

The Third Sunday of Great Lent, Veneration of the Precious Cross

2 / 15 March



Resurrection Tropar, Tone 7: By Thy Cross, Thou didst destroy death / to the Thief, Thou didst open Paradise / for the myrrh-bearers, Thou didst change weeping into joy! / and Thou didst command Thy disciples, O Christ God / to proclaim that Thou art risen / granting the world great mercy.

Tropar of the Holy Cross, Tone 1: Save O Lord Thy people and bless Thine inheritance / Granting unto Orthodox Christians victory over their enemies / and by the power of Thy cross / preserving Thy community.

Resurrection Kondak, Tone 7: The dominion of death can no longer hold men captive, / for Christ descended, shattering and destroying its powers. / Hell is bound, while the prophets rejoice and cry: / The Saviour has come to those in faith, / enter, you faithful to the Resurrection.

Kondak of the Holy Cross, Tone 4: O Thou Who wast

lifted up willingly on the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God: gladden with Thy power the Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

On the third Sunday of Great Lent, during the All-night Vigil after the Great Doxology, the Holy Cross is brought forth from the Altar and placed in the center of the church for the veneration of the faithful. During the prostrations made before the Cross (which often contains a portion of the True Cross) the church chants, “Before Thy Cross, we bow down, O Master, and Thy holy Resurrection we glorify.” This hymn is also chanted at the Liturgy instead of the Trisagion. The Church has placed this event in the middle of Great Lent in order that the recollection of the suffering and death of the Lord might inspire and strengthen those fasting for the remainder of the ascetic struggle of the fast. The Holy Cross remains out for veneration throughout the week until Friday, when, after the hours and before the beginning of the Presanctified Liturgy, it is returned to the Altar. Thus the third Sunday and fourth week of Great Lent are termed those of the “Adoration of the Holy Cross.”

The Law of God, Fr. Seraphim Slobodskoy

Matins Gospel VII

Epistle - Hebrews 4: 14 - 5:6

14 Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. 15 For we do not have a High Priest who cannot sympathise with our weaknesses, but was in all points tempted we are, yet without sin. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Chapter 5: 1 For every priest taken from among men is appointed for men in things pertaining to God that he may offer both gifts and sacrifices for sins. 2 He can have compassion on those who are ignorant and going astray, since he himself is also beset by weakness. 3 Because of this he is required as for the people, so also for himself, to offer for sins. 4 And no man takes this honour to himself, but he who is called by God, just as Aaron was. 5 So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son today I have begotten You." 6 As He also says in another place: "You are a priest forever according to the order of Melchizedek ".

SEEING THEN THAT WE HAVE A GREAT HIGH PRIEST... JESUS, THE SON OF GOD

What priest could be so righteous and holy as the only Son of God, who had no need to purge his own sins by sacrifice, neither original sins nor additional sins committed during a man's life? And what more suitable offering for men could be taken from men than human flesh? What more fitting for this immolation than mortal flesh? And to cleanse the faults of mortals what offering so clean as flesh that came to life in a virgin womb, and from a virgin womb, without any pollution of lust? And what could be offered as acceptably, and received as readily, as the flesh of our sacrifice, the flesh that made up the body of our priest? In every sacrifice there are four considerations: to whom it is offered, by whom it is offered, what is offered, for whom it is offered. And so the one True Mediator Himself reconciled us to God, and in this he remained one with Him to whom He made the offering, and made one in Himself those for whom He offered, and was Himself one as the offerer and the offering.

St. Augustine of Hippo. On the Trinity, 4.19. B#15, p. 226.

Gospel - Mark 8: 34 - 9:1

34 The Lord said,, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me. 35 For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's shall save it. 36 For what shall it profit a man, if he shall gain the whole world, and lose his own soul? 37 Or what shall a man give in exchange for his soul? 38 Whosoever therefore shall be ashamed of me and of my words, in this adulterous and sinful generation, of him also shall the Son of Man be ashamed when he cometh in the glory of his Father with the holy angels." MARK 9: 1 And He said unto them, Verily, I say unto you, That there be some of them that stand here, which shall not taste death, till they have seen the kingdom of God come with power.

WHOEVER DESIRES TO COME AFTER ME, LET HIM DENY HIMSELF, AND TAKE UP HIS CROSS, AND FOLLOW ME

And you see how He also makes his discourse unexceptionable: not saying at all, 'whether you will or not you must suffer this,' but how? 'If any man will come after Me.' I do not force, I do not compel, but each one I make lord of his own choice ...For to good things do I call you, not to things evil or burdensome; not to punishment and vengeance, that I should have to compel. No, the nature of the thing alone is sufficient to attract you ...For you ought not, O Peter, because you have confessed Me Son of God, therefore only to expect crowns (Cf Mark 8:29), and to suppose this enough for your salvation, and for the future to enjoy security, as having done all. For although it be in My power, as Son of God, to hinder you from having any trial at all of those hardships, yet such is not My will for your sake, that you may yourself contribute something, and be more approved.

St. John Chrysostom. Homily LV on Matthew XVI, 1. B#54, p. 339.

THE CROSS PRESERVES THE UNIVERSE

In the Prophet Ezekiel (9:6), it is said that when the Angel of the Lord was sent to punish and destroy the sinning people, it was told him not to strike those on whom the “mark” had been made. In the original text this mark is called “tau,” the Hebrew letter corresponding to the letter “T,” which is how in ancient times the cross was made, which then was an instrument of punishment.

