

Nov 29 The Commemoration of the holy Martyr Paramon and 370 Martyrs in
Bithynia; the holy Martyr Philumēnus of Ancyra.

The General Troparion of the Martyrs, in Tone 4: *(none given in the Menaion)*

Thy holy martyrs Paramon and Philumēnus, O Lord, /
Through their sufferings received their incorruptible crowns
from Thee, our God /
For having Thy strength they laid low their enemies /
And shattered the powerless boldness of demons ///
Through their intercessions, O Christ God, save our souls.

The Kontakion of the Martyrs, in Tone 8:

You shine as radiant lamps, O holy martyrs, /
You enlighten the whole creation with the bright rays of your
miracles, /
You release us from all sickness, and you drive darkness away, ///
And you ceaselessly pray to Christ God for the salvation of our souls.