

25th Sunday After Pentecost

Holy Martyr Paramon

29 November / 12 December

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 4: Let us acclaim Paramonus and Philumenus as divine servants/ and illustrious athletes of Christ our God,/ for out of love for Him/ they defeated the lawless by their contest and they pray for us: that forgiveness may be granted to 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: O martyrs enlisted by Christ through faith/ you cut down the ranks of the enemy./ And when you received the crown of victory/ you became equal in honour to the Angels,/ O blessed Paramonus/ and wise Philumenus.



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.

GOSPEL: ST. LUKE 13: 10-17

Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound--think of it--for eighteen years, be loosed from this bond on the Sabbath?" And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

OUGHT NOT THIS WOMAN ...WHOM SATAN HAS BOUND ...

FOR EIGHTEEN YEARS, BE LOOSED FROM THIS BOND ON THE SABBATH?

In the Name of the Father, and of the Son, and of the Holy Spirit. Dear brothers and sisters in Christ: In today's Gospel lesson we heard the beautiful story of a woman who had been bent over with an infirmity for eighteen years and could not fully straighten herself. Now it happened to be the Sabbath Day and as Jesus was teaching in the synagogue. He saw her, and having compassion on her, *He called her to Him and said to her, 'Woman, you are loosed from your infirmity.' And He laid His hands on her, and immediately she was made straight, and glorified God* (Luke 13:12-13).

This unfortunate woman of today's Gospel is so much like most of us in this life. Many people in the world are broken, bent over, so to speak, by the weight of this life—its cares, its sorrows, pressures, temptations, infirmities and so on. All of us, at some time, have felt the crushing weight bending us down. And even if we seem overwhelmed by our own cares, consider the many unfortunates who are even worse off than us—hungry, naked, homeless, many roaming the streets looking for shelter, youngsters running away, because the pressures are so great, finding themselves at the mercy of the elements, fathers and mothers unemployed and worried sick over how to pay the bills, how to feed their children, and so on. Or we can look at so many of our elderly forgotten by their families, for whom they gave their very being, struggling to stretch a totally inadequate social-security check, many living in apartments or rooms not fit for animals, picking through supermarket dumpsters looking for food. We can set our sights further-through the whole world where countless thousands are starving to death in various parts of Africa, or driven out of their homes by war—indeed, human suffering and misery is everywhere and throughout this earth so many are, in a sense, bent over with a *spirit of infirmity*.

Unfortunately, just as now, so too, in the time of our Lord's earthly life, there were those who were more concerned with other things and could not see the reality right there in front of them, for, as Scripture tell us, *the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath*, and rebuked Him. The Law was the Law and it was not lawful to perform any work on the Sabbath! (Luke 13:14). The ruler couldn't see the whole picture, just like so many of us who are comfortable in our lives, and was only concerned with the rules, the *now*, so to speak, only that which was close around him.

But the Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or his donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?" (Luke 13:15-16). An act of charity—an act of love can be done at any time. This expression of love and charity, as shown by the Lord Himself, far transcends any law, any rule, any bond. Just as the ox or the ass could be loosed from their bonds, even on the Sabbath, to be given the necessities of life, in this case water, so too, the bent woman could be released from her bonds and led to a better existence, even on the Sabbath.

Our Lord, Who is compassionate, merciful and full of love, in a far greater measure than any of us could hope to attain to, showed His charity to others all of His earthly life, and continues to do so, even when the act of doing so required great effort and great daring, such as *breaking* the Sabbath restrictions. So too, we are called upon to be daring, to exert great effort, to break away from our daily comforts and concerns, to reach out to others less fortunate, or, as a popular expression goes, "to give until it hurts!" Our Lord showed charity and likewise, the Church, Christ's very Body, asks us to extend charity to others. And really, if we call ourselves Christians, bearers of our Lord's Name, and are called upon to follow His example, how can we do any less?

