



The Forth Sunday of Great Lent /

The Feast of the Annunciation of the Most Holy Theotokos

25 March / 18 March

Resurrection Tropar, Tone 4: When the women disciples of the Lord / learned from the Angel the joyous message of Thy Resurrection / they cast away the ancestral curse / and elatedly told the Apostles / death is overcome / Christ God is risen / granting the world great mercy.

Tropar for the Annunciation of Our All-Holy Lady, the Theotokos and Ever-Virgin Mary, Tone 4: Today is the crown of our salvation and the revelation of the mystery which is from before the ages! The Son of God becometh the Son of the Virgin, and Gabriel announceth the glad tidings of grace. Wherefore, with him let us cry out to the Theotokos: Rejoice, O thou who art full of grace! The Lord is with thee!

Resurrection Kondak, Tone 4: My Saviour and Redeemer / as God rose from the tomb and delivered the earth-born from their chains / He has shattered the gates of hell, / and as Master, / He has risen on the third day.

Kondak for the Annunciation of Our All-Holy Lady, the Theotokos and Ever-Virgin Mary, Tone 8: To thee, the champion leader, we, thy servants, dedicate hymns of victory and thanksgiving, as ones delivered from evils, O Theotokos; but in that thou hast invincible might, free us from all misfortunes, that we may cry to thee: Rejoice, O Bridge unwedded!

The Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary — when the most holy Virgin had lived and served in the Temple at Jerusalem for eleven years, and was by then fourteen years old— when, that is, she was entering on her fifteenth year—the priests informed her that, according to the Law, she could no longer remain in the Temple but must be betrothed and marry. But, to the great surprise of all the priests, the most holy Virgin replied that she had dedicated herself to God and wished to a maiden remain till death and enter into wedlock with no-one. Then, by God's providence and under His inspiration, Zacharias, the high priest and father of the Forerunner, in consultation with the other priests, chose twelve unmarried men from the tribe of David so that they might entrust the Virgin Mary to one of them to preserve her virginity and care for her. She was thus entrusted to Joseph, an old man from Nazareth and a kinsman of hers. In his house, the most holy Virgin continued to live in the same manner as in the Temple of Solomon, passing her time in the reading of the sacred Scriptures, in prayer, in pondering on the works of God, in fasting and in handwork. She scarcely ever left the house, nor took an interest in worldly matters or events. She generally conversed very little with anyone, and never without a particular need. She was close friends only with the two daughters of Joseph. But when the time prophesied by the Prophet Daniel had come and when God was pleased to fulfil the promise made to Adam when He drove him out of Paradise, and to the prophets, the mighty Archangel Gabriel appeared in the chamber of the most holy Virgin, at the precise moment (as some priestly writers have related) that she was holding open on her lap the book of the Prophet Isaiah and pondering on his great prophecy: 'Behold, a virgin shall conceive and bear a son'. Gabriel appeared to her in angelic light and said to her: 'Rejoice, thou that art highly favoured, the Lord is with thee!', and so forth, just as is related in the Gospel of the divine Luke. With this angelic greeting and the descent of the Holy Spirit, the salvation of mankind and the renewal of creation were set in motion. The Archangel turned the first page of the story of the New Testament with the word 'Rejoice!', to show by this the joy that the New Testament signifies for mankind and for all things created. And therefore the Annunciation is looked upon as a joyous, as well as a great, feast;

Vespers: Gen . 28:10-17; Ezek . 43:27-44:4; Prov . 9:1-11; Ex . 3:1-8; Prov . 8:22-30

Matins Gospel: Luke 1:39-49,56

Epistle: for Sunday: Heb 6:13-20

For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, Saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, That by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, Where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

AFTER ABRAHAM HAD PATIENTLY ENDURED, HE OBTAINED THE PROMISE

Do you see that the promise alone did not effect the whole, but the patient waiting as well? ...This shows that oftentimes a promise is thwarted through faintheartedness ...What is 'the hope set before us?' From these past events we conjecture the future. For if these came to pass after so long a time, certainly the other will. So that the things which happened in regard to Abraham also give us confidence concerning the things to come ...He shows that while we are still in the world, and not yet departed from this life, we are already among the promises. For through hope we are already in heaven ...And you see how very suitable an image he has discovered: for he did not say 'foundation,' but 'anchor.' For that which is in the tossing sea, and seems not to be very firmly fixed, stands on the water as upon land, and is shaken and yet is not shaken.

