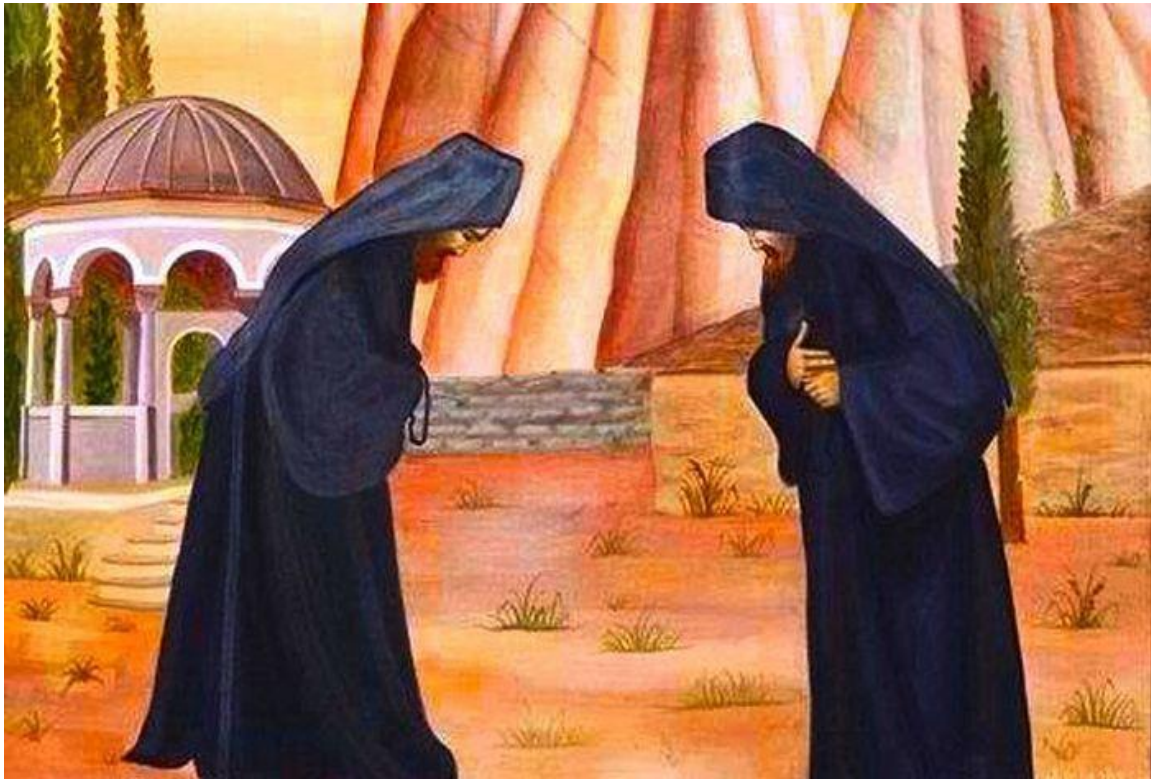




“Joy of All Who Sorrow”

No. 167 March, 2023



*“Of all the words, the most difficult is
‘Forgive me’. But it is this that opens the
Heavenly Gates.”*

(Monk Simeon of Mount Athos)

A Pastoral Word from Fr Mark

GIFTS TO THE CHURCH

There has always existed an ancient custom for the laity to provide the bread itself or the finest flour for the prosphora to be baked as well as sweet red wine and olive oil that are used in church services. If God inspires you to donate these items, please find some guidance to help you. For the flour, please purchase **Very Strong White Bread Flour** (we often use Allinson's Bread Flour which is widely available). For the wine, this can't just be any red wine, but needs to be sweet red wine. We tend to use **Mavrodaphne of Patra** which again is widely available in most supermarkets. Finally, for oil, please purchase **ordinary Olive oil**, rather than Vegetable or Corn oil, though this should be the cheaper olive oil rather than Extra-Virgin.

APPROACHING FEASTS AND HOLY DAYS

Our Orthodox life is not limited to Sundays, but it something we live out everyday and also involves a level of sacrifice and forward planning. **Please start planning now and liaising with your employer so that you will be fully able to participate in the key services of Holy Week.** In Holy Week itself, as with Clean Week, there will be services in the church every day. I would advise taking off **Holy Thursday 13 April** where in the morning we will serve the Vespertal Liturgy of St John Chrysostom and commemorate our Saviour's Last Supper with his disciples; and in the evening we will serve the Matins Service of the 12 Gospels before the Cross. At an absolute minimum, all Orthodox Christians should take off **Great and Holy Friday 14 April** as this is the most solemn fast day of the entire church calendar. We will serve the Royal Hours in the morning followed by Vespers and Matins in the afternoon and evening during which the Shroud of Christ will be brought out of the Altar and venerated by the faithful. Fortunately, for Suffolk schools at least, Holy Week falls within the Easter Holiday so I expect and hope to see many children in church over these holy days. A Bank Holiday has also been generously given to us this year, which should enable all of us to be free for the **Feast of the Annunciation of the Theotokos on Friday 7 April**.

