

Sun 23 rd	9:30am	Parish Matins, Divine	3 rd Sunday of Gt. Lent
March	10:15am	Liturgy (St. Basil)	(Adoration of Holy Cross)
Sun 30 th	9:30am	Parish Matins, Divine	4th Sunday of Gt. Lent
March	10:15am	Liturgy (St. Basil)	(St. John of the Ladder)

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:

<https://yorkorthodox.org/> or follow us on our Facebook

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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 February 2025



Services:

Sun 2nd Feb	9:30am 10:15am	Parish Matins, Divine Liturgy & Candle Blessing	Presentation in the Temple (Candlemas)
Sun 9 th Feb	9:30am 10:15am	Parish Matins, Divine Liturgy	16 th of Luke (Publican & Pharisee)
Wed 12 th Feb	6:30pm	Vespers & Blessing for Orthodox Student Society	Service at More House, Heslington
Sun 16 th Feb	9:30am 10:15am	Matins and Hierarchical Liturgy	17 th of Luke (Prodigal Son) Visit of HE Met. Silouan & Parish Lunch
Sun 23 rd Feb	9:30am 10:15am	Adult Baptism, Divine Liturgy	Meatfare Sunday (Last Judgment)
Sun 2 nd March	9:30am 10:15am	Parish Matins, Divine Liturgy & Forgiveness Ceremony	Cheesefare Sunday (Forgiveness Sunday)
Wed 5 th March	6:30pm	Little Compline & Gt. Canon of St. Andrew of Crete	Clean Week
Sun 9 th March	9:30am 10:15am	Parish Matins, Divine Liturgy (St. Basil) & Icon Procession	1st Sunday of Gt. Lent (Sunday of Orthodoxy)
Sun 16 th March	9:30am 10:15am	Parish Matins, Divine Liturgy (St. Basil) & Icon Procession	2 nd Sunday of Gt. Lent (St. Gregory Palamas)

Thursday 27th February 2025

Cheesefare week: dairy, eggs and fish allowed

St. Procopios the Confessor of The Decapolis (8th C). St. Thallelaeus, hermit, of Syria (460). SS Asclepios and James of Syria, monks (5th C). Holy Martyr Gelasius the Actor at Heliopolis (297). St. Stephen, monk of Constantinople (614).

British Isles and Ireland: St. Comgan, abbot of Glenthzen or Killeshin (c.565). Holy Martyr Alnoth of Stowe, nr. Bugbrooke (c.700).

Readings: Jude 1:11-25; Luke 23:2-34, 44-56

Friday 28th February 2025

Cheesefare week: dairy, eggs and fish allowed

St. Basil the Confessor, companion of St. Procopios at The Decapolis (750). Holy Hieromartyr Proterios, patriarch of Alexandria, and six companions (457). SS Marana, Cyanna (Kyra), and Domnica (Domnina), nuns, of Syria (c.450). New martyr Kyranna of Thessaloniki. John Cassian the Roman, confessor (435) (t/f from Feb 29th).

British Isles and Ireland: St. Llibio of Anglesey (6th C). St. Madoc, bishop of Llanmadog (6th C). St. Sillan, abbot of Bangor (610). Holy Hieromartyr Herefrith, bishop of Lindsey (869). Oswald of Worcester and York (t/f from Feb 29th).

Readings: Zechariah 8:7-17; Zechariah 8:19-23;



FROM THE FATHERS

“BUT let our speech and petition when we pray be under discipline, observing quietness and modesty. Let us consider that we are standing in God's sight. We must please the divine eyes both with the habit of body and with the measure of voice. For as it is characteristic of a shameless man to be noisy with his cries, so, on the other hand, it is fitting to the modest man to pray with moderated petitions. Moreover, in His teaching the Lord has bidden us to pray in secret — in hidden and remote places, in our very bed-chambers — which is best suited to faith, that we may know that God is everywhere present, and hears and sees all, and in the plenitude of His majesty penetrates even into hidden and secret places, as it is written, ‘I am a God at hand, and not a God afar off. If a man shall hide himself in secret places, shall I not then see him? Do not I fill heaven and earth?’ (*Jer. 23:23-24*) And again: ‘The eyes of the Lord are in every place, beholding the evil and the good.’ (*Prov. 15:3*) And when we meet together with the brethren in one place, and celebrate divine sacrifices with God's priest, we ought to be mindful of modesty and discipline — not to throw abroad our prayers indiscriminately, with unsubdued voices, nor to cast to God with tumultuous wordiness a petition that ought to be commended to God by modesty; for God is the hearer, not of the voice, but of the heart.”