St. John Chrysostom. Homily XI on Hebrews VI 1, 2, 3. B#58, pp. 418, 419.

for the Feast: Heb . 2:11-18

Gospel: for Sunday: Mark 9:17-31

Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

HEALING THROUGH PRAYER AND FASTING

Do you see how He now proceeds to lay beforehand in them the foundation of His doctrine about fasting? ...You see, at any rate, how many blessings spring from them both. For he who is praying as he ought, and fasting, has not many wants, and he who has not many wants cannot be covetous; he who is not covetous, will be also more disposed for almsgiving. He who fasts is light, and winged, and prays with wakefulness, and quenches his wicked lusts, and propitiates God, and humbles his soul when lifted up. Therefore even the apostles were almost always fasting. He who prays with fasting has his wings double, and lighter than the very winds ...nothing is mightier than the man who prays sincerely ...But if your body is too weak to fast continually ...although you cannot fast, yet you can avoid luxurious living.

St. John Chrysostom. Homily LVII on Matthew XVII, 4, 5. B#54, pp. 355, 356.

for the Feast: Luke 1:24-38

WILL WE GO TO HEAVEN OR HELL?

We learn even as small children about going "to heaven" or "to hell." There is a great difference between them in our minds. This distinction comes from the Scriptures. St. John and the other Evangelists speak in glowing terms of eternal life, and St. Paul tells us 'But it is written, eye has not seen, nor ear heard, neither have entered into the heart of man, the things which God has prepared for those who love Him' (I Cor. 2:9). So we know heaven is indescribably beautiful. St. Paul also speaks of having experienced a vision of paradise or heaven (Cf II Cor. 12). The other is a place of hopelessness and desolation. St. Basil the Great says (On the Holy Spirit, 40): "Those who have grieved the Holy Spirit...will according to one of the Evangelists, be completely 'cut asunder.' (Cf. Matt.24:51) which means utter separation from the Spirit.. the eternal alienation of the soul from the Spirit... Thus 'in hell there is no one who confesses, no one in death who remembers God', because the help of the Spirit is no longer available." We know this also from the story of Lazarus and the Rich man (Luke 16:19-31). Lazarus begged crumbs from the rich man's table and was refused. Both the poor and the rich man died, Lazarus went to heaven, to the arms of Abraham; the rich man to hell, pleading with Abraham to send Lazarus to the rescue. The holy fathers tell us: "But what do we learn from this? That no man can protect us there, if we are betrayed by our works, not because he will not, but because he cannot. For these too take refuge in the impossibility, this the blessed Abraham also indicated, saying 'between us and you there is a great gulf,' so that not even when willing is it permitted them to pass it... The end of each one is at the doors, whether he be old or young: and it is not possible for men after they have gone hence, either to buy oil any more, or to obtain pardon by prayers, though he who entreats be Abraham, or Noah, or Job, or Daniel." (St. John Chrysostom. Homilies LXXVIII on Matthew XXV and XX on Matthew VI).

The parable of the Wise and Foolish Virgins, recorded by St. Matthew (Mt. 25:1-13) covers the same subject: "What are we to understand by that petition for oil which they make to the prudent virgins if not that, in the hour of judgment, discovering their interior want, they seek testimony from without?...In that day...the testimony of each one will scarcely suffice

for himself...They will not find pardon then who waste the time now in which they might repent...The prophet says, (Isa. 55:6) 'Seek the Lord while He may be found: call upon Him while He is near.' (St. Gregory the Great. Parables of the Gospel).

HYMN OF PRAISE

THE HOLY MOTHER OF GOD

(The Theotokos)

O WHAT WONDERFUL NEWS: REJOICE, ALL-PURE ONE, FOR US, YOU GAVE BIRTH TO CHRIST!

O JOYFUL NEWS: REJOICE O VIRGIN, RADIANT DOVE!

REJOICE O MARY, REJOICE, O ONE FULL OF GRACE, YOU, THE GOLDEN GATE!

O BURNING BUSH, UNCONSUMED, THE DAWN OF NEW SPLENDOR!

