

**Orthodox Christian Community of
St. Constantine the Great, York**
**Antiochian Orthodox Christian Archdiocese of
the British Isles and Ireland**
Greek Orthodox Patriarchate of Antioch and all the East
Calendar for July 2021





FROM THE FATHERS

“TO OBEY the commandments of our Saviour Jesus Christ is worthy neither of blame nor of condemnation.”

St. Justin Martyr + AD c. 165

“HOW will it be with us in the future life, when everything that has gratified us in this world: riches, honours, food and drink, dress, beautifully furnished dwellings, and all attractive objects—how will it be, I say, when all these things leave us—when they will all seem to us a dream, and when works of faith and virtue, of abstinence, purity, meekness, humility, mercy, patience, obedience, and others will be required of us?”

St. John of Kronstadt + AD 1909

“THE TRULY intelligent man pursues one sole objective: to obey and conform to the God of all. With this single aim in view, he disciplines his soul, and whatever he may encounter in the course of his life, he gives thanks to God for the compass and depth of His providential ordering of all things. For it is absurd to be grateful to doctors who give us bitter and unpleasant medicines to cure our bodies, and yet to be ungrateful to God for what appears to us to be harsh, not grasping that all we encounter is for our benefit and in accordance with His providence. For knowledge of God and faith in Him is the salvation and perfection of the soul.”

St. Anthony the Great + AD 356

“THE GRACE of the Holy Spirit which is given mystically to every Christian when he is baptized acts and is manifested in proportion to our obedience to the commandments of the Lord. That is, if a Christian obeys

the commandments of the Lord more, grace acts with him more, while if he obeys them less, grace acts within him less. Just as a spark, when covered in the ashes of fire becomes increasingly manifest as one removes the ashes, and the more fire wood you put the more the fire burns, so the grace that has been given to every Christian through Holy Baptism is hidden in the heart and covered up by the passions and sins, and the more a man acts in accordance with the commandments of Christ, the more he is cleansed of the passions and the more the fire of Divine grace lights in his heart, illumines and deifies him.”

St. Nikodemos of the Holy Mountain + AD 1809

Sun 1 st August	10am	Divine Liturgy	Procession of the Honourable and Lifegiving Cross of the Lord
Sunday 8 th August	10am	Divine Liturgy	7 th Sunday after Pentecost and of Matthew
Wed 11 th August	6:30pm	Daily Vespers & Paraklesis to the Mother of God	
Sunday 15 th August	10am	Divine Liturgy	Dormition of the Theotokos
Sunday 22 nd August	10am	Divine Liturgy	9 th Sunday after Pentecost and of Matthew
Sunday 29 th August	10am	Divine Liturgy	Holy Forerunner & Baptist John

*3rd & 6th Hours are chanted each Sunday
30 minutes before the Divine Liturgy*

For further information, confessions, baptisms and weddings please contact:

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You can find full details our services on our website:

<http://yorkorthodox.org/> *or* follow us on our Facebook page: **[facebook.com/yorkorthodox](https://www.facebook.com/yorkorthodox)** for the latest information

Saturday 31st July 2021

Forefeast of the Procession of the Honourable and Lifegiving Cross of the Lord

St. Joseph the Righteous of Arimathaea (1st C). Righteous Eudocimus of Cappadocia (9th C).

British Isles and Ireland: St. Neot, hermit in Cornwall (c.877). St. Germanus of Auxerre (448).

Readings: **Romans 9:1-5; Matthew 9:18-26**

Services:

The Chapel of York St. John University has now re-opened and we are conducting our services there according to UK Government and University regulations for the COVID pandemic. When you arrive please ensure you are wearing a face mask; that you sign in for Track & Trace requirements and sit where you are directed by the ushers. Thank you for your co-operation. These rules may alter during this period. Check our website for details.

The services will also be streamed from the chapel until further notice, to assist those who are shielding or cannot travel to York. The link is on our website.

Sun 4 th July	10am	Divine Liturgy	2 nd Sunday after Pentecost, and of Matthew
Sun 11 th July	10am	Divine Liturgy	3 rd Sunday after Pentecost and of Matthew
Wed 14 th July	6:30pm	Daily Vespers & Paraklesis to the Mother of God	
Sun 18 th July	10am	Divine Liturgy	Sunday of the Holy Fathers of the 4 th Ecumenical Council
Sun 25 th July	10am	Divine Liturgy	5 th Sunday after Pentecost and of Matthew

Fasting Guidelines:

On days designated *strict fast* we abstain from dairy products, meat, fish, oil and wine. Some seafoods, e.g. squid, crab, roe and prawn, are permitted.

