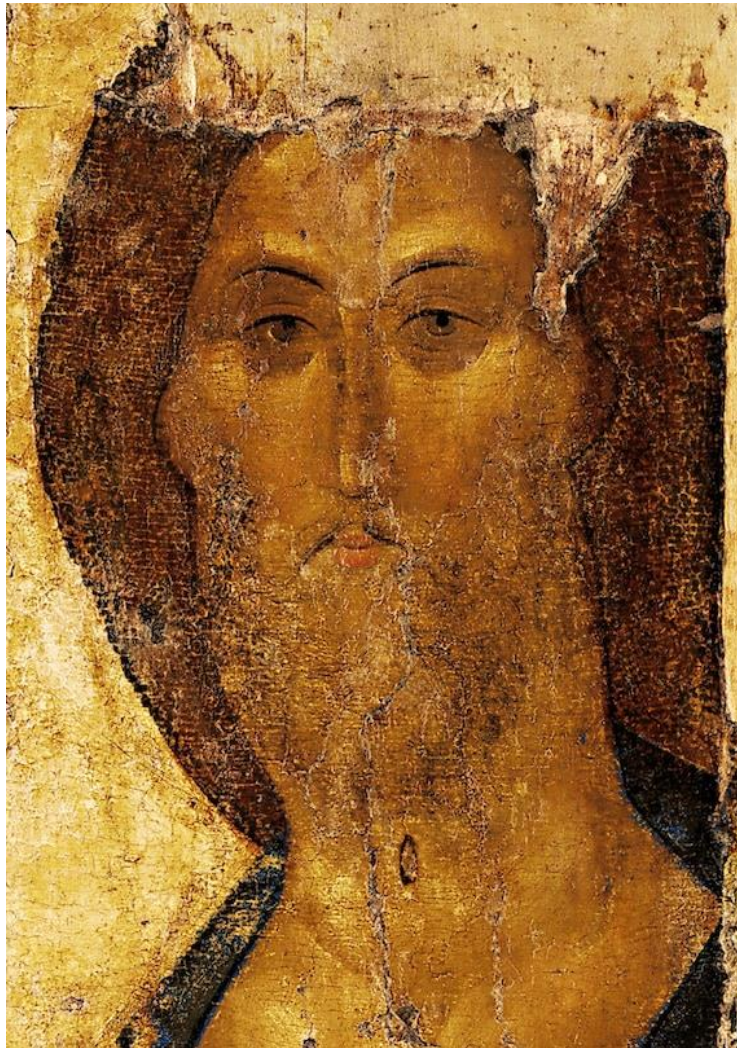




“Joy of All Who Sorrow”

No. 175 November, 2023



‘Every one of us is the painter of his own life. Our soul is like the canvas, and the virtues are the paint. Jesus Christ is the image we should copy.’

(St Gregory of Nyssa +)

A Pastoral Word from Fr Mark

LITURGY FOR ST VARUS

As reported in the October bulletin, the new ikon which Fr Mark commissioned from the ikonographer Efrem Carrasco has now arrived and will be placed permanently somewhere next to the table for the departed. This will enable those praying for the repose of the souls of departed non-Orthodox Christians to direct their prayers to the Martyr Varus and to venerate his ikon. On **Wednesday 1st November**, a liturgy was served for the Martyr Varus and St John of Kronstadt and the new ikon of the saint was blessed. At the end of the Divine Liturgy, the Prayer to St Varus was read and Fr Mark silently commemorated the names of non-Orthodox departed.



UPDATED PARISH WISH LIST

Fr Mark has been very touched by the generosity of several people who have contacted him to purchase some of the items on the [Parish "wish list"](#). Interestingly, most of the people who have purchased things so far are not regular parishioners but kind friends from different parts of the UK. May God bless all those who have donated so far! The list has still got lots of things still to purchase from £25 upwards. Perhaps you would like to purchase something in memory of a departed relative or in gratitude to God for a blessing you have received? Take a look through the wish list and please contact me if you feel moved to purchase anything or contribute towards any item. Most of the orders will be made through the St Elizabeth Convent in Minsk which will also contribute towards the excellent support they offer to people with mental health problems, learning disabilities and in recovery from addictions.

TWO IMPORTANT SERVICES IN NOVEMBER

Please take note that in November we have **TWO** important services coming up, first and foremost our Patronal Festival for the Feast of the Ikon of the Theotokos: *Joy of All Who Sorrow* on **Monday 6th November** with Hours and Festal Liturgy beginning at 10.10am which will be followed by a procession and festal meal. On **Wednesday 15th November** we will have Founder's Day where we will celebrate a Requiem Liturgy for the soul of Dcn Andrew's late wife, Mary Bond at 10.10am followed by a Litia at the grave and Memorial Meal. **Please make an effort to support both of these important services in the life of our community.**

TIME OF WEDNESDAY MOLEBEN TO CHANGE TO 7.30pm

As Fr Mark still works over 30hrs per week for Suffolk County Council, on the occasions where he needs to work on a Wednesday this makes it very difficult for him to get to church in time. Thus from November, the time of our regular moleben on **Wednesdays** will now shift from 6.30pm to 7.30pm. Over the past few months we have had molebens and akathists to: St Tikhon; St Cyril and Maria, parents of St Sergius; St Columba, Fathers of Optina, St Aidan and St Elizabeth. Fr Mark would also be very happy to have requests for molebens to different saints.

