



**St George the Great Martyr
Orthodox Church - Weekly Bulletin**

Sunday, June 17, 2018

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**3rd Sunday after Pentecost/ Martyrs Manuel, Sabel,
and Ismael, of Persia (362 AD)**

Tone 2 Troparion (*Resurrection*)

When Thou didst descend to death, O Life immortal,/ Thou
didst slay hell with the splendor of Thy Godhead./ And when
from the depths Thou didst raise the dead,/ all the powers of
heaven cried out:/ "O Giver of life, Christ our God, glory to
Thee!"

Tone 4 Troparion (*from the Menaion, for the Martyrs*)

Thy holy martyrs Manuel, Sabel, and Ismael, O Lord,/ through
their sufferings have received incorruptible crowns from Thee,
our God./ For having Thy strength, they laid low their adver-
saries,/ and shattered the powerless boldness of demons.//
Through their intercessions, save our souls!

Tone 2 Kontakion (*Resurrection*)

Hell became afraid, O almighty Savior,/ seeing the miracle of
Thy Resurrection from the tomb!/ The dead arose! Creation,
with Adam, beheld this and rejoiced with Thee,// and the
world, my Savior, praises Thee forever.

Tone 2 Kontakion (*from the Menaion, for the Martyrs*)

Because of your perfect faith in Christ, all-blessed martyrs,/ Ye
drank the cup of His sufferings with generous hearts./ Ye re-
nounced the idols of Persia,/ and, yourselves three in number,
proclaimed your belief in the Holy Trinity.// We ever beseech
you to pray for us all.

Matthew 6:22-33 (*Gospel*)

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon. Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Fasting during the Apostles Peter and Paul Fast

'Fasting is the beginning and foundation of every spiritual activity.'

— *Symeon the New Theologian*

'In proportion as the body grows fat, so does the soul wither away.'

— *Abba Daniel of Sketis*

The Church's traditional teaching on fasting is not widely known or followed in our day. For those Orthodox Christians who are seeking to keep a more disciplined fast, the following information may be helpful.

Monday, Wednesday, Friday: Strict fast, No meat, fish, eggs dairy, oil or wine.

Tuesday, Thursday: Oil and wine permitted.

Saturday, Sunday: Fish, oil and wine permitted.

Holy Martyrs Manuel, Sabel, and Ismael

June 17th

The Holy Martyrs Manuel, Sabel and Ismael, brothers by birth, were descended from an illustrious Persian family. Their father was a pagan, but their mother was a Christian, who baptized the children and raised them with firm faith in Christ the Savior.

When they reached adulthood, the brothers entered military service. Speaking on behalf of the Persian emperor Alamundar, they were his emissaries in concluding a peace treaty with the emperor Julian the Apostate (361-363). Julian received them with due honor and showed them his favor. But when the brothers refused to take part in a pagan sacrifice, Julian became angry. He annulled the treaty and incarcerated the ambassadors of a foreign country like common criminals.

At the interrogation he told them that if they scorned the gods he worshipped, it would be impossible to reach any peace or accord between the two sides. The holy brothers answered that they were sent as emissaries of their emperor on matters of state, and not to argue about “gods.” Seeing their firmness of faith, the emperor ordered the brothers to be tortured.

They beat the holy martyrs, then nailed their hands and feet to trees. Later, they drove iron spikes into their heads, and wedged sharp splinters under their fingernails and toenails. During this time of torment the saints glorified God and prayed as if they did not feel the tortures.

Finally, the holy martyrs were beheaded. Julian ordered their bodies to be burned, and suddenly there was an earthquake. The ground opened up and the bodies of the holy martyrs disappeared into the abyss. After two days of fervent prayer by the Christians, the earth returned the bodies of the holy brothers, from which a sweet fragrance issued forth. Many pagans, witnessing the miracle, came to believe in Christ and were baptized.

Christians reverently buried the bodies of the holy martyrs Manuel, Sabel and Ismael in the year 362. Since that time the relics of the holy passion-bearers have been glorified with miracles.

When he heard about the murder of his emissaries, and that Julian was marching against him with a vast army, the Persian emperor Alamundar mustered his army and started off toward the border of his domain. The Persians vanquished the Greeks in a great battle, and Julian the Apostate was killed by the holy Great Martyr Mercurius (November 24).

Thirty years later the pious emperor Theodosius the Great (+ 397) built at Constantinople a church in honor of the holy martyrs, and Saint Germanus, Patriarch of Constantinople (May 12), then still a hieromonk, wrote a Canon in memory and in praise of the holy brothers.

Calendar of Events – Starting today: June 17

Sunday	6/17	9:10am - Hours 9:30 am - Divine Liturgy
Monday	6/18	
Tuesday	6/19	
Wednesday	6/20	1pm Office Hours
Thursday	6/21	
Friday	6/22	
Saturday	6/23	6:00pm Great Vespers and Confessions
Sunday	6/24	9:10am - Hours 9:30 am - Divine Liturgy

**Please keep our brothers and sisters in your prayers
during the week.**

For good health and healing:

Abram, Debrutu, Denise, Tony, Dragosh, Sonya, Joseph, Joseph, Souraya, Alice, Issa, Basil, Rania and the child to be born of her, Ghaleb, Majdlin, Jacob, Collette, Christina, Connie, Eddie, Fred.

For a new job:

Mario, Jason, Janice.

Memory Eternal:

Newly-departed Archpriest Vadim.

Weekly announcements:

- ◆ Happy Fathers day! Please join us at coffee hour.
- ◆ Office Hours are Wednesday 1-4pm church office.
- ◆ June 19 St Barbara monastery is having a fun children's day. PLEASE let Fr Michael if you would like your children to participate. We need to know who is going today.
- ◆ All interested ladies are invited to meet after Liturgy in the Church school room to discuss our re-organization of the Ladies' Group. All are welcome. Please bring your ideas and your prayers!