

Feast day of Mammas the Martyr



The Church today venerates the memory of Mammas the Martyr. St. Mammas hailed from the ancient Asia Minor province of Paphlagonia.

He was born in prison, where his parents suffered for Christ's sake and ended their lives.

St. Mammas contested for Christ about the year 275.

Today is also the feast day of John the Absterainer, Patriarch of Constantinople in the sixth century.