

Sat 19 th April	10:30pm- 2:30am	The Lord's Pascha (Anastasis)	c. 10 pm Reading of the Acts of the Apostles & Midnight Office c. Midnight Resurrection "Rush" Service, Procession & Mattins. c. 1am Paschal Liturgy, Blessing of Paschal Foods Thomas Sunday
Sun 27 th April	9:30am 10:15am	Parish Matins, Divine Liturgy	

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 page:

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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 March 2025

Sun 23 rd March	9:30am 10:15am	Parish Matins, Divine Liturgy (St. Basil)	3 rd Sunday of Gt. Lent (Adoration of Holy Cross)
Mon 24 th March	6:30pm	Vesperal Liturgy	The Annunciation of the Mother of God
Sun 30 th March	9:30am 10:15am	Parish Matins, Divine Liturgy (St. Basil)	4 th Sunday of Gt. Lent (St. John of the Ladder)
Wed 2 nd April	6:30pm	Little Compline & Gt. Canon of St. Andrew of Crete	Complete Canon of St. Andrew of Crete
Sun 6 th April	9:30am 10:15am	Adult baptism, Divine Liturgy (St. Basil)	5 th Sunday of Gt. Lent (St. Mary of Egypt)
Sun 13 th April	9:30am 10:15am	Parish Matins, Divine Liturgy (St. John Chrysostom) & Blessing of Palms	The Lord's Entrance into Jerusalem - Palm Sunday
Tues 15 th April	6:30pm	Bridegroom Matins	Holy Week
Wed 16 th April	6:30pm	Sacrament of Holy Unction (Evchelaeo)	Holy Week
Fri 18 th April	1:00- 3:30pm	Great Vespers & Lamentations	Holy Week

Sunday 30th March 2025

Lenten Fast: wine and oil allowed

Tone 7 : Eothinon 7 : Liturgy of St Basil

4th of Great Lent, Sunday of our Holy Father St John Climacus

St. John Climacus of Sinai, author of 'The Ladder' (606). Apostles Sosthenes, Apollos, Cephas, and Epaphroditus, of the Seventy (1st C). New Hieromartyr Zacharias, bishop of Corinth (1684) St. Sophronius, bishop of Irkutsk (1771).

British Isles and Ireland: St. Osburga of Coventry, virgin (c.1015). St. Fergus, bishop of Downpatrick (6th C). St. Tola, bishop of Disert Tola in Meath (c.733).

Readings: Hebrews 6:13-20; Mark 9:17-31

Monday 31st March 2025

Lenten Fast: strict fast

St. Hypatius the Wonderworker, bishop of Gangra (c.326). Venerable Acacius the Confessor, bishop of Melitene (251).

Readings: Isaiah 37:33-38:6; Genesis 13:12-18; Proverbs 14:27-15:4;

Services:

Sun 2 nd March	9:30am 10:15am	Parish Matins, Divine Liturgy & Forgiveness Ceremony	Forgiveness Sunday (Cheesefare)
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	Adult baptism, Divine Liturgy (St. Basil) & Icon Procession	1 st Sunday of Gt. Lent (Sunday of Orthodoxy)
Sun 16 th March	9:30am 10:15am	Parish Matins, Divine Liturgy (St. Basil)	2 nd Sunday of Gt. Lent (St. Gregory Palamas)



