



“Joy of All Who Sorrow”

No 46 September 2012

SATURDAY 1 SEPTEMBER 2012

10am Panikhida for the Foundress

3pm Inauguration of the College, beginning in the church with the blessing of the Ikōn of Our Lady of Mettingham, Great Procession via the grave of the Foundress, Blessing of the house & Installation of the Ikōn.

4pm Afternoon Tea

7.30pm Great Vespers

R.S.V.P.

INAUGURATION OF THE COLLEGE OF OUR LADY OF METTINGHAM

The *College of Our Lady of Mettingham* was founded in 2012 with the blessing of his Eminence Archbishop Mark of Berlin, Germany and Great Britain. As the College O.L.M. is a unique Orthodox establishment, what follows is a basic overview of how the College came into being which we hope will serve as a brief introduction. Perhaps the best place to start is with one of the dictionary definitions of the word “College” -

➤ **College** (*Latin. Collegium*) a group or community working for a common goal.

The simple fact is that in the longer term, our church presence here at the White House in Mettingham will require resident staff to carry out the daily ecclesiastical duties as well as the many domestic tasks around welcoming College guests and pilgrims. At this stage in our development, we do not know if this will evolve as a monastic community, a lay community or, as in the ancient Mettingham College, a clerical community. The word “college”, therefore, covers the different forms the resident community could take, according to God’s will, in the pursuit of the common goal: serving the Orthodox Church.

Mettingham Orthodox Trust

In order to safeguard the estate in perpetuity, it was necessary to place it under the auspices of a registered charity so that it could formally become church property with a resident community. To this end, in February 2012, the [Mettingham Orthodox Trust](#) was founded to care for the upkeep of the College and ensure that it meets its stated aims as expressed in the Trust Deed. One of the central aims of the Trust is education and the promotion of the Faith by various educational means including lectures, seminars, workshops, exhibitions, and the production of teaching materials. In the fullness of time,

the College will hope to develop a programme of educational, pastoral and spiritual events on different aspects of the Orthodox Faith in response to the varied needs of the faithful. Furthermore, since the [St George Orthodox Information Service](#) already has an extensive distribution network, this lends itself neatly to distributing printed and other teaching resources produced by the College.

Our Foundress

Not to be forgotten in all of this is our foundress, Mary Bond, of pious memory, who reposed in the Lord in November 2010 and is buried on the South side of our church. We are conscious of the fact that,



for two hundred years, in Medieval times, Mettingham was renowned for its illustrious College (pictured above) dedicated to the Virgin Mary situated in the grounds of Mettingham Castle. This was a chantry college, which as well as educating students, prayed daily for the repose of the soul of its founder. It is obviously not our wish to recreate or reproduce every aspect of the former Mettingham College, never-the-less the Church has always prayed for the repose of the souls of the faithful departed alongside its prayers for the health and salvation of the living, and this is certainly an integral part of the daily liturgical life of our church presence here, and a point of connection with the ancient chantry College in Mettingham. Mary's memorial is not a building, however much we might love and value our church, but it is an active and living community serving God.

The Future

We seek to serve the Church in a pan-Orthodox way and are building up the facilities and resources that will achieve this. The trustees have a flexible approach to the means and methods that can be employed to disseminate the Faith. We are willing to listen and to respond to the voice of the Church in this country and are always grateful for feedback and suggestions as to how the resources we have been given can be best used for the upbuilding of Christ's Church. The needs are great and the labourers are few in number but, with God's help, we will be tireless in our efforts.

