



St. Menas

November 11th

Saint Menas, who had Egypt as his fatherland, contested in Cotyaeion of Phrygia in 296 during the reign of Diocletian and Maximian. A soldier distinguished for his valour in war, he renounced his rank and withdrew to devote himself to ascetical struggles and prayer in the mountains. Filled with zeal and more than human courage, he presented himself in the midst of a pagan festival in Cotyaeion and declared himself to be a Christian. After terrible torments which he endured with astonishing courage, he was beheaded. His martyrdom in Egypt became a place of universal pilgrimage; evidence of ancient journeys to his shrine have been found as far away as Ireland. The glory and refuge of the Christians of Egypt, he has been

revealed to be a worker of great miracles and a swift defender for all who call on him with faith; besides all else, he is also invoked for help in finding lost objects.