So, even then, it was foretold the power of the Cross, which preserves those who venerate it. Likewise, by many other events in the Old Testament the power of the Cross was indicated. Moses, who held his arms raised in the form of a cross during the battle, gave victory to the Israelites over the Amalekites. He also, dividing the Red Sea by a blow of his rod and by a transverse blow uniting the waters again, saved Israel from Pharaoh, who drowned in the water, while Israel crossed over on the dry bottom (Exodus, ch. 14, 17).

Through the laying on of his hands in the form of a cross on his grandsons, Jacob gave a blessing to his descendents, foretelling at the same time their future until the coming of the “expectation of the nations” (Genesis, ch. 48).

By the Cross, the Son of God, having become man and accomplished our salvation. He humbled Himself and became obedient unto death, even death on the Cross (Phil. 2:8). Having stretched out His hands upon the Cross, the Savior with them as it were embraced the world, and by His blood shed on it, like a king with red ink, He signed the forgiveness of the human race.

The Cross of the Lord was the instrument by which He saved the world after the fall into sin. Through the Cross, He descended with His soul into hell, to raise up from it the souls who were awaiting Him. By the Cross Christ opened the doors of paradise which had been closed after our first ancestors had been banished from it. The Cross was sanctified by the Body of Christ which was nailed to it when He gave Himself over to torments and death for the salvation of the world. Then it was filled with life-giving power. By the Cross on Golgotha the prince of this world was cast out (John 12:31) and an end was put to his authority. The weapon by which he was crushed became the sign of Christ's victory.

The demonic hosts tremble when they see the Cross, because the kingdom of hell was destroyed by the Cross. They do not dare to draw near to anyone who is guarded by the Cross.

The whole human race, by the death of Christ on the Cross, received deliverance from the authority of the devil, and everyone who makes use of this saving weapon is inaccessible to the demons.

When legions of demons appeared to St. Anthony the Great and other desert-dwellers, they guarded themselves with the sign of the Cross, and the demons vanished.

When there appeared to St. Symeon the Stylite, who was standing on his pillar, what seemed to be a chariot to carry him to heaven, the Saint, before mounting it, crossed himself and it disappeared. The enemy, who had hoped to cast down the ascetic from the height of his pillar, was put to shame.

One cannot enumerate all the various incidents of the manifestation of the power of the Cross. Invisibly and unceasingly, Divine grace that gushes from it saves the world.

The sign of the Cross is made at all the Mysteries and prayers of the Church. With the making of the sign of the Cross over the bread and wine, they become the Body and Blood of Christ. With the immersion of the Cross the waters are sanctified. The sign of the Cross looses us from sins. “When we are guarded by the Cross, we oppose the enemy, without fearing his nets and barking.” Just as the flaming sword in the hands of the Cherubim barred the entrance into paradise of old, so the Cross now acts invisibly in the world, guarding it from perdition.

The Cross is the unconquerable weapon of pious kings in the battle with enemies. Through the apparition of the Cross in the sky, the dominion of Emperor Constantine was confirmed and an end was put to the persecution against the Church. The apparition of the Cross in the sky in Jerusalem in the days of Constantius the Arian proclaimed the victory of Orthodoxy. By the power of the Cross of the Lord, Christian kings will continue to reign until Antichrist, barring his path to power and restraining lawlessness (St. John Chrysostom, Commentary on II Thes. 2:6-7).

The “sign of the Son of Man” (Matt. 24:30), that is, the Cross, will appear in the sky in order to proclaim the end of the present world and the coming of the eternal Kingdom of the Son of God. Then all the tribes of the earth shall weep, because they loved the present age and its lusts, but all who have endured persecution for righteousness and called on the name of the Lord shall rejoice and be glad. The Cross then will save all who

conquered temptations, from eternal perdition by the Cross, who crucified their flesh with its passions and lusts, and took up their cross and followed afar Christ.

However, those who hated the Cross of the Lord and did not engrave the Cross in their soul will perish forever. For “the Cross is the preserver of the whole universe, the Cross is the beauty of the Church, the Cross is the might of kings, the Cross is the confirmation of the faithful, the Cross is the glory of angels and the scourge of demons” (Octoechos: Exapostilarion, Monday Matins).

St John of Shanghai and San Francisco – Shanghai, Exaltation of the Cross, 1947

Saints of the Week

2 / 15 March — The Hieromartyr Theodotus, Bishop of Cyrenia - He was chosen for his wisdom and virtue as bishop, and governed the Church of God with love and zeal. When a persecution of Christians arose in the time of the wicked Emperor Licinius, this man of God was taken before the judge and put to various tortures. When the torturer, Sabinus, urged him to deny Christ and worship pagan idols, Theodotus replied: 'If you knew the goodness of my God, who, it is my hope, will by these brief tortures make me worthy of eternal life, you would wish to suffer for Him as I do!' They hammered nails into his body, and he thanked God; then, believing that the end was near, he counselled and instructed the Christians that were around him. But, by the providence of God, there came at that moment an order from the Emperor Constantine to free all Christians who had been brought to trial for the sake of Christ. Then this saint also was freed, returned thus tortured to his see in Cyrenia and lived for a further two years. He then entered into rest in the Lord whom he had served faithfully and for whom he had suffered greatly. He finished his earthly course in 302, and went to the courts of the Lord.

