



“Joy of All Who Sorrow”

No. 177 January, 2024



**‘Do not lose heart. There is hope, and it is
Christ’**

(St Ephrem the Syrian + 379)

A Pastoral Word from Fr Mark

CHRISTMAS SERVICES

With the recent passing of the 25th December on the civil calendar, we are now rapidly approaching the Feast of the Nativity of our Lord and God and Saviour, Jesus Christ. With Christmas day, according to the Church calendar, falling on a Sunday there should be little excuse for not making the effort to come to church on this Great Feast. Our Nativity celebrations will start with the Royal Hours on Friday morning at 10.30am where we will hear the prophesies from the Old Testament together with specially appointed psalms and stichera. On Saturday we will celebrate Great Compline with the Litia at 7.30pm after which there will be a time for confessions. The climax of the feast will culminate with the Hours and Festal Liturgy at 10.10am which will be followed by carols and a Christmas lunch in the College.

MIDWEEK MOLEBENS & WEEKDAY LITURGIES IN JANUARY

You will now see that on our service schedule we are marking who the moleben will be addressed to each week in advance. The midweek Moleben is a great way to break up the week with prayer and to learn about more of the saints. Please also note that God-willing we will have a couple of additional weekday liturgies this coming month, first for St John of Kronstadt & St Ignatius the God-bearer on **Tuesday January 2nd** and then on **Monday January 15th** for St Seraphim of Sarov.

THEOPHANY BLESSING OF WATER & HOUSE BLESSINGS

After the Feast of Nativity we next will come to the Great Feast of the Theophany of Christ when we celebrate His baptism in the Jordan and the beginning of His earthly ministry. This year in the afternoon of Sunday after Theophany (21st January) – weather and adequate congregational support permitting – I am hoping to do our first outdoor blessing of water on the River Waveney probably at Wainford close to the bridge at Pirnhow Street near the Silo cafe. From 19th January onwards I will be available for Theophany house blessings. **All Orthodox Christians without exception should invite the priest to come to their homes during this coming Theophany-tide to receive the blessing of the feast into their hearth and home.** Please contact me to arrange this with the details at the bottom of the service schedule. Ideally a time should be arranged so that all members of the household will be present. I will send more detailed instructions when you get in contact with me.

HOLY WATER

Also from the 19th January, Theophany water will be available to collect from the church. When taking holy water, please be considerate and take only what you will actually use and consume. There is a tendency for some people to collect holy water in a similar fashion to fine wine, storing up bottles and bottles of it in their garages or cupboards without ever seeming to drink any of it. **Please don't do this.** Holy Water is to be used and drunk throughout the year and not stored superstitiously as magic potions. Try and get into the habit of drinking holy water as part of your regular daily routine, upon rising from sleep, or when taking medication and certainly on any holy day when you are unable to come to church and receive Holy Communion. Be careful though to ensure that you store your holy water out of direct sunlight.

PARISH PRAYER LIST

I would like to start to publish a prayer list of catechumens & Orthodox Christians who are in special need of prayers which I will publish and keep updated each month. I will also ensure that these names are commemorated at every divine liturgy as well as our weekly molebens. Please send me names of Orthodox Christians that you would like to be commemorated and a very brief reason (eg. Tabitha who is pregnant; Moses who is in prison etc.) and the keep me updated.

GREAT FEASTS ON WEEKDAYS

Please see and take note of the list of Great Feasts on Weekdays printed below.

Notes & Jottings

VISIT OF HIEROMONK THEODORE

On Saturday 9th December, Fr Mark and family met up with Hieromonk Theodore (Stanway) and David and Anastasia Kessel with their large family from Ipswich in Walsingham for a small pilgrimage. After a moleben in the Shrine Chapel and a visit to the Holy House, the pilgrims went to St Seraphim's and venerated the beautiful ikons by Archimandrite David and Leon Liddament ending up with a warming mug of mulled apple juice at Mother Melangell's skete. Hieromonk Theodore and the Kessel family then came to Mettingham for Great Vespers and returned the next day for the Divine Liturgy where Hieromonk Theodore concelebrated, preached on the life of the Theotokos and gave Holy Communion to the people. At Trapeza after the Liturgy, Father Theodore then gave a short talk on monasticism and the history of Jordanville Monastery and Seminary.

WISH LIST

Thank you so much to all those who have donated towards our Wish List. This has been more successful than I could ever have hoped with not only active, regular parishioners giving but also friends from across the Orthodox world. May God bless you all for your kindness. Still more people have come forward asking if there are further items that are needed. I have thus made a [revised wish list](#) which mostly concentrates on vestments, altar hangings and sewn items.