St. Cyprian of Carthage, +AD 258

“The other day one of our skete schema-monks came to see me. ‘I’ve fallen into despondency, Abba, since I don’t see in myself- in one who bears the exalted angelic habit- a change for the better. The Lord calls one strictly to account if he’s a monk or schema-monk only according to his clothing. But how can I change? How can I die to sin? I sense my total feebleness.’ ‘Yes,’ I replied, ‘we’re absolutely bankrupt, and if the Lord

judges according to works, He will find nothing good in us.’ ‘But is there hope for salvation then?’ ‘Of course there is. Always say the Jesus Prayer, and leave everything to the will of God.’ ‘But what kind of benefit can there be from this prayer if neither the mind nor the heart participates in it?’ ‘Enormous benefit. Of course, this prayer has many subdivisions, from simple utterance to creative prayer. But for us, even if we were to be on the bottom step, it would be salvific. The powers of the enemy run from one who utters this prayer, and sooner or later he’ll be saved all the same.’ ‘I’ve been resurrected!’ the schema-monk exclaimed. ‘I won’t be despondent anymore.’ And so I repeat: say the prayer, even if only with your lips, and the Lord will never abandon you.”

Elder Barsanuphius of Optina, +AD 1913

“[REGARDING confession, some] flee from this work as being an exposure of themselves, or they put it off from day to day. I presume they are more mindful of modesty than of salvation, like those who contract a disease in the more shameful parts of the body and shun making themselves known to the physicians; and thus they perish along with their own bashfulness”

Tertullian, +c.AD 220

“IF the serpent, the devil, bites someone secretly, he infects that person with the venom of sin. And if the one who has been bitten keeps silence and does not do penance, and does not want to confess his wound . . . then his brother and his master, who have the word [of absolution] that will cure him, cannot very Jerome well assist him”

St. Jerome, +AD 420

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.

(c.661).

Readings: 1 Corinthians 8:8-9:2; Matthew 25:31-46

Monday 24th February 2025

Cheesefare week: dairy, eggs and fish allowed

First (4th C) and Second (452) Findings of the Honourable Head of the Holy Glorious Prophet, Forerunner and Baptist John

Uncovering of the relics of St. Romanus, Prince of Uglich (1486).

British Isles and Ireland: St. Cummain Ailbe (“the White”), abbot of Iona (669). St. Liudhard (c.600).

Readings: 3 John 1:1-14; Luke 19:29-40,22:7-39

For the Commemoration: 2 Corinthians 4:6-15; Matthew 11:2-15

Tuesday 25th February 2025

Cheesefare week: dairy, eggs and fish allowed

St. Tarasius, patriarch of Constantinople (806). Hieromartyr Regnius, bishop of the Isle of Skopelos and Martyr Lebadheus. Holy Martyrs Alexander and Hypatius at Marcionopolis (305). St. Marcellus, bishop of Apamea in Syria.

British Isles and Ireland: St. Ethelbert, King of Kent (616). St. Walburga the Myrrh-Giver, abbess of Heidenheim (779).

Readings: Jude 1:1-10; Luke 22:39-42,45-23:1

Wednesday 26th February 2025

Cheesefare week: dairy, eggs and fish allowed

St. Porphyrios, bishop of Gaza (420). Holy Martyr Sebastian (66). Great-martyr Photini the Samaritan Woman and her martyred sisters Anatola, Phota, Photis, Parasceva, and Cyriaca; her sons Photinus and Joses; and Sebastian the Duke, Victor, and Christodulus; martyrs under Nero (66). Holy Martyr Theoclitus, martyred with St. Photina. New Martyr John Calphas (“the Apprentice”) at Constantinople (1575).