GABRIEL COMPOSES THE WORDS, AND HE HIMSELF REJOICES, THE ANNUNCIATION HE PROCLAIMS!

PROCLAIMS THE ANNUNCIATION, ALL OF HEAVEN LISTENS, YOUR SOUL TREMBLES!

IN THE TEMPLE YOU SERVED, TO GOD YOU CONSECRATED YOURSELF, YOU BECAME THE TEMPLE!

REJOICE, O PURE ONE, HEAVENLY BRIDE, YOU ARE THE ROYAL THRONE!

REJOICE, O HUMBLE ONE, TO THE HUMBLE ONE, YOU WILL GIVE BIRTH, AND REGENERATE THE WORLD!

REJOICE, O OBEDIENT ONE, GOD HEARD YOU AND CROWNED YOU WITH GLORY!

REJOICE, O TEARFUL ONE, BY TEARS SOFTENED, BY THE SPIRIT GLISTENING!

REJOICE, O POOR ONE, BUT THE WEALTHIEST ONE AND BRIGHTER THAN THE SUN!

FOR US, PLEAD JOY, FROM CHRIST YOUR SON, O VIRGIN, ALL-PURE ONE!

CONTEMPLATION

To contemplate the All-Holy Virgin Mary: 1. How she served God for eleven years in the Temple humbly, obediently and devotedly; 2. How she served God in her chamber in Nazareth, humbly, obediently and devotedly; 3. How humbly, obediently and devotedly she received the Divine Annunciation from the Archangel Gabriel.

Saints of the Week

25 March / 7 April — Patriarch Tikhon (in the world, Vassily Ivanovich Bellavin) was born in 1865 in the district of Pskov. He was very religious and a good pupil, always willing to help his fellow students. When he entered seminary at the age of 19, his fellow students prophetically nicknamed him "the patriarch". He was tonsured in 1891, and in 1898, at the tender age of 33, he was consecrated Bishop of the Aleutian-Alaskan Diocese in North America. He laboured tirelessly for his flock, earning their great love and respect. In 1907 he was recalled to Russia and raised to the rank of Archbishop. When war broke out Archbishop Tikhon was based in Vilno, Poland. He participated eagerly in all organisations which helped soldiers and the wounded, and visited the injured and dying at the front lines. In 1914 he was elected Archbishop of Moscow and in 1917 he was raised to the rank of Metropolitan. Shortly thereafter he was chosen by lot to be the first patriarch for 217 years. The consecration was performed in the ancient Patriarchal Cathedral. What a burden the new patriarch had to bear! Patriarch Tikhon was probably the greatest martyr of the Russian Church during the period of its persecution by the communists. As Patriarch of All Russia for eight years, he was invested with tremendous power and consequent responsibility. During that period he lived a selfless life, scarcely a free man, and in the end became another victim, for the sake of his faith and the whole Russian Church. He died on March 25, 1925. Holy New Martyr Tikhon, pray for us!

Our Holy Father Justin, Abbot of Chelije Monastery in Valjevo, Serbia - was born into a pious & priestly family on the Feast of the Annunciation, 1894. His name in the world was Blagoje. A church-minded youth, he entered seminary at the age of 11, where he studied under the then Hieromonk Nikolai Velimirovic, who was also his Father Confessor, and who was the most influential person throughout his life. After his graduation, the young Blagoje served as a student nurse during WW1. He was tonsured in 1916, receiving the name Justin. He then studied in Russia, forming a great love for Russian spirituality

and piety, especially that of the common people. He then studied at Oxford, England, afterwards returning to teach in Seminary in Serbia, and undertake further study in Greece. He was ordained deacon in 1920 and priest in 1922. Many were attracted to this humble priestmonk, coming to him for confession and spiritual guidance. Father Justin had close contact at this time with two luminaries of the Russian Church: Metropolitan Anthony (Khrapovitsky) and the then Bishop John Maximovitch. A great intellect and ascetic, his labours enriched the Serbian Church. Worthy of special mention is his three volume exposition of the Orthodox Faith in Serbian, *The Dogmas of the Orthodox Church*, published in 1932. After WW2, Father Justin was exiled from Belgrade by the communists. He lived in several monasteries before settling in Chelije in 1948., where he remained until his repose on March 25, 1979. This women's monastery flourished under his guidance. Many pious people travelled from all over the world to hear him preach and teach the correct Orthodox Faith. He was a pillar of Orthodoxy and a true Holy Father of the 20th Century.

