



“Joy of All Who Sorrow”

No 28 March '11

FORWARD INTO GREAT LENT

Those who show mercy to the poor, so it is said, lend their money wisely to the Saviour. O joy beyond compare! For in return He grants rich blessings unto all eternity.

From the Canon at Matins on the Tuesday of Cheesefare Week.

Notes on the Triodion continued:

Cheesefare Sunday, also know as Forgiveness Sunday.

This is on 6 March this year. The previous week was Cheesefare Week when we were free to eat dairy products every day. This Sunday is the last day of eating dairy products until Easter. On Sunday afternoon, at the end of Vespers, there is the ceremony of mutual forgiveness. To quote from the introductory pages of the Triodion: “Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. As the commemoration of the ascetic saints on the previous Saturday has just made clear to us, we do not travel the road of Great Lent as isolated individuals but as members of a family. Our asceticism and fasting should not separate us from our fellow men but link us to them with even stronger bonds. The Lenten ascetic is called to be *a man for others*”.

The first five days of Great Lent

The Great Canon of St Andrew of Crete is divided into four parts and read in church on Monday, Tuesday, Wednesday and Thursday of the first week of the fast. The theme of the Canon is repentance, drawing on images from the Old Testament. Then by presenting much of it in the first person, St Andrew brings together our own experience with that of the generations from before the Incarnation of Christ.

On Friday, at evening service, we anticipate the commemoration of St Theodore the Tyro, which is on Saturday, by reading the Canon of St Theodore and blessing kolyva. According to tradition, the Emperor Julian the Apostate decided to discomfort the Christians in Constantinople, in the first week of Lent, by ordering that the food in the market place should be sprinkled with the blood of animals sacrificed in the pagan temples. St Theodore appeared in a dream to Archbishop Eudoxios and told him to overcome this problem by boiling wheat and eating that as Lenten food. Usually kolyva is sweetened with honey, or sometimes sugar.

The Sunday of Orthodoxy

The first Sunday in Great Lent (13 March this year) is known as the Triumph of Orthodoxy. On this day we remember the ending of the Ikonoclast controversy in AD 843 by the Empress Theodora acting as Regent for her young son, Emperor Michael III. The ikons were restored to the churches and there is a

special service, to commemorate this event, which will be sung in our church at 2pm.

The Second Sunday of Great Lent

This Sunday is dedicated to St Gregory Palamas (1296-1359) who was Archbishop of Thessalonika. This commemoration continues the theme of the Truth as expressed through Orthodox Christianity, which has withstood attempts by various individuals to undermine or subvert the Orthodox Faith in some way.

St Gregory's father was an eminent official at the court of the Byzantine Emperor Andronicus II Palaeologus. Having completed his education, Gregory was expected to follow in his father's footsteps but, instead, he withdrew to Mount Athos and was tonsured as a monk, first at Vatopedi and then at the Great Lavra. He was the great champion of Hesychasm; solitude and unceasing prayer. St Gregory was engaged in a serious controversy with a Calabrian monk called Barlaam over the erroneous teachings of the latter. It was in 1347 that St Gregory became Archbishop of Thessalonika but, as the 1350s proceeded his health began to break down because he was worn out by his ascetic and pastoral labours. He was canonised by the Church in 1368, just nine years after his death. His relics can still be venerated in Thessalonika in a church dedicated to him.

The Sunday of the Cross

The third Sunday of Great Lent (27 March this year) is dedicated to the Holy Cross. *Through the forty day Fast, we too are in a way crucified, dying to the passions*, (words from Matins on this day). Matins concludes with the ceremonial veneration of the Cross, in the same manner as it done of the Feast of the Exaltation of the Cross (14 Sept). The theme is again of struggle leading to the joy of victory. There is much in the text of the services for this day that echoes the Paschal services. As it is expressed in the introduction to the Triodion, "No separation is made between Christ's death and His Resurrection, but the Cross is regarded as an emblem of victory and Calvary is seen in the light of the Empty Tomb".