For those among us who feel crushed and bent over by the cares of this life, remember that it is to Him that we must always turn, for only He can straighten our backs, so to speak, and relieve the weighty pressure of the crosses we are called to bear. May our Lord and Saviour Jesus Christ fill all of us with His compassion and love and a spirit of humility, and especially a spirit of charity for those less fortunate than ourselves. Amen.

M.A.

Saints of the week

29 November / 12 December — Nativity Fast — The Holy Martyr Paramon, and 370 others - In Asian Bithynia, the governor, Aquilinus, was ferociously persecuting Christians. He once seized three hundred and seventy Christians and took them with him in bonds to some place where there was a temple to the god Poseidon. Here, the wicked governor tried to force them to offer sacrifice to idols. Although he threatened with death any who refused to obey his command, not a single one of the Christians submitted to it. At that time, there passed along the road running beside the temple a respected man called Paramon. He stopped beside the group of bound men and learned what was happening, then cried out: 'Oh how many innocent and righteous men does this foul governor desire to slaughter because they will not bow down to his dumb and dead idols? Paramon then continued on his way, and the furious governor sent servants to kill him. They caught up with him and seized him, first piercing his tongue with a thorn and then stripping him and stabbing him all over. Holy Paramon, with prayer in his heart, gave his soul into God's hands. After that, these three hundred and seventy martyrs, great sons of God and innocent lambs, were beheaded with the sword and thus entered into the immortal Kingdom of Christ the Lord. They suffered in the year 250. Our Holy Father Acacius of Sinai; The Holy Martyr Dionysius Bishop of Corinth; St Tiridates King of Armenia; The Holy Martyr Apollonius.

St. Brendan of Birr - Friend and brother monk with Saint Brendan the Navigator at Clonard abbey. Spiritual student of Saint Finian. Founded the monastery at Birr in central Ireland c.540, and served as its abbot. Friend and advisor of Saint Columba. At Brendan's death, Columba had a vision of the abbot's soul being carried away by angels.

Tropar of Saint Brendan of Birr, Tone 8: Most glorious ascetic and chief of Ireland's Prophets, O Father Brendan, thou wast a bright beacon in the western isle guiding many to salvation. At thy heavenly birthday the Angels rejoiced and miraculously announced their joy to our Father Columba. The prayers of the righteous avail much for us sinners. Wherefore O Saint, pray to God for us that He will find us a place in the Mansions of the Blest.

Saint Sadwen of Wales - Brother of Saint Illtyd. Disciple of Saint Cadfan. Sixth century hermit. Several Welsh churches are dedicated to him.

Tropar of St Sadwen, tone 8: The remoteness of the Welsh mountains was thy desert, O Father Sadwen,/ where thou didst serve God in fasting and humility./ May thy continual intercession avail for us sinners that our souls may be saved.

30 November / 13 December — Nativity Fast — The Holy Apostle Andrew, the First-Called - He was the son of Jonah and brother of Peter, born in Bethsaida and a fisherman by profession. He was first a disciple of St John the Baptist, but, when John pointed to the Lord Jesus and said: 'Behold the Lamb of God' (Jn. 1:36), St Andrew left his first teacher and followed Christ. After that, Andrew brought his brother Peter to the Lord. After the descent of the Holy Spirit, it fell to the lot of the first of Christ's apostles, St Andrew, to preach the Gospel in Byzantium and Thrace, then in the lands along the Danube, in Russia and around the Black Sea, and finally in Epirus, Greece and the Peloponnese, where he suffered. In Byzantium, he installed St Stachys as its first bishop; in Kiev he raised the Cross on high and prophesied a Christian future for the Russian people; in Thrace, Epirus, Greece and the Peloponnese, he brought many people to the Faith and gave them bishops and priests. In the city of Patras he performed many wonders in the name of Christ and brought many to the Lord, among whom were the brother and wife of the imperial governor, Aegeatus. Aegeatus, infuriated by this, put Andrew to torture and then crucified him. While he was still alive on the cross, the Apostle of Christ taught the Christians who were gathered round him. The people wanted to take him down from the cross, but he would not let them. Finally, the Apostle prayed to God and a strange radiance surrounded him. This light lasted for half an hour and, when it disappeared, the Apostle gave his holy soul into God's hands. Thus the first-called Apostle, who first of the twelve Great Apostles came to know the Lord and followed Him, finished his earthly course. St Andrew suffered for his Lord in the year 62. His relics were translated to Constantinople, but his head was later taken to Rome and one hand to Moscow. In the 3rd century some of his relics were taken by a monk, Regulus, to Scotland and given to Oengus, King of the Picts on the eve of a mighty battle in 747 and that night the king and his army saw a huge St. Andrew's Cross blazed in fire across the face of the heavens; so they went forth to battle and triumphed. After this St. Andrew became the Patron Saint of Scotland. His remains were taken to the ancient Pictish city of Muckcross and deposited there. That city is the modern St. Andrews. St. Frumentius, Enlightener of Abyssinia;