26 March / 8 April — Synaxis of the Archangel Gabriel — Wine & Oil allowed - The Holy Archangel Gabriel - The herald of the incarnation of the Son of God, he is one of the seven great angels who stand before the throne of God. He revealed to Zacharias the birth of the Forerunner, and said of himself: 'I am Gabriel that stands in the presence of God' (Lk. 1:19). His name, Gabriel, signifies 'man of God'. Speaking about the Annunciation, the holy Fathers comment that an angel with such a name was sent to signify who He was, and of what nature He was, who would be born of the most pure Virgin. He would be the Man of God, the Man-God, the strong and mighty God. Others have found that it was this same Gabriel who announced the conception of the Virgin Mary to Joachim and Anna, and that it was he who taught Moses in the wilderness to write the Book of Genesis. The holy Fathers considered that Gabriel belongs to the foremost and highest order of the heavenly powers, the seraphim, since the seraphim stand closest to God. And so he is one of the seven seraphim closest to God. The names of these seven are: Michael, Gabriel, Raphael, Uriel, Selathiel, Jegudiel and Barachiel. Some would add Jeremiel to this number. Each has his own particular service, but all are equal in honour. Why did God not send Michael? For the reason that Michael's service is the suppression of the enemies of God's truth, while Gabriel's is the annunciation of the salvation of the human race;
The Hieromartyr Irenaeus, Bishop of Srem - It is thought that Irenaeus was a Slav. He was married and had children prior to becoming a bishop. He suffered for Christ during the reign of Maximian. At the time of horrible sufferings, his relatives stood around him crying and begged him to spare himself and them [that is, to deny Christ]. But this wonderful priestly-martyr loved the wounds of Christ more than all the riches of this world. At the same time Seren, a certain gardener in Srem, also suffered at the hands of Prince Probus, as did Afrius suffer in Regia. Because Irenaeus did not want to deny his faith, Prince Probus ordered that he be hurled from a bridge into the Sava river, where this shepherd of Christ's flock died and took up habitation among the citizens of heaven. He honourably suffered in the year 304 A.D.;

27 March / 9 April — The Holy Martyr Matrona - She was an orphan, and a servant in the house of a certain Jew in Salonica. The wife of this Jew constantly derided Matrona for her faith in Christ, and urged her to cast Christ aside and go to the synagogue. But the humble Matrona went about her work conscientiously, not replying to her mistress and secretly praying to Christ our God. On one occasion the Jewess discovered that Matrona had gone to church unbeknown to her, and demanded, in a great rage, to know why she had gone to the church and not the synagogue. 'Because God is alive in the Christian Church, but He has departed from the synagogues of the Jews', replied Matrona. Enraged by such a courageous answer, the Jewess thrashed her and locked her in a dark chamber, and in addition to that had her bound. But the next day she found her unbound by the power of God and kneeling in prayer, praising God. Then she locked her up again for the second time until she died of hunger. Then that wicked woman took the body of the holy maiden and threw it to the ground from the top of her house. Christians took the body of the martyr and buried it, and the bishop, Alexander, when he had learned of the many miracles worked by the holy martyr, built a church over her grave. As for the evil Jewess, she soon received her just reward, when, standing on the same spot from which she had thrown Matrona's body, she slipped and fell onto the cobbled pavement and was smashed to pieces; Our Holy Father John the Seer; Our Holy Father Paphnutius.