ALMSGIVING TO THE HOLY LAND

With the terrible conflict now taking place in the Holy Land if you are able please consider making a donation to the [Orthodox Christian Community in Gaza](#) which was bombed recently keeping Archbishop Alexios of Tiberias in your prayers. Also, the Head of the Russian Ecclesiastical Mission in Jerusalem, Archimandrite Roman has made a [personal appeal for donations](#) due to the massive decrease in pilgrims since the beginning of the hostilities.

Notes & Jottings

TRUSTEE MEETING

At the Trustee Meeting on Sunday 29th October, as well as approving the accounts for 2022, a number of improvements to the property and church were discussed. The trustees agreed on the need for improvement to external lighting to make it safer for parishioners returning to their cars in the evening. This will probably take the form of two lamp posts at the car park and on the way to the car park as well as motion-sensored lighting on the front façade of the House. Following confirmation from the Broads Authority, we are also looking to place a prominent sign at the entrance to the property which will hopefully make it easier for visitors to find the church and not to be confused by the lack of any obvious church building in the front of the grounds. The sign will also have a window where we can put up the monthly services list. Further improvements include making the disabled ramp to the North door properly non-slip and to enable wheel-chairs to pass through the door much easier. We are also looking to purchase a cardless reader for the church especially as the use of cash in society continues to diminish.

PANIKHIDA AND CHURCH CLEAN

Thank you to Nicholas, Daniel, Irinia, Daniel, Inge and her grandchildren as well as George and Matushka Elizabeth who all came to pray for the departed at a Panikhida on Demetrius Saturday. After the panikhida, everyone helped with getting the church spick and span for our patronal feast and founders day, so that the church positively sparkled inside and out.

GIFT OF OIL AND INCENSE

Thanks are due to Alla and John Steel for gifting to the church incense and oil from their trip to the famous churches and monasteries of Kefalonia in Greece where the mysterious warm-blooded snakes appear each year around the Feast of the Dormition.

WILLOW TREE

The willow tree that was mentioned in the last bulletin has now had to be felled completely following more branches coming down. Its removal also makes possible the expansion of the car parking area. This could provide a significant increase in the capacity for parked cars that could be especially useful at Pascha.

IKONOSTASIS

For many years the church has had real ikons in the Deacon doors and Royal doors but we have been without a formal ikonostasis which would normally be seen in an Orthodox Church. Over the past month or so, early conversations have taken place with Silouan (Dylan) Hartley of our ROCOR parish in Telford and we are now looking to commission the construction of a wooden ikonostasis as well as further painted ikons from the iconographer Efrem Carrasco. This has become more urgent as the Deacon Doors in particular have unfortunately started to warp which could, in the longer term, lead to the ikons themselves becoming damaged. We hope to present a plan of the future ikonostasis shortly.

NAMEDAYS

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

Many Years!

8 November – **Great Marty Demetrios of Thessalonika** – Dmitriy Dubovitskiy

21 November – **Synaxis of the Holy Archangels** – Michael Moore, Mikhail Bulashov,
Michael Wynne-Parker

27 November – **Holy Apostle Philip** – Archpriest Philip Steer

29 November – **Holy Apostle and Evangelist Matthew** – Matthew Edgson



PARISH & COLLEGIATE CHURCH OF THE IKON OF THE THEOTOKOS:
"JOY OF ALL WHO SORROW"

NOVEMBER 2023

Wednesday 1st November

(St Varus & St John of Kronstadt)

Commemoration of Non-Orthodox Departed

10.10am ~ Hours & Divine Liturgy

Saturday 4th November

7.30pm ~ Great Vespers & Confessions

Sunday 5th November

(Holy Apostle James)

10.10am ~ Hours & Divine Liturgy

7.30pm – Great Vespers with Litia

✠ Monday 6th November ✠

(PATRONAL FEAST: Ikon "Joy of All Who Sorrow")

10.10am ~ Hours & Festal Liturgy

Wednesday 8th November

7.30pm ~ Moleben & Confessions

Saturday 11th November

7.30pm ~ Great Vespers & Confessions

Sunday 12th November

(Hieromartyr Zenobius)

10.10am ~ Hours & Divine Liturgy

7.30pm - Panikhida

Wednesday 15th November

(FOUNDER'S DAY: Anniversary of Repose of Mary Bond)

10.10am ~ Hours & Requiem Liturgy

Saturday 18th November

7.30pm ~ Great Vespers & Confessions

Sunday 19th November

(St Paul the Confessor of Constantinople)

10.10am ~ Hours & Divine Liturgy

Wednesday 22nd November

7.30pm ~ Moleben & Confessions

Saturday 25th November

7.30pm ~ Great Vespers & Confessions

Sunday 26th November

(St John Chrysostom)

10.10am ~ Hours & Divine Liturgy

Wednesday 29th November

7.30pm ~ Moleben & Confessions

For all other services and pastoral needs including baptism, marriage, molebens and panikhidas, please contact Priest Mark Tattum-Smith on:

Tel. 01502 716914 / 07592482732 or Email: marktattumsmith@gmail.com