St Tudwal, bishop in Wales & Brittany - A Welsh monk Saint Tudwal (died c. 564) was one of the seven founder Saints of Brittany. He travelled to Ireland to learn the scriptures, then became a hermit on what is now called Saint Tudwal's Island East. St Tudwal later emigrated to Brittany, settling in Lan Pabu with 72 followers, where he established a large monastery. Tudwal was made Bishop of Tréguier on the insistence of Childebert I, king of the Franks. Tudwal is shown in iconography as a bishop holding a dragon.

Tropar of St Tudwal, tone 1: Having left thy native Wales/ thou didst serve God in Brittany, O Father Tudwal,/ and both by thy zealous preaching and thy piety thou didst win souls for Christ./ Wherefore we hasten to thee, O radiant Hierarch,/ that thou wouldst intercede for us that our souls may be saved.

1 / 14 December — Nativity Fast — The Holy Prophet Nahum - Born of the tribe of Simeon in a place called Elkosh, on the further side of the Jordan, he lived seven hundred years before Christ and foretold the fall of Nineveh two hundred years after the Prophet Jonah. The people of Nineveh had repented after hearing Jonah's preaching, and God had protected them and not destroyed them. But, with the passage of time, they came to forget God's mercy and turned again to evil. Nahum foretold their doom, warning them that, if they showed no repentance, they would receive no protection. The entire city was so utterly destroyed by earthquake, flood and fire that its location is no longer known. Holy Nahum lived for forty-five years before going to his rest in the Lord, leaving us a small book of his true and genuine prophecies. St. Philaret the Merciful.

2 / 15 December — Nativity Fast — The Holy Prophet Habakkuk - The son of Sappan, of the tribe of Simeon, he prophesied six hundred years before Christ, in the time of King Manasseh, and foretold the devastation of Jerusalem. When

Nebuchadnezzar, King of Babylon, attacked Jerusalem, Habakkuk went into the land of the Ishmaelites, whence he returned to Jerusalem and made his living working on the land. One day, when he was carrying lunch to the workers in the fields, an angel of the Lord suddenly appeared to him and said: 'Go, carry the meal that thou hast into Babylon, unto Daniel who is in the lion's den.' Habakkuk replied: 'Lord, I never saw Babylon, neither do I know where the den is' (Daniel 14:33 in the Greek text. It is omitted in the Hebrew Bible, and is to be found in the Apocrypha under Bel and the Dragon). Then the angel seized him by the hair and carried him straight to Babylon, over an immense distance, to the lion's den where Daniel had been cast by King Cyrus because he would not worship idols. 'O Daniel, Daniel,' cried Habakkuk, 'take the dinner which God hath sent thee!' And Daniel took it and ate. Then the angel of God again took hold of Habakkuk and carried him back to his field in Judea. Habakkuk preached and prophesied about the liberation of Jerusalem and the coming of Christ. He entered into rest in great old age and was buried at Keilah. His relics were discovered during the reign of Theodosius the Great. The Holy Martyr Myrope; St Uros, King of Serbia; Our Holy Father Athanasius, Recluse of the Kiev Caves; St Jesse.