Readings in bold type are those appointed by the Typikon for use at the Liturgy

Thursday 1st July 2021

Holy and Wonderworking Unmercenaries Cosmas and Damian, Martyrs at Rome (284)

New Martyr Constantine the Wonderworker of Cyprus and those with him. Translation of the relics of Venerable John of Rila from Tmovo to Rila (1470)

British Isles and Ireland: Holy Julius and Aaron, Protomartyrs of Wales (c.304). St. Servanus (Serf, Sair), Apostle of Western Fife (6th C). St. Lunaire (Leonorious), bishop. St. Cewydd of Anglesey (6th C). St. Juthware of Devon (7th C). St. Veep (Veepus), patron saint of St. Veep, Cornwall (6th C). St. Gwenyth of Cornwall (6th C).

Readings: Romans 5:10-16; Matthew 8:23-27

For the Commemoration: **1 Corinthians 12:27-13:8; Matthew 10:1, 5-8**

Friday 2nd July 2021

Fast day: wine and oil allowed

Deposition of the Precious Robe of the Our Most Holy Lady, the Theotokos and Ever-Virgin Mary at Blachernae (5th C)

St. John Maximovitch, bishop of Shanghai and archbishop of San Francisco (1966) (19th June OS). St. Juvenal, patriarch of Jerusalem (c.458). The New Martyrs of Samothrace. St. Photius, metropolitan of Kiev (1430)

British Isles and Ireland: St. Eddogwy, bishop at Llandaff (c.615).

Readings: Romans 5:17-6:2; **Matthew 9:14-17**

For the Commemoration: **Hebrews 9:1-7; Luke 1:39-49, 56**

Saturday 3rd July 2021

Holy Martyr Hyacinth and his companions Theodotus and Theodota at Caesarea in Cappadocia (108). St. Anatolius, archbishop of Constantinople (458). Monk-martyr Gerasimus the New of Carpenision (1812). Translation of the relics of Hieromartyr Philip, metropolitan of Moscow (1652). Venerable Joachim. St. Nicodemus, abbot of Kozha Lake (1640).

British Isles and Ireland: St. Germanus, bishop of the Isle of Man and Enlightener of Peel, nephew of St. Patrick of Ireland (5th C). St. Byblig of Caernarvon (5th C). St. Gunthiern the Hermit (c.500). St. Bladus, bishop of the Isle of Man. St. Cillene, abbot of Iona (c.752). St. Guthagon of Ireland, hermit in Belgium (8th C).

Readings: **Romans 3:19-26; Matthew 7:1-8**

Sunday 4th July 2021

Tone 1 : Eothinon 2

2nd after Pentecost : 2nd of Matthew

St. Andrew the Hymnographer, archbishop of Crete and author of the Great Canon (726). St. Martha, mother of St. Simeon Stylites the Younger (554). Hieromartyr Theodore, bishop of Cyrene in Libya, and with him Martyrs Cyprilla, Aroa, and Lucia (310). Venerable Andrei Rublev, Iconographer (c.1430). Holy Royal Passionbearers of Russia: Tsar Nicholas II, Tsarina Alexandra, Crown Prince Alexis, and Grand-Duchesses Olga, Tatiana, Maria, and Anastasia and those martyred with them (1918).

British Isles and Ireland: St. Finbar, abbot of Innis Doimlile (6th C).

Readings: **Romans 2:10-16; Matthew 4:18-23**

Monday 5th July 2021**St Athanasius, Founder of the Great Lavra on Mt Athos, and his six disciples (1003) & St Lampadus the Wonderworker, monk, of Hirenopolis (10th C)**

New Martyr Cyprian of Koutloumousiou Monastery, Mt Athos (1679). Uncovering of the relics (1422) of St. Sergius of Radonezh (1392). Synaxis of the 23 martyrs of Lesbos. Holy New Martyrs Grand-Duchess Elizabeth and Nun Barbara (1918).