FROM THE FATHERS

“AGAIN have we the glad tidings of joy, again the announcements of liberty, again the restoration, again the return, again the promise of gladness, again the release from slavery. An angel talks with the Virgin, in order that the serpent may no more have converse with the woman. In the sixth month, it is said, the angel Gabriel was sent from God to a virgin espoused to a man. Gabriel was sent to declare the world-wide salvation: Gabriel was sent to bear to Adam the signature of his restoration; Gabriel was sent to a virgin, in order to transform the dishonour of the female sex into honour; Gabriel was sent to prepare the worthy chamber for the pure spouse; Gabriel was sent to wed the creature with the Creator; Gabriel was sent to the animate palace of the King of the angels; Gabriel was sent to a virgin espoused to Joseph, but preserved for Jesus the Son of God. The incorporeal servant was sent to the virgin undefiled. One free from sin was sent to one that admitted no corruption. The light was sent that should announce the Sun of righteousness. The dawn was sent that should precede the light of the day. Gabriel was sent to proclaim Him who is in the bosom of the Father, and who yet was to be in the arms of the mother..... But as these things are so, through her has come for the sick the Physician; for them that sit in darkness, the Sun of righteousness; for all that are tossed and tempest-beaten, the Anchor and the Port undisturbed by storm. For the servants in irreconcilable enmity has been born the Lord; and One has sojourned with us to be the bond of peace and the Redeemer of those led captive, and to be the peace for those involved in hostility. For He is our peace; and of that peace may it be granted that all we may receive the enjoyment, by the grace and kindness of our Lord Jesus Christ; to

whom be the glory, honour, and power, now and ever, and unto all the ages of the ages. Amen.”

St. Gregory the Wonderworker + c. AD 270

“IN your conscience, where no one is present except God Who sees all, there judge yourself, examine your sins; and when you reflect upon your whole life, bring your sins to the court of the mind. Correct your mistakes, and, in this way, with a clean conscience, touch the sacred table and participate in the holy sacrifice. Keeping these things in our mind, remembering everything we said about debauchery and the punishment that awaits all who gaze persistently and sinfully at the faces of women; having the fear of the punishment of God and love always before us, we shall keep ourselves clean from all quarters, and in this way approach the sacred mysteries, so they will not be for our judgment and condemnation but for the salvation and health of our souls, so we may enjoy this salvation with unending boldness, in Jesus Christ our Lord, to whom belong all glory and dominion, unto the ages of ages. Amen.”

St. John Chrysostom + AD 407

“REPENTANCE is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the daughter of hope and the renunciation of despair.... Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience.”

St. John Climacus + AD 649

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.

Wednesday 26th March 2025

Lenten Fast: wine and oil allowed

Synaxis of Archangel Gabriel

Afterfeast of The Annunciation to the Mother of God

Holy Martyrs Manuel and Theodosius (304). New Martyr George of Adrianople (1437). St. Basil the New, anchorite near Constantinople (10th C). St. Malchus of Chalcis in Syria (4th C).

British Isles and Ireland: St. Sincheall, abbot of Killeigh (5th C). St. Mochelloc of Killmallock (639). St. Garbhan (7th C).

Readings: Isaiah 26:21-27:9; Genesis 9:18-10:1; Proverbs 12:23-13:9;
For the Commemoration: Hebrews 2:2-10; Luke 10:16-21

Thursday 27th March 2025

Lenten Fast: strict fast

Holy Martyr Matrona of Thessalonica (4th C). Holy Martyrs Philetas the Senator, his wife Lydia, their sons Macedon and Theoprepus, Chronides the Notary, and Amphilocheus the Captain, in Illyria (2nd C). St. Paul, bishop of Corinth (890).

British Isles and Ireland: St. Suairlech, 1st bishop of Fore in Westmeath (c.750). St. Alkeld, Martyr in Yorkshire (10th C).

Readings: Isaiah 28:14-22; Genesis 10:32-11:9; Proverbs 13:20-14:16;

Friday 28th March 2025

Lenten Fast: strict fast

St. Hilarion the New, abbot of Pelecete (754). Apostle Herodion of the Seventy (1st C). St. Stephen the Wonderworker, abbot of Tryglia (815).

British Isles and Ireland: St. Tuathal of Saint-Gall (640).

Readings: Isaiah 29:13-23; Genesis 12:1-7; Proverbs 14:15-26;

Saturday 29th March 2025

Lenten Fast: wine and oil allowed

Hieromartyr Mark, bishop of Arethusa, Martyr Cyril the deacon, of Heliopolis, and others who suffered under Julian the Apostate (c.364). St. Eustathios (Eustace) the Confessor, bishop of Bithynia (9th C).

British Isles and Ireland: St. Gladys and St. Gwynllyn, parents of St. Cadoc (6th C). St. Lasar, niece of St. Forchera (6th C).

