



# *“Joy of All Who Sorrow”*

No. 169 May, 2023



*“Why can you be annoyed with a person, why can you be angry with him? Because you consider yourself superior to him.”*

(St Ambrose of Optina (+ 1891))

## *A Pastoral Word from Fr Mark*

### **HOLY WEEK & PASCHA**

As with Clean Week, services were held in the church every day during Holy Week with Bridegroom Matins served on Sunday afternoon and Monday and Tuesday evening. On Holy Tuesday in the afternoon, our church celebrated a liturgical first with our first ever celebration of the Liturgy of the Presanctified Gifts attributed to St Gregory the Great, Apostle of the English. After learning this liturgy from our diocesan chancellor and dear friend, Fr Paul Elliott, earlier this Lent, I was pleased to have the opportunity to serve this before the end of the Lenten season. Next year, God willing, I hope to serve this Liturgy each Wednesday throughout Great Lent. We then completed the services of Holy Week with the Vespereal Liturgy of St Basil the Great on Holy Thursday followed by the Service of the 12 Gospels in the Evening. From this service onwards, I was glad to see many more people in the church as well as with our Vespereal and Matinal services on Holy and Great Friday culminating with the bringing out of the Shroud and the procession around the church late in the evening. The whole community was also pleased to see Fr Antony who was able to re-join us for this service after a long period where he had been caring for Matushka Helen. For Pascha itself, it was wonderful to see such a large number of people in the church with lighted candles and it was especially joyous that so many stayed to receive Holy Communion, with around fifty people receiving the Holy Gifts. The blessing of the Artos and of the many Easter baskets completed the festivities with people returning back to their homes just as dawn was beginning to break. After a little rest, several people returned back to church for our traditional Paschal Vespers at 3pm where we heard the Gospel read in many languages from Greek, Latin to French, Russian, German and Dutch. Finally, we were invited back to the House for an Easter Party with many guests also sharing in the Paschal joy. Thank you to all those who attended services and who assisted with preparing food, baking Artos, making Easter Baskets, cleaning, preparing flowers and serving and reading in the church.

### **BRIGHT FRIDAY IN WALSINGHAM**

With the blessing of His Grace Bishop Irenei, and at the request of Hieromonk Mark (Underwood), I very much enjoyed the opportunity of going up to Walsingham on Bright Thursday afternoon in order to celebrate the divine services for the Patronal Feast of the Shrine Chapel dedicated to the Life-giving Spring of the Theotokos. Paschal Vespers was celebrated in the chapel on Thursday evening and we were joined by Schema-Subdeacon Anthony (Balnaves) who was visiting from the Diocese of Australia and New Zealand. After a lovely meal with Mother Melangell and Monk Antony in the Skete, we returned to the Shrine Chapel early on Bright Friday morning for the Paschal Hours and Divine Liturgy. The service was sung beautifully and simply by a mixed choir consisting of Matushka Elizabeth together with Regent Alexandra Wright under the direction of Mother Melangell. Monk Antony was a great gift to me in the Altar ensuring that I had everything exactly to hand when required. Although it was a weekday, many faithful arrived to pray and receive the Divine Mysteries at the service from Orthodox parishes across the East of England – from Kings Lynn, Cambridge, Norwich, Mettingham and Stalham. After the Liturgy, Mother Melangell had kindly prepared a feast for everyone in the Orangery which provided a wonderful end to a truly festive and joyous day. Later in the day another special highlight was when we were able to travel to see and exchange Paschal greetings with dear Archpriest Philip and Matushka Phillipa Steer. Many sincere thanks to Mother Melangell for her hospitality and to all those who contributed to the feast.

## *Notes & Jottings*

### **PALM SUNDAY**

On Palm Sunday, the long established custom is to make a special collection for the support of the monasteries and convents in the Holy Land. Mettingham Orthodox Trust has forwarded a cheque for £500 to the diocesan fund for this worthy cause. Thanks are due to all who contributed so generously to this excellent total.

### **ARTOS**

The Artos bread, baked by John Steel, was blessed on Pascha night and then cut up into pieces on Thomas Sunday. There are still slices available for anyone who is yet to collect it, please ask Fr Mark or Dcn Andrew.

### **GIFT TO THE CHURCH**

A large ikon of St Matrona of Moscow has been donated to the church by Irina Dembri. Please also see the Life of St Matrona which we include below.

### **NEW TRUSTEE APPOINTED**

The trustees of Mettingham Orthodox Trust, meeting on Sunday 23 April, unanimously elected Daniel Price as a trustee. May God bless him with wisdom, strength and courage in his service to the Church.

### **PILGRIMAGE TO IKEN**

If you have not already done so, make a special note in your diary for **Saturday 24 June**. The pilgrimage to Iken is always a special occasion, when we honour the great St Botolph who brought the light of the Gospel to this area in the 7th Century. The service, Moleben and Akathist, will be sung at 11am in the ancient church at Iken, near Snape, which stands on the site of St Botolph's monastery.