Wednesday 28th July 2021

Fast day: strict fast

Holy Apostles of the Seventy and Deacons: Prochorus, Nicanor, Timon, and Parmenas (1st C). St. Irene Chrysovalantou the Righteous (912). Venerable Paul of Xeropotamou, founder of the Monastery of St. Paul, Mt Athos (10th C). St. Pitrim, bishop of Tambov (1698). New Martyrs Christodoulos of Cassandra and Anastasius of Ancyra (1777)*British Isles and Ireland:* St. Samson, disciple of St. Illtyd and bishop of Dol in Brittany (c.565). St. Arduinus (Ardwin) the pilgrim, patron saint of Trepino (7th C).

Readings: **1 Corinthians 2:9-3:8; Matthew 13:31-36**

Thursday 29th July 2021

Holy Martyr Callinicus of Gangra in Asia Minor (250). Virgin-Martyr Seraphima of Antioch (119). Holy Martyr Theodota and her three sons in Bithynia (c.304). St. Constantine III, patriarch of Constantinople. St. Theodosius the New, Emperor (450). St. Olaf, King of Norway (1030). St. Lupus the Confessor, bishop of Troyes (479).

British Isles and Ireland: St. Silin (Sulian), abbot of Luxulyan in Cornwall (6th C). St. Cillian, abbot of Inishcaltra (7th C).

Readings: **1 Corinthians 3:18-23; Matthew 13:36-43**

Friday 30th July 2021

Fast day: strict fast

Apostles Silas and Silvanos, Crescens, Epenetos and Andronikos of the Seventy (1st C). Holy Martyr Julitta at Caesarea (305). Hieromartyr Polychronius, bishop of Babylon (c.251), and those with him. Hieromartyr Valentine, bishop of Interamna (Terni) in Italy (c.273) and those with him. Righteous Martyr John the Soldier (4th C). Uncovering of the relics (1484) of St. Herman of Solovki (1479). St. Angelina (Brancovich), Despotina of Serbia (1690).

British Isles and Ireland: St. Tatwine, 9th archbishop of Canterbury (734). St. Ermengyth of Thanet, virgin (c.680).

Readings: **1 Corinthians 4:5-8; Matthew 13:44-54**

Sunday 25th July 2021

Tone 4 : Eothinon 5

5th after Pentecost : 5th of Matthew

The Dormition of the Righteous Anna, mother of the Most Holy Theotokos

Holy Women Olympias (409) the deaconess, of Constantinople, and Virgins Eupraxia and Julia (413) of Tabennesi. Holy Martyrs Sanctus, Maturus, Attalus, Blandina, Vivlia, Vetius, Epagathus, Ponticus, Alexander and others at Lyons (177). St. Macarius, abbot of Zheltovod and Unzha (1444).

British Isles and Ireland: St. Nessian, abbot of Murgret (551).

Readings: Romans 10:1-10; **Matthew 8:28-9:1**

For the Commemoration: **Galatians 4:22-27**; Luke 8:16-21

Monday 26th July 2021

Holy Martyr Parasceva of Rome (138)

Hieromartyr Hermolaus and Martyrs Hermippus and Hemocrates at Nicomedia (c.305). Venerable Gerontius, founder of the Skete of St. Anne, Mt. Athos (13th C). St. Moses the Hungarian, of the Kiev Caves (1043). St. Sava III, archbishop of Serbia.

British Isles and Ireland: St. Docco (6th C).

Readings: Romans 16:17-24; Matthew 13:10-23

For the Commemoration: **Galatians 3:23-4:5**; **Mark 5:24-34**

Tuesday 27th July 2021

Holy Great Martyr and Healer Panteleimon (305)

The blind man who confessed Christ and was martyred with St. Panteleimon. Holy Equal-to-the-Apostles Clement of Ochrid, bishop of Greater Macedonia (916). New-martyr Christodoulos. SS Angelar, Gorazd, Nahum and Sabbas, disciples of Cyril and Methodios.

British Isles and Ireland: St. Congall of Iabnallivin (c.5th C).

Readings: 1 Corinthians 1:1-9; Matthew 13:24-30

For the Commemoration: **2 Timothy 2:1-10**; **Luke 21:12-19**

British Isles and Ireland: St. Fragan and his wife St. Gwen (5th C). St. Modwenna of Burton, anchoress (7th C). St. Edana, anchoress of the Boyle and Shannon. St. Erfyl of Llanerfyl. SS Probus and Grace of Tressilian.