Readings: Joel 2:12-26; Joel 3:12-21;

Friday 21st February 2025

Fast day: strict fast

Righteous Timothy of Symbola in Bithynia (795). St. John Scholasticus of Antioch, patriarch of Constantinople (577). St. Eustathius (Eustace), archbishop of Antioch (c.337). St. Zachariah, patriarch of Jerusalem (633). St. George, bishop of Amastris on the Black Sea (811).

British Isles and Ireland: St. Erkengota, Princess of Kent (660).

Readings: **2 John 1:1-13; Mark 15:22-25, 33-41**

Saturday 22nd February 2025

Soul Sabbath

Uncovering of the relics of the Holy Martyrs at the Gate of Eugenius in Constantinople (423). Holy Martyrs Maurice and his son, Photinus, and Martyrs Theodore, Philip, and 70 soldiers at Apamea in Syria (c.305). Holy martyr Anthousa and her 12 Servants. SS Baradates, Thalassios and Limnaius, Hermits of Syria (5th C).

British Isles and Ireland: St. Elwin (Elwyn) the Martyr, Missionary to Cornwall (5th C).

Readings: **1 Corinthians 10:23-28; Luke 21:8-9, 25-27, 33-36**

For the Departed: 1 Thessalonians 4:13-17

Sunday 23rd February 2025

Tone 2 : Eothinon 2

35th after Pentecost : 18th of Luke, Meatfare Sunday

Holy Hieromartyr Polycarp, bishop of Smyrna (167). SS John the Syrian, Moses, Antioch, Antoninus, Moses, Zebinas, Polychronius, Damian, ascetics of the Syrian desert (5th C). St. Gorgonia, sister of St. Gregory the Theologian (372). St. Damian of Esphigmenou, Mt Athos (1280). New Monk-martyr Damian the New of Philotheou, who suffered at Larissa (1568). Holy Hieromartyr Proterios, patriarch of Alexandria, and six companions (457).

British Isles and Ireland: St. Jurmin of East Anglia, confessor (7th C). St. Milburgh, abbess of Wenlock (7th C). St. Boswell, abbot of Melrose

Saturday 1st February 2025

Holy Martyr Tryphon of Campsada, Syria (250)

Forefeast of The Meeting of the Lord in the Temple

Holy Martyrs Perpetua of Carthage, and catechumens Saturus, Revocatus, Saturninus, Secundulus and Felicitas (203). St. Basil, archbishop of Thessalonica (895) and St. Timothy the Confessor. SS David (784), Symeon (843), and George (844), Confessors of Mitylene. New Martyr Anastasius at Nauplion (1655). Martyr Elias the New of Damascus (779).

British Isles and Ireland: St. Brigid, abbess of Kildare (c.525). St. Euny of Western Cornwall (6th C). St. Crewenna, missionary in Cornwall (5th C). St. Jarlath, bishop of Armagh (c.480). St. Cinnia, Princess of Ulster (5th C). St. Darlugdach, second abbess of Kildare (c.524). St. Ursus, Irish missionary in Gaul & Italy (6th C). St. Ina of Llanina (5th C).

Readings: **Romans 8:28-39; Luke 10:19-21**

Sunday 2nd February 2025

Tone 7 : Eothinon of the feast

17th after Pentecost : 17th of Matthew

The Meeting of Our Lord and Saviour, Jesus Christ, in the Temple

New Martyr Jordanes at Galata (1650). New Martyr Gabriel at Constantinople (1676). Holy Martyr Agathodoros of Cappadocia. *British Isles and Ireland:* St. Columbanus the Hermit (959). S St. Laurence, 2nd archbishop of Canterbury (619). St. Feock of Cornwall. St. Ronan, 3rd bishop of Man (6th C).