28 March / 10 April — Our Holy Father, the Martyr Eustratius of the Kiev Caves - He was very wealthy, but, moved by the love of Christ, gave away all his goods for His sake, entered the Monastery of the Caves and became a monk. When the Polovtsians conquered Kiev in 1097, they looted the monastery, slew many Christians and monks and gave Eustratius and other of the faithful to a certain Jew in the town of Khorsun as slaves. This Jew mocked the Christian faith and tried to compel the Christians to convert to the Jewish faith. Seeing that they had no other alternative, they all decided to starve to death rather than deny the true Faith. Eustratius encouraged the Christians in this decision. They all perished from hunger, some after three days, some after four and some after seven days. Eustratius, accustomed to fasting, remained the only one alive, and survived fourteen days without food. Infuriated that he had lost the money he had paid for the slaves, the Jew took his revenge by having Eustratius nailed to a cross. But Eustratius gave thanks to God from the cross and predicted an imminent and vicious death for the Jew. Possessed by a furious anger, the Jew stabbed him with a spear. And thus the holy man of God gave his soul to his Saviour. They cast his body into the sea, but it rose to the surface and many were the great miracles performed over it. Soon after this, the Byzantine Emperor commanded that the Jews in Khorsun be punished for their wickedness towards the Christians, and the torturer of the Christians was hanged on a tree and received the wages of Judas. Our Holy Father Hilarion the New; Our Holy Father Hesychius of Jerusalem; The Holy Martyr Boyan; The Miraculous Experience of Taxiotis.

29 March / 11 April — St Mark the Confessor, Bishop of Arethusa - St Gregory the Theologian and Blessed Theodoretus have given us an account of his sufferings. According to these accounts, Mark destroyed some pagan temples and brought many to the Christian faith during the reign of the Emperor Constantine. But when the Emperor Julian came to the throne and quickly became an apostate from the Faith, some of the inhabitants of Arethusa renounced Christ and lapsed into paganism. They rose up against Mark because he had demolished the temple and demanded that he either rebuild it or pay them a very

large sum of money. As Mark refused to do either the one or the other, he was flogged and flayed and dragged through the streets. They then cut off his ears with strong, fine threads, stripped him naked, smeared him with honey and left him bound to a tree in the summer heat for the wasps, mosquitoes and hornets to eat. The martyr of Christ endured all this without complaint. He was quite old, and his face shone like an angel of the Lord. The pagans lowered the price of their temple again and again, finally demanding a quite insignificant amount which Mark could easily have given. But he refused to give even a single coin for that purpose. His endurance made a great impression on the citizens, and they began to admire him for it and to feel sorry for him, and gradually reduced the price of their temple to nothing just to allow him to remain alive. Finally, they let him go free and, one by one, all came to him to receive instruction and become Christians again. A deacon, Cyril, also suffered at this time for a similar cause in Heliopolis at the foot of mount Lebanon. He had broken some idols at the time of the liberation of Christianity and was cruelly tortured under Julian for this. The pagans were so enraged with him that, after they had killed him, they tore out his teeth and ripped open his stomach. Many others suffered on the same day as St Cyril. The evil pagans cut their bodies into small pieces, coated them with barley and fed them to the pigs. But retribution came swiftly upon them; all their teeth fell out and their mouths emitted an unbearable stench; Our Holy Father John the Hermit.

30 March / 12 April — Our Holy Father John Climacus (of the Ladder) - The author of the famous 'Ladder', he came from an unknown place to Mount Sinai as a sixteen-year-old boy and remained there, first as a novice, then as a hermit and finally as abbot of Sinai, until he died at the age of eighty, in about 649. His biographer, the monk Daniel, says of him: 'He brought his body up to Mount Sinai, but his spirit he brought to the Mount of Heaven'. He spent nineteen years in obedience to his spiritual father, Martyrios. Anastasius of Mount Sinai, who saw John once as a young man, foretold that he would be abbot of Mount Sinai. After the death of his spiritual father, John took himself off to a cave, where he lived for twenty years in strict asceticism. His disciple, Moses, fell asleep one day in the cool shade of a huge rock. John was at prayer in his cell, and, perceiving that his disciple was in danger, began to pray for him. Moses came up to him later, fell to his knees and began to thank him for saving him from certain death. And he related how he had heard John calling him in his sleep and had jumped up at the very moment that a rock fell. Had he not jumped out of the way, the rock would certainly have killed him. At the importunate urging of the brethren, John accepted the abbacy, and guided their souls to salvation with loving zeal. He once heard a monk reproach him for being too verbose. He was not in the least angered, but was silent for an entire year, not uttering a single word until the brethren begged him to speak. He then began to instruct them with the wisdom with which God had endowed him. Once 600 pilgrims came to Mount Sinai. At supper they all noticed an agile young man dressed as a Jew who was serving at table and giving orders to the other servants, taking charge of everything. Suddenly, he disappeared. While everyone was pondering this and asking questions among themselves, John said: 'Do not bother to look for him; that was the prophet Moses serving you in his own home.' During the time that he was silent in his cave, John wrote many instructive books, of which the most famous, 'The Ladder', is much read to this day. It describes the way to raise the soul to God as if on a ladder. Before his death, John appointed his own brother, George, to the abbacy, but George began to grieve greatly at the approaching parting with John. Then John said that, if he were found worthy to stand close to God in the next world, he would pray that George be taken up to heaven in the same year. And so it came to pass. After ten months, George also fell asleep and departed to take his place among heaven's citizens alongside his brother John; Commemoration of an Uncondemning Monk; St. Osburga of Coventry, virgin (c.1015)

