted to see her, she secretly went off to Jerusalem, and then to Mount Sinai, and from there to Beirut, where she settled in an abandoned pagan temple. The local inhabitants learned of her seclusion, and began to come to her. The holy ascetic turned many from their pagan impiety and converted them to Christ. Women and girls began to settle by the dwelling of the nun and soon a new monastery was formed. Having fulfilled the will of God, revealed to her in a dream, the saint left Beirut and journeyed to Constantinople where she learned that her husband had died. With the blessing of her spiritual Father, St Bassion, the ascetic founded a women's monastery in Constantinople, to which sisters from the Beirut convent she founded also transferred. The Constantinople monastery of St Matrona was known for its strict monastic rule and the virtuous life of its sisters. In extreme old age St Matrona had a vision of the heavenly Paradise and the place prepared for her there after 75 years of monastic labor. At the age of one hundred, St Matrona blessed the sisters, and quietly fell asleep in the Lord.

Troparion — Tone 8: The image of God was truly preserved in you, O Mother, / for you took up the Cross and followed Christ. / By so doing, you taught us to disregard the flesh, for it passes away; / but to care instead for the soul, since it is immortal. / Therefore your spirit, O holy Mother Matróna, rejoices with the angels.

Kontakion — Tone 8: You passed through the storm of life without faltering, chosen and godly Mother Matróna, / guided to the harbor of life, where you sing hymns to the Deliverer. / You ever pray that Christ may grant us grace and mercy; / you preserve the flock which you painstakingly gathered!

St. Nectarios (Anastasios Kaphalas), metropolitan of Pentapolis - born in Greece in 1846. His family was very poor, so he left home at the age of 14 to seek work. He found a job in Constantinople, but he received very low wages and ate poorly and only wore rags. Seeing that his master received many things by mail, he decided to write a letter for help. He had no friends in the world, and the post did not go to his mother's village. In his childlike faith, he decided to write to Christ to tell him his needs, writing on the envelope: "To the Lord Jesus Christ in Heaven". On his way to post it a merchant who knew him saw him and offered to post his letter. Reading the address and being overcome by curiosity, the merchant opened the letter and read the boy's plea to God for help. Greatly moved, he put money in an envelope and sent it anonymously to the boy, who gave

thanks to God. Young Anastasios visited the Holy Places when he was very young. On the way he calmed a terrible storm through his prayers. Then, in his twenties, he entered a monastery, being tonsured in 1875 with the name Lazarus. Because of his virtues and piety he soon became a deacon and then a priest. He left his monastery because of Moslem rule and went to Egypt where he was elected the Metropolitan of Pentapolis. He lived a holy life and because of this was slandered by others, even his brother-bishops in the See of Alexandria. Thus, he was suspended from his diocese. Nevertheless, the saint bore this slandering humbly. When the people, greatly upset by his suspension, began to grow restless, he secretly left for Greece so as not to be the cause of dissension. He found there, however, that the slanders had travelled ahead of him, and that the Church authorities would not give him a position. Some people who had come to love the Saint very much used their influence to have him appointed Dean of a seminary in Athens. The busy city life was not pleasing to the saint and he looked for a quiet place where he could dedicate himself to prayer. Finding a disused convent on the island of Aegina he rebuilt the church and gathered a few nuns around him. Many came to confess their sins and receive wise counsel. He lived here until his death in 1920. On the day of his repose, the hospital in which he died was filled with a beautiful fragrance. An item of the saint's clothing, placed by a nurse on the bed of a sick man while they prepared the saint's body for burial, was a source of healing. His relics were incorrupt for many years after his repose, even after the impious Archbishop of Athens, Chrysostom, ordered that the relics be exposed to the elements for two days so they would dissolve. A friend of the saint's, a doctor, opened the relics in 1934 and was surprised to find the saint was easily recognisable to any who knew him during his life.

10 / 23 November - Fast Day - The Holy Apostles Olympas, Erastus, Quartus, Herodion, Sosipater and Tertius - They were all among the Seventy. The last three are also commemorated elsewhere: Herodion on April 8th, Sosipater on April 28th and Tertius on October 30th. Ss Olympas and Herodion were followers of the Apostle Peter and, when Peter suffered, they suffered too, being beheaded at Nero's command. Erastus was steward of the Church in Jerusalem, and later became Bishop of Paneas in Palestine. Quartus was bishop in Beirut; he suffered greatly and brought many to the Christian faith. Sosipater was bishop in Iconium, and Tertius followed him as bishop there. They strove in spirit, became victors and were crowned with wreaths of glory. The Holy Martyr Orestes; St. Nonnus, Bishop of Heliopolis.

11 / 24 November - The Holy and Great Martyr Menas - An Egyptian by birth and a soldier by profession, St Menas, as a true Christian, could not bear to look upon the foul offering of sacrifice to idols, so he left the army and the town, the society of men and everything else, and went to a deserted mountain. It was easier for Menas to live with the wild beasts than with pagans. One day, Menas looked from afar in spirit at a pagan festival in the town of Cotyaeus, then went to the town and, before them all, confessed his faith in Christ the living God, denouncing idolatry and paganism as falsehood and darkness. The governor of that town, one Pyrrhus, asked who and what he was. The saint replied: 'My fatherland is Egypt; my name is Menas. I was an officer, but, seeing the worship of idols, I rejected your honours. I have come now to proclaim my Christ before you all as the living God, that He may reveal me as His servant in the Kingdom of God.' Hearing this, Pyrrhus put holy Menas to harsh torture. He was flogged, flayed with iron flails, burned with torches and tortured in many other ways, finally being beheaded. His body was burned to prevent Christians taking it, but they did succeed in rescuing some bits from the flames. They buried these remains with care, and they were later taken to Alexandria and buried there, a church being built over them. St Menas suffered in about 304, and entered into the Kingdom of Christ. He was and remains a great wonderworker in both lives: both on earth and in heaven. Whoever has glorified Menas or invoked his aid with faith in time of need has received help. He has often appeared as a soldier on horseback, to help the faithful or punish the faithless. The Holy Martyr Stephen of Decani, King of Serbia; The Holy Martyrs Victor and Stephanis; The Holy Martyr Vincent the Deacon; Our Holy Father Theodore the Studite; St Urosica, Prince of Serbia; St. Martin the Merciful, bishop of Tours.

REFLECTION

Physical love, in comparison to spiritual love, is less than a shadow is to solid substance. Brotherhood and sisterhood of the blood and body is nothing compared to the brotherhood and sisterhood of the spirit. Galaction's father betrothed him to the maiden Episteme. Galaction baptized Episteme and, after that, both received the monastic tonsure. Their physical love was replaced by spiritual love, a love as strong as death. So great was Galaction's spiritual love for Episteme that he never desired to see her with his physical eyes. Neither physical contact nor closeness are necessary for spiritual love. So great was Episteme's spiritual love for Galaction that when she heard that he had been taken for torture she ran after him, begging him not to reject her, but to receive her as a fellow sufferer, as he was her spiritual father and brother. When the merciless torturers flogged holy Galaction's naked body, holy Episteme wept. However, when the torturers cut off their hands and feet for Christ, both rejoiced and glorified God. So great was the power of their love for our Lord Jesus Christ, and so great was the spiritual love with which they loved each other. Truly, physical love is like a colorful butterfly that quickly passes, but spiritual love is enduring.