Readings: 2 Corinthians 6:16-7:1; Matthew 15:21-28

For the Commemoration: **Hebrews 7:7-17; Luke 2:22-40**

Monday 3rd February 2025

Righteous Symeon and Prophetess Anna

Afterfeast of the Meeting of the Lord in the Temple

John, Nicholas and Stamatios, New Martyrs of Spetsae (Cesme) (1822). St. Nicholas, archbishop and Enlightener of Japan (1912). St. James, archbishop of Serbia (1292).

British Isles and Ireland: St. Caellainn of Roscommon (6th C). Holy Martyr Ives of Cornwall (450). St. Werburgh of Chester, abbess of Hanbury (700). St. Werburgh, abbess of Bardney (c.785). St. Anatoolius, Scots bishop (9th C).

Readings: Hebrews 9:11-14; Luke 2:25-38

Tuesday 4th February 2025

Afterfeast of the Meeting of the Lord in the Temple

St. Isidore of Pelusium (440). St. Nicholas the Confessor, abbot of the Studion (868). Holy New Martyr Joseph of Aleppo (1686). Hieromartyr Abramius, bishop of Arbela in Assyria (c.347). St. John, bishop of Hirenopolis (4th C). St. George, Prince of Vladimir (1238). St. Cyril, abbot & Wonderworker of Novgorod (1532).

British Isles and Ireland: St. Aldate of Gloucester, hieromartyr (577). St. Modan of Dunbarton, hermit (6th C). St. Liephard, hieromartyr and companion to King Cadwall (690).

Readings: 1 Peter 3:10-22; Mark 12:18-27

Wednesday 5th February 2025

Fast day: strict fast

Afterfeast of the Meeting of the Lord in the Temple

Holy Martyr Agatha of Palermo in Sicily (251). St. Polyeuctos, patriarch of Constantinople (970). Holy New Martyr Anthony of Athens (1774). St. Theodosius of Skopelos in Cilicia (c.421). Repose of St. Theodosius of Chernigov (1696).

British Isles and Ireland: Holy Martyrs Indract and Dominica of Glastonbury (c.710). St. Buo, missionary (c.900). St. Fingen of Metz (c.1005). St. Vodalus, Irish Hermit in Gaul (c.725).

Readings: 1 Peter 4:1-11; Mark 12:28-37

All Russia (1612).

British Isles and Ireland: Venerable Fintan, abbot of Clonenagh (603). St. Loman, 1st bishop of Trim (4th C). St. Fortchern, 2nd bishop of Trim (5th C). St. Finan, bishop of Lindisfarne (661). St. Guevrock of Saint-Pol-de-Leon (6th C).

Readings: 1 John 2:18-3:10; Mark 11:1-11

For the Commemoration: 2 Timothy 2:1-10; Luke 20:46-21:4

Tuesday 18th February 2025

St. Leo the Great, pope of Rome (461). St. Agapetos the Confessor, bishop of Synnada in Phrygia (4th C). St. Flavian the Confessor, patriarch of Constantinople (449). St. Blaise, monk of Mt. Athos (9th C).

British Isles and Ireland: Venerable Colman, bishop of Lindisfarne (676). St. Ethelina of Gloucestershire.

Readings: 1 John 3:9-22; Mark 14:10-42

Wednesday 19th February 2025

Fast day: strict fast

Apostles of the Seventy Archippus and Philemon, and Martyr Apphias (1st C). St. Philotheia of Athens, Nun-martyr (1589). New Hieromartyr Nicetas of Epirus (1809).

British Isles and Ireland: St. Odran the Martyr (452).

Readings: 1 John 3:21-4:11; Mark 14:43-15:1

Thursday 20th February 2025

St. Leo, bishop of Catania in Sicily (c.780). St. Dionysius, pope of Rome (268). Hieromartyr Sadoc, bishop of Persia, and 128 Martyrs with him (c.344). St. Agathon, pope of Rome (682). St. Bessarion the Great, Wonderworker of Egypt (466).

British Isles and Ireland: St. Bolcan, bishop of Derkan (480). St. Colgan, abbot of Clonmacnoise (c.796).

