

PRAYERS ARE REQUESTED FOR ...

The health and salvation of –

Abducted Bishops Paul & John	John
Hieroschemamonk Ambrose	Vivian
Archpriest Eugene	Jung Sook
Priest James	Thomas
Priest John	Randall
Reader Aleksei	Don
Monk Philaret	Norma
Matushka Priscilla	James
Elizabeth • Marie • Marie	
Virginia • Ignatius • Anne	
Thomas • John • Theodore	
Katherine • Roman	
Clergy & Parishioners of Holy Myrrhbearing Women Church	
Catechumens: Andrew, David, Michael, Sergio, Rachel, Jennifer, and Rebecca	

The repose and salvation of –

Arthur (October 7)

Please let Father know if there are any names you would like added to the list.

Tuesdays at 6:30 PM – Women's Bible Study

Nativity Fast begins this Thursday, November 15

Next Sunday, November 18 – Church School

Saturday, November 24, 5:30 PM – Great Vespers & Confession

*A mission parish under the omophorion of His Eminence Benjamin,
Archbishop of San Francisco and the Diocese of the West,
Orthodox Church in America*



**ST TIKHON ORTHODOX
CHRISTIAN CHURCH**

Sunday, November 11, 2018



Holy Great Martyr Menas of Egypt



Relics of the Holy Great Martyr Menas at Abu Mena, Egypt

Sundays at 9:10 AM – Hours & Divine Liturgy, followed by agape potluck

Wednesdays at 6:30 PM – Evening Prayers & Saints of the Day

Saturdays at 5:30 PM – Great Vespers

Other services as announced

Priest Alexander Vallens, *Rector*

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Deacon John Manutes, *Attached*

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Holy Great Martyr Menas of Egypt

A pious Egyptian couple, Eudoxius and Euphemia, had long waited to have children. During a feast dedicated to the Virgin Mary, Euphemia was praying with tears to an icon of the Most-Holy Theotokos to grant her a child, and at the end of her prayer, the Mother of God had answered from her icon “Amen,” and several months later, in 285 A.D., the blessed child Menas was born. His father died when he was 11 years old and his mother when he was only 14, and the next year he joined the Roman army. He served in the Kotyaeion region of Phrygia during the reigns of the emperors Diocletian and Maximian. When the emperors began the fiercest persecution against Christians in history, the saint refused to serve them, and withdrew to a mountain, where he lived an ascetic life of fasting and prayer.

In 309, St. Menas had a revelation of an angel crowning Holy Martyrs; and he heard a voice saying: “Be blessed Menas, you have been called to a pious life since your childhood. You will be crowned with three crowns: one for your clean life in celibacy, second for your ascetic struggle, and the third for martyrdom.” He went to a pagan festival in the town of Cotyaeus and, before them all, confessed his faith in Christ the living God, denouncing idolatry and paganism as falsehood and darkness. The governor of the town put holy Menas to harsh torture. He was flogged, flayed with iron flails, burned with torches and tortured in many other ways, finally being beheaded. His body was burned to prevent Christians taking it, but they did succeed in rescuing some bits and buried them with care. Later, his sister along with some soldiers took his body to Alexandria and placed it in a church. When the persecution against Christians had stopped, an angel appeared to Pope Athanasius of Alexandria, instructing him to remove the saint’s body, place it on a camel and take it to the Western Desert. Not far from Alexandria, at the end of Lake Mariout, the camel no longer would move, no matter how hard they tried to do push it forward. They understood this to be a sign from God, and buried the saint’s body there.

For several centuries, Menas was forgotten, until a shepherd was feeding his sheep in the area, and a sick lamb fell on the ground. As it struggled to get on its feet again, it was cured. The story spread quickly and the sick who came to this spot recovered from whatever illnesses they had just by laying on the ground. Even the emperor Zeno’s daughter from Constantinople, sick with leprosy, was sent there for healing. One night, the Great Martyr Menas appeared to her in a dream and revealed that his holy relics were at the place of healing. St Menas asked the girl that a church would be built in his honor. The next morning, she was cured and she revealed her dream to her servants. The Emperor of Constantinople ordered that not only a cathedral, but an entire city, be built on the site.

The editor gratefully acknowledges the invaluable assistance of Miray G. El-kedvani, B.A. '20.

Also this week: *St. John the Merciful; Ven Nilus the Myrrh-Gusher (November 12); SAINT JOHN CHRYSOSTOM, ARCHBISHOP OF CONSTANTINOPLE (November 13); HOLY AND ALL-PRAISED APOSTLE PHILIP (November 14); **NATIVITY FAST BEGINS;** Ven Paisius Velichkovsky (November 15); HOLY APOSTLE AND EVANGELIST MATTHEW (November 16); St. Gregory the Wonderworker of Neo-Casarea; St Hilda, Abbess of Whitby (November 17).*

*** Regular fasting on Monday and Tuesday; fasting the rest of the week, with wine and oil allowed Wednesday and Thursday, and fish, wine, and oil allowed Friday and Saturday ***

Epistle: Ephesians 2:14-22 (Sunday)

Gospel: Luke 10:25-37 (Sunday)

Troparion – Tone 7 (Resurrection)

By Thy Cross Thou didst destroy death / To the thief Thou didst open Paradise /
For the Myrrhbearers 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.

Troparion – Tone 4 (Martyrs)

Thy holy martyrs, O Lord, /
Through their sufferings received their incorruptible crowns from Thee, our God /
For having Thy strength they laid low their enemies /
And shattered the powerless boldness of demons. ///
Through their intercessions, O Christ God, save our souls.

Troparion – Tone 8 (St Theodore)

As an instructor of Orthodoxy, a teacher of piety and purity, /
A lamp of the universe, and divinely-inspired enrichment of monastics, /
O most-wise Theodore, by thy teachings thou didst enlighten all ///
O spirit-filled voice, beseech Christ God that our souls may be saved.

Kontakion – Tone 7 (Resurrection)

The dominion of death can no longer hold men captive, /
For Christ descended, shattering and destroying its powers! /
Hades is bound, while the Prophets rejoice and cry: /
“The Savior has come to those in faith; ///
Enter, you faithful, into the Resurrection!”

Kontakion – Tone 4 (Martyr)

O passion-bearing martyr Menas, / Thou didst leave behind the army on earth /
And wast made a member of the army of heaven / By Christ our God, ///
Himself, the unfading Crown of the martyrs.

Kontakion – Tone 2 (Theodore)

Thine ascetic life, equal to that of the angels /
Was illumined through thy struggles and suffering, /
And thou wast revealed to dwell together with them, O Theodore, blessed by God. ///
Cease not to beseech Christ God together with them, on behalf of us all.