St. Chad of Mercia (672) - Our holy father Chad was tonsured in Ireland while still in his teens. When he came to Great Britain, we do not know, but in about 655, he became abbot of a monastery in Yorkshire where he was known as a great struggler. St Aiden had been his elder, and St Chad followed his example in everything. St Chad became well known throughout Britain for his holiness, meekness and patient love. In 664, the Bishop of York reposed in the Lord, and Saint Chad was chosen as the new bishop. The saint was filled with love for his flock, and he wanted to teach them all about Christ. The holy bishop began to walk through the whole diocese, teaching the Gospel everywhere. He celebrated the Divine Liturgy in every village and town, and preached from the town squares, where he set up crosses. Moreover, St Chad stopped to teach at every cottage, farm, castle and cross-road, and his diocese became one of the most enlightened in Britain. When blessed Theodore of Tarsus, a Greek bishop, was made Archbishop of Britain in 669, he soon heard of St Chad. When the blessed Theodore visited York, he commanded the holy bishop to travel by horse, rather than on foot, for he saw that St Chad was already old and frail. The saint did not want to fulfil this, for he wanted to come to his people as a minister and servant, as Christ had done, and not like a lord on horseback. Nevertheless, the meek saint obeyed. In this same year, 669, St Chad was appointed as bishop of the Kingdom of Mercia. At that time, Mercia was ruled by King Wulfer. Wulfer had been baptised many years before, but later, he supported the worship of demons in his land, and his chief adviser was a cruel pagan. The king's wife, Erminhilda, was a fervent Christian, however, and tried to teach her children about Christ and His Holy church. St Chad began his long, hard work of teaching the people of Mercia the way of salvation. Again, the holy bishop travelled from town to town, preaching, baptising and celebrating the Divine Liturgy. The saint often preached standing near one of the great stone crosses left behind by the Celtic Christians who had long before been driven out of the country by the invading Angles and Saxons. More than anything else, St Chad liked to go alone into the forest, and pray to God for his flock, and for his own soul. He built a small cell and chapel in the woods, and went there to pray and struggle as often as he could. Once, while St Chad was in his cell praying, he heard a loud crashing sound outside. He went out and saw a large stag, collapsed from exhaustion, by the side of the pool, drinking. Making the sign of the Cross, the saint went to the poor animal and stroked it. He knew that hunters must be chasing the stag to kill it, so the saint hid the animal. Soon, the sound of a hunter's horn was heard, and a richly dressed young man on horseback came galloping into the clearing. He reverently greeted the bishop, and asked if he had seen the deer. "I do not tend the deers, nor the beasts of the forest, nor the birds of the air, but this deer, perhaps, has led you to salvation," the bishop replied. The young man was Prince Wulfade, the eldest son of the King. The saint's words opened the heart of the young prince, and he asked the holy bishop to explain the path of salvation to him. St Chad began to tell the prince about how the world was created by Christ our God and how Christ died on the Cross and rose again to save us. He explained about the Church and how everyone who wants to be saved must be born again in Holy Baptism and be united to Christ's Holy Church. The young prince heard all this, and then begged St Chad to

baptise him. The saint took Prince Wulfade to the pond, and entering the deep water, baptised him in the name the Father, the Son and the Holy Spirit. He then taught the prince many more things. Later, Prince Wulfade brought his younger brother Rufine to the saint to be taught and baptised. After this time, the young princes came often to the holy bishop to be taught how to struggle and pray. The evil pagan counsellor of the king found out about the new, holy life of the two young princes, and he feared that he might lose his power because of them. For this reason, and because he hated the two princes, he began to slander them to the king. "Your two sons have disobeyed you. They have become Christians, even though you forbade it. They no longer obey your law, and they are now plotting against you to take over your throne." The evil counsellor convinced the king that he had to kill the two princes before they killed him. One day, the king and the counsellor followed the two princes into the forest, to the cell of St Chad. The holy bishop was away, and the two young men stood alone in prayer. Suddenly, the king burst through the door and cried out: "Why do you disobey my commands and follow this religion of Christ. You know my law, that the old gods must be worshipped by my sons and nobles. I command you to renounce Christ and give honour to the old gods." "We belong to Christ's Holy Church, and we will never turn from Him. But you yourself were once a Christian. We beg you, father, to return to the Holy Church and save your soul." At these words, the king became enraged, and, drawing his sword, furiously cut the two princes to pieces. Thus, the two holy princes received the crown of martyrdom. When the queen learned of this evil deed, she and her daughter immediately went and buried the relics of the two martyrs, and then went to live in the women's monastery at Sheppey. Soon after this, the king's evil counsellor fell ill and died. Suddenly, the king was left all alone: he had killed his two sons; his wife and daughter had fled from him and become nuns, and his counsellor was dead. Now, the king began to feel sorrow for his evil deed. He realised that his sons were innocent, and he remembered his own baptism, and the last words of his sons, begging him to return to Christ's Holy Church. Finally, overcome by sorrow and repentance, the king set out at dawn to the cell of Saint Chad, to ask his help and prayers. As King Wulfer entered the chapel, the holy bishop was celebrating the Divine Liturgy. The king, feeling his guilt, stood at the door and watched. When the bishop reached that part of the Liturgy in which the great mystery takes place, the sanctuary was suddenly filled with a great light. The king was amazed, and fell to the floor in prostration, looking up with fear. He saw that the great light stayed around the Holy Table and filled the sanctuary until the saint had finished communion. The king remained on the floor until the Liturgy ended, and the saint came to him. After this, the king listened to everything Saint Chad taught him, and then he confessed his faith in Christ, and returned to His Holy Orthodox Church. King Wulfer struggled to completely change his life. He helped Saint Chad and his presbyters to lead the people of the kingdom to Christ's Church, and he became merciful and gentle. St Chad chose the town of Lichfield for his cathedral, as in earlier days, St Arnphibale and nearly a thousand other Christians had been martyred there. King Wulfer helped to build the new Church. St Chad continued his life of holy struggle, teaching the Gospel of Christ's Church everywhere in the Kingdom of Mercia. At length, God called the holy bishop to Himself, and Saint Chad gave up his holy soul to the Saviour on 2 March, 672. Through the prayers of our God-bearing father, St Chad, may we find repentance, and save our souls, glorifying the Father, Son and Holy Spirit, now and ever and unto the ages of ages. Amen!