Readings: 1 John 4:20-5:21; Mark 15:1-15

George the Tailor of Mitylene, at Constantinople (1693).

British Isles and Ireland: St. Conran, bishop of the Orkney Islands.

Readings: 1 John 2:7-17; Mark 14:3-9

Saturday 15th February 2025

Fast free week

St. Onesimos, Apostle of the Seventy (c.109). St. Paphnutios and his daughter St. Euphrosyne, nun, of Alexandria (5th C). St. Eusebios, hermit of Syria (5th C). Martyr Major of Gaza (304). St. Theognios, bishop of Bethelia near Gaza (523). Righteous Elder Anthimus of Chios (1960).

British Isles and Ireland: St. Berach of Connaught (5th C). St. Dochow (473). St. Farannan of Allernan (590). St. Oswy, King of Northumbria (670). St. Sigfrid of Glastonbury, Apostle of Sweden (c.1045). SS. Winaman, Unaman & Sunaman, Monk Martyrs (1040).

Readings: 1 Timothy 6:11-16; Luke 20:46-21:4

Sunday 16th February 2025

Tone 1 : Eothinon 1

34th after Pentecost : 17th of Luke, Sunday of the Prodigal Son

Holy Martyrs Pamphilus the presbyter; Valens the deacon, and those with them, at Cæsarea in Palestine (c.309). New Monk-martyr Romanus of Carpenision, who suffered at Constantinople (1694).

Readings: 1 Corinthians 6:12-20; Luke 15:11-32

Monday 17th February 2025

Great Martyr Theodore Tyro ('the Recruit')

St. Mariamne, sister of the Apostle Philip (1st C). St. Auxibios, bishop of Soli in Cyprus (102). Emperor Marcian (457) and Pulcheria, his wife (453), and the commemoration of the dedication of the Great Church in Constantinople. New Martyr Theodore of Byzantium, at Mitylene (1795). New Martyr Michael Mavroeidis of Adrianople (1490). St. Theodore the Silent of the Kievan Caves (13th C). Hieromartyr Hermogenes (Hermogen), patriarch of Moscow and Wonderworker of

Thursday 6th February 2025

Afterfeast of the Meeting of the Lord in the Temple

St. Photios the Great, patriarch of Constantinople (891). St. Bucolos, bishop of Smyrna (c.100). Virgin-Martyr Dorothy, two sisters Christina and Callista, and Theophilos, at Caesarea in Cappadocia (300). Martyr Julian of Emesa, the holy and unmercenary healer (312). St.

Barsanuphius the Great and St. John the Prophet (6th C). St. James, Ascetic of Syria (c.460). St. Dorothea, Schema-nun of Kashin (1629). *British Isles and Ireland:* SS Mael and Mun, bishops and nephews of St. Patrick (c.488). Martyr Tanco, Irish bishop of Werden.

Readings: 1 Peter 4:12-5:5; Mark 12:38-44

Friday 7th February 2025

Fast day: strict fast

Afterfeast of the Meeting of the Lord in the Temple

The 1003 Holy Martyrs of Nicomedia (303). St. Parthenios, bishop of Lampsacus on the Hellespont (4th C). Righteous Luke of Mt. Steirion (953). New Martyr George of Crete (1861).

British Isles and Ireland: Holy Martyr Augulus (Aule) of London (303). St. Richard of the West Saxons (720). St. Ronan of Kilmaronen. St. Meldon, bishop of Peronne (6th C).

Readings: 2 Peter 1:1-10; Mark 13:1-8

Saturday 8th February 2025

Afterfeast of the Meeting of the Lord in the Temple

Great Martyr Theodore Stratelates ('the General'), of Heraclea (319). Righteous Prophet Zechariah (c.520 BC). St. Sava (Sabbas) II, archbishop of Serbia (1269). Holy Martyr Conitus of Alexandria (249). St. Agathangelos, bishop of Damascus (c.325).

British Isles and Ireland: St. Kegwe of Monmouthshire (6th C). St. Oncho of Clonmore, poet and pilgrim (600). St. Cuthman of Steyning, hermit (8th C). St. Elflada, abbess of Whitby (714). SS. Jacut and Guethenoc (5th C).

