



“Joy of All Who Sorrow”

No. 172 August, 2023



‘Don’t judge your neighbour. His sin is obvious, but his repentance is not.’

Venerable Abba Dorotheus of Gaza (+565AD)

A Pastoral Word from Fr Mark

POMYANNIK COMMEMORATION BOOKS

A majority of parishioners have filled out a Pomyannik / Commemoration book which is left in the Altar for use at each liturgy. If you have not filled one out, please talk to Fr Mark or Fr Dcn Andrew. Here are some key pointers on filling this out:

- i. **The number of names should be proportionate to your own private commemorations.** It is not fair to expect the priest to commemorate hundreds of names when you don't pray for anywhere near this number of people in your regular intercessions. This is just clericalism.
- ii. **Please make sure the rank is correct.** ie. do not submit – Fr Alexander or Mother Thecla. This should be Deacon or Monk Alexander / Nun Thecla etc. If you don't know, ask.
- iii. **Keep your pomyannik updated.** Please ask for your pomyannik back periodically to make sure that people are listed correctly amongst the living and the departed.
- iv. **Use full Christian names and not nick-names or diminutives.** George rather than Yury. Nicholas rather than Nick.
- v. **Only Orthodox Christians in the pomyannik.** Please only put the names of Orthodox Christians in the pomyannik we have other ways and means of commemorating non-Orthodox Christians.

ORTHODOX MARCH FOR LIFE – SATURDAY 2 SEPTEMBER

Bishop Irenei has blessed for Fr Mark to serve a Moleben for those attending the [March for Life](#) in London on Saturday 2nd September. The exact details of the time and location are being worked on at the moment and will be advertised as soon as they are finalised. It is likely to be in a church adjacent to the Emmanuel Centre in Westminster village around 12.30pm – 1pm. The March for Life is the largest pro-life and anti-abortion event in the UK and the main platform for us to show our opposition to the existence and promotion of abortion in this country. If you are interested in attending the March, please speak to Fr Mark or Matushka Elizabeth.

NO LITURGY ON SUNDAY 6TH AUGUST

Fr Mark and family will be away on Sunday 6th August. At the time of writing there is no priest available to cover. There will still be a services at our church in Mettingham with a Reader's Vespers on Saturday 5th August and the Hours & Typika on Sunday 6th August beginning at **10.30am**.

WALSINGHAM DAY PILGRIMAGE

Fr Mark is interested in exploring the idea of a day foot pilgrimage to Walsingham, England's Nazareth, during the forthcoming Dormition Fast. This would involve an 8 – 10 mile walk into Walsingham via the Slipper Chapel, hopefully to be followed by a moleben and Akathist to the Mother of God and a visit to the beautiful grounds of Walsingham Abbey. If you are interested in this, please let Fr Mark know, he is looking at Saturday 26th August. Once interest and potential numbers are clear he will then seek appropriate blessings from Vladyka Irenei, Hieromonk Mark and the Shrine authorities.

Notes & Jottings

ARCHPRIEST RAPHAEL ARMOUR

We were all deeply saddened to hear of the repose of Archpriest Raphael Armour, Rector of the Orthodox Parish of St Ephrem's in Cambridge on Tuesday 25th July. Fr Raphael was a good friend of our parish, having been present at the very first liturgy and blessing of the newly built Temple with Archbishop Mark in 2009. He was also present for the visitation of the Kursk Root Ikon, and just last year, served the liturgy for us when Fr Antony was too unwell to serve. Fr Raphael was an extremely hardworking and diligent priest who served the large community in Cambridge up until his last breath. Despite significant health challenges with his heart and his knees, Fr Raphael did not spare himself and was a great example to his flock. On Wednesday 26th July we served a panikhida for Fr Raphael's soul and in the afternoon of Sunday 30th July served a Litia. May Christ our God grant the Kingdom of Heaven to his newly reposed servant, and may he grant consolation and strength to Matushka Ann and his son Nicholas as well as his parishioners who have lost their pastor. Memory Eternal!

NAMEDAYS

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

Many Years!

- 1 August – **St Seraphim of Sarov** – Seraphima Dembri, Seraphim Collins, Serafima Hopper
- 4 August – **St Mary Magdalene** – Mary Tattum-Smith, Maria (Miriam) Dembri
- 6 August – **Holy Martyrs Boris & Gleb** – Boris Jermy, Gleb Jermy
- 7 August – **Repose of St Anna** – Anna Moore, Anya Moss
- 10 August – **St Irene Chrysovolantou** – Irina Dembri
- 13 August – **St Joseph of Arimathea** – Joseph Fitzpatrick
- 14 August – **St Cennydd of Langennith** – Cennydd (Kenneth) Lock
- 21 August – **St Gregory of the Kiev Caves** – Archpriest Gregory Butler



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

AUGUST 2023

Saturday 5th August

7.30pm ~ Reader's Vespers

Sunday 6th August

NO LITURGY

(Sts Boris & Gleb)

10.30am ~ Hours & Typika

Wednesday 9th August

6.30pm ~ Moleben & Confessions

Saturday 12th August

7.30pm ~ Vigil

Sunday 13th August

(Forefeast of the Procession of the Life-giving Cross of the Lord)

10.10am ~ Hours & Divine Liturgy

Wednesday 16th August

6.30pm ~ Moleben & Confessions

Friday 18th August

7.30pm ~ Vigil

✠ Saturday 19th August ✠

(Transfiguration of the Lord)

10.10am ~ Hours & Divine Liturgy followed by blessing of fruit

Sunday 20th August

(Afterfeast of the Transfiguration)

10.10am ~ Hours & Divine Liturgy

Wednesday 23rd August

6.30pm ~ Moleben & Confessions

Saturday 26th August

7.30pm ~ Vigil

Sunday 27th August

(Forefeast of the Dormition)

10.10am ~ Hours & Divine Liturgy

2pm (approx.) ~ Matinal Burial Service to the Theotokos

✠ Monday 28th August ✠

(Dormition of the Theotokos)

10.10am ~ Hours & Festal Liturgy

Wednesday 30th August

6.30pm ~ Moleben & Confessions