

Orthodox Christian Community of St. Constantine the Great, York
Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland
Greek Orthodox Patriarchate of Antioch and all the East

Calendar for October 2024





FROM THE FATHERS

“EVERYONE who abandons the fear of God, and is become blind in His faith, neither walks in the ordinances of His appointment, nor acts a part becoming a Christian, but walks after his own wicked lusts, resuming the practice of an unrighteous and ungodly envy, by which death itself entered into the world.“

St. Clement of Rome + c. AD 96

“HOLD fast your glory with a brave and persevering virtue. We are still in the world; we are still placed in the battlefield; we fight daily for our lives. Care must be taken, that after such beginnings as these there should also come an increase, and that what you have begun to be with such a blessed commencement should be consummated in you. It is a slight thing to have been able to attain anything; it is more to be able to keep what you have attained; even as faith itself and saving birth makes alive, not by being received, but by being preserved. Nor is it actually the attainment, but the perfecting, that keeps a person for God.”

St. Cyprian of Carthage + AD 258

WHOEVER has become a servant of the Lord fears only his Master. But whoever is without the fear of God is often afraid of his own shadow. Fearfulness is the daughter of unbelief. A proud soul is the slave of fear; hoping in itself, it comes to such a state that it is startled by a small noise, and is afraid of the dark.

St. John Climacus + AD 649

“IN proportion to your humility you are given patience in your woes; and in proportion to your patience the burden of your afflictions is made lighter and you will find consolation; in proportion to your consolation, your love of God increases; and in proportion to your love, your joy in the Holy Spirit is magnified. Once men have truly become His sons, our tenderly compassionate Father does not take away their temptations from them when it is His pleasure to 'make for them a way to escape' (*1 Cor. 10:13*), but instead He gives His sons patience in their trials. All these good things are given into the hand of their patience for the perfecting of their souls.”

St. Isaac the Syrian + c. AD 700

“THE LORD wants us to love one another. Here is freedom: in love for God and neighbour. In this freedom, there is equality. In earthly orders, there may not be equality, but this is not important for the soul. Not everyone can be a king, not everyone a patriarch or a boss. But in any position it is possible to love God and to please Him, and only this is important. And whoever loves God more on earth will be in greater glory in His Kingdom.”

St. Silouan the Athonite + AD 1938

Fasting Guidelines:

On days designated *strict fast* we abstain from dairy products, meat, fish, oil and wine. Some seafoods, e.g. squid, crab, roe and prawn, are permitted.

Note: Where there is more than one set of readings for the day, bold type shows the readings appointed by The Typikon to be used at the Divine Liturgy.

Tuesday 1st October 2024

Apostle of the Seventy, Ananias, 1st bishop of Damascus

The protection of our most holy lady, the Theotokos and ever-virgin Mary. St. Romanus the Melodist of Constantinople ‘Sweet-singer’ (556). Holy Martyr Domminus of Thessalonica (4th C). St. John (Koukouzelis) the Hymnographer of Athos (c.1341). St. Gregory the Singer of Mt. Athos (1355).

British Isles and Ireland: St. Fidharleus of Rathin (762). St. Melorius of Cornwall.

Readings: Galatians 2:21-3:7; **Luke 6:37-45**

For the Commemoration: **Acts 9:10-19**; Luke 10:16-21

Wednesday 2nd October 2024

Fast day: strict fast

Hieromartyr Cyprian, bishop of Antioch in Pisidia, Virgin-Martyr Justina the deaconess, and Martyr Theoctistus of Nicomedia (304). Blessed Andrew, Fool-for-Christ, at Constantinople (936). Holy Martyrs David and Constantine, princes of Argveti, Georgia (740). New Martyr George of Philadelphia in Asia Minor (1794). St. Anna of Kashin (1338). St. Leger (Leodegarius), bishop of Autun (677).

Readings: **Galatians 3:15-22; Luke 6:46-7:1**

Thursday 3rd October 2024

Hieromartyr Dionysius (Denys) the Areopagite, bishop of Athens, and with him Holy Martyrs Rusticus the presbyter and Eleutherius the deacon (96). St. John the Chozebite, bishop of Caesarea in Palestine (6th C).

British Isles and Ireland: Holy Martyrs Ewald the Fair and Ewald the Dark (695).