### **CANDLE PRICES**

The nearly fourfold increase in the electricity bill was extremely unwelcome. It does raise the question of whether candle making is still an economically viable proposition. Whilst that question is on hold, the curse of inflation requires us to increase prices. From 1 May, the cost of a packet of 100 votive candles will be £20 but a 15% discount will still be available on bulk orders.

### **NAMEDAYS**

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

*Many Years!*

- 4 May – **Holy Martyr Philippa of Perge** – Matushka Philippa Steer
- 6 May – **Great Martyr George**– George Tattum-Smith
- 6 May – **St Alexandra the Empress** – Alexandra Sacaliuc
- 8 May - **St Mark the Evangelist** – Priest Mark Tattum-Smith
- 15 May – **Holy Martyrs Boris & Gleb** – Boris Jermy, Gleb Jermy
- 18 May – **New Martyr Efrem of Nea Makri** – Efrem Carrasco
- 21 May - **Holy Apostle John the Theologian** – John Andrews
- 22 May – **Holy Martyr Christopher of Lycia** – Reader Christopher Dive
- 26 May – **Holy Martyr Alexander of Rome** – Alexander Weston

## [St Matrona of Moscow](#)



Matrona was the fourth child of extremely poor peasants, Dmitri and Natalia Nikonov in the village of Sebino in Tula Province. She was born in 1881. Due to their poverty, Natalia had decided to send the baby to an orphanage but changed her mind after having a prophetic dream. The baby was born blind with firmly shut eyelids over empty eye sockets. At her baptism, a column of sweet-scented steam arose from the font. This was the first of many signs of holiness that adorned Matrona's life. Not only was she isolated by her blindness, she was tormented by village children who played tricks on her. Because of this, Matrona stopped playing with other children and stayed at home. Her pious parents regularly took her to church and she grew up memorising the prayers and hymns. As she grew, it became apparent that she had the gift of discernment and healing. Many people came to ask her prayers, not only from the locality but also from further afield. They brought food and gifts. Thus, from a burden, Matrona became the family's provider. At the age of 17, she predicted the Revolution and the persecution that would follow. In 1925, at the age of 40, Matrona was forced to leave her native village by her two brothers, Mikhail and Ivan, who had become communists and atheists. They were embarrassed by Matrona's faith and constant visitors. With the aid of friends, she moved to Moscow. Having no home of her own, she accepted the hospitality of pious friends who kept her safe from the Soviet authorities. Her life followed a constant pattern. During the day, she received visitors, and she spent her nights in prayer. Throughout the years of World War II, because of her gift of spiritual sight, Matrona was able to bring comfort to many whose kinfolk were on military service. She predicted her own death, three days before it happened on 2 May 1952 and her grave became a place of pilgrimage. She was glorified as a saint in 1999.

*When Irina Dembri, who gifted the ikon to us, returns back from Russia, we will look to serve a moleben to St Matrona on one Wednesday evening. We also have oil from the lampada above her shrine and some blessed ikons to give away.*



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

**MAY 2023**

**Wednesday 3<sup>rd</sup> May**

*6.30pm ~ Moleben & Confessions*

**Saturday 6<sup>th</sup> May**

*7.30pm ~ Vigil*

**Sunday 7<sup>th</sup> May**

**(Sunday of the Paralytic)**

**10.10am ~ Hours & Divine Liturgy**

**Bank Holiday Monday 8<sup>th</sup> May**

**(Holy Apostle & Evangelist Mark)**

**10.10am ~ Hours & Divine Liturgy**

**Wednesday 10<sup>th</sup> May**

*6.30pm ~ Moleben & Confessions*

**Saturday 13<sup>th</sup> May**

*7.30pm ~ Vigil*

**Sunday 14<sup>th</sup> May**

**(Sunday of the Samaritan Woman)**

**10.10am ~ Hours & Divine Liturgy**

**Wednesday 17<sup>th</sup> May**

*6.30pm ~ Moleben & Confessions*

**Saturday 20<sup>th</sup> May**

*7.30pm ~ Vigil*

**Sunday 21<sup>st</sup> May**

**(Sunday of the Blind Man)**

**10.10am ~ Hours & Divine Liturgy**

**Wednesday 24<sup>th</sup> May**

*6.30pm ~ Vigil*

**☒ Thursday 25<sup>th</sup> May ☒**

**(Ascension of our Lord Jesus Christ)**

**10.10am ~ Hours & Divine Liturgy**

**Saturday 27<sup>th</sup> May**

*7.30pm ~ Vigil*

**Sunday 28<sup>th</sup> May**

**(Fathers of the First Oecumenical Council)**

**10.10am ~ Hours & Divine Liturgy**