Also commemorated on this day: Virgin-martyr Euthalia of Sicily (†257); Martyr Troadius of Neo-Caesarea (3rd C); Martyr Hesychius of Antioch (†c.304); Venerable Agatho of Egypt (5th C); 440 Martyrs in Sicily (†c.579); St. Arsenius, bishop of Tver (†1409); Venerable Sabbas (15th C), Barsanuphius (†c.1467), Sabbatius (†c.1434), and Euphrosynus (†1460) of Tver; Venerable Joachim of Vatopedi (†1868); 'Reigning' Icon of the Mother of God

3 / 16 March —The Holy Martyrs Eutropius, Cleonicus and Basiliscus - They were comrades of St Theodore the Tyro. When glorious Theodore gloriously laid down his life, they remained behind in prison, and were not condemned for a long time because of the courage of the imperial governor of the town of Amasea. When a new governor arrived, more inhuman than his predecessor, he ordered these three to be brought before him. All three were young men; Eutropius and Cleonicus were brothers and Basiliscus a kinsman of Theodore's. But all three were, through their brotherly love, as blood-brothers. And they therefore said to the governor: 'As the Holy Trinity is indivisible, so are we indivisible in faith and inseparable in love.' All flattery on the governor's part was in vain, as were all his efforts to bribe Eutropius. He first invited him to dine with him, which Eutropius refused with a quotation from the Psalms: 'Blessed is the man that walketh not in the counsels of the ungodly', after which he offered him vast wealth—150 litres of silver—which Eutropius likewise refused, reminding the governor that Judas lost his soul for silver. After all these attempts, followed by interrogation and torture, the first two were condemned to be crucified, for which they gave thanks to Christ that He had counted them worthy to die the death He had died; and the third, Basiliscus, was beheaded. They all entered into the Kingdom of joy,

where their commander, Theodore, was waiting for them, glorified before Christ the Lord and Victor. They suffered with honour in 308.

St. Non – also known as Nonna; Nonnita - Nobility, possibly of a royal house. A widow, it is said she was the unwed mother of Saint David of Wales. Lived in convents in Wales, Cornwall, and Brittany.

Also commemorated on this day: Venerable Piama, virgin (†337); Venerable Alexandra of Alexandria (†c.376); Venerable Winwaloe of Brittany (†532); St. John IV, Catholicos of Georgia (†1001); Nun-martyr Martha (Kovrova) and Martyr Michael Stroeve (†1938); Righteous Zeno and Zoilus; 'Volokolamsk' Icon of the Mother of God.

4 / 17 March — St. James the Faster - lived in the sixth century. He was so perfected in godliness that he was able to heal the gravest illnesses by his prayers. But the enemy of the human race brought a heavy temptation on him. There was once sent to him a woman who had been corrupted by some mockers. She pretended to weep before him, but enticed him to sin. Seeing that he would fall into sin, James put his left hand into the fire and held it there until it was completely burned. Seeing this, the woman was filled with fear and horror, repented and reformed her life. But on a second occasion he did not resist and fell with a young girl whom her parents had brought to him to be healed of her madness. He indeed healed her, but then sinned with her and, in order to conceal the sin, killed her and threw her into a river. As always, the path from lust to murder was not very long. James spent ten years after that as a penitent, living in a grave. He learned after that that God had forgiven him, because, when he at one time prayed for rain in a time of great drought from which both men and cattle were suffering, it fell. Here is an example, similar to that of David, of how wicked the evil demon is; how, by the permission of God, the greatest spiritual giants can topple, and how again, by sincere repentance, God in His compassion will forgive the greatest sins and does not punish those who punish themselves.

