

Saints Cosmas and Damian (Martyrs) 26 September



About Saints Cosmas and Damian (+303)

Not a great deal is known about these two men. They came from Aleppo in Syria and lived lives of holiness. They are buried at Cyrrhus in Syria, where a basilica was constructed in their honour. At their tomb, devotion to them flourished and many miracles are said to have taken place. They are honoured throughout the Mediterranean basin, where they were patrons of a church dedicated by Pope Felix IV in the ancient Roman Forum. These two men are mentioned in the First Eucharistic Prayer in the list of Saints. Tradition considers that these two men were medical doctors and twins, who did not take money for their services. They became known as *anargyoi*, which means moneyless ones or moneyless healers.

They were vibrant in their Christian faith and were arrested during the persecution of Diocletian. When they refused to renounce the Christian faith and engage in idolatrous worship they were beheaded, and their bodies were cast into the sea.

How can we apply Saints Cosmas and Damian's life to our lives today?

These two men really lived their Christian life with joy, never counting the cost of loving and serving God and neighbour. They lived in a time of great persecution in the Church: the Emperor Diocletian executed more Christians in his reign than all the other Emperors put together. He was indeed a ruthless and cruel man. Yet these two men stood up for God and were unwavering in their faith. Like them, we must have the courage to stand up for what is right and not be afraid to profess our faith in Christ, the Son of the Living God. Let us also look for opportunities to help people in need, not seeking praise, but by doing works quietly behind the scenes and the Lord will be sure to take care of us and our needs.

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Collect

May you be magnified, O Lord,
by the revered memory of your Saints Cosmas and Damian,
for with providence beyond words
you have conferred on them everlasting glory,
and on us, your unfailing help.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

Gospel

Matthew 10:28-33

Do not be afraid of those who kill the body

Jesus said to his apostles:

'Do not be afraid of those who kill the body but cannot kill the soul;
fear him rather who can destroy both body and soul in hell.

Can you not buy two sparrows for a penny?

And yet not one falls to the ground without your Father knowing.

Why, every hair on your head has been counted.

So there is no need to be afraid;

you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men,

I will declare myself for him in the presence of my Father in heaven.

But the one who disowns me in the presence of men,

I will disown in the presence of my Father in heaven.'

Antiphon

It is you who have stood by me in my trials; and I confer a kingdom on you, says the Lord,
that you may eat and drink at my table in my kingdom.

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Hymn for the Memorial of Saints Cosmas and Damian

Saint Cosmas and Saint Damian,
you always stood up for the Lord;
in good times and in times of trial,
until you were put to the sword.

Saint Cosmas and Saint Damian,
you healed the sick, helped those with needs,
not seeking money or reward,
helping your neighbours with good deeds.

Saint Cosmas and Saint Damian,
like you may we to ourselves die,
serving God and neighbour with joy,
and to the Lord, daily draw nigh.

LM 88.88

Other Music Suggestion

A Great Cloud of Witnesses

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