3 / 16 December — Nativity Fast — The Holy Prophet Zephaniah (Sophonias) - Born on the mountain of Savarat and of the tribe of Simeon, he lived and prophesied in the seventh century before Christ, in the time of Josiah the pious King of Judah, and was a contemporary of the Prophet Jeremiah. With his great humility, pure mind and constant striving after God, he was found worthy of seeing into the future. He foretold the day of the wrath of God and the punishment of Gaza, Ashkalon, Ashdod, Ekron, Nineveh, Jerusalem and Egypt. He looked upon Jerusalem as 'a filthy, polluted and oppressing city ... her princes within her are like roaring lions; her judges are evening wolves ... her prophets are light and treacherous persons; her priests have polluted the sanctuary, they have done violence to the Law (Zeph. 3:1-4). Foreseeing the coming of the Messiah, he cried out with rapture: 'Sing, O daughter of Sion; shout, O Israel; be glad and rejoice with all thy heart, O daughter of Jerusalem!' (3:14). This seer of secrets and mysteries went to his rest in the place where he was born, there to await the general Resurrection and his reward from God. St John the Silent (the Hesychast); The Hieromartyr Theodore, Archbishop of Alexandria; Our Holy Father Theodulus; Our Holy Father Sava of Storozhev;

St. Lucius -in the days of Good King Lucius came a revival. Llewrug Mawr, Llewrug the Great (grandson of Saint Cyllinus and great-grandson of Caractacus), nicknamed Lleiver Mawr or the great luminary (hence his latinised name of Lux or Lucius), was king in Britain in the middle and towards the end of the 2nd century. He increased the Light that the first missionaries, the disciples of Christ, had brought, by sending emissaries to Eleutherius, Bishop of Rome, requesting him to send missionaries to Britain. The Welsh Triads tell us that Eleutherius, in response, sent Dyfan and Fagan, Medwy and Elfan, all of them British names, in AD 167. These missionaries journeyed through Britain and came to Glastonbury. There, God leading them (wrote William of Malmesbury), they found an old church built, as 'twas said, by the hands of Christ's disciples, and prepared by God Himself for the salvation of souls, which Church the Heavenly Builder Himself showed to be consecrated by many miraculous deeds, and many Mysteries of healing... And they afterwards pondered the Heavenly message that the Lord had specially chosen this spot before all the rest of Britain as the place where His Mother's name might be invoked. They also found the whole story in ancient writings, how the Holy Apostles, having been scattered throughout the world, St. Philip coming into France with a host of disciples sent twelve of them into Britain to preach, and that there, taught by revelation they constructed the said chapel which the Son of God afterwards dedicated to the honour of His Mother; and, that to these same twelve, three kings, pagan though they were, gave twelve portions of land for their sustenance. Moreover, they found a written record of their doings, and on that account they loved this spot above all others, and they also, in memory of the first twelve, chose twelve of their own, and made them live on the island with the approval of King Lucius. These twelve thereafter abode there in divers spots as anchorites - in the same spots, indeed, which the first twelve inhabited (traditionally in huts round the wonderful Chalice Well at the foot of St. Michael's Tor). Yet they used to meet together continuously in the Old Church in order to celebrate Divine worship more devoutly; just as the three pagan kings had long ago granted the said island with its surroundings to the twelve former disciples of Christ, so the said Phagan and Deruvian (Dyfan) obtained it from King Lucius for these their twelve companions and for others to follow thereafter. And thus, many succeeding these, but always twelve in number, abode in the said island during many years up to the coming of St. Patrick, the apostle of the Irish.

St. Birinus, (600-50) - Ordained in Rome. Bishop in Genoa, Italy. Sent by Pope Honorius I as a missionary to Britain in 634. Preached with the pagan West Saxons where he had great success, converting King Cynegils and many of his subjects. Bishop of Dorchester, England. Founded many churches in the region. Known for a great devotion to the Eucharist.