ALL DIASPORA YOUTH CONFERENCE

If you are aged between 18 – 25 please consider attending the [ROCOR All-Diaspora Youth Conference](#) which will take place in Germany between June 25th – July 1st, 2024.

VASILOPITA

On **Sunday 14th January**, we will celebrate the Feast of the Circumcision of Christ & St Basil. In the Greek Church it is traditional to bake a special cake or Vasilopita – a moist orange flavoured cake with a coin baked within it. It would be wonderful if someone could bake this for the feast.

MAVRODAPHNE

People often ask what can they contribute to the church that would be needed and appreciated. Something which immediately comes to mind is bottles of Mavrodaphne sweet red wine. This is the wine we use in the chalice at each divine liturgy. In the early church, baking prosphora and bringing the wine for the Eucharist was a special honour for the lay people.

EXTERNAL LIGHTING

Parishioners would have noticed that the external groundworks are now complete and the electrical wiring is in place. We hope that very soon the lamp posts will be fitted so that the whole car park area is fully illuminated.

NAMEDAYS

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

Many Years!

30 December - **Holy Prophet Daniel** – Daniel Price

2 January – **Repose of St John of Kronstadt** – John Steel

8 January – **St Joseph the Betrothed** – Joseph Meyer

9 January – **Holy Protomartyr and Archdeacon Stephen** – Stephen Ward

15 January – **St Seraphim of Sarov** – Seraphima Dembri, Serafima Hopper

23 January – **St Gregory of Nyssa** – Gregorie Sacaliuc

25 January – **Holy Martyr Tatiana of Rome** – Tatiana Dive

30 January – **St Anthony the Great** – Priest Antony Bardsley



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

JANUARY 2024

Tuesday 2nd January

(St John of Kronstadt | St Ignatius the Godbearer)

10.10am ~ Hours & Divine Liturgy

Wednesday 3rd January

7.30pm ~ Moleben to St John of Kronstadt & Confessions

Friday 5th January

10.30am ~ Royal Hours

Saturday 6th January

7.30pm ~ Great Compline, Litia & Confessions

☒ Sunday 7th January ☒

(Feast of the Nativity of Christ)

10.10am ~ Hours & Divine Liturgy

Wednesday 10th January

7.30pm ~ Moleben for the Nativity of Christ & Confessions

Saturday 13th January

7.30pm ~ Great Vespers & Confessions

☒ Sunday 14th January ☒

(Circumcision of the Lord & St Basil the Great)

10.10am ~ Hours & Divine Liturgy

Monday 15th January

(St Seraphim of Sarov)

10.10am ~ Hours & Divine Liturgy

Wednesday 17th January

7.30pm ~ Moleben to St Seraphim of Sarov & Confessions

Thursday 18th January

7.30pm ~ Great Compline with Litia & Confessions

Friday 19th January

☒ (Feast of Theophany of the Saviour) ☒

10.10am ~ Hours & Divine Liturgy followed by Blessing of Water

Saturday 20th January

7.30pm ~ Great Vespers & Confessions

Sunday 21st January

(Afterfeast of Theophany | St George the Chozebite)

10.10am ~ Hours & Divine Liturgy

Wednesday 24th January

7.30pm ~ Moleben to St Theophan the Recluse & Confessions

Saturday 27th January

7.30pm ~ Great Vespers & Confessions

Sunday 28st January

(St Paul of Thebes & St John the Hut-Dweller)

10.10am ~ Hours & Divine Liturgy

For all other services and pastoral needs & inquiries please contact Priest Mark Tattum-Smith on:
Tel. 01502 716914 / 07592482732 or Email: marktattumsmith@gmail.com

Great Feasts on Weekdays in 2024



Please find below key dates of some of the Great Feasts for our Parish in Mettingham which falls on a weekday in 2024. With some advanced calendar planning you can seek to attend as many of these as possible and, if you have children, ensure that they are off school to attend the feasts. Start looking at your annual leave allocation NOW and liaise with your employer to see what might be possible. Attendance of the Great Feasts of the Church should be your first priority when it comes to planning what to do with your time off work.

Wednesday 6th November – Patronal Feast: Ikon of the Theotokos

Friday 19th January – Feast of Theophany

Thursday 15th February – Feast of the Meeting of the Lord

Thursday 2nd May – Holy & Great Thursday

Friday 3rd May – Holy & Great Friday

Thursday 13th June – Feast of Ascension of the Lord

Friday 12th July – Feast of Peter & Paul

Monday 19th August – Feast of Transfiguration

Wednesday 28th August – Feast of Dormition of the Theotokos

Friday 27th September – Feast of the Universal & Lifegiving Cross

Friday 15th November – Founder's Day

Wednesday 4th December – Entry of the Theotokos into the Temple