Readings: 2 Timothy 2:11-19; Luke 18:2-8

Sunday 9th February 2025

Tone 8 : Eothinon 11

33rd after Pentecost : 16th of Luke, Sunday of the Publican and the Pharisee

Leavetaking of the Meeting of the Lord in the Temple

Holy Martyr Nicephoros of Antioch (c.257). Hieromartyrs Marcellus, bishop of Sicily, Philagrius, bishop of Cyprus, and Pancratius, bishop of Taormina (1st C). Holy Hieromartyr Peter, bishop of Damascus (743).

Uncovering of the relics of St. Innocent, 1st bishop of Irkutsk (1805).

British Isles and Ireland: St. Teilo, bishop of Llandaff and Llandeilo Fawr (6th C). St. Eingan, hermit at Llanengan (6th C). St. Cuanan the Wise (c.8th C). St. Cronan the Wise (8th C). St. Alto of Altomuenster (760).

Readings: 2 Timothy 3:10-15; Luke 18:10-14

Monday 10th February 2025

Fast free week

Hieromartyr Haralambos, Bishop of Magnesia in Thessaly, and those with him (202)

St. Anastasios, patriarch of Jerusalem (706). Holy Martyrs Ennatha, Valentina, and Paula of Palestine (308). St. Scholastica, sister of St. Benedict (543). Synaxis of the Hierarchs of Novgorod.

British Isles and Ireland: St. Merewenna, abbess of Romsey (10th C). St.

Trumwin, bishop of Abercorn (c.704). St. Erluph of Werden (830).

Readings: 2 Peter 1:20-2:9; Mark 13:9-13

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

Tuesday 11th February 2025

Fast free week

Hieromartyr Blaise, bishop of Sebaste (c.316). Righteous Theodora, wife of Emperor Theophilus the Iconoclast (c.867). St. Demetrius, Wonderworker of Priluk, Vologda (1392). St. Vsevolod (in Holy Baptism, Gabriel), Wonderworker of Pskov (1138). New Martyr George of Kratovo and Sofia (1515).

British Isles and Ireland: St. Cædmon of Whitby, monk and hymnographer (c.680). St. Gobnait, abbess of Ballyourney, Cork (5th C).

Readings: 2 Peter 2:9-22; Mark 13:14-23

Wednesday 12th February 2025

Fast free week

St. Meletius, archbishop of Antioch (381). St. Alexis, metropolitan of Moscow and Wonderworker of All Russia (1378). St. Anthony, patriarch of Constantinople (895).

British Isles and Ireland: St. Ethelwold, monk and bishop of Lindisfarne (740). St. Siadhal (Sedulius) (5th C).

Readings: 2 Peter 3:1-18; Mark 13:24-31

Thursday 13th February 2025

Fast free week

The Holy Apostles & Martyrs Aquila and Priscilla (1st C). St. Martinian, monk, of Caesarea in Palestine (422). The Holy Woman Zoë of Bethlehem and Virgin Photinia (5th C). St. Eulogius, archbishop of Alexandria (608). St. Stephen (in monasticism Simeon), the Myrrh-streaming, Prince of Serbia and founder of Hilandar monastery on Athos (1199).

British Isles and Ireland: St. Modomnoc, bishop of Ossory (550). St. Huna of Ely, priest and hermit (690). St. Dyfnog of Clwyd (7th C). St. Ermenhild, abbess of Ely (c.700).

Readings: 1 John 1:8-2:6; Mark 13:31-14:2

Friday 14th February 2025

Fast free week

St. Maron, hermit, of Syria (4th C). Repose of St. Cyril, Equal-to-the Apostles and Teacher of the Slavs (869). St. Abraham, Bishop of Charres in Mesopotamia (c.423). St. Auxentios of Bithynia (c.470). St. Peter, patriarch of Alexandria (380). St. Isaac, recluse, of the Kievan Caves (1090). New Martyr Nicholas of Corinth (1554). New Martyr