Readings: Romans 7:1-13; **Matthew 9:36-10:8**

For the Commemoration: **Galatians 5:22-6:2**; Luke 6:17-23

Tuesday 6th July 2021

St. Sisoës the Great of Egypt (429). Apostles Archippus, Philemon, and Onesimus of the Seventy. Virgin-Martyr Lucy and Martyr Rixius and those with them at Rome (301). New monk-martyr Cyril of Hilandar, Mt. Athos, who suffered at Thessalonica (1566).

British Isles and Ireland: St. Sexburga, abbess of Ely (c.700). St. Monenna the "daughter of Elijah", Virgin, abbess, Foundress of Killeevy (517). Virgin-Martyr Noyala (5th C).

Readings: **Romans 7:14-8:2**; **Matthew 10:9-15**

Wednesday 7th July 2021

Fast day: strict fast

Great Martyr Kyriaki of Nicomedia (4th C)

Venerable Thomas of Mt. Maleon (10th C). St. Acacius of Sinai (6th C) Hieromartyr Evangelus, bishop of Tomi in Rumania. St. Eudoxia, in monasticism Euphrosyne, Grand Duchess of Moscow (1407). Holy New-martyr Polycarp. St. Prosper of Aquitaine (436).

British Isles and Ireland: St. Hedda, bishop of the West Saxons (705). St. Illtyd of Wales (505). St. Ethelburga (c.664). St. Willibald of Hampshire, bishop of Eichstatt (786). St. Maelruin of Tallaght (792). SS Medran and Odran, disciples of St. Kieran of Saghir (6th C). St. Palladius of Rome, missionary in Ireland and Scotland (5th C).

Readings: Romans 8:1-13; Matthew 10:16-22

For the Commemoration: **Galatians 3:23-4:5**; **Matthew 15:21-28**

Thursday 8th July 2021**Holy Great Martyr Procopius of Caesarea in Palestine**

With Procopius of Caesarea, the martyrs: Theodosia, his mother, 12 women, Antiochus, Nicostrates, and Auda (303). St. Theophilus the Myrrh-streaming of Pantocrator Monastery, Mt. Athos (1548). Appearance of the Kazan Icon of the Most Holy Theotokos (1579). New Martyrs Theophanes and Anastasius at Constantinople (1743). Righteous Procopius, Fool-for-Christ, Wonderworker of Ustiug, Vologda (1303).

British Isles and Ireland: Blessed King Edgar the Peaceable (975). St. Urith of Chittlehampton (6th C). St. Morwenna, Patron of Morwenstow (6th C). Hieromartyr Killian, Irish missionary bishop to the Franks, who suffered at Wurzburg (689). St. Withburga, anchoress at East Dereham (c.743). St. Grimbald, abbot of Winchester (901). St. Sunniva of Bergen and her Companions (10th C).

Readings: Romans 8:22-27; **Matthew 10:23-31**

For the Commemoration: **1 Timothy 4:9-15**; Luke 6:17-19,9:1-3,10:16-21

Friday 9th July 2021

Fast day: strict fast

Hieromartyr Pancratius, bishop of Taormina in Sicily (1st C). SS Dionysius the Rhetorician and Metrophanes of Mt Athos. New Hieromartyr Methodius of Amaria, Crete (1793). Holy Martyrs Paternuthius, Coprius, and Alexander the Soldier, in Egypt (361). St. Theodore, bishop of Edessa (9th C). St. Euthymius of Karelia.

British Isles and Ireland: St. Evereld (Avril), Virgin and abbess of Everingham (c.700). St. Golvinus (Golwen) (7th C).

Readings: **Romans 9:6-19; Matthew 10:32-36,11:1**

Saturday 10th July 2021

Holy 45 Martyrs at Nicopolis in Armenia, including Leontius, Maurice, Daniel, Antony, Alexander, Anicetus, Sisinius, Meneus, and Belerad (c.319). St. Gregory, bishop of Assos near Ephesus (1150). The Placing of the Honourable Robe of the Lord at Moscow (1625). New Hieromartyr archpriest Joseph of Damascus and Companions (1860).

British Isles and Ireland: St. Dabius, Irish missionary. St. Movean (Biteus), disciple of St. Patrick.

Readings: **Romans 15:17-29; Matthew 12:46-13:3**

Friday 23rd July 2021

Fast day: strict fast

Righteous Prophet Ezekiel (6th C BC). Hieromartyr Phocas of Sinope (303). Repose of St. John Cassian of Lérins (435). Hieromartyr Apollinaris, bishop of Ravenna (c.75). Righteous Anna (Hannah), mother of the Prophet Samuel. St. Pelagia of Tinos (1834). St. Anna of Leucadia (919). Commemoration of the Miraculous Appearance of the Mother of God at Pochaev, that saved the monastery from the assault of the Tartars and Turks (1675). Icon of the Most Holy Theotokos "The Joy of All Who Sorrow" (with coins) in St. Petersburg (1888).

