



The Orthodox Christian Community of St. Constantine

"The Church of Antioch in the City of York"

The Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland. Archbishop: H. E. Met. Silouan
The Greek Orthodox Patriarchate of Antioch and All the East. Patriarch: H. B. John X

Parish Newsletter July 2023

W: www.yorkorthodox.org

f: www.facebook.com/yorkorthodox

Pilgrimage to Crowland Abbey



On Saturday 12th August the Eastern Region of our Archdiocese is arranging a pilgrimage to the shrine of St. Guthlac and St. Theodore at Crowland Abbey, near Peterborough. All the parishes in the region, from Yorkshire to Norfolk have been invited to attend. The pilgrimage will begin at around 11 am with Divine Liturgy, followed by a break for lunch. People should bring their own packed lunches. After lunch we will have an opportunity to venerate the relics of St. Theodore. Should His Eminence, Metropolitan Silouan, join us he will also consecrate the newly-built Orthodox chapel.

If the weather is fine we can picnic outside, but there is a Visitor Centre (with toilet facilities). We need to know how many people in the parish would be interested in going on the pilgrimage so that we can organize transport. Please let Fr. Michael know a.s.a.p. by email/text if you wish to come, and also if would you be able to contribute something to the cost of the hiring a coach or minibus. Many thanks.

Why Crowland?

In 699 AD a monk named Guthlac came to what was then an island in the Fens to live a hermit's life. After his death in 714 a monastery was built to commemorate him and become a centre of Christian pilgrimage in the region. In 869 Abbot Theodore and his fellow monks were martyred by pagan Danish pirates who destroyed the monastery. But it was rebuilt and remained a major pilgrimage centre until the English Reformation closed all the monasteries. However the relics of St. Theodore were preserved. By going to Crowland we are once again honouring the memory of those Orthodox saints of the British Isles & Ireland and setting an example of good Christian practice. More information at <https://crowlandabbey.org.uk/>

Church Life in August

Things will be busy in August. Sunday 6th coincides with the feast of The Transfiguration and on the 12th we have a pilgrimage.



But it is also the time to commemorate the Dormition of the Mother of God. The Dormition Fast runs from Monday 1st August until Monday 14th August. This year we will be able to serve Divine Liturgy on the morning of Tuesday 15th. Although our situation does not allow us to recite the daily Paraklesis, as is usually done during the Dormition Fast, we *will* have Paraklesis on Wednesday 9th August at 6:30 pm. Try to attend that service to honour the Mother of God and to pray for our loved ones, living and departed.

Service Schedule

Sunday 16th July

9:30 am Parish Matins
10:15 am Divine Liturgy

Sunday 23rd July

9:30 am Parish Matins
10:15 am Divine Liturgy

Sunday 30th July

9:30 am Parish Matins
10:15 am Divine Liturgy

Sunday 6th August

The Transfiguration of The Lord

9:30 am Parish Matins
10:15 am Divine Liturgy

Wednesday 9th August

6:30 pm Vespers &
Paraklesis to the Mother of God

Saturday 12th August

Pilgrimage to Crowland Abbey

Sunday 13th August

9:30 am Parish Matins
10:15 am Divine Liturgy

Tuesday 15th August

The Dormition of Theotokos

9:30 am Parish Matins
10:15 am Divine Liturgy

Sunday 20th August

9:30 am Parish Matins
10:15 am Divine Liturgy

Please remember in your prayers:

The Living: Martin, Susanna, Angelica, Costel, Carmenica (O); Clare (non-O)

The Departed: Angelika, Bassam (O)

Please send the name of anyone you wish us to pray for, Orthodox or non-Orthodox, to Fr. Michael

Safeguarding

At St. Constantine's we take responsibility for safeguarding children & vulnerable people very seriously and we have fully adopted the Safeguarding Policy of the Archdiocese. A copy is available to read on the Parish Table in the chapel or you may download it from the Archdiocesan website: <https://www.antiochian-orthodox.com/safeguarding>

Our Parish Safeguarding Officer is Mr Peter Comley. If you have any enquiries or concerns on Safeguarding matters please do contact Fr. Michael or Peter.

Practical Tip

Even when we have been going to church services for many years it's sometimes very easy to forget that, although Our Lord's House is a welcoming place, there are still certain things we must do when we are in it. Everyone must stand for the reading of the Holy Gospel and for the Great Entrance. If you come late to church and these things are happening then wait at the door while these happen. Then you can come in and light candles and venerate the Holy Icons. Parents, if your children are occupying themselves with reading or drawing during the service, that is fine, but do encourage them to stand for both the Gospel and the Great Entrance. Training them early will get them to remember how to behave at these times when they are older.

Contacts:

Priests:

Fr. Michael
07933247206
michael@yorkorthodox.org
Fr. Æthelwine
07958713413
virsanctus@hotmail.com

Safeguarding

Mr Peter Comley
peter.comley@yorkorthodox.org

Confessions:

To arrange confession prior to the Liturgy please ask the priests *before* Sunday morning.

The Chaplaincy Quiet Room is available on weekdays for anyone needing a longer time for personal advice.