Readings: Hebrews 6:9-12; Mark 7:31-37

Sunday 23rd March 2025

Lenten Fast: wine and oil allowed

Tone 6 : Eothinon 6 : Liturgy of St Basil

3rd of Great Lent, Sunday of the Adoration of the Life-giving Cross Holy Martyr Nikon and 199 disciples with him in Sicily (251). Holy Martyr Dometius of Phrygia, under Julian the Apostate (c.360). New Martyr Luke at Mytilene (1802).

British Isles and Ireland: St. Maidoc, abbot of Fiddown (5th C). St. Ethilwald of Farne, hermit (699).

Readings: Hebrews 4:14-5:6; Mark 8:34-9:1

Monday 24th March 2025

Lenten Fast: strict fast

Forefeast of The Annunciation to the Mother of God

St. Artemius, bishop of Seleucia (2nd C). St. Zacharias the Recluse of Egypt (4th C). New Hieromartyr Parthenios III, patriarch, at Constantinople (1657).

British Isles and Ireland: St. Aedh MacCairthinn, bishop of Clogher (5th C). St. Donard, hermit (506). St. Cairlon, bishop of Cashel (6th C). St. Caimin the Recluse (653). St. Hildelith, abbess of Barking (c.712).

Readings: Isaiah 14:24-32; Genesis 8:21-9:7; Proverbs 11:19-12:6;

Tuesday 25th March 2025

Lenten Fast: fish, wine and oil allowed

Annunciation to the Most Holy Mother of God and Ever-Virgin Mary Holy Martyrs Pelagia, Theodosia, and Dula of Nicomedia, who suffered under Valentinian (4th C).

British Isles and Ireland: St. Alfwold, bishop of Sherborne (1050). St. Kennocha of Fife (1007).

Readings: Isaiah 25:1-9; Genesis 9:8-17; Proverbs 12:8-22;

For the Commemoration: Hebrews 2:11-18; Luke 1:24-38

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.

Saturday 1st March 2025

Cheesefare week: dairy, eggs and fish allowed

Holy Martyr Eudoxia of Heliopolis (c.160). Holy virgin Domnina of Syria (c.460). Holy Martyrs Nestor, Tribimius, Marcellus, and Anthony of Pamphylia (3rd C). St. Agapius of Vatopedi Skete of Kolitsou, and his four companions. New Martyrs abbess Antonina of Kizliar, Northern Caucasus (1924), Hieromartyr Methodius (1920), and Anastasia Andreyevna, Fool-for-Christ.

British Isles and Ireland: St. David of Wales (6th C). St. Marnock of Kilmarnock (625). St. Swithbert the Elder of Northumbria, bishop of the Frisians (713). Holy Martyr Monan of St. Andrew's (874).

Readings: Romans 14:19-26; Matthew 6:1-13

Sunday 2nd March 2025

Cheesefare week: dairy, eggs and fish allowed

Tone 3 : Eothinon 3

36th after Pentecost : 19th of Luke, Cheesefare Sunday

Holy Martyr Hesychius the Senator (c.304). Hieromartyr Theodotus, bishop of Cyrenia (c.320). St. Nicholas Planas, parish priest in Athens (1932). Virgin-Martyr Euthalia of Sicily (257). St. Arsenios, bishop of Tver (1409).

British Isles and Ireland: St. Chad, bishop of Lichfield (672). St. Gistilian, uncle of St. David (6th C). St. Fergna, abbot of Iona (637). St. Cynibild, brother of SS Chadd and Cedd (7th C). St. Slebhine, abbot of Iona (767). St. Joavan (c.570). St. Willeic (726).

Readings: Romans 13:11-14:4; Matthew 6:14-21

Monday 3rd March 2025

Great Lent begins: strict fast

Holy Martyr Eutropius of Amasea, and with him Martyrs Cleonicu, Basiliscus, Zeno and Zoilus (c.308). Hieromartyr Theodoretus, priest of Antioch (363).