Readings: **Romans 16:1-16; Matthew 13:4-9**

Saturday 24th July 2021

Great Martyr Christina of Tyre (c.300). Holy Martyrs and Passion-bearers Boris and Gleb, (in Holy Baptism, Roman and David) (1015). St. Athenagorus the Apologist 2nd C). New Martyr Theophilus of Zakynthos (1635). New Martyr Athanasius of Nicea (1670).

British Isles and Ireland: St. Declan, bishop of Ardmore (5th C). Virgin-martyr Lewina of Seaford, Sussex (5th C). St. Menefrida, Patron-saint of Tredresick, Cornwall (5th C). Holy Martyrs Wulfhad and Ruffin of Mercia, (7th C). St. Christiana of Termonde (7th C).

Readings: **Romans 8:14-21; Matthew 9:9-13**

Monday 19th July 2021

Righteous Macrina, sister of St. Basil the Great (380). Venerable Dios of Antioch, abbot (c.430). Uncovering of the relics (1903) of St. Seraphim of Sarov (1833). St. Theodore, bishop of Edessa (8th C). Blessed Stephen Lazarevich, King of Serbia (1427), and his mother, St. Milita (1405).

Readings: **Romans 12:4-5, 15-21; Matthew 12:9-13**

Tuesday 20th July 2021

Holy Glorious Prophet Elias the Thesbite (Elijah) (9th C BC)

SS Elias and Flavius, Confessors, patriarchs of Jerusalem and Antioch. Holy Martyrs Salome of Jerusalem, and Kartli, who suffered under the Persians (13th C). St. Abramius of Galich, disciple of St. Sergius of Radonezh (1375). St. Elias Chavchavadze of Georgia (1907)
British Isles and Ireland: St. Elswith, widow of King Alfred the Great (9th C). St. Modmund, martyr of Gloucester.

Readings: Romans 14:9-18; Matthew 12:14-16, 22-30

For the Commemoration: **James 5:10-20; Luke 4:22-30**

Wednesday 21st July 2021

Fast day: strict fast

St. Simeon of Emesa, Fool-for-Christ, and his fellow ascetic, St. John the Companion (c.590). Holy Martyrs Trophimus, Theophilus, and 13 others in Lycia (4th C). SS John and Parthenius, bishops of Radovizlios. Hieromartyr Bargabdesian, deacon, at Arbela in Assyria (354). Holy Martyr Victor of Marseilles and his companions Alexander, Felician and Longinus (290).

Readings: **Romans 15:7-16; Matthew 12:38-45**

Thursday 22nd July 2021

Holy Myrrh-bearer and Equal-to-the-Apostles Mary Magdalene (1st C). Virgin-martyr Marcella of Chios (1500). Translation of the relics (404) of Hieromartyr Phocas, bishop of Sinope (117). St. Cyril I, patriarch of Antioch (298).

Venerable New Martyrs Nicodemus the Albanian and Nectarius of the St. Anne Skete on Athos. Holy Martyr Apollonius of Sardis (3rd C). 10,000 Fathers of the desert and caves of Scetis martyred by the impious patriarch Theophilus of Alexandria (398).

British Isles and Ireland: St. Etto (Hetto) (c.670).

Readings: **Romans 3:28-4:3; Matthew 7:24-8:4**

Sunday 11th July 2021

Tone 2 : Eothinon 3

3rd after Pentecost : 3rd of Matthew

Commemoration of the Miracle (451) of Great-martyr Euphemia the All-praised, of Chalcedon (304)

Blessed Equal-to-the-Apostles Olga, Princess of Russia, in Holy Baptism called Helen (969). Hieromartyr Cindeus of Pamphylia (4th C). New Martyr Nicodemus of Mt. Athos (1722). New Martyr Nicodemus of Hilandar (1809). New Martyr Nectarius of St. Anne's Skete (1820). St. Benedict of Nursia (550)

British Isles and Ireland: St. Drostan, abbot of Old Deer (610). St. Thurketyl, abbot of Crowland (975). St. Amabilis (c.634).