4 / 17 December — Nativity Fast -The Holy and Great Martyr Barbara - This famous follower of Christ was betrothed to Him from her early years. Her father, Dioscorus, was a pagan in the city of Heliopolis in Egypt, and was famed for his wealth and standing. Dioscorus shut up his only daughter, who was both intelligent and beautiful, in a high tower, surrounded her with all possible comforts, gave her a host of attendants, set up idols for worship and built her a bathroom with two windows. As she gazed through the windows of the tower upon the earth below and the starry sky above, Barbara's mind was opened by the grace of God, and she came to know Him as the one, true God and Creator, although she had no human teacher to bring her to the knowledge of Him. Once, when her father was away from the city, she came out of the tower and, by God's providence, met some Christians who told her about the true Christian faith. Barbara's heart was set on fire with love for Christ. She had a third window cut in the bathroom as a symbol of the Holy Trinity, and traced a Cross with her finger on one wall of it, which etched itself deep in the stone as if cut by a chisel. A spring of water gushed forth from the bathroom floor from her footprint, and it later gave healing from sickness to many. When Dioscorus found out about his daughter's faith, he beat her harshly and drove her from the tower, chasing after her to kill her, but a cliff opened and hid Barbara from her irate father. When she appeared again, Dioscorus took her to Marcian, the governor of the city, who handed her over for torture. The innocent Barbara was stripped and beaten until her entire body was covered in bloody wounds, but the Lord Himself appeared to her in the prison with many angels, and healed her. A certain woman, Juliana, beheld this and conceived a desire for martyrdom herself. Both of them were fearfully tortured and taken around the city to be mocked, then their breasts were cut off and much blood flowed from them. They were finally led out to the place of execution, and Juliana was slain by soldiers while Barbara

was killed by her own father. On the same day, lightning struck Dioscorus's house, killing both him and Marcian. St Barbara suffered in 306, and her wonderworking relics are preserved in Kiev. Greatly glorified in the Kingdom of Christ, she has appeared many times down to our own days, sometimes alone and sometimes in the company of the most holy Mother of God..

St John Damascene - he was first a minister of Caliph Abdul-Malek, and then became a monk in the monastery of St Sava the Sanctified. For his ardent advocacy of the veneration of icons while still a courtier during the reign of the iconoclast Emperor Leo the Isaurian, he was slandered by the Emperor to the Caliph, who had his right hand cut off. John fell down in prayer before the icon of the most holy Mother of God, and his hand was re-joined to his arm and miraculously healed. When he beheld this wonder, the Caliph repented, but John no longer desired to remain at court as a nobleman, but to withdraw to a monastery. There, he was from the beginning a model of humility and obedience, and of all the works of asceticism prescribed for monks. He wrote the hymns for the Parting of the Soul from the Body, put together the Octoechos, the Irmologion, the Menologion and the Easter Canon, and wrote many theological works of an inspired profundity. A great monk, hymnographer and theologian, and a great warrior for the truth of Christ, Damascene is counted among the great Fathers of the Church. He entered peacefully into rest in about 749, being seventy-five years old; St Gennadius, Archbishop of Novgorod.