British Isles and Ireland: St. Nonna (Non), mother of St. David of Wales (6th C). St. Winwaloe, abbot (6th C). St. Foila of Kilfaile (6th C). St. Sacer, abbot of Saggard, Dublin (7th C). St. Cele-Christ, hermit and bishop (c.728). St. Lamalisse, hermit of Arran (7th C).

Readings: Isaiah 1:1-20; Genesis 1:1-13; Proverbs 1:1-20;

Tuesday 4th March 2025

Lenten Fast: strict fast

St. Gerasimos of the Jordan (475). Holy Martyrs Paul, his sister Juliana, and Quadratus, Acacius, and Stratonicus, at Ptolemais in Syria (273). Blessed Prince Daniel of Moscow, the wonder-worker (1303). St. Gregory, bishop of Constantia in Cyprus.

British Isles and Ireland: St. Owen (Owin) of Lichfield, hermit (c.670). Hieromartyr Adrian and Companions, bishop of the Isle of May in Scotland (c.875).

Readings: Isaiah 1:19-23; Genesis 1:14-23; Proverbs 1:20-33;

Wednesday 5th March 2025

Lenten Fast: strict fast

Holy Martyr Conon of Isauria (2nd C). Holy Martyr Conon the Gardener, of Pamphylia (251). St. Mark the Faster, of Egypt (5th C). Righteous Father Mark of Athens (4th C). New Martyr John the Bulgarian at Constantinople (1784). Virgin-martyr Irais (Rhais) of Antinoë in Egypt and with her Martyr Archelaus and 152 Martyrs in Egypt (3rd C).

British Isles and Ireland: St. Ladoca of Cornwall, virgin and missionary (5th C). St. Ciaran of Saighir (Ossory) (c.530). St. Caron of Tregaron. St. Carthage the Elder, bishop of Ossory (c.540). St. Piran, hermit of Cornwall (c.480). St. Colman of Armagh (5th C).

Readings: Isaiah 2:3-11; Genesis 1:24-2:3; Proverbs 2:1-22;

Thursday 6th March 2025

Lenten Fast: strict fast

The 42 Martyrs of Amorion in Phrygia (c.845). The discovery of the Precious Cross and the Precious Nails by Empress St. Helena in Jerusalem (326). Monk-martyrs Conon and his son Conon of Iconium (275).

British Isles and Ireland: St. Auxilius, bishop of Killossey (c.460). St. Lactan, abbot of Achadh-Ur, now Freshford (672). Holy Martyr Alcmund (c.800).

Readings: Isaiah 10:12-20; Genesis 7:6-9; Proverbs 9:12-18;

Thursday 20th March 2025

Lenten Fast: strict fast

The Holy Fathers who were slain at the monastery of St. Sabbas: SS John, Sergius, Patrick and others (796). New Martyr Myron of Crete (1793). Righteous Abel, Protomartyr in History of Mankind.

British Isles and Ireland: St. Cuthbert the Wonderworker, abbot of Lindisfarne (687). St. Herbert, hermit of Derwentwater (687).

Readings: Isaiah 11:10-12:2; Genesis 7:11-8:3; Proverbs 10:1-22;

Friday 21st March 2025

Lenten Fast: strict fast

St. James the Confessor, bishop of The Studion (8th C). St. Thomas, patriarch of Constantinople (610). New Martyr Michael of Agrapha (1544).

British Isles and Ireland: St. Enda of Inishmore, abbot of Aran (530).

Readings: Isaiah 13:2-13; Genesis 8:4-21; Proverbs 10:31-11:12;

Saturday 22nd March 2025

Lenten Fast: wine and oil allowed

Hieromartyr Basil of Ancyra (c.363). Holy Martyr Drosida of Antioch, daughter of the Emperor Trajan, and five Nuns (104). Holy Martyrs Callinica and Basilissa of Galatia (250). New Martyr Euthymius of Mt Athos (1814).

British Isles and Ireland: St. Darerca, sister of St. Patrick (5th C). St. Failbhe, abbot of Iona (7th C). St. Trien, abbot of Killelga (5th C).

