

# Daily Orthodox - January 31st, 2025

Today is Friday of the 32nd Week  
after Pentecost.

## Fasting Obligations

- **OCA, GOARCH, Antioch:** Strict fast.

Today, we commemorate...

1. **Cyrus and John, Unmercenaries and Miracle-workers, and the Holy Martyrs Athanasia and her daughters Theodota, Theoctista, and Eudoxia**

“ These charitable and glorious saints were not blood brothers, but were brothers in the spirit. Cyrus began in Alexandria, and as a physician he healed people by the power of Christ and by his knowledge of medicine. Learning that sickness mostly befalls man because of sin, Cyrus always directed the sick to purify their souls from sin through repentance and prayer, and thereby to restore health to their bodies. When Diocletian's persecution against Christians began, Cyrus withdrew to Arabia, where he received the monastic tonsure. He became so famous in Arabia as he had been in Alexandria, so that people there also resorted to him for assistance. Hearing about Cyrus, John—then a Roman officer in Edessa—came to Arabia to see him. Upon meeting, they loved one another as a brother loves a brother, and remained together to live a life of asceticism. At that time, a certain Christian woman named Anastasia and her three daughters were tortured by the persecutors in the town of Canopus. Hearing of this, Cyrus and John came to Canopus to encourage the mother and her daughters not to abandon the Faith. Truly, thanks to the counsel of these saints, Anastasia

endured all tortures, and with her daughters she was martyred for Christ. The daughters of Anastasia were: Saints Theoctista, age fifteen; Theodora, age thirteen; and Eudocia, age eleven. The tormentors then captured Cyrus and John, who were beheaded after imprisonment and torture in the year 311. Numerous miracles were wrought by these martyrs, both during their lives and after their deaths. Their relics were translated to Rome during the reign of the Emperor Arcadius. These saints are invoked for assistance, especially during the Blessing of Water, in the Sacrament of Holy Unction, and by those suffering from insomnia.

## 2. The Holy Martyr Tryphaenes, at Cyzicus

“ Saint Triphaenes came from Cyzicus on the Hellespont. Tryphaena [*ed. note: these different renderings of her name are part of the text*] willingly and courageously endured many tortures for Christ. Because she did not want to deny her Faith, a wild ox was goaded to attack her, and gored her to death. This occurred in the first century. At the place where her blood was shed, there is said to have welled up a spring of clear water which, when taken by women—or even female animals—whose milk had dried up, restored its flow for the benefit of their sucklings. St. Tryphaena is invoked by mothers who are unable to nurse their children.

## 3. The Venerable Nicetas of the Monastery of the Kiev Caves

“ As a monk in disobedience to his superior, Nicetas left the monastery and closed himself in a cell. Because of his disobedience, God permitted great temptations to befall him. Once, when Nicetas was at prayer, the devil appeared to him under the guise of a radiant angel and said to him: "Do not pray anymore, but rather read books and I will pray for you!" Nicetas obeyed, ceased to pray, and began to read books. He only read the Old Testament. He was unable to open the New Testament, for the power of the devil prevented him from doing so. With the help of the devil, Nicetas prophesied—but only about crimes, thefts, arson and other evil deeds which are known to the devil and in which he participates. Finally, the Holy Fathers of the Caves realized that Nicetas had fallen into demonic delusion, and they began to pray to God for him. Nicetas returned to the monastery, realized the state of ruin he was in, repented bitterly over his disobedience and pride, and directed himself on the right path. After prolonged repentance and many tears, God forgave him and bestowed upon him the gift of miracle-working. He reposed in the year 1108.

4. *Martyrs Victorinus, Victor, Nicephorus, Claudius, Diodorus, Serapion, and Papias*, at Corinth (251 or 258)
5. *St. Marcella of Rome* (410)
6. *St. Athanasius*, bishop of Methone (ca. 880)
7. *New Monk-martyr Elias* (Ardunis), of Mt. Athos and Kalamata (1686)
8. *St. Arsenius the New*, of Paros (1877)

For more information on today's saints or commemorations not provided, see

<https://www.oca.org/saints/lives> (Slavic) and/or <https://www.goarch.org/chapel> (Greek).