Trustees of Mettingham Orthodox Trust, August 2012

PRAYER TO THE HOLY TRINITY



We present below the first translation into English of an ancient Russian prayer known as the Prayer to the Holy Trinity or Kirill Turovskii's Prayer of Penitence. The prayer is remarkable both for its idiosyncratic style and structure as well as its unique and unusual grouping of Eastern and Western Orthodox Saints including our own St Botolph of Iken, the only saint listed, it should be mentioned, from England. Most scholars seem to agree that the prayer is likely to have originated from Bohemia, most probably the Sazava Monastery (pictured above) which preserved its Cyrillo-Methodian Slavic inheritance until it was forced to adopt Latin in Church Services in 1097. This geographical identification would certainly account for both the unusual listing of popes within such a litany, the huge preponderance of ancient Roman saints of the first 3 centuries – given that Bohemia was under the Patriarchate of Rome - as well as the more contemporary invocations of various local Central and Eastern European Saints: Voytech, Wenceslas and Benedict of Szkalka. Since some of the saints included were not formally glorified until late 11th Century (such as SS Olaf, Boris and Gleb and St Benedict Szkalka), the text as presented below cannot have been composed before 1070 in this form. Since it is highly unlikely to have been composed any later than the late 12th/early 13th Century, due to the Roman Catholic saints one would expect to see if this was the case, (eg. Thomas Becket), perhaps it represented one of the last prayers in Church Slavonic ushered up to God by the Sazava monks before the monastery fully surrendered to the Latin Schism.

What follows is Vladyka Mark's translation of the text followed by some endnotes I have compiled to help identify the saints listed. If readers have any observations or alternative identifications which could shed further light on the prayer, please do not hesitate to contact us.

In the hour of my departure save me. And accept, O Lord, my soul with peace and number me among the chosen flock of Thy sheep and let me dwell in the cool and quiet place, where all of the righteous repose with Abraham, Isaac and Jacob, where there is no sorrow nor illness nor sighing, but life eternal.

But Thou, Merciful Lord, have mercy upon me and save me. Whether I have sinned before Thee in soul or body or in word, deed or thought, knowingly or unknowingly, willingly or unwillingly, forgive me, Lord, Thy sinful and unworthy servant [N].

And thou O all-holy mistress Theotokos, all-merciful Mother of the Lord, as thou dost incessantly pray for the whole Christian world, pray, O mistress, for me thy sinful and unworthy servant [N], together with Michael and Gabriel, with Uriel and Raphael and with all Angels and Archangels with the Cherubim and Seraphim, with all Heavenly Powers, with John the Baptist and with the Apostles, with the four Evangelists, with the Prophets and the Martyrs and with the Righteous, and with the Patriarchs and with the Unmercenary Healers and with the Seven Youths, and the Three Confessors, and with the Holy Innocents (babes) and with the Fools for Christ's sake and with the Myrrhbearing women and with all the saints standing at the Lord's Altar. Raising thy most pure hands before the Merciful God, pray, O mistress, for me, thy sinful and unworthy servant [N].

O most pure mistress Sovereign, **all-merciful Theotokos**, pray to God for me a sinner.

All Heavenly Powers, **Holy Angels and Archangels**, pray to God for me a sinner ... [there is a break in the manuscript] ...

Holy **John, Prophet, Forerunner, Baptizer of the Lord**, pray to God for me a sinner.

Holy Apostles **Peter and Paul, Andrew, John the Theologian, James, Mark, Matthew, Luke, Phillip, Thomas, Bartholomew, James Son of Alpheus, Juda Jacobus¹**, and all the Holy Apostles, filled by the Holy Spirit, pray to God for me a sinner.

Holy ranks of popes **Clement², Sylvester³, Leo⁴ pope, Stephen⁵**;

George⁶, Zenobius⁷, Blasius⁸, Voytech⁹, all Holy Hieromartyrs, pray to God for me a sinner.

Holy, Great **Nicholas, Basil, John Chrysostom, John the Theologian¹⁰, Stephen¹¹, George of Mitylene¹², George the Wonderworker¹³, Amphilochius¹⁴, Alpherius¹⁵, Capiton¹⁶, Martin¹⁷, Polyeuktus¹⁸**, all Holy Teachers and Hierarchs, pray to God for me a sinner.

Holy first martyr of Christ Stephen, Theodore¹⁹, Demetrius²⁰, and the Holy Forty (Martyrs)²¹, Panteleimon²², Florus, and Laurus²³, Procopius²⁴, Mercurius²⁵, Andrew²⁶, Eustratius²⁷, Neketas²⁸, Minas²⁹, Christopher³⁰, Veit³¹, Vyacheslav³², Manuel³³, Sabelius³⁴, Benedict³⁵, Ismail³⁶, Olaf³⁷, Botolph³⁸, Sozontes³⁹, Romanus⁴⁰, Anphimus⁴¹, Maximus⁴², Boris and Gleb⁴³, Pancratius⁴⁴, all holy Martyrs pray to God for me a sinner.