WEEKLY MOLEBEN TO THE THEOTOKOS & FURTHER LENTEN SERVICES

It has been good to see some people attending our Great Compline Services during the first week of Great Lent. Please note that we will also be serving the **Akathist to the Theotokos on Fridays** throughout Great Lent at 7.30pm and I am also hoping to learn how to serve the Liturgy of the Pre-Sanctified Gifts. Please look at the service schedule carefully so you don't miss any of the extra services. If I am able to learn the Liturgy of the Presanctified I will also advertise any additional times when this will be served, most likely on a Wednesday early evening.

BRIGHT FRIDAY IN WALSINGHAM

Subject to a blessing from Vladyka, Hieromonk Mark, who is the priest in charge of the ROCOR presence at the Shrine of Walsingham has asked if I can serve the Liturgy for the Altar Feast of the Shrine Chapel on **Friday 21 April**. It would be very good if there could be a good representation from Mettingham there. Times and further details to be given in due course.

CONTACT DETAILS

Please do feel free to contact me if you would like to arrange an opportunity to talk or discuss anything as well as to arrange molebens, houseblessings, car blessings, panikhidas and other services and Mysteries of the Church. I want to make myself fully available to you so please do get in touch via my personal email address: marktattumsmith@gmail.com or via mobile on 07592482732 (I am on Whatsapp and Telegram platforms as well as Facebook).

Notes & Jottings



CONSECRATION OF ST FURSEY'S CHURCH IN STALHAM

On Cheesefare Saturday 25 February, Fr Mark and his family as well as Daniel Price were able to attend the consecration of the beautiful new church dedicated to St Fursey in the village of Stalham on the Norfolk Broads. The Consecration was performed by Metropolitan Silouan of the British Isles and Ireland together with the parish rector, our dear friend, Fr Stephen Weston and his brother-clergy from the Antiochian Archdiocese. With the blessing of his Grace, Bishop Irenei and Metropolitan Silouan, Fr Mark was able to concelebrate and take full part in the consecration. It was a joyous day and wonderful to share this important moment in the life of the St Fursey's parish.

GIFTS TO THE CHURCH

We thank James Bones for the gift of an ikon of his name saint, St James the Persian. Also thanks are due to all who contribute food for Sunday lunch, flowers, oil and wine for the church, wood for the dining room fire and all donations to Mettingham Orthodox Trust. May God bless you all for your generosity.

PARISH AGM

Please note that after lunch on **Sunday 19th March** we will hold our first ever Parish AGM. This represents an important milestone in the life of our community. We ask that all those who consider themselves to be members of the Parish make a special effort to come to church on that Sunday. At the meeting we will elect a Starosta (Church Warden) as well as a Secretary and Treasurer. We will also use this meeting to discuss ways of furthering the growth, practical maintenance and development of the parish.

NAMEDAYS

To all who are celebrating a nameday at this time we send congratulations, and wish you

Many Years!

3 March – **St Leo the Great, Pope of Rome** – Leo Dive

18 March – **St Mark the Faster of Egypt** – Metropolitan Mark



COLLEGIATE & PARISH CHURCH OF THE MOTHER OF GOD
JOY OF ALL WHO SORROW

MARCH 2023

Monday 27 February – Thursday 2 March

7.30pm ~ *Great Compline with the Great Canon of St Andrew of Crete*

Friday 3 March

7.30pm ~ *Moleben with 'The' Akathist to the Theotokos*

Saturday 4th March

7.30pm ~ *Vigil*

Sunday 5th March

(1st Sunday of Great Lent: Triumph of Orthodoxy)

10.10am ~ Hours & Divine Liturgy followed by Moleben of those in Error

Friday 10th March

7.30pm ~ *Moleben with 'The' Akathist to the Theotokos*

Saturday 11th March

7.30pm ~ *Vigil*

Sunday 12th March

(2nd Sunday of Great Lent: St Gregory Palamas)

10.10am ~ Hours & Divine Liturgy

Friday 17th March

7.30pm ~ *Moleben with 'The' Akathist to the Theotokos*

Saturday 18th March

7.30pm ~ *Vigil*

Sunday 19th March

(3rd Sunday of Great Lent: Holy Life-giving Cross)

10.10am ~ Hours & Divine Liturgy

Followed by Parish AGM

Friday 24th March

7.30pm ~ *Moleben with 'The' Akathist to the Theotokos*

Saturday 25th March

7.30pm ~ *Vigil*

Sunday 26th March

(4th Sunday of Great Lent: St John of the Ladder)

10.10am ~ Hours & Divine Liturgy

Wednesday 29th March

7.30pm ~ *Small Compline with Great Canon & Reading of the Life of St Mary of Egypt*

Friday 31st March

7.30pm ~ *Moleben with 'The' Akathist to the Theotokos*