The Venerable Gerasimus - This remarkable and famous saint first learned about the ascetical life in the Egyptian Thebaid. He then went to the Jordan and there founded a community in which there were seventy monks. This community still exists today. He instituted a special Constitution [Rule] for his monastery by which the monks spent five days in their cells weaving baskets, reeds and rush mats. They were never allowed to light a fire in their cells. For five days they ate only a little dry bread and dates. The monks were required to keep their cells open so that when they went out, anyone could enter and remove whatever he needed from their cells. On Saturdays and Sundays they gathered in the monastic church. They had a common meal with a few vegetables and a little wine to the glory of God. Each monk would then bring in and place before the feet of the abbot that which he had made during the past five days. Each monk had only one robe. St. Gerasimus was an example to all. During the Great Lenten Fast he did not eat anything except what he received in Holy Communion. On one occasion, he saw a lion roaring from pain because there was a thorn in his paw. Gerasimus drew near to the lion, crossed himself, and removed the thorn in the animal's paw. The lion became so tame that he returned with Gerasimus to the monastery and remained there until the elder's death. When Gerasimus died, the lion succumbed from sorrow for him. Gerasimus attended the Fourth Ecumenical Council [Chalcedon, 451 A.D.] during the reign of Marcian and Plucheria. Even though in the beginning, Gerasimus leaned toward the Monophysite heresy of Eutyches and Dioscorus, he was a great defender and champion of Orthodoxy at the Council. St. Euthymius dissuaded him from this heresy. Of all of the disciples of Gerasimus, the most famous was St. Cyriacus the Recluse. St. Gerasimus died in the year 475 A.D., and was translated into the eternal joy of his Lord.

Also commemorated on this day: Martyr Paul and his sister Juliana and with them Quadratus, Acacius, and Stratonikus (†c.273); Translation of the relics of Blessed Prince Wenceslaus (Vyacheslav) of the Czech Lands (938); Venerable Gerasimus of Vologda (†1178); St. Gregory, bishop of Assos (†1185); Right-believing Prince Basil (Vasil'ko) of Rostov (†1238); Venerable Joasaph of Snetogorsk Monastery, Pskov (†1299); Venerable Basil of Mirozh (†1299); Right-believing Prince Daniel of Moscow (†1303); Righteous Peter of Tomsk (†1820); New Hieromartyr priest Dimitry Ivanov (†1933); Hieromartyr Alexander Likhareva, priest (†1938); St. Gregory, bishop of Constantia.

5 / 18 March — Saint Nikolai, (Velimirovic) of Ochrid - Saint Nikolai was internationally known in the religious literary world. He was born to very religious parents in 1880 in Lelic, Yugoslavia. After finishing high school, he applied to a military academy and was rejected because he did not possess the physical requirements. Small in body but high in spirit, he decided to be a soldier for the Kingdom of Heaven. He applied to a theological seminary in Belgrade, where he was accepted. He graduated from theology in 1902. For a while he was teaching,

but as he was an outstanding student, he was sent to enrich his education in France, Switzerland, Germany, England, and sometime later in Russia. He was fascinated by the firm beliefs of the Russian Orthodox people. In 1908, he received his doctorate of theology in Bern. The school year of 1908-09, he spent at Oxford University and earned his doctorate in philosophy. After a serious illness, he decided to serve the Lord who had spared his life. On December 20, 1909, he became a hieromonk in the Rakovica Monastery and put to work his knowledge and ability to serve God and the Serbian people. He lived and worked for God and the Serbian people as well as working in and for the Church, but it was not without serious criticism. From 1915-1919, he lived in America and England where he worked for his church and his government. In 1919, he returned to Serbia and was ordained Bishop of Zica. He worked very hard teaching religion, helping the poor, and opening orphanages. He earned the nickname "Grandpa". He was a zealous reader of the Holy Fathers. In 1941, the Germans arrested him. He was in confinement with Serbian Patriarch Gavrilo in the Ljuboslir Vojlovica Monastery for the greater part of the second world war where he wrote his "Prayer Canon" and a prayer to the Holy Mother of God of Vojlovica. In January 1945, he wrote three prayers which are on the cover of the Gospel in the Serbian Church in Vienna. In September of 1944, Saint Nikolai and Patriarch Gavrilo were taken from Vojlovica to the concentration camp Daxay, where they were subjected to abuse and torture until May 8, 1945, when they were rescued by Americans. Some time later Patriarch Gavrilo returned to Serbia but Nikolai decided to emigrate with one wish: to be buried in his fatherland. He came to America in 1946. Poor in health, he still had a lot of strength for his missionary and church work. He travelled extensively through America and Canada. He was a zealous writer and good teacher, often being referred to as the "New Chrysostom" because of his eloquence. He left a legacy of work both in English and in Serbian. One of these works is Missionary Letters. He died on the eighteenth of May in 1956 in the Monastery of Saint Tikhon in Pennsylvania and was buried in the Monastery of Saint Sava in Libertyville, Illinois. However his relics has since been translated to his homeland.

Tropar of Saint Nikolai (Tone 4): Thy righteous acts have revealed thee to thy flock as a model of faith, a reflection of humility and a teacher of abstinence, O Holy Father Nikolai; therefore, through humility thou hast obtained exaltation and through poverty, riches; pray to Christ God to save our souls.

The Holy Martyr Conon of Isauria - He was brought up in the Faith of Christ and baptized in the name of the All-Holy and Life-giving Trinity by the Archangel Michael, the Commander of the Angelic Hosts of God. Until his death, the archangel of God invisibly watched over him. Conon was illumined and empowered by the Grace of the Holy Spirit so that his heart was not driven by anything worldly but only by the spiritual and heavenly. When his parents forced him into marriage, the first evening he took a candle and placed it under a utensil and asked his bride, "Which is better, light or darkness?" She replied, "Light." He then began to talk to her about the Faith of Christ and the spiritual life as being far more superior and more appealing than the physical. In this he succeeded. Afterwards Conon converted his wife and her parents to the Faith of Christ. Conon and his wife lived as brother and sister. Shortly thereafter, his wife and parents died, and he withdrew completely from this worldly life and devoted himself completely to prayer, fasting and pious thoughts. He performed great miracles through which he converted many to Christianity. Among other examples, Conon compelled evil spirits to serve him. During the time of a persecution, he was captured, tortured and pierced throughout with knives. The sick anointed themselves with his blood and they were healed. After that, he lived for two additional years in his town of Isauria and presented himself before the Lord. This glorious saint lived and was martyred in the second century.