Readings: **Galatians 3:23-4:5; Luke 7:17-30**

Friday 4th October 2024

Fast day: strict fast

Hieromartyr Hierotheus, bishop of Athens (1st C). Holy Martyrs Crispus & Gaius (1st C). St. Paul the Simple (340) and St. Ammon (350), of Egypt, disciples of St. Anthony the Great. Holy Martyrs Domnina and her daughters Berenice and Prosdoce of Syria (4th C). Uncovering of the relics (1595) of St. Gurias, 1st archbishop of Kazan (1563) and St. Barsanuphius, bishop of Tver (1576). Holy Martyr Stephen (Stiljanovich) of Serbia (1515) and his wife, St. Elena.

Readings: **Galatians 4:8-21; Luke 7:31-35**

Saturday 5th October 2024

Holy Martyr Charitina of Amisus (304). St. John, bishop of Euchaita. Hieromartyr Dionysius, Bishop of Alexandria (265). Venerable Eudocimos of Vatopedi monastery, Mt Athos. St. Methodia of Cimolus. SS Peter, Alexis, Jonah, Philip and Hermogenes, Wonderworkers and metropolitans of Moscow.

Readings: **1 Corinthians 4:17-5:5; Luke 5:27-32**

Sunday 6th October 2024

Tone 6 : Eothinon 4

15th after Pentecost : 3rd of Luke

The Holy and Glorious Apostle Thomas (1st C)

Virgin-Martyr Erotheis of Cappadocia. New Martyr Macarius at Kion in Bithynia (1590).

Glorification of St. Innocent, metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1977).

British Isles and Ireland: St. Lalluw of Menheniot, virgin (6th C). St. Ceollach, bishop of the Mercians (7th C). St. Cumine the White, abbot of Iona (669).

Readings: **2 Corinthians 4:6-15; Luke 7:11-16**

For the Commemoration: 1 Corinthians 4:9-16; John 20:19-31

Monday 7th October 2024

Holy martyrs Sergius and Bacchus in Syria (303). Holy martyrs Julian the presbyter, and Caesarius the deacon, at Terracina (1st C). Holy martyr Polychronius of Gampanitus (4th C). Venerable Martyr John the Hermit and those with him in Crete. St. Sergius, abbot of Nurma, Vologda (1412), disciple of St. Sergius of Radonezh.

British Isles and Ireland: Holy Martyr Cynog (492). St. Dubtach, bishop of Armagh (513). Holy Martyr Princess Osyth of Crich (c.700). St. Helanus, Irish missionary in Gaul (5th C).

Readings: **Galatians 4:28-5:10; Luke 7:36-50**

Tuesday 8th October 2024

St. Pelagia the Penitent of the Mount of Olives (457). Virgin-Martyr Pelagia of Antioch (303). St. Thais (Taisia) the Harlot, of Egypt (4th C). St. Philotheus, patriarch of Constantinople (1379). Venerable martyr Ignatios of Prodromou Skete on Athos. Monk-martyr Ignatius of Bulgaria.

British Isles and Ireland: St. Keyne, virgin-recluse. St. Iwi of Lindisfarne, hermit (c.690). St. Triduna of Restalrig (4th C).

Readings: **Galatians 5:11-21; Luke 8:1-3**

Wednesday 9th October 2024

Fast day: wine and oil allowed

The Holy Apostle James, Son of Alphaeus

St. Andronicus and his wife St. Athanasia, of Egypt (5th C). Righteous Forefather Abraham, and his nephew, Righteous Lot (2000 BC). St. Poplia the Confessor, deaconess of Antioch (4th C). Holy Martyrs Juventus and Maximus at Antioch (363). Hieromartyr Dionysius (Denis), bishop of Paris (c.258). St. Stephen the Younger, king of Serbia (1468). Glorification (1989) (26th Sep O.C.) of St. Tikhon, patriarch of Moscow and All Russia (1925).