Saint Joachim, Zacharius, Symeon the God receiver (God bearer), Paul of Thebais⁴⁵, Anthony⁴⁶, Macarius⁴⁷, Ephrem⁴⁸, Sabbas⁴⁹, Hilarion⁵⁰, Euphemius⁵¹, Pachomius⁵², Arsenius⁵³, Symeon the Stylite⁵⁴, Andrew the Fool for Christ's sake⁵⁵, Symeon the Fool for Christ's sake⁵⁶, Akakius⁵⁷, Xenophontos⁵⁸, Cyril, Methodius⁵⁹, Benedict⁶⁰, all holy Righteous Fathers of God, pray to God for me a sinner.

Holy Prophets Elias, Isaiah, Jeremias, Daniel, John, Moses, Aaron, Malachias, Solomon, Jonah, Abraham, Issaiah, Jacob, Enoch, Ezekiel, Gideon, Ammon, Abbakum, David, Abba George⁶¹, all Holy Prophets, fasters, desert dwellers, pray to God for me a sinner.

Ranks of holy women, Anna, Elizabeth, mother...[the text ends here on what would have been the last category of saint].



Translated from the original Slavonic by Archbishop Mark of Berlin, Germany and Great Britain, July 2012

[Source: F. W. Mareš, *An Anthology of Church Slavonic Texts of Western (Czech) Origin* (Munich: Fink Verlag, 1979), pp. 64-71]

ENDNOTES

1. St Jude, known sometimes as Jude of James, one of the 12 Apostles.
2. St Clement I, Pope of Rome (+ 99)
3. St Syvester I, Pope of Rome (+335)
4. St Leo the Great, Pope of Rome (+461)
5. Hieromartyr Stephen, pope of Rome, (+257)
6. Presumably St George the deacon of Cordoba, Hieromartyr (+852) though possibly St George the Great Martyr as no George is mentioned amongst the other martyrs and Great Martyrs which is surprising. However, St George the Great Martyr was not a Hieromartyr.
7. St Zenobius, Hieromartyr bishop of Aegae in Cilicia (+ 285)
8. St Blaise of Sebastea, Hieromartyr (+ 316)
9. St Adalbert (Voytech) of Prague, Hieromartyr (+997)
10. This is almost certainly a mistake as St John the Theologian has already been commemorated with the Apostles, but this is more likely to be St Gregory the Theologian, one of the 3 Hierarchs referred at the start of the prayer which included, St Basil the Great

and St John Chrysostom.

11. Unclear who is meant here. Possibly St Stephen the Great, King of Hungary ? (+1038)
12. St George, Metropolitan of Mitylene (+ 820)
13. This must be a mistake, as St George the Wonderworker can only refer to St George the Great Martyr. Perhaps St Gregory the Wonderworker, Bishop of Caesarea (+270) was meant to be included here? Interestingly the name Gregory was also omitted above, which at least would be a consistent error.
14. St Amphilochius of Iconium (+ 394 approx.)
15. St Alferius, Founder of the Monastery of La Cava in Italy (+ 1050)
16. St Capiton of Cherson, Hieromartyr (+ 330s)
17. St Martin the Merciful, Bishop of Tours (+397)
18. Saint Polyeuctus, Patriarch of Constantinople (+970)
19. St Theodore the Recruit (+ 306)
20. St Demetrius of Thessaloniki, Great Martyr (+ 306)
21. Holy 40 Martyrs of Sebaste (+320)
22. St Panteleimon, Great-Martyr and Unmercenary Healer (+305)
23. Sts Florus and Laurus, Martyrs 2nd Century
24. St Procopius of Scythopolis, martyr (+303)
25. St Mercurius, martyr (+250)
26. St Andrew of Crete, martyr (+766/7)
27. St Eustratius of Sebaste (+305)
28. Nikitas the Goth, Great Martyr (+372)
29. St Menas, the Wonderworker and Martyr of Egypt (+309)
30. St Christopher, martyr (+251)
31. St Vitus of Sicily, martyr (+303)
32. St Wenceslas of Bohemia, Prince and Martyr (+929)
33. Sts Manuel, Sabel and Ishmael of Persia were brothers, martyred by Julian the Apostate (+3rd Century)
34. See above.
35. Presumably St Benedict of Szkalka, martyr, 11th Century. It's strange that his name has been interpolated here.
36. See above 33
37. St Olaf King of Norway, martyr (+1030)
38. St Botolph, Abbot and Confessor of Iken (+680). This is puzzling as St Botolph is never listed as a martyr.
39. St Sozontes of Likaonea, martyr (+ 304)
40. St Romanus of Caesarea, martyr poss. deacon (+304)
41. St Anthimus of Rome, (+303)
42. St Maximus of Rome, martyr (+250)
43. Sts Boris and Gleb, Princes and Martyrs (+1015-1019)
44. St Pancratius (Pancras), martyr (+304)
45. St Paul of Thebes, hermit (+341)
46. St Antony the Great, Ascetic (+356)
47. St Macarius the Great, Ascetic (+391)