Also commemorated on this day: Martyr Onisius of Isauria (1st C); St. Theophilus, bishop of Caesarea in Palestine (†c.200); Martyr Conon the Gardener (†c.251); Martyr Irais (Rhais) of Antinoe in Egypt and with her Archelaus and 152 Martyrs (†c.308-310); Venerable Mark the Faster of Egypt (5th C); St. Kieran, bishop of Saighir (†c.530); St. Virgilius, bishop of Arles (†618); Venerable Hesychius of Bithynia (†790); Translation of the relics of Right-believing Prince Theodore of Smolensk and Yaroslavl and his children: David and Constantine (1463); Venerable Adrian of Poshekhonye (†1550) and Venerable Leonid, his fellow ascetic (†1549); Martyr John of Bulgaria (†1784); New Hieromartyr priest Nicholas Pokrovsky (†1919); Hieromartyr John Mirotvortsiev, priest, Monk-martyr Mardarius (Isaev) and Theophan (Grafov) (†1938); Translation of the relics of St. Luke the Confessor, bishop of Simferopol (1996); Martyrs Eulogius and Eulampius of Palestine; 'Vospitanie' Icon of the Mother of God.

6 / 19 March — The Forty Two Holy Martyrs of Ammoria - these were all generals under the Byzantine Emperor Theophilus. When the Emperor lost the struggle against the Saracens around the town of Ammoria, the Saracens took the town and enslaved many Christians, with these generals among them. The remaining

Christians they either killed or sold into slavery, but threw these generals into prison, where they remained for seven years. Moslem leaders came many times, urging them to accept the Mohammedan faith, but the generals refused to do so. When the Saracens told the generals that Mahomet was a true prophet and Christ was not, the generals asked them: 'If two men were to quarrel about a field, with one saying: "It's mine!", and the other saying: "No; it's mine!", and one had many witnesses that it was his field and the other had not a single witness but himself, what would you say—whose field was it?' The Saracens replied: 'His, of course, who had the many witnesses.' 'You have judged right', the generals answered them. 'So it is with Christ and Mahomet. Christ has many witnesses: the ancient prophets, whom you also recognise, from Moses to John the Baptist, witnessed to Him, But Mahomet only witnesses to himself that he is a prophet, and has no other witness.' The Saracens were confounded, but attempted then to defend their faith thus: 'That our faith is better than Christianity is seen in this: that God has given us victory over you, that He gives us the best lands on earth and an empire much greater than the Christian.' To this the generals replied: 'If that were so, then the idol-worship of Egypt and Babylon, and of Greece and Rome, and the fire-worship of Persia, would have been true faiths, for at some time each of these peoples has conquered others and governed them. It is obvious that your victory and power and wealth do not prove the truth of your faith. We know that God sometimes gives victory to Christians, and sometimes leaves them in torture and suffering to correct them and bring them to repentance and cleansing from sin.' After seven years they were beheaded, in 845. Their bodies were cast into the Euphrates, but they floated to the other bank where Christians collected them and gave them burial.

St. Fridolin, enlightener of the Upper Rhine - c 540. Born in Ireland, he became a monk at Luxeuil in France. Later he founded the monastery of Sackingen and is venerated as the Apostle of the Upper Rhine in Germany.

Translation of the relics of Saints Cyneswitha and Cyneburga, abbesses of Caistor (Daughter of Pendra of Mercia, a fierce opponent of Christianity. Sister of Saint Cyneburga. Relative of Saint Tibba. Benedictine nun. Abbess at Dormancaster (now Castor) abbey in Northamptonshire, England) and Saint Tibba (Benedictine nun at Dormancaster abbey, Northamptonshire, England), nun of Rynall.

Also commemorated on this day: Monk-martyr Conon of Iconium, and his son Conon, deacon (†c.275); St. Taranius, bishop of Antioch (†311); Venerable Arcadius of Cyprus (4th C), and his disciples Julian and Euboulos (†c.361); Martyr Gregorius of Armenia (4th C); St. Evagrius the Confessor, patriarch of Constantinople (4th C); Venerable Job (Joshua in the schema) of Anzersk Island, Solovki (†1720); Finding of the Precious Cross and the Precious Nails by the Holy Empress Helen in Jerusalem (326); 'Chenstokhov,' 'Shestokhovsk,' and 'Blessed Heaven' Icons of the Mother of God.