Readings: Romans 5:1-10; **Matthew 6:22-33**

For the Commemoration: **2 Corinthians 6:1-10; Luke 7:36-50**

Monday 12th July 2021

Holy Martyrs Proclus and Hilarion of Ancyra (2nd C). St. Michael of Malenius (962). St. Veronica, the woman with the issue of blood who was healed by the Saviour (1st C). Hieromartyr Paulinus of Antioch, 1st bishop of Lucca, and his companions (c.67).

British Isles and Ireland: St. Menulphus (Menou) (7th C).

Readings: **Romans 9:18-33; Matthew 11:2-15**

Tuesday 13th July 2021

Synaxis of the Appearances of the Holy Archangel Gabriel

Venerable Stephen of Mar Sabbas Monastery and St. Heliophotos (794). Holy Martyr Golinduc, in Holy Baptism Mary, of Persia (591). Holy Martyr Serapion, under Severus (193). Holy Martyr Marcian of Iconium (258).

British Isles and Ireland: Hieromartyr Dogfan of Dyfed (6th C). St. Mildred, abbess of Minster in Thanet (c.700). St. Just of Penwith (5th C).

Readings: Romans 10:11-11:2; **Matthew 11:16-20**

For the Commemoration: **Hebrews 2:2-10**; Luke 10:16-21

Wednesday 14th July 2021

Fast day: strict fast

Apostle Aquila of the Seventy, and St. Priscilla (1st C). St. Joseph the Confessor, archbishop of Thessalonica. St. Peter, bishop of Crete. Venerable Nicodemus of the Holy Mountain (1809). Holy Martyr Justus at Rome (1st C). Monk-martyr Onesimus, of Magnesia (4th C). *British Isles and Ireland:* St. Deusdedit, 6th archbishop of Canterbury (664). St. Idus, bishop of Alt-Fadha in Leinster (5th C). St. Marcellinus, disciple of St. Willibrod (c.762).

Readings: **Romans 11:2-12**; **Matthew 11:20-26**

Thursday 15th July 2021

Holy Martyr Cyricus and his mother Julitta of Tarsus (c.305). Holy Equal-to-the-Apostles Great Prince Vladimir of Kiev (in Holy Baptism, Basil), Enlightener of the Rus (1015). Holy Martyr Abudimus of the Isle of Tenedos (4th C). Finding of the head of St. Matrona of Chios (1462).

British Isles and Ireland: Saint Swithun, bishop of Winchester (862). St. Edith, abbess of Polesworth (c.925). St. Donald, hermit in Ogilvy, and his nine daughters (8th C). St. Plechelm of Guelderland (730).

Readings: **Romans 11:13-24**; **Matthew 11:27-30**

Friday 16th July 2021

Fast day: strict fast

Hieromartyr Athenogenesis, bishop of Heracleopolis, and his ten disciples (c.311). Virgin-martyr Julia of Carthage (c.440). 1,015 Martyrs of Pisidia.

British Isles and Ireland: St. Helier, missionary and Protomartyr of Jersey (560). St. Sinach MacDara (6th C).

Readings: **Romans 11:25-36**; **Matthew 12:1-8**

Saturday 17th July 2021

The Great-martyr Marina/Margaret of Antioch (4th C)

Holy Martyrs Veronica & Speratos. St. Irenarchus, abbot of Solovki (1628).

British Isles and Ireland: Child-Martyr Prince Kenelm of Mercia (c.821). St. Cynllo of Wales (5th C). St. Turninus (8th C). St. Frédégand (Frégô) (c.740).

Readings: Romans 6:11-17; **Matthew 8:14-23**

For the Commemoration: **Galatians 3:23-4:5**; Mark 5:24-34

Sunday 18th July 2021

Tone 3 : Eothinon 4

Sunday of the Holy Fathers of the 4th Œcumenical Council

Holy Martyr Emilian of Bulgaria (363). Holy Martyrs Paul and two sisters, Thea and Valentina (308). St. Pambo of Egypt, hermit (4th C). SS Stephen, archbishop of Constantinople (928), and John, metropolitan of Chalcedon (9th C).

British Isles and Ireland: St. Theneva of Glasgow, mother of St. Kentigern (Mungo) (6th C). SS. Edburgh of Bicester and Edith, virgins (c.650). St. Minnborinus of Cologne (986).

Readings: **Titus 3:8-15**; **Matthew 5:14-19**