

# May 16

## **D. *Our Venerable Father Theodore the Sanctified, Disciple of Ven. Pachomius the Great***

Born in Egypt of wealthy Christian parents and "wise from youth" Venerable Theodore was not greatly interested in earthly subjects, but aspired to the heights above the earthly. Exercising himself in prayer, abstinence and the asceticism of piety, he dared to leave his parental home and refused the care of father and mother, he secretly first of all ran away to one of the Egyptian monasteries, but he entered the Tabennesis Monastery of Ven. Pachomius the Great. Neither youth, nor the belief of his parents and relatives, nor any kind of hope for the well-being and joys of earthly life distracted him from his chosen way. His mother, having found the location of her son, came to ask her son to return home, but "in unbowed virtue" Theodore refused to see his mother, not considering her tears or her request. Then his mother herself left the world and settled in the monastery founded by the sister of St. Pachomius. Abiding in the obedience of Ven. Pachomius, Ven. Theodore, after the death of his guide, was elected the rector of the monastery where, "piously passing through" "the bright way of life pleasing to God" died at an extreme old age in 368.

### *Kontakion, tone 2*

**You flourished like a palm tree in the house of God,  
Bringing forth fruit of virtues to the Lord,  
Through keeping the fast, O Venerable Father:  
Therefore you are also blessed,  
As equal in standing to the bodiless ones.**

### *+ Our Ven. Father Ephraim of Perekom, Wonderworker of Novgorod*

He was born in Kashin, Tver Province and from youth he showed himself as an example of meekness and strict abstinence. "Having imitated the angelic way of life and having left all earthly things", he "enthused by everything divine and for His sake having left his country and generation" and was tonsured in the Monastery of St. Sabbas of Vishera, Novgorod Diocese. His parents, finding Ephraim in a monastery, decided to persuade their son to return home, but the young ascetic convinced them to enter a monastery. With the blessing of St. Sabbas he left the hermitage near Lake Ilmen where, at the mouth of the Verenda River, he established a kellia for himself for the asceticism of silence. Here, restraining "the carnal subtleties of the flesh", exhausting himself "in fasting and

prayer" and enduring "a severe way of life", Ven. Ephraim sojourned "in fasting for many years", imitating "the other ancient great father, in carrying out the fast". Soon some other monks appeared here seeking a place for desert dwelling. Ven. Ephraim built a monastery and became its rector. For the ease of delivering pure water to the monastery Ven. Ephraim dug a canal to Lake Ilmen, therefore the monastery is named either Perekop or Perekom (see the Novgorod Diocese). Ven. Ephraim died in the year 1492 at the age of 80 years. His relics were placed in his monastery and in the year 1545 together with the monastery they were transferred to nearby Klinkovo.

*Troparion, tone 4*

**From youth you were enthused with everything divine, O Blessed One,  
And for His sake you left love of country and generation  
To settle in the wilderness,  
In which you demonstrated the strict life,  
And God bestowed the gift of wonders on you, O Venerable Ephraim:  
Pray to Christ God that He may save our souls.**

*Kontakion, tone 8*

**Having emulated the angelic way of life, O Venerable One,  
Having left all earthly things you flowed to Christ:  
And were fenced in with His commandments,  
You revealed yourself an unshakeable pillar against the attacks of enemies:  
That we may call out to you:  
Rejoice, O brightest star Ephraim.**

**Paramoera:** see May 1. **Matins Gospel:** Mt. 11:27-30; sel. 43. **Epistle and Gospel** for a venerable one.

*Ven. Maiden Musa, Fifth Century*

Born a Roman woman, she accustomed herself with morality and purity of soul. Once the Mother of God surrounded by beautiful maidens appeared to her in a dream, one of the times with Musa, and asked her: "do you want to live with these maidens?" Musa answered "yes, I do". "On the thirtieth day I shall come to you and you will be with them", shown with the All Pure One. On the twenty fifth day after this St. Musa became ill, and on the thirtieth, having been honored with new visions of the Mother of God, she left the earth.

*St. George, Bishop of Mitylene*

He practiced asceticism in the Ninth Century during the iconoclastic disturbances. His relics were seen in Mitylene by the pilgrim Hegumen Daniel at the beginning of the Twelfth Century.

*Bishop Abdiesus and with him 16 priests, 9 deacons, 7 virgins and 6 monks*

Born in Persia, they died as martyrs soon after St. Abda, Bishop of Persia (see Mar. 31) about the year 418 during the reign of Yazdgird.

*Martyr Peter* was beaten to death by straps for iconolatry in Blachernae and died during the reign of Emperor Copronymus.

*St. Nicholas Mysticus (i.e. the eldest member of the sacred council),  
Patriarch of Constantinople*

After a strict monastic life and having become the patriarch in 895, St. Nicholas wisely governed the church for 10 years. But then for his excommunication of Emperor Leo I, who unlawfully entered into a fourth marriage, he was deposed from his see and was imprisoned. In 911, after the death of Leo I, St. Nicholas was again elevated to the see of the patriarch and governed it until his death in or about the year 925.



*New Martyr Nicholas* was burned to death by the Turks in 1617. His head is in the Barlaam Monastery in Meteora.

*S. V. Bulgakov, Handbook for Church Servers, 2<sup>nd</sup> ed., 1274 pp. (Kharkov, 1900), pp. 0175-0176.  
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