7 / 20 March — The Seven Hieromartyrs of Cherson - Basil, Ephraim, Eugene, Elpidius, Agathodorus, Aetherius and Capito. They were all bishops in Cherson at different times, and all suffered from unbelievers (only Aetherius died peacefully), either Jews or Greeks from Scythia. They had all gone to that savage land as missionaries, sent by the Patriarch of Jerusalem to bring the light of the Gospel there. They were all tortured and suffered for the sake of their Lord. Basil raised the son of a prince of Cherson to life, which embittered the Jews and they brought charges against him. He was bound by the feet and dragged through the streets of the town until he gave up the ghost. Ephraim was beheaded. Eugene, Elpidius and Agathodorus were beaten with rods and stones until they gave their souls into God's hands. Aetherius lived in the time of Constantine the Great, and so he governed the Church in freedom and peace, built a great church in Cherson and died peacefully. When the last of them, Capito, was sent as bishop, the savage Scythians sought a sign of him, that they might believe. And they suggested to him that he go into a burning furnace, and, if he were not burned up, they would believe. With fervent prayer and hope in God, Capito put on his episcopal pallium and, crossing himself, entered the burning furnace, holding his heart and thoughts directed towards God. He stood in the flames for about an hour, and came out untouched, with no scorch-mark either on his body or his clothing. Then all cried out: 'There is one God, the great and powerful God of the Christians, who keeps His servant safe in the burning furnace!', and the whole town and surroundings were baptised. Many spoke of this wonder at the Council of Nicaea (325), and all glorified God and praised the firm faith of St Capito. But Scythian unbelievers caught Capito by the River Dnieper and drowned him. They all suffered around the beginning of the fourth century.

Saint Eosterwine - 688. A Northumbrian noble, he entered the monastery of Wearmouth with his relative St Benedict. He succeeded St Benedict as abbot. He was celebrated for his gentleness.

Also commemorated on this day: Venerable Paul the Simple (4th C); St. Paul the Confessor, bishop of Plousias (†c.850); Venerable Lawrence of Salamis Island (†1770); New Hieromartyr Nicholas Rozov, priest (†1930); New Monk-martyr Nilus (Tiutiukin) and Nun-martyrs Anna (Gorokhova), Antonina (Novikova), Eudokia (Sinitsina), Catherine (Konstantinova), Ksenia (Petrukhina), Maria (Grosheva), Matrona (Grosheva), and Nadezhda (Kruglova) (†1938); Venerable Nestor and Arcadius, bishops of Tremithus in Cyprus; Venerable Emilian of Rome, in the world Victorinus; 'Surety of Sinners' Icon of the Mother of God Korets, Odrin, and Moscow.

8 / 21 March — St. Theophylactus, Bishop of Nicomedia - When the emperor's advisor Tarasius, as a layman, was elected Patriarch of Constantinople, then with him and from him, many of his friends, admirers, and others of the laity received the monastic tonsure. Among them was Theophylactus. Tarasius appointed him Bishop of Nicomedia. As a bishop, Theophylactus was a good shepherd to his entrusted flock and proved to be exceptionally filled with compassion toward the less fortunate and indigent. After the death of St. Tarasius, the Patriarchal Throne was occupied by Nicephorus and shortly after that, the Imperial Throne was occupied by Leo the Armenian, who was an Iconoclast and, as such, raised up a absolute storm in the Church of Christ. Even though Iconoclasm had been anathematized by the Seventh Ecumenical Council [Nicaea, 783 A.D.], nevertheless, Emperor Leo re-instated it and by this wanted to supplant Orthodoxy. Saint Theophylactus opposed the emperor to his face and, when the emperor would not yield, Theophylactus said to him, "O emperor, violent injury will unexpectedly befall you, and you will not find anyone who will save you from it." Because of these words and by the order of the emperor, Theophylactus was ousted from his position and banished into exile, where he spent thirty years undergoing many hardships and insults and, where, in the end, he rendered his soul to the Lord about the year 845 A.D.

St. Felix of Burgundy, bishop of Dunwich, and enlightener of East Anglia (c.648) - Monk. Priest, In Burgundy he met befriended, converted and baptised King Sigebert who was in exile from East Anglia. England. When Sigebert returned to East Anglia in 630, he invited Felix to bring Christianity to his people. Felix was ordained bishop by Saint Honoratus of Canterbury, and then sailed up the River Kent, apparently starting his work in the area now known as Felixstowe. Evangelized throughout East Anglia, building a cathedral and school at Dunwich, stone churches throughout the region, and the college that became the University of Cambridge. With Saint Sigebert he founded the Bury Saint Edmunds abbey c.637. Worked with Saint Fursey. Spiritual teacher of Saint Audrey.

The anniversary of the repose of Archbishop Vitaly (Maximenko) of Jordanville (1960) - the young Archmandrite Vitaly was assigned by his bishop to the Pochaev Monastery in 1902 as a printer and preacher. He turned the Pochaev print-shop into one of the biggest church printing operations in Russia, having St. Job of Pochaev - a champion of Orthodoxy against the Uniates - as his heavenly patron. His efforts were interrupted by the First World War and the Russian Revolution, however, as the print-shop was plundered by Ukrainian nationalists and the Bolsheviks. In 1924 Vladika Vitaly managed to re-establish the print-shop in Ladomirovo, situated just inside the Czechoslovakian border. In 1944 the brotherhood was forced to move again, this time because of the Second World War. Once again everything was lost, this time to advancing Soviet troops. Archimandrite Vitaly was ordained Bishop and appointed to North America. He asked the monks at the Holy Trinity Monastery in Jordanville to accept him as one of the brethren which they did. He moved the print-shop of St. Job of Pochaev there in 1947, where it operates to this day. He was Abbot of the monastery from 1948 until his repose in 1960. One of the great figures of the Russian Diaspora, Vladika Vitaly was a great printer-missionary and stalwart of Orthodoxy in these times. May his memory be eternal!