Readings: Hebrews 10:32-38; Mark 2:14-17

Sunday 16th March 2025

Lenten Fast: wine and oil allowed

Tone 5 : Eothinon 5 : Liturgy of St Basil

2nd of Great Lent, Sunday of St Gregory Palamas

Hieromartyr Alexander I, 5th pope of Rome (119). Holy Martyr Sabinas of Hermopolis, Egypt (287). St. Christodoulos, Wonderworker of Patmos (1093). Holy Martyr Julian of Anazarbus (305).

British Isles and Ireland: St. Abban of Kilabban (650). St. Finan Lobur, abbot of Swords (5th C).

Readings: Hebrews 1:10-2:3; Mark 2:1-12

Monday 17th March 2025

Lenten Fast: strict fast

St. Alexius, the Man of God (411). St. Theosterictus the Confessor, abbot of Pelecete Monastery near Prusa (826). Holy Martyr Marinus the Soldier, at Caesarea in Palestine (260). Venerable Macarius, abbot, Wonderworker of Kalyazin (1483).

British Isles and Ireland: St. Patrick, bishop of Armagh, Apostle to the Irish (461). St. Beccan of Rhum (677). St. Withburga, hermit at Holkham and East Dereham (c.743).

Readings: Isaiah 8:13-9:7; Genesis 6:9-22; Proverbs 8:1-21;

Tuesday 18th March 2025

Lenten Fast: strict fast

St. Cyril, archbishop of Jerusalem (386). Monk-Martyrs Trophimus and Eucarpion of Nicomedia (c.300).

British Isles and Ireland: Holy Martyr Edward, King of England (978). St. Egbert of Ripon, Confessor (c.720).

Readings: Isaiah 9:9-10:4; Genesis 7:1-5; Proverbs 8:32-9:11;

Wednesday 19th March 2025

Lenten Fast: strict fast

Holy Martyrs Chrysanthus and Daria, and those with them, at Rome (283). New Martyr Demetrius at Constantinople (1564). Holy Martyr Pancharius at Nicomedia (302). St. Innocent of Komel, disciple of St. Nil Sorsky (1521).

British Isles and Ireland: St. Sithney, missionary abbot (529). SS Cyneburgh and Cyneswith, abbesses of Castor and St. Tibba (c.680). St. Billfrith, the Goldsmith, hermit (8th C). St. Baldred, hermit at Tynningham (756). St. Fridolin of Ireland, Enlightener of the Upper Rhine (538). St. Cadroel, monk and bishop (976). St. Sezin of Guic-Sezni (c.529).

Readings: Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-18;

Friday 7th March 2025

Lenten Fast: strict fast

The Holy Seven Hieromartyrs of Cherson: Basil, Ephraim, Capito, Eugene, Aetherius, Elpidius and Agathodorus (4th C). St. Lavrentios of Megara, founder of the monastery of the Mother of God in Salamina (1770). St. Paul the Simple of Egypt, disciple of St. Anthony the Great (4th C). St. Ephraim of Antioch (6th C).

British Isles and Ireland: St. Enodoc (c.520). St. Deifer, founder abbot of Bodfari (6th C). St. Eosterwine, abbot of Wearmouth (686).

Readings: Isaiah 3:1-14; Genesis 2:20-3:20; Proverbs 3:19-34;

Saturday 8th March 2025

Lenten Fast: wine and oil allowed

The Commemoration of the Miracle of Kollyva wrought by Saint Theodore Tyro (the Recruit). St. Theophylact, bishop of Nicomedia (842). Apostle Hermas of the Seventy (1st C). Hieromartyr Theodoret of Antioch (4th C). St. Dometius, monk (363). St. Paul of Prusias, confessor (840).

British Isles and Ireland: St. Felix of Burgundy, bishop of Dunwich and Enlightener of East Anglia (c.648). St. Senan, abbot of Scattery (544). St. Beoadh, bishop of Ardcan (c.518). St. Duthac of Ross (1065). St. Rhian of Llanrhian.