Readings: Galatians 6:2-10; **Luke 8:22-25**

For the Commemoration: **1 Corinthians 4:9-16; Matthew 9:36-10:8**

Thursday 10th October 2024

Holy Martyrs Eulampius and Eulampia, at Nicomedia, and 200 Martyrs with them (311). Venerable Ambrose, starets of Optina (1891). St. Theophilus the Confessor of Bulgaria (716). Blessed Andrew of Totma, Fool-for-Christ (1673). Holy Martyr Theotecnus of Antioch (4th C). St. Bassian of Constantinople (c.458). Synaxis of the Fourteen Saints of Optina: St. Leonid (repose) (1841), St. Macarius (1860), St. Moses (1862), St. Anthony (1865), St. Hilarion (1873), St. Ambrose (1891), St. Anatole (the 'Elder') (1894), St. Isaac I (1894), St. Joseph (1911), St. Barsanuphius (1913), St. Anatole (the 'Younger') (1922), St. Nektary (1928), St. Nikon the Confessor (1931), New Hieromartyr archimandrite Isaac II (1937).

British Isles and Ireland: St. Paulinus, archbishop of York (644). St. Patrician, bishop of Man (5th C).

Readings: **Ephesians 1:1-9; Luke 9:7-11**

Friday 11th October 2024

Fast day: strict fast

Holy Disciple Philip of the Seventy, one of the Seven Deacons (1st C). St. Theophanes the Confessor and Hymnographer, bishop of Nicaea (c.850). Holy Martyrs Zenais and Philonilla of Tarsus in Cilicia, relatives of St. Paul (1st C). SS Nectarius (397), Arcadius (405), and Sinisius (427), patriarchs of Constantinople. St. Philotheus (Kokkinos) of Mt Athos, patriarch of Constantinople (1379).

British Isles and Ireland: St. Ethelburga, abbess of Barking (c.676). St. Kenneth (Cainnech), abbot of Aghaboe (7th C).

Readings: Ephesians 1:7-17; Luke 9:12-18

Saturday 12th October 2024

Holy Martyrs Probus, Tarachus, and Andronicus, at Tarsus in Cilicia (304). St. Cosmas the Hymnographer, bishop of Maiuma (787).

British Isles and Ireland: St. Fiace, disciple of St. Patrick (5th C). St. Mobhi of Glasnevin (544). St. Edwin, King and Martyr (633). St. Wilfrid, archbishop of York (709).

Readings: 1 Corinthians 10:23-28; Luke 6:1-10

Sunday 13th October 2024

Tone 7 : Eothinon 5

Sunday of the Holy Fathers of the 7th Œcumenical Council : 4th of Luke

Holy martyrs Carpus, Pappylus, Agathadorus, and Agathonica, at Pergamum (251). St. Nicetas the Confessor of Paphlagonia (838). Hieromartyr Benjamin the deacon, of Persia (5th C). Martyr Florentius of Thessalonica (2nd C). New Great Martyr Chryse (Zlata) of Meglin (1795). Return of the relics of the Venerable and God-Bearing Father, Sabbas the Sanctified (532) to the monastery of Massaba in Jordan on October 24th, 1965.

British Isles and Ireland: St. Comgan, brother of St. Kentigern (8th C). Holy Martyrs Fyncana and Fyndoca of Scotland.

Readings: Titus 3:8-15; Luke 8:5-8a,9-15,8b

Monday 14th October 2024

Holy Martyrs Nazarius, Gervasius, Protasius, and Celsius of Milan (1st C). St. Parasceva (Petka) of Epibatima, Thrace, whose relics are in Iasi, Romania (11th C). St. Cosmas the Hagiopolite (8th C). St. Ignatius, metropolitan of Mithymna (1566). St. Nikola Sviatosha, prince of Chernigov and wonderworker of the Kiev Caves (1143).

British Isles and Ireland: St. Burchard, 1st bishop of Wurzburg, English missionary to Germany (754). St. Manaccus, abbot of Holyhead (6th C).

Readings: Ephesians 1:22-2:3; Luke 9:18-22

Tuesday 15th October 2024

Holy Martyr Lucian, presbyter of Antioch (312). Venerable Sabinus, bishop of Catania (760). St. Euthymius the New, Confessor of Thessalonica (889). St. Varsus (Barses) the Confessor (4th C). Holy Martyrs Sarbelius and Bebai (Barbea) of Edessa (2nd C).

British Isles and Ireland: St. Thecla of Wimborne, abbess and missionary (786).