## Daily Scriptures

### Slavic

- **Epistle:** 1 Peter 1:1-2, 10-12, 2:6-10

“ <1> Peter, an apostle of Jesus Christ, To the pilgrims of the Dispersion in Pontus, Galatia, Cappadocia, Asia, and Bithynia, <2> elect according to the foreknowledge of God the Father, in sanctification of the Spirit, for obedience and sprinkling of the blood of Jesus Christ: Grace to you and peace be multiplied. <10> Of this salvation the prophets have inquired and searched carefully, who prophesied of the grace that would come to you, <11> searching what, or what manner of time, the Spirit of Christ who was in them was indicating when He testified beforehand the sufferings of Christ and the glories that would follow. <12> To them it was revealed that, not to themselves, but to us they were ministering the things which now have been reported to you through those who have preached the gospel to you by the Holy Spirit sent from heaven—things which angels desire to look into. <6> Therefore it is also contained in the Scripture, "Behold, I lay in Zion A chief cornerstone, elect, precious, And he who believes on Him will by no means be put to shame." <7> Therefore, to you who believe, He is precious; but to those who are disobedient, "The stone which the builders rejected Has become the chief cornerstone," <8> and "A stone of stumbling And a rock of offense." They stumble, being disobedient to the word, to which they also were appointed. <9> But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; <10> who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.

- **Gospel:** Mark 12:1-12

<1> Then He began to speak to them in parables: "A man planted a vineyard and set a hedge around it, dug a place for the wine vat and built a tower. And he leased it to vinedressers and went into a far country. <2> Now at vintage-time he sent a servant to the vinedressers, that he might receive some of the fruit of the vineyard from the vinedressers. <3> And they took him and beat him and sent him away empty-handed. <4> Again he sent them another servant, and at him they threw stones, wounded him in the head, and sent him away shamefully treated. <5> And again he sent another, and him they killed; and many others, beating some and killing some. <6> Therefore still having one son, his beloved, he also sent him to them last, saying, 'They will respect my son.' <7> But those vinedressers said among themselves, 'This is the heir. Come, let us kill him, and the inheritance will be ours.' <8> So they took him and killed him and cast him out of the vineyard. <9> "Therefore what will the owner of the vineyard do? He will come and destroy the vinedressers, and give the vineyard to others. <10> Have you not even read this Scripture: 'The stone which the builders rejected Has become the chief cornerstone. <11> This was the Lord's doing, And it is marvelous in our eyes?'" <12> And they sought to lay hands on Him, but feared the multitude, for they knew He had spoken the parable against them. So they left Him and went away.

## Greek

- **Epistle:** 1 Corinthians 12:27-13:8

“ <27> Now you are the body of Christ, and members individually. <28> And God has appointed these in the church: first apostles, second prophets, third teachers, after that miracles, then gifts of healings, helps, administrations, varieties of tongues. <29> Are all apostles? Are all prophets? Are all teachers? Are all workers of miracles? <30> Do all have gifts of healings? Do all speak with tongues? Do all interpret? <31> But earnestly desire the best gifts. And yet I show you a more excellent way. <1> Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. <2> And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. <3> And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. <4> Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; <5> does not behave rudely, does not seek its own, is not provoked, thinks no evil; <6> does not rejoice in iniquity, but rejoices in the truth; <7> bears all things, believes all things, hopes all things, endures all things. <8> Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether

there is knowledge, it will vanish away.

- **Gospel:** Matthew 10:1, 5-8

“ <1> And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease. <5> These twelve Jesus sent out and commanded them, saying: "Do not go into the way of the Gentiles, and do not enter a city of the Samaritans. <6> But go rather to the lost sheep of the house of Israel. <7> And as you go, preach, saying, 'The kingdom of heaven is at hand.' <8> Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

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