31 March / 13 April — Metropolitan Innocent, Enlightener of Siberia and Alaska - born John in the Irkutsk district in 1797 the son of a poor sacristan. His father died when he was seven leaving him and his family in great poverty. Fortunately his uncle took him in, provided for his education and taught him manual crafts himself. He entered seminary at age 9 and was a good student. Whilst there the rector changed his surname to Veniaminov. John married in 1817 at the age of 20 and became a deacon in Irkutsk. After a year he was ordained priest and in 1823 the Bishop sought a priest to undertake missionary work in the islands between Siberia and Alaska. Although at first unwilling, Father John was seized with the desire to preach the Gospel of Christ to the unenlightened. His bishop consented, and although his family were at first opposed they began the long journey. In the following year they arrived on the island of Unalaska. He began to teach the natives carpentry and building, and with their help erected a church and dwellings. He then began to study the native language, hoping to translate the Gospel and divine services. He preached to the natives in their own language, adapting concepts to their understanding. He travelled widely throughout the diocese, which stretched over several thousand kilometres, serving, preaching, and baptising. He sometimes traversed great distances on the open sea in a small canoe. He developed an alphabet for the Aleutian language and translated the catechism and the Gospel of St. Matthew. At this time he wrote his most famous work - Indication of the Way into the Kingdom of Heaven. He opened a school and himself taught the children to read and write. He spent 10 years in Unalaska, in which time he converted all the inhabitants to Christianity. He was then transferred to Sitka, an island port close to the mainland of Alaska. He laboured there for five years, learning the language and translating, preaching and baptising, and teaching the natives manual trades. He was greatly loved by the native peoples. In 1838 returned to Russia to seek help for his work and for a blessing to print his translations. He was raised to Archpriest and at the same time his wife died. He accepted monasticism and in 1840 was tonsured with the name of Innocent eventually becoming Bishop Innocent and returning to Alaska to finish his work. In 1850 he was elevated to Archbishop and in 1857 was recalled to Russia where he laboured greatly for the conversion of the unenlightened peoples on the Russian-Chinese border. Finally in 1867, he was chosen to succeed the newly reposed Metropolitan Philaret. By now an old man he accepted this great burden with humility, fulfilling his duties to the glory of God until his repose on 31 March, 1879. This great worker planted the Faith of Christ amongst a great many pagan tribes, labouring for their salvation with true patience, humility and simplicity. For his labours, the Synod of Bishops of the Russian Church Abroad resolved in May 1993 to recognise Metropolitan Innocent as a saint on January 17/30, 1994.

Archbishop Averky of Jordanville - the world known as Alexander Pavlovich Taushev) was born on October 19, 1906, in the city of Kazan. His father was employed by the government until the Revolution of 1917 and was required to travel widely. Thus Vladika, although only 14 when he was forced to leave Russia, knew a great deal of his beloved homeland. He read widely from a young age, and was especially moved by spiritual books which he father obtained from the Monastery of St. Panteleimon on Mt. Athos. In 1920 the family settled in Bulgaria amongst many other Russian refugees. Then in 1925, he met Archbishop Theophan who had a tremendous influence on this young man, and it was at this time he became firm in his desire for monasticism. He entered theological Academy and graduated in 1930 with top marks. Desiring greatly to labour for the Russian people, he decided to travel to Czechoslovakia, where many were returning from the Unia to Orthodoxy. Vladika Theophan blessed him, and Alexander was appointed secretary to the Diocesan Administrator. In 1931 he was tonsured a monk with the name Averky. The next day he was ordained to the diaconate, and in the next year was ordained priestmonk. In 1937 he was made Abbot before in 1940 he was forced as a result of World War II to move to Belgrade where he taught and laboured in the serve of the Synod. In 1951 he moved to America and was invited to teach at Holy Trinity Seminary in Jordanville. In 1961 he was made Archbishop - a great preacher and zealot of True Orthodox Christianity, Vladika suffered greatly as a result of the attacks of modernism and ecumenism on the Orthodox Faith. It was said that he was one of the last giants of 20th Century Orthodoxy. May his memory be eternal! The Hieromartyr Hypatis, Bishop of Gangra; St. Jonah, Metropolitan of Moscow; The Hieromartyr Audas; Our Holy Father Apollonius.