5 / 18 December — Nativity Fast - Fish, Wine & Oil allowed — Our Holy Father Sabbas the Sanctified - The unknown village of Mutalaska, in the province of Cappadocia, became famous through this great light of the Orthodox Church, for St Sabbas was born there. He left the home of his parents, John and Sophia, at the age of eight and became a monk in a nearby monastery called 'Flavian's'. After ten years, he moved to the monasteries of Palestine, staying longest in the monastery of St Euthymius the Great (Jan. 20th) and Theoctistus. Euthymius, who had the gift of discernment, foretold that he would be a famous monk and leader of monks, and that he would found a monastery that would be greater than any other of that day. After St Euthymius's death, Sabbas went into the desert, where he lived for five years as a hermit in a cave which an angel of God showed him. After that, when he had become a perfected monk, he began by divine providence to gather round him many desirous of the spiritual life. They very quickly grew in number, so that Sabbas had to build both a church and many cells. Some Armenians also came to him, and he set aside a cave for them, and they celebrated the services there in their own language. When his father died, his aged mother Sophia came to him and he made her a nun and gave her a cell away from the monastery, where she lived in asceticism till her death. This holy father endured many attacks from those close to him, from heretics and from demons. But he overcame them all in these ways: those close to him he won over by his goodness and forbearance, the heretics by an unshakeable confession of the Orthodox faith, and the demons with the sign of the Cross and the invocation of God's aid. He had a particularly severe battle with the demons on the mountain of Castellium, where he founded the second of his seven monasteries. He and his neighbour, Theodosius the Great, are considered to be the greatest lights and pillars of Orthodoxy in the East. Kings and Patriarchs were brought to the right Faith by them, and these holy and wonderful men, strong in the power of God, served each and every man as an example of humility. St Sabbas entered into rest in 532 at the age of ninety-four, after a life of great labour and great reward. Our Holy Fathers, the Martyrs of Karyes; Our Holy Father Nectarius of Bitola; Our Holy Fathers Karion and Zachariah;

St. Justinian, hermit of Wales (560) - Breton noble. Well educated. Priest. Left his country to become a travelling evangelist. Settled on the Isle of Ramsey near southern Wales, living with a pious layman named on Honorius; he moved in on the condition that all the women of the household were sent away. Hermit on the island. Visited Saint David of Wales, who was so impressed with the man's holiness that he gave him hermitages on the mainland and a nearby island. Justinian is listed on very ancient Welsh calendars of saints and martyrs, and the church at Llanstinan is dedicated to him. Once some sailors landed at the island hermitage. They said that Saint David was very ill, and that they had been sent to bring Justinian to the mainland. En route, Justinian discerned that the sailors were actually devils in disguise. The saint recited Psalm 79; the devils changed to blackbirds and flew, leaving the boat to sail itself safely to shore where Justinian found David in excellent health. Justinian died when he advised his servants that they should apply themselves to their jobs. Goaded by devils, the three of them became enraged, assaulted Justinian, and beheaded him. At the place where the body fell, a spring of healing water emerged from the ground. The killers were struck with leprosy, and lived out their days in the caves and rocks near the hermitage. Justinian had already specified a location for his burial; a church was built over the tomb, and became known as a scene of miracles. Saint David later moved the body to his own church.

St. Cawrdaf (Cwdrey in English): Cawrdaf is recorded as one of the sons of King Caradog Freichfras. Though the kingdom of the latter appears of have been Gwent & Ergyng, tradition ascribes that he also held sway over areas to the north, between the Wye and the Severn. When his kingdom was divided, upon his death, this region apparently fell to Cawrdaf. It was called Fferreg, though, in later centuries, it was known by the descriptive name of Rhwng Gwy ag Hafren. He was apparently a wise monarch, one of the 'Three Chief Officers' of Britain and counsellor of King Arthur. Nothing is recorded of his reign, but Cawrdaf was a founder of churches, sometimes described as a saint with his feast day on 5th December. His endowments, at Llangowdra (Ceredigion), Abererch (Llyn) and Llangoed (Mon), were, however, not in Fferreg; and it is possible that, in old age, he abdicated in favour of his son, Caw, in order to follow his religious calling. He was supposedly a disciple of St. Illtud. Cawrdaf had several saintly children and though it is unknown how long his descendants remained Kings of Fferreg, they continued for many centuries as two of the leading patriarchal families of Brycheiniog.

Tropar of St. Cawrdaf, Tone 8: O Father Cawrdaf, spurning the transitory glory of temporal power,/ thou didst flee from the world to serve God in monastic seclusion./ Wherefore, O righteous one, pray that we, following thy example by serving God rather than self,/ may be found worthy of eternal salvation.