Readings: Ephesians 2:19-3:7; Luke 9:23-27

Wednesday 16th October 2024

Fast day: strict fast

Holy Martyr Longinus the Centurion, who stood at the Cross of the Lord (1st C). Holy Martyrs Isaurus and Aphrodisius, who suffered with St. Longinus (1st C). Appearance of the Archangel Michael at Mont St. Michel (8th C).

British Isles and Ireland: St. Gall, hermit and missionary at Bangor and Luxeuil, Enlightener of Switzerland (646). St. Lull of Malmesbury, missionary in Germany (787). Holy martyr Eliphios (Eloff) (362). St. Vitalis (Vial), Hermit, Confessor (740).

Readings: **Ephesians 3:8-21; Luke 9:44-50**

Thursday 17th October 2024

Holy Martyrs and Unmercenary Cosmas and Damian of Arabia, and their brothers Leontius, Anthimus, and Eutropius (4th C). Righteous Prophet Hosea (Osee) (820 BC). Monk-Martyr Righteous Andrew of Crete (767). Martyr Queen Shushaniki (Susanna) of Georgia (475). Translation of the relics (898) of St. Lazarus ‘of the four days’ (in the tomb), bishop of Kition on Cyprus.

British Isles and Ireland: SS Ethelred (Ailred) and Ethelbert, Princes of Kent (c.640). St. Regulus (Rule), who brought the relics of St. Andrew to Scotland (4th C). St. Colman, abbot-bishop of Kilroot (5th C). St. Louthiern, bishop (6th C). St. Nothelm, 10th archbishop of Canterbury (739).

Readings: **Ephesians 4:14-19; Luke 9:49-56**

Friday 18th October 2024

Fast day: wine and oil allowed

The Holy Apostle & Evangelist Luke (1st C)

St. Julian, hermit of Mesopotamia (4th C). Holy Martyr Marinus the Elder at Anazarbus (4th C). SS Symeon, Theodore, and Euphrosyne, who found the Icon of the Mother of God in the Great Cave of Peloponnesus (9th C). St. Peter of Cetinje, metropolitan of Montenegro (1830). New Martyrs Gabriel and Cirmidol of Egypt (1522).

British Isles and Ireland: St. Gwen, sister of St. Nonna (5th C). St. Wenna, martyred at Talgarth (492). SS Brothen and Gwendolen of Wales (6th C). St. Monon, hermit and martyr (645).

Readings: **Ephesians 4:17-25; Luke 10:1-15**

For the Commemoration: **Colossians 4:5-11,14-18; Luke 10:16-21**

Saturday 19th October 2024

Righteous Prophet Joel (800 BC). Holy Martyr Varus, and with him six Monk-Martyrs (c.307). New Monk-Martyr Nicholas Dvali of Jerusalem (1314). Hieromartyr Mnason, bishop of Cyprus (1st C). Translation of the relics (1195) of St. John, abbot of Rila in Bulgaria (946). Righteous John, the Wonderworker of Kronstadt (1908).

British Isles and Ireland: St. Frideswide, abbess of Oxford (c.735). St. Ethbin the Recluse (600). Hieromartyr Ednoth, bishop of Dorchester-on-Thames (1016).

Readings: **1 Corinthians 14:20-25; Luke 7:1-10**

Sunday 20th October 2024

Tone 8 : Eothinon 6

17th after Pentecost : 6th of Luke

Great Martyr Artemius at Antioch (362). St. Matrona of Chios (1462). St. Gerasimus the New Ascetic, of Cephalonia (1579). Holy Martyr Zebinas of Caesarea in Palestine. Translation of the relics of New Martyr Ignatius of Mt. Athos (1814).

British Isles and Ireland: St. Acca, bishop of Hexham (c.740). St. Aidan, bishop of Mayo (768). SS Bradan and Orora (Crora) of Man.

Readings: **2 Corinthians 6:16-7:1; Luke 8:26-39**

Monday 21st October 2024

St. Hilarion the Great of Palestine (371). Hieromartyr Socrates the presbyter and Martyr Theodote of Ancyra (230). Translation of the relics of St. Christodulus the Wonderworker of Patmos (1093). New Martyr John of Peloponnesus (1773). St. Philotheus of Neapolis and Mt. Athos (14th C). *British Isles and Ireland:* St. Fintan Munnú, abbot-founder of Taghmon (635). St. Condedus, hermit (685). St. Tuda, bishop of Northumbria (664). St. Malathgeny of Cluain-Edneach (767).