Thursday of the Fifth Week

At Matins on this day the Canon of St. Andrew of Crete is read in its entirety once a year, which was read in four parts on the first four days of the first week, and the Life of St. Mary of Egypt is read after the Sessional Hymn (Kathisma). According to this feature of the Thursday Matins it is called either the St. Andrew of Crete or the St. Mary of Egypt Thursday. In the Canon are collected and stated, as was stated above (see page 510), all the exhortations to fasting and repentance, and the Holy Church repeats it now in its fullness to inspire us new strength for the successful end to Lent. "Since", it is said in the Synaxarion, "the Holy Forty Day Lent is drawing near the end so that men should not become lazy, or more carelessly disposed to the spiritual efforts, or give up their abstinence altogether," that this Great Canon is offered. It is "so long, and so well-composed, as to be sufficient to soften even the hardest soul, and to rouse it to resumption of the good, if only it is sung with a contrite heart and proper attention". And the church Typikon (Ustav) orders the Great Canon to be read and chanted slowly and "with a contrite heart and voice, making three prostrations at each Troparion". For the same purpose of abstinence and strength, and attention to repentance is the reading of the Life of the Venerable Mary of Egypt. According to an explanation of the same Synaxarion, the Life of the Venerable Mary also "manifests infinite compunction and gives much encouragement to the fallen and sinners", representing itself to us as a paradigm of true repentance, and an example of the unutterable mercy of God. It serves as the continuation of the Canon of St. Andrew of Crete and a transition to the order of the following Sunday. Reading the Canon of St. Andrew and Mary of Egypt on the Thursday of the Fifth Week was established from the time of the Sixth Ecumenical Council.

Fifth Saturday of Great Lent

The service on this Saturday is called the Praise of the Most Holy Theotokos, because on this day "we sing the hymns of praise" to the Most Holy Theotokos in memory of the triple deliverance of the imperial city of Constantinople from the attack of enemies through Her intercession (see March 10). In the reign of Heraclius (in 626) the Persians from the East and the Scythians or Avars from the west blockaded Constantinople. Patriarch Sergius took the icon of the Most Holy Theotokos called the Hodigitria (refer to July 28), and her encased robe, in a cross procession to the walls of city and when he dipped the robe of the Mother of God into the water, the sea began to boil, and the ships sank, and the unwelcome enemies were exterminated. The people spent the whole night in prayer in the Blachernae church, which is on the seacoast, singing the thanksgiving hymns to the Mother of God (Akathist). A similar deliverance of Constantinople from the Agarians occurred during the reign of Constantine Pogonatus (in 670), Leo the Isaurian (716-740), or, according to other reports, during the reign of Michael III (864) from the Agarian and the Scythian Ascold and Dir. The Holy Church entered into the universal use of the thanksgiving hymns to the Theotokos, performed on the 5th Sunday of Great Lent as the first deliverance of Constantinople was about this time. With thanksgiving for former deliverance from enemies, the Holy Church connects the prayer to the Most Holy Theotokos with even freeing us from all misfortunes, looking to the Mother of God as the Helper in prayers and repentance. Reminding believers about the heavenly Mediatrix and Intercessor of the Christian race, the Holy Church thus confirms repenting in the hope of greater help in one's spiritual efforts, for She never abandoned the suffering and grieving needing Her help, even in the struggle against external enemies.

S. V. Bulgakov, *Handbook for Church Servers*, 2nd ed., 1274 pp. (Kharkov, 1900) pp. 0523-5
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