New Martyr Archpriest Michael Edklinsky - little is known of Father Michael. He was the parish priest of the Church of Sts. Boris & Gleb at Podol in Kiev from at least 1889 until the Revolution. He worked tirelessly for his parishioners. He was especially attentive to the problem of drunkenness, considering it to be the foremost reason for human depravation and spiritual fall. Through his prayers, many were healed from this terrible weakness. He was given much money by others for charitable purposes. He established a parish cafeteria which distributed food for the poor and also an orphanage and a day school for the children of working women. He, his Matushka, and their daughters dressed poorly so as to give everything they could to the poor. Once, when the people began to attack the local Jewish population, he proceeded together with his clergy in full vestments and admonished the rioters, who began to disperse. He had great faith, and prayed fervently with tears. His sermons

greatly profited those who heard him, and all who confessed in his presence experienced spiritual joy and peace. He died in a Kiev prison in 1938. There have been many miracles worked through his prayers, both during his life and after his martyrdom. Holy New Hieromartyr Michael, pray for us!

Also commemorated on this day: Holy Apostle Hermas of the Seventy (1st C); Hieromartyr priest Theodoretus of Antioch (†c.363); Venerable Dometius the Persian (4th C); Venerable Lazarus (†1391) and Venerable Athanasius (14th C) of Murom; New Hieromartyr John Znamensky, priest (†1923); New Martyr Vladimir Ushkov (†1942); ‘Kursk-Root’ Icon of the Sign of the Mother of God, in memory of miraculous preservation of the icon from the attack of militant atheists (1898).

† Daily Scripture Readings †

Monday – Sixth Hour: Isa. 14:24-32; Vespers: Gen. 8:21-9:7; Prov. 11:19-12:6

Tuesday – Sixth Hour: Isa. 25:1-9; Vespers: Gen. 9:8-17; Prov. 12:8-22

Wednesday – Sixth Hour: Isa. 26:21-27:9; Vespers: Gen. 9:18-10:1; Prov. 12:23-13:9

Thursday – Sixth Hour: Isa. 28:14-22; Vespers: Gen. 10:32-11:9; Prov. 13:20-14:6

Friday - Sixth Hour: Isa. 29:13-23; Vespers: Gen. 12:1-7; Prov. 14:15-26

Saturday – Epistle: for Saturday: Heb. 6:9-12 (§313); for the Departed: I Cor. 15:47-57 (§163)
Gospel: for Saturday: Mark 7:31-37 (§31); for the Departed: John 5:24-30 (§16)

Lenten Synaxarion

Cross Veneration Sunday

Let all the earth venerate the Cross,

through which it has learned to worship Thee, the Word.

On this third Sunday of the Great Fast we celebrate the Veneration of the precious and life-giving Cross. Since during the forty days of the Fast we are also in a way crucified, mortified to the passions, contrite, abased and despondent, the precious and life-giving Cross is offered to us as refreshment and confirmation, calling to mind the Passion of our Lord Jesus Christ and comforting us. If our God was crucified for our sake, how great should be our effort for His sake, since our afflictions have been assuaged through the Lord’s tribulations, and by the commemoration and the hope of the Cross of glory. For as our Savior in ascending the Cross was glorified through dishonor and grief; so should we also endure our sorrows, in order to be glorified with Him. Also, as those who have traveled a long hard road, weighed down by the labors of their journey, in finding a shady tree, take their ease for a moment and continue their journey rejuvenated, so now in this time of the Fast, this sorrowful and laborious journey, the Holy Fathers have planted the life-giving Cross, for our relief and refreshment, to encourage and make easier the labors that lie ahead. Or as when there is a royal procession, the king’s scepter and banners precede him, he then appears himself, radiant and joyous in his victory, causing his subjects to rejoice with him. So then our Lord Jesus Christ, desiring to show His sure victory over death and His glory on the day of the Resurrection, sends His scepter before Himself, the sign of His kingship, the life-giving Cross, to gladden and refresh us, as it greatly fortifies and enables us to be prepared to receive the King with all possible strength, and to praise Him in His radiant victory.

This week lies at the middle of the holy Forty Day Fast. The Fast is like a bitter source because of our contrition and the sadness and sorrow for sin that it brings. And as Moses plunged the branch in the bitter waters of Marah, making them sweet, so God, who has led us through the spiritual Red Sea away from Pharaoh, through the life-giving wood of the precious and life-giving Cross sweetens the bitterness of the Forty Day Fast, and comforts us as those who were in the wilderness, up until the time when by His Resurrection He will lead us to the spiritual Jerusalem. And since the Cross is called, and indeed is, the Tree of Life, it is the very tree that was planted in the Garden of Eden. So it is fitting that the Holy Fathers have planted the Tree of the Cross in the middle of the Forty Day Fast to commemorate both Adam's tasting of its sweet fruit and of its being taken from us in favor of the Tree of the Cross, tasting of which we shall in no way die, but will have even greater life.

**Through the power of Thy Cross, O Christ our God,
preserve us also from the temptations of the Evil One.
And make us worthy to venerate
Thy divine Passion and life-bearing Resurrection,
having radiantly traversed the great length of the Fast,
and have mercy on us, as Thou art good
and lovest mankind.
Amen.**