Readings: **Ephesians 4:25-32; Luke 10:22-24**

Tuesday 22nd October 2024

Holy Equal-to-the-Apostles Abercius (Averkios), bishop and Wonderworker of Hierapolis (c.167). The Holy Seven Youths ('Seven Sleepers') of Ephesus: Maximilian, Jamblichus, Martinian, Dionysius, Antoninus, Constantine (Hexakustodianos), and John (250). Monk-martyr Bertharius and his Companions, slain by the Saracens at Montecassino (c.884).

British Isles and Ireland: St. Mellon of Cardiff, 1st bishop of Rouen (314). St. Donatus of Fiesole (874).

Readings: **Ephesians 5:20-25; Luke 11:1-10**

Wednesday 23rd October 2024

Fast day: wine and oil allowed

The Holy Apostle James, Brother of the Lord (c.63)

St. Ignatius, patriarch of Constantinople (878). St. Macarios the Roman of Mesopotamia. Translation of the relics of Blessed James of Borovichi, wonderworker of Novgorod (C16th).

British Isles and Ireland: St. Elfleda of Glastonbury, Virgin (936). St. Ethelfleda, abbess of Romsey (c.970). St. Clether (c.520).

Readings: Ephesians 5:25-33; **Luke 11:9-13**

For the Commemoration: **Galatians 1:11-19;** Matthew 13:54-58

Thursday 24th October 2024

Great Martyr Arethas (al-Haarith) of Arabia and his companions, including Martyr Syncletica and her two daughters (523). Holy Martyr Sebastian of Heraclea in Thrace (286). Blessed Elesbaan (Caleb), King of Ethiopia (553). St. Athanasius, patriarch of Constantinople (1311). Icon of the Most Holy Theotokos, 'The Joy of All Who Sorrow' (1688).

British Isles and Ireland: St. Cadfarch, disciple of Iltyd (6th C). St. Maelor of Sark (586).

Readings: **Ephesians 5:33-6:9; Luke 11:14-23**

Friday 25th October 2024

Fast day: strict fast

Holy Martyrs Marcian and Martyrius the Notaries, of Constantinople (355). St. Tabitha the Merciful, the widow raised from the dead by the Apostle Peter (1st C). Holy Martyrs Chrisaphos and Chrysanthe. Holy Martyrs Crispin and Crispinian (c.285).

British Isles and Ireland: Translation of the relics of St. John of Beverley (1037).

Readings: **Ephesians 6:18-24; Luke 11:23-26**

Saturday 26th October 2024

Holy and Glorious Great Martyr Demetrius the Myrrh-Streaming, of Thessalonica (306)

Commemoration of the Great Earthquake at Constantinople (740). Holy Martyr Ioasaph, monk of Mt. Athos, disciple of St. Niphon of Constantinople (1536).

British Isles and Ireland: St. Alfred the Great, King of Wessex and all Orthodox England (899). St. Albinus, bishop and missionary (550). SS Aneurin and Gwinoc, monks (6th C). St. Cedd, Apostle of Essex (664). St. Eata, bishop of Hexham and abbot of Lindisfarne (686). St. Eadfrith, abbot of Leominster (675). St. Cuthbert, 12th archbishop of Canterbury (761). St. Bean, bishop of Mortlach (c.1012).

Readings: 1 Corinthians 15:39-45; Luke 8:16-21

For the Commemoration: **2 Timothy 2:1-10; John 15:17-16:2**

Sunday 27th October 2024

Tone 1 : Eothinon 7

18th after Pentecost : 7th of Luke

Great Martyr Nestor of Thessalonica (c.306). St. Procla, the wife of Pontius Pilate (1st C). St. Cyriacus, patriarch of Constantinople (1390). Venerable Nestor the Chronicler of the Kievan Caves (1114).

British Isles and Ireland: St. Otteran (Odran) of Iona, bishop of Meath (563). St. Abban of Wexford (6th C). St. Colman, abbot of Senboth-Fola (632).