CHURCH NEWS

ORDINATION

Archbishop Mark was with us from Thursday 10 February until Saturday 12 February. On Friday morning, at the Divine Liturgy, Reader Antony Bardsley was ordained to the orders of sub-deacon and deacon. Then on Saturday morning, in the presence of a full church, the archbishop ordained Antony to the priesthood. We were joined by many guests including Fr Vladimir Vilgerts from the Cathedral in London, Fr Philip Steer the Orthodox chaplain at the Shrine of Our Lady of Walsingham, Fr Paul Elliott from St Elizabeth's Parish in Wallasey and Fr Liviu Barbu from the Romanian Parish of St Philothea and St Bede in Norwich, who concelebrated with Archbishop Mark. On Saturday, after the service, everyone was invited to the reception in the house. Thanks are due to everyone who worked so hard for this special occasion.

We wish the newly ordained Priest Antony, MANY YEARS.

GRAVE IDENTIFIED

In the last issue of the bulletin we mentioned finding a grave in Beccles Cemetery but we remembered the name incorrectly. The correct name was David John Somersby. We now know that he lived in Beccles and was a member of the Orthodox Church. Apparently he was always known by his second name, John. Memory Eternal.

GIFT OF BOOKS

A box containing books and 2 CDs was received through the post one day. There was no indication of the identity of the sender but there was a note saying that these were to be used for church purposes, as might be appropriate. Many thanks to the anonymous donor.

SERVICES IN MARCH

At 6pm every day we have Compline, with the Canon of the day or an akathist, followed by Prayers

before the Ikon with the Intercessions, except where otherwise stated in the following list.

Saturday 5 March: 6pm Prayers/Intercessions 7.30pm Evening Service

Sunday 6 March - Cheesefare Sunday: 10.10am Hours 10.30am Liturgy
2pm Vespers of Forgiveness

Monday 7 March - First Day of Great Lent: 6pm Prayers/Intercessions
7.30pm Great Compline with the Canon of St Andrew of Crete

Tuesday 8 March - Second Day of Great Lent: 6pm Prayers/Intercessions
7.30pm Great Compline with the Canon of St Andrew of Crete

Wednesday 9 March - Third Day of Great Lent: 6pm Prayers/Intercessions
7.30pm Great Compline with the Canon of St Andrew of Crete

Thursday 10 March - Fourth Day of Great Lent: 6pm Prayers/Intercessions
7.30pm Great Compline with the Canon of St Andrew of Crete

Saturday 12 March: 6pm Prayers/Intercessions 7.30pm Evening Service

Sunday 13 March - Sunday of Orthodoxy: 10.10am Hours 10.30am Liturgy
2pm Moleben for the Triumph of Orthodoxy

Saturday 19 March: 6pm Prayers/Intercessions 7.30pm Evening Service

Sunday 20 March - 2nd Sunday of Gt Lent: 10.10am Hours 10.30am Liturgy

Saturday 26 March: 6pm Prayers/Intercessions 7.30pm Evening Service

Sunday 27 March - 3rd Sunday of Gt Lent: 10.10am Hours 10.30am Liturgy

INTER-CHURCH QUIZ

Last year, in the local Inter-church Quiz in Mettingham Village Hall, we came second by the narrowest of margins. We have been invited to send a team this year. Unhappily the quiz is at 7.30pm on Friday 15 April, the Eve of Lazarus Saturday. We will have Evening Service at 6pm but it is not far from our church to the village hall so it should just about be possible to do both.

EAGLE LECTERN

Brass eagle lecterns are not unusual in English churches. The Medieval one in Redenhall Church is unusual, if not unique. It looks quite Byzantine because the eagle is double-headed.

Here is the link: www.norfolkchurches.co.uk/redenhall/images/dscf0537.jpg

We have been told that it was originally in Mettingham College but we have not yet seen the documentary evidence to support this claim.

ARCHBISHOP'S NAMEDAY

Archbishop Mark's nameday is on Friday 18 March (St Mark the Faster, of Egypt). We send our greetings and congratulations to our archpastor and wish him MANY YEARS.

WEBSITE

Until now, our website as been merely the home page announcing our existence. The other pages are now almost ready to go live. The full website should be available with the next few days. Go to www.joyofallwhosorrow.org.uk to check it out.

Orthodox Church of the Mother of God *Joy of All Who Sorrow*
The White House, Low Rd, Mettingham, Suffolk NR35 1TP
Telephone - 01986 896708

e-mail churchmettingham@aol.com Website www.joyofallwhosorrow.org.uk

Cheques for the church fund should be made payable to "*Joy of All Who Sorrow*" Church.

The account is in HSBC Bank, 3 New Market, Beccles, Suffolk NR34 9HQ
Account No 71395912 Sort Code 40-09-24