

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. Metropolitan Silouan
The Greek Orthodox Patriarchate of Antioch and All the East. Patriarch: H. B. John X

Parish Newsletter February 2024

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Sunday 17th March - an Important Date for Your Diary!

(Yes. I know it's St. Patrick's Day but that's not why ;-)

Three important things are happening in the life of our parish of St. Constantine's on this Sunday
- and you can read all about them below

Forgiveness Sunday

“...seventy
times seven...”

The last Sunday before the start of the Great Lent fast is usually referred to as **Cheesefare Sunday**. However in the *Lenten Triodion*, the Church's prayer book that provides for all our services during Lent, it is called **Forgiveness Sunday**. In the Service of Forgiveness, at the end of the Divine Liturgy, we say to each other “Forgive me, a sinner” and we reply to each other “God forgives you”.

This reminds us, as we enter the period of abstinence, reflection and repentance, of Our Saviour's commandment to forgive each other so that we might be forgiven by Our Heavenly Father.

Parish Annual General Meeting (AGM)



AND... while we are in a mood of “togetherness” following the Service of Forgiveness we will have the Parish Annual General Meeting during our Refreshments after Divine Liturgy. This is always an important occasion so please make the effort to be there. You can hear about what we have done in the parish in the past 12 months, our current financial position, and our plans for this year. You'll also have the opportunity to suggest ideas for parish activities in the future: services, pilgrimages, talks, and charitable & social activities. If you're really keen you might wish to become a member of our Parish Church Council (PCC) which meets about every six weeks, usually by online video, to assist the clergy in the good running of the parish. There are currently some vacancies — so why not think about doing a bit more?

Attention All Parents Sunday School Begins Again!!



Sunday School
MAKES A DIFFERENCE

Our church life has returned to normal post-COVID so it's a good opportunity to re-start a regular Sunday School. It will be there for all our younger parish members under the age of 15, and it will give them the opportunity to learn more about our Orthodox faith: prayers & teachings, services & feasts, saints & customs, in a systematic but enjoyable way. It'll be an opportunity for all our youngsters to learn and create together, and to share their work with parents and others “oldies” through displays of their work and things like the excellent play they performed at Christmas. There will be two sessions every Sunday: the first from 9:45 –10:15 and the second during the sermon and litanies, returning for the Cherubikon and the Great Entrance. It will held in the small room off the entrance hall and will be led by Melissa Bryan, Naomi Bennigsen and Ioanna Koullepu. Do encourage your children to come. It will be great fun for them!

P.T.O

Service Schedule March-April

Sun 3rd March
9:30 am Parish Matins
10:15 am Divine Liturgy

Sun 10th March
Meatfare Sunday
9:30 am Parish Matins
10:15 am Divine Liturgy

Wed 13th March
6:30 pm Daily Vespers
& Paraklesis

Sun 17th March
Cheesefare/Forgiveness Sunday
9:30 am Parish Matins
10:15 am Divine Liturgy
w. Forgiveness Service

Sun 24th March
1st Sunday of Lent
9:30 am Parish Matins
10:15 am Divine Liturgy (St Basil)
w. Icon Procession
& Synodikon Reading

Mon 25th March
The Annunciation – Lady Day
9:30 am 3rd & 6th Hours & Divine
Liturgy (St John Chrysostom)

Sun 31st March
2nd of Sunday of Lent
9:30 am Parish Matins
10:15 am Divine Liturgy (St Basil)

Sun 7th April
3rd of Sunday of Lent
9:30 am Parish Matins
10:15 am Divine Liturgy (St Basil)

Wed 10th April
6:30 pm Daily Vespers &
Paraklesis

Sun 14th April
4th of Sunday of Lent
9:30 am Parish Matins
10:15 am Divine Liturgy (St Basil)

Sun 21st April
5th of Sunday of Lent
9:30 am Parish Matins
10:15 am Divine Liturgy (St Basil)

Sun 28th April
Palm Sunday
9:30 am Parish Matins
10:15 am Divine Liturgy
(St John Chrysostom)
w. Palm Blessing

Our services are streamed on www.facebook.com/yorkorthodox

Contacts:

Priests:

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

Safeguarding:

S/Dn. Peter Comley - peter.comley@yorkorthodox.org

Goodbye - Stephen and Pat! 🙄

Rdr. Stephen Nendick and his wife, Pat, are two of the longest-serving members of our parish. Family commitments mean that they are now moving to Halifax, and will no longer be able to be with us regularly.

They joined us when we were still very small in number and liturgies were on alternate Sundays in the side chapel. They stayed through thick and thin, helping the parish to grow, and have always been a steady source of support and encouragement to others; in particular by befriending new, and sometimes bewildered, arrivals.

Through much of that time Rdr. Stephen has been a constant presence at the kliros, but also, as Parish Treasurer, has guided the development of our finances to the good shape they are currently in. Pat has always been there, ready to pitch in and help keep things going smoothly in difficult times.

They will be greatly missed by their friends, old and new, at St. Constantine's and we offer them our prayers and good wishes for the future. God bless you - and don't be strangers! 😊

Kliros at St Constantine's



Would you like to know a more about the music which the choir chants at the kliros? Now you can, because Rdr. Maximos Bryan has recorded a series of short videos on a YouTube channel, where he explains and demonstrates a variety of the different chants the choir uses during our services at church.

Go to <https://www.youtube.com/@klirosatstconstantines4375> and learn more about Orthodox Chanting. You can get to learn some of the chants in the privacy of your own home and then you may feel more encouraged to join in with the choir at our services on Sunday mornings!

Lenten reading group



Some of you may remember that we used to hold regular study group meetings during the fasting periods. But, just like Sunday School, this all came to a halt with the COVID pandemic. However, we intend to hold six guided readings of the Church Fathers over six evenings, one per week during the six weeks of Great Lent, from 22nd March to 26th April. The sessions will be led by

Rdr. Thomas Small.

The programme content is still being finalised and details will be available shortly. We believe none of the texts for study will be beyond the capacity of any Orthodox Christian believer.

This will be an opportunity to dig deep into the teachings of our Orthodox Church, and it would be a very productive use of our time during Great Lent. Make a mental note of the dates and watch out for the full details which will be available very soon.

Confessions:

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

The Chaplaincy Quiet Room is usually available on weekdays for anyone needing a longer time for confession/spiritual or personal advice and guidance. Speak to the priest about what is best for you.