Readings: **2 Corinthians 9:6-11; Luke 8:41-56**

Monday 28th October 2024

Great Martyr Parasceva of Iconium (3rd C). Hieromartyr Cyriacus, Patriarch of Jerusalem (363), and his mother, Holy Martyr Anna. Holy Martyrs Terence and Neonilla and their children, Sarbelus, Photus, Theodulus, Hierax, Nitus, Bele, and Eunice (249). St. Athanasius I, patriarch of Constantinople (1340). New Martyrs Angelis, Manuel, George, and Nicholas of Crete (1824). St. Stephen of St. Sabbas' Monastery, Hymnographer (807).

British Isles and Ireland: St. Dorbhene, abbot of Iona (713). St. Eadsige, 32nd archbishop of Canterbury (1050).

Readings: **Philippians 1:1-7; Luke 11:29-33**

Tuesday 29th October 2024

Virgin-Martyr Anastasia the Roman and Holy Martyr Cyril (256). St. Abramius the Recluse (360), and his niece, St. Mary of Mesopotamia (397). New Martyr Athanasius of Sparta, at Muatanach (1653). New Martyr Timothy of Esphigmenou Monastery, Mt. Athos (1820). St. Abramius, archimandrite of Rostov (Valaam) (1073). St. Serapion of Zarzmel, Georgia (900).

British Isles and Ireland: St. Kennara, hermitess of Kirk Kinner, Galloway (5th C). St. Colman, abbot-founder of Kilmacduagh (632).

Readings: **Philippians 1:8-14; Luke 11:34-41**

Wednesday 30th October 2024

Fast day: strict fast

Holy Apostles Cleopas, Tertius, Mark, Justus, and Artemas, of the Seventy (1st C). Hieromartyr Zenobius and his sister Zenobia, of Aegea in Cilicia (285). St. Joseph I and St. Kyriakos, patriarchs of Constantinople (13th C). St. Stephen Milutin (1320), his brother St. Dragutin (monk Theoctistus) (1316), and their mother St. Helen (1306), wife of Urosh I of Serbia.

British Isles and Ireland: St. Ethelnoth the Good, 31st archbishop of Canterbury (1038). Virgin-martyr Arilda of Gloucestershire. St. Talarican, Pictish bishop (6th C).

Readings: **Philippians 1:12-20; Luke 11:42-46**

Thursday 31st October 2024

Apostles Stachys, Amplias, Urban, Narcissus, Apelles, and Aristobulus of the Seventy (1st C). New Martyr Nicholas the New of Chios (1754). Holy Martyr Epimachus of Pelusium, who suffered at Alexandria (250).

British Isles and Ireland: St. Erth (Herygh), brother of St. Euny (514). St. Begu, nun of Hackness (660). St. Foillan, missionary monk in East Anglia (655).

Readings: **Philippians 1:20-27; Luke 11:47-12:1**

Services:

Sat 5 th Oct	2:30pm	Infant Baptism	
Sun 6 th Oct	9:30am 10:15am	Reader Service Matins, 3 rd /6 th Hours, Typika	3 rd of Luke
Sun 13 th Oct	9:40am 10:15am	3 rd /6 th Hours, Divine Liturgy	Holy Fathers of 7 th Œcumenical Council
Sun 20 th Oct	9:30am 10:15am	Reader Service Matins, 3 rd /6 th Hours, Typika	6 th of Luke
Sun 27 th Oct	9:40am 10:15am	3 rd /6 th Hours, Divine Liturgy	7 th of Luke
Sat 2 nd Nov	2:30pm	Infant Baptism	
Sun 3 rd Nov	9:30am 10:15am	Reader Service Matins, 3 rd /6 th Hours, Typika	5 th of Luke
	Afternoon	Documentary Film Screening	Life of St. Amphilochios
Sun 10 th Nov	9:40am 10:15am	3 rd /6 th Hours, Divine Liturgy	8 th of Luke
Wed 13 th Nov	18:30pm	Daily Vespers & Paraklesis	St. Philip the Apostle
Sun 17 th Nov	9:30am 10:15am	Reader Service Matins, 3 rd /6 th Hours, Typika	9 th of Luke
Wed 20 th Nov	18:30pm	Great Vespers w. Litia/Artoklasia	The Entrance of the Theotokos
Sun 27 th Nov	9:40am 10:15am	3 rd /6 th Hours, Divine Liturgy	13 th of Luke

The services continue to be streamed. The link is on our website.

For further information, confessions, baptisms and weddings please contact:

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You can find full details our services on our website:

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