

September 22

A. Holy Hieromartyr Phocas, Bishop of Sinope



At first he was a ship master, and later bishop of the maritime city of Sinope. "Steadily" walking the way of salvation, he "from childhood" was a "zealot of the Lord" and "defender of the needy". During the reign of Emperor Trajan he courageously confessed Christ "before the cruel judge" and after various tortures he was thrown into a hot bath where he died in the year 171. The Holy Church glorifies him as one who enlightened "the whole earth with rays of wonders", delivered us "from everything fierce", treated "various passions", drove away "every infirmity of soul and carnal weakness" and "vigilant as a prayer book calming the raging waves of the sea and taming misfortunes", delivered "those who sail from storms and trouble" and who "always" helped "those on the seas". _).

Kontakion: see July 22.

On this day we sing for the Holy Apostle Quadratus (see Sept. 21).

Holy Prophet Jonah



The fifth from among the Minor Prophets, he was born in Gath-Hepher and prophesied to Jeroboam II, King of Israel (9th century B.C.). Sent by the Lord to preach repentance in the capital city of the mighty Assyrian monarchy, Nineveh, and not wishing to deliver pardon from God to the Ninevites because they were pagans and enemies of his fatherland, St. Jonah sailed away from Nineveh on a ship. But during the time of a suddenly risen storm he was thrown into the sea by the pagans for the propitiation of their gods and was swallowed by a whale. Being in the belly of the whale for 3 days and 3 nights, St. Jonah repented of his disobedience and was then thrown out on the shore by the whale and again received the command from the Lord to go to Nineveh. The Ninevites, having heard his sermon, repented of their sins and was pardoned by God. All of this is narrated in detail in "The Book of the Prophet Jonah". The three-day existence of St. Jonah in the belly of the whale serves as a prototype of the three day burial of the Lord Jesus Christ in the grave.

The service of the prophet of Jonah is sung at Compline.

Ven. Presbyter Jonah, Father of Theophanes, Author of Canons, and Theodore Graptus

"Having left worldly confusion and fleeting beauty", he was an ascetic in the Monastery of Sabbas the Sanctified in Palestine in the 9th century. "Having protected the faith unharmed", he had the gift of treating the sick.

The service to Venerable Jonah is sung at Compline.

Martyr Phocas the Gardener

He suffered for Christ in the city of Sinope about the year 320. St. Phocas had a small garden in Sinope which supplied him the means of making a living. He helped all the poor, willingly gave shelter to strangers and treated them with the fruits of his garden. He died from truncation by the sword. According to the Reader's Menaion (Chetji-Mineaia) of St. Demetrius of Rostov, "it was the custom of those sailing on the sea to summon Phocas for help (refer to the note below).

St. Peter the Tax-collector

During the reign of Justinian I, he was a tax collector in Africa and, out of cruelty, did not like to give alms. Once, after the persistent request of a needy one, Peter in anger, not finding a stone threw a loaf of bread, which he held for the house of the prince, in the face of the needy one. Following this he had a vision, that this bread was placed on a balance scale by angels, weighed against all his wicked deeds and perceived that even his almost involuntary good deed had great value before the eyes of the Creator. Fulfilling the command of the angels applied to this bread as alms and in order to not fall under the authority of the devil and to avoid eternal torment, Peter became charitable and began to distribute alms abundantly to the needy. His new vision strengthened him even more in ascetic efforts of good works. Once having been shipwrecked with very expensive clothes which, being ashamed to wear, he replaced them with others. Peter was very much distressed, having seen his clothes hanging in the market-place, thinking that God did not wish to accept his offering. Then in a vision at night the Lord Jesus Christ revealed Himself to Peter, dressed in his clothes given to the needy. After this, Peter distributed his estate, freed all his servants, leaving only one. Having come to Jerusalem with this servant, Peter persuaded him to be his master and to sell Peter into slavery, and that the servant did. Sold to a certain Christian, Peter served him for many years, refusing any freedom offered to him. Recognized by sellers of silver who came to Jerusalem, St. Peter hid himself and all his remaining life he passed in slavish humility and labors. He died in Constantinople in the 6th Century.

The 26 Ven. Martyrs of Zographos

They suffered from Emperor Michael Palaeologus and Patriarch John Beccus for the charge of Latinism by the latter. All of them were burned in a tower. Of them the following are known by name: Hegumen Thomas, the monks Barsanuphius, Cyril, Micah, Simon, Hilarion, James, Job, Cyprian, Sabbas, James, Martinian, Cosmas, Sergius, Menas, Joasaph, Joannicius, Paul, Anthony, Euthymius, Dometian, Parthenius and four laymen.

Ven. Cosmas of Zographos

He was born a Bulgarian and was tonsured a monk in the Zographos Monastery on Mount Athos. For his saintly life he was worthy to receive the gift of prophecy and insight from the Lord. He died in the year 1323.