Readings: Hebrews 1:1-12; Mark 2:23-3:5

Sunday 9th March 2025

Lenten Fast: wine and oil allowed

Tone 4 : Eothinon 4 : Liturgy of St Basil

1st of Great Lent, Sunday of Orthodoxy

Holy Forty Martyrs of Sebaste (320)

Righteous Caesarios, brother of St. Gregory the Theologian (369).

British Isles and Ireland: St. Bosa, bishop of York (705). St. Sanctan, bishop (5th C). St. Constantine, Hieromartyr & King of Cornwall (576).

Readings: Hebrews 11:24-26,32-40; John 1:43-51

For the Commemoration: Hebrews 12:1-10; Matthew 20:1-16

Monday 10th March 2025

Lenten Fast: strict fast

Holy Martyrs Quadratus and those with him at Corinth (258). Holy Martyrs Codratus, Saturninus, and Rufinus of Nicomedia (3rd C). New Martyr Michael of Agrapha, Thessalonica (1544). St. Anastasia the Patrician of Alexandria (567).

British Isles and Ireland: St. Kessog the Wonderworker (560). St. Emilian, abbot of Lagny (675). St. Failbhe the Little, abbot of Iona (754). St. Sedna, bishop of Ossory (c.570). St. Silvester, companion of St. Palladius (c.420). St. Himelin of Vissenaeken (c.750).

Readings: Isaiah 4:2-5:7; Genesis 3:21-4:7; Proverbs 3:34-4:22;

Tuesday 11th March 2025

Lenten Fast: strict fast

St. Sophronius, patriarch of Jerusalem (638). St. Theodora the Righteous, Queen of Arta (13th C). St. George, abbot of Sinai, brother of St. John Climacus (6th C). Hieromartyr Pionius of Smyrna and those with him (250). St. John Moschus, author of 'The Spiritual Meadow' (622). St. George the New, Wonderworker of Constantinople. Repose of St. Euthymius, bishop of Novgorod, Wonderworker (1458).

British Isles and Ireland: St. Oengus the Culdee, compiler of the first Irish Martyrology (824).

Readings: Isaiah 5:7-16; Genesis 4:8-15; Proverbs 5:1-15;

Wednesday 12th March 2025

Lenten Fast: strict fast

St. Theophanes the Confessor, of Sigriane (818). St. Symeon the New Theologian (1022). St. Gregory Dialogos, pope of Rome & Apostle of the English (604). Righteous Phineas, grandson of Aaron (c.1500BC).

British Isles and Ireland: St. Paul Aurelian of Wales, bishop of Ouismor (575). St. Alphege the Elder, bishop of Winchester (951). St. Mura McFerednach of Donegal (645).

Readings: Isaiah 5:16-26; Genesis 4:16-26; Proverbs 5:15-6:3;

Thursday 13th March 2025

Lenten Fast: strict fast

Translation of the relics of St. Nicephorus, patriarch of Constantinople (846). Hieromartyr Publius, bishop of Athens and disciple of St. Dionysius the Areopagite (2nd C). Holy Martyrs Africanus, Publius, and Terence, of Carthage (3rd C).

British Isles and Ireland: St. Mochoemoc, abbot (656). St. Kevoca of Kyle (7th C). St. Gerald of Mayo, abbot (732).

Readings: Isaiah 6:1-12; Genesis 5:1-24; Proverbs 6:3-20;

Friday 14th March 2025

Lenten Fast: strict fast

St. Benedict of Nursia, abbot (543). St. Euschemon, bishop of Lampsacus (9th C)

British Isles and Ireland: St. Kyrin, bishop of Ross (660). St. Talmach, disciple of Saint Finbar (7th C).

Readings: Isaiah 7:1-14; Genesis 5:32-6:8; Proverbs 6:20-7:1;

Saturday 15th March 2025

Lenten Fast: wine and oil allowed

Holy Martyrs Agapius, Publius, Timolaus, Romulus, two named Dionysius, and two named Alexander at Caesarea in Palestine (303). New Martyr Manuel of Crete (1792).

British Isles and Ireland: Hieromartyr Aristobulus of the Seventy, bishop of Britain (1st C).

Readings: Hebrews 3:12-16; Mark 1:35-44