48. St Ephrem the Syrian, Hierodeacon(+373)
49. St Sabbas the Sanctified, Archimandrite and Monastic Founder (+532)
50. St Hilarion the Great, Ascetic (+372)
51. St Euphemius Patriarch of Constantinople, (+515)
52. St Pachomius the Great, Ascetic (+346)
53. St Arsenius the Great, Ascetic and deacon (+445)
54. St Symeon the Stylite, Ascetic (+459)
55. St Andrew the Fool for Christ of Constantinople, (+936)
56. St Symeon the Fool for Christ, (+570)
57. St Acacius of Constantinople, Centurion and martyr (+303)
58. St Xenophon, could be either the Hieromonk, founder of the Monastery of St Xenophon on Mt Athos (+1018) or St Xenophon the Schema-monk, in the world husband of St Maria and father of Sts Arcadius and John (+5th Century)
59. Sts Cyril and Methodius, Apostles to the Slavs, (+827 and 815)
60. Presumably St Benedict of Nursia, Abbot (+543)
61. Presumably St George the Chozebite (+7th Century)



CHURCH NOTES AND JOTTING

PILGRIMAGE RESTORED

On Saturday 4 August, Reader Mark and Elizabeth Tattum-Smith undertook a pilgrimage from Mettingham to Bixley near Porlingland on the Feast of St Wandregesilius. In so doing they reinstated the ancient peregrination from Mettingham to the Shrine of the saint at Bixley that we know took place in the Middle Ages. Once at the now ruined church, Fr Antony joined the pilgrims to chant a small moleben to St Wandregesilius.

NEW FANS

We are grateful to Nick Clarke for carving two, gilded bespoke liturgical fans for us that are copied from a 19th century Greek design pictured right.

BAPTISM

On Monday 13 August Ruby Ionella Maddison, the infant daughter of Warren and Alexandra, was baptised in our church by Fr Antony. Please remember the newly baptised child of God, together with her godparents Julianna and Thomas in your prayers.

TELEPHONE NUMBER

The renovations have included the restoration of the original office downstairs. There are two land lines here and the office telephone number is now 01986 895176



CARDS AND NOTELETS

We recently published a further batch of ikon cards. The new subjects included the ikon of Our Lady of Mettingham. We have been asked if we could produce some notelets (folded card, blank inside) with the ikon on the front. We will do a print run of this subject but with half the cards blank and the other half with a Christmas verse, since they would make ideal Christmas cards. To make this batch of printing economic, we are looking into the possibility of producing notelets with other illustrations, which could be watercolour paintings.

PROGRESS REPORT

At the time of writing (mid August), work is proceeding on the car parking area. This should accommodate twenty cars. On its own, this will not be enough spaces for large events. However, there is plenty of space elsewhere in the grounds. New gate posts have now been built which will make entering and exiting the property much easier than before. The processional path around the churchyard is now complete which will enable a full procession to be made on 1 September, God willing. Finally, new blue vestments, ordered from Moscow, arrived in good time for Dormition.

NAMEDAYS

To all who are celebrating a nameday at this time we send congratulations and wish them Many Years, especially:

8 September – **Holy Martyrs Adrian & Natalia of Nicomedia** - Adrian Cosby

11 September – **Beheading of St John the Baptist** - John Barry

19 September – **Miracle of the Archangel Michael at Colossae**—Subdeacon Michael Astley



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Cheques should be made payable to "*Joy of All Who Sorrow*" Church

The account is in HSBC Bank, 3 New Market, Beccles, Suffolk NR34 9HQ

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