Commemoration of the Venerable Fathers, Reposing in the Kievan St. Anthony's Cave, (since 1670 when, during the repair of the caves damaged by an earthquake, some relics of old ascetics were opened and the Temple of the Elevation of the Honorable Cross was constructed) performed on the Saturday after the Leave-taking of the feast of the Elevation of the Cross of the Lord (i.e. after September 21): **Ven. Anthony** (July 10), **Ven. Prochorus** the Wonderworker (February 10), **Ven. John** the Faster (December 7), **St. Juliana** the Virgin Princess (unmarried) Olshansky (July 6), **Ven. Martyrs Basil and Theodore** (August 11), **Ven. Polycarp**, Archimandrite of the Caves (July 24), **Ven. Barlaam**, Hegumen of the Caves (November 19), **Ven. Damian the Healer** (October 5), **Ven. Nicodemus** the Prosphora Baker (October 31), **Ven. Lawrence** the Hermit (January 29), **Ven. Athanasius** the Hermit (December 2), **Ven. Erasmus** (February 24), **Ven. Luke**, Economos of the Caves (November 6), **Ven. Agapitus**, Unmercenary Doctor (June 1), **Ven. Theophilus and John** (December 29), **Ven. Nectarius** (November 29), **Ven. Gregory** the Iconographer (August 8), **Hieromartyr Kuksha** (August 27), **Ven. Alexius** the Hermit, **Ven. Sabbas** (April 24), **Ven. Sergius** the Obedient (October 7), **Ven. Mercurius**, Bishop of Smolensk, **Ven. Poemen** the Sickly (August 7), **Ven. Nestor** the Chronicler (October 27), **Ven. Martyr Eustathius** (March 28), **Ven. Helladius** the Hermit, **Ven. Jeremiah** the Clear-sighted (October 5), **Ven. Martyr Moses** the Magyar (July 26), **Ven. John** the Much-suffering (July 18), **Ven. Mark** the Grave-digger (December 29), **Ven. Nicholas** the Puritan, Prince of Chernigov (October 14), **Ven. Gregory** the Wonderworker (January 8), **Ven. Onesimus** the Hermit, **Ven. Matthew** the Clear-sighted Hermit (October 5), **Ven. Isaiah** the Wonderworker (May 15), **Ven. Abraham** the Industrious, **Ven. Niphon**, Bishop of Novgorod (April 8), **Ven. Sylvester** (January 1), **Ven. Poemen** the Faster (August 27), **Ven. Onuphrius** the Silent (July 21), **Ven. Anatolius** (July 3), **Ven. Alypius** the Iconographer (August 17), **Ven. Sisoe** the Hermit, **Ven. Theophilus** the Hermit, **Ven. Arethas** the Hermit (October 24), **Ven. Spyridon** the Prosphora Baker (October 31), **Ven. Onesiphorus** the Confessor (November 9), **Ven. Simon**, Bishop of Suzdal (May 10), **Ven. Nikon**, Hegumen of the Caves (March 23), **Ven. Theophanes** the Faster (October 11), **Ven. Macarius** (January 19), **Ven. Martyr Deacon Anastasius** (January 22), the Holy Twelve Architects of the Church of the Caves, **Ven. Abramius** the Hermit, **Ven. Isaacius** the Hermit (February 14), **Ven. Elias** of Murom (December 19), **Martyr John** the Child, **Ven. Nikon** the Dried (December 11), **Ven. Ephraim**, Bishop of Pereiaslav (January 28), **Ven. Hieromonk Titus** (February 27), **Ven. Ephraim** the Priest, **Ven. Jerome** the Hermit and Wonderworker, **Holy Elder Meladius** the Wonderworker, **Holy Elder Pergius and Eustathius**, formerly in the world a gold-finder, **St. Paul**, the Wonderfully Obedient Monk. Two canons (one composed by Meletius Sirig and the other anonymous) are written for the Saints of the Caves pleasing to God,

reposing in the caves of St. Anthony, in which are glorified also other saints reposing in the caves, and outside in Kiev generally.

_) Thus according to the church hymns the usual help for those sailing the seas is Hieromartyr Phocas, and according to the Reader's Menaion (Chetji-Mineia) Martyr Phocas the Gardener is also commemorated on this day. Already Asterius of Amasia (who died about the year 410) bore witness that seafarers resorted to prayer for the help of Martyr Phocas the Gardener. Some hold that confusion in this case has gone. So the relics of the Hieromartyr Phocas were transferred to Constantinople not later than the year 404 and his memory was much more glorious than the memory of Martyr Phocas the Gardener by the inhabitants of Constantinople. Others held that they resorted to Hieromartyr Phocas for help in navigation, but the inhabitants of Sinope and its vicinity resorted to Martyr Phocas the Gardener.

*S. V. Bulgakov, **Handbook for Church Servers**, 2nd ed., 1274 pp. (Kharkov, 1900) pp 0344-0346
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