

**Orthodox Christian Community of  
St. Constantine the Great, York  
Antiochian Orthodox Christian Archdiocese of  
the British Isles and Ireland  
Greek Orthodox Patriarchate of Antioch and all the East**

**Calendar for March 2019**





21 <sup>st</sup> April:	10am	Divine Liturgy & Blessing of the Palms	The Entry of Our Lord into Jerusalem (Palm Sunday)
24 <sup>th</sup> April	6:30pm	Holy Unction (Evchelaion)	The Sacrament of Anointing with Oil
26 <sup>th</sup> April	6:30 pm	Vespers of Holy & Great Friday	Good Friday Vespers with the Ceremony of the Winding Sheet (Epitaphion)
27 <sup>th</sup> - 28 <sup>th</sup> April	21:30 pm+	Paschal Vigil (Anasti)	Reading from Acts of The Apostles - c. 21:30 Paschal Vigil Service with Giving of the Light - c.23:00 Paschal Matins & Divine Liturgy - c.00:30

*3<sup>rd</sup> & 6<sup>th</sup> Hours are chanted each Sunday at 9:30am before the Divine Liturgy*

Services take place in the chapel of York St. John University, Lord Mayor's Walk, York YO31 7EX at the time shown, d. v.

For Confessions & for further information on Parish activities please contact:

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You can find full details our services on our website:

<http://yorkorthodox.org/>

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## FROM THE FATHERS

“BEHOLD, here openly the Virgin Mother is presented, as a throne for the King, the Lord of Sabaoth, high and lifted up by the glory of Him that fashioned it. Upon this, consider the Lord now coming to thee in the flesh. Upon this virginal throne, I say, worship the One who now cometh to thee in this new and most glorious way.”

*St. Methodius of Patara +312 AD*

“THE IMAGINATION not only records things, that is; receives images of things seen, but also recalls those images that have been forgotten, fashions other images on its own which is substitutes for others by adding or subtracting or changing. Thus it can change insignificant images insignificantly, both when we are awake and when we are asleep through our dreams, in which dreams, I suggest, you never believe. It is written: ‘For dreams have deceived many, and those who put their hope in them have failed’ (Sir. 34:7).”

*Saint Nicodemus of the Holy Mountain, +1809 AD*

"SOME of the things which we do for the sake of God are done in obedience to the commandments; others are done not in obedience to the commandments but, so to speak, as a voluntary offering. For example, we are required by the commandments to love God and our neighbour, to love our enemies, not to commit adultery or murder and so on. And when we transgress these commandments, we are condemned. But we are not commanded to live as virgins, to abstain from marriage, to renounce possessions, to withdraw into solitude and so forth. These are of the nature of gifts, so that if through weakness we are unable to fulfil some of the commandments, we may by these free gifts propitiate our blessed Master."

*Venerable Maximus the Confessor, +662 AD*

***Fasting Guidelines:***

On days designated *strict fast* we abstain from dairy products, meat, fish, oil and wine.

Some seafoods, e.g. squid, crab, roe and prawn, are permitted.

**Note:** Where there is more than one set of readings for the day, **bold** type shows the readings appointed by The Typikon to be used at the Divine Liturgy.

**Friday 1<sup>st</sup> March 2019**

*Fast day: strict fast*

Holy Martyr Eudoxia of Heliopolis (ca. 160). Holy virgin Domnina of Syria (ca. 460). Holy Martyrs Nestor, Tribimius, Marcellus, and Anthony of Pamphylia (3rd C). St. Agapius of Vatopedi Skete of Kolitsou, and his four companions. New Martyrs abbess Antonina of Kizliar, Northern Caucasus (1924), Hieromartyr Methodius (1920), and Anastasia Andreyevna, Fool-for-Christ.

*British Isles and Ireland:* St. David of Wales (6th C). St. Marnock of Kilmarnock (625). St. Swithbert the Elder of Northumbria, bishop of the Frisians (713). Holy Martyr Monan of St. Andrew's (874).

**Readings: 2 John 1:1-13; Mark 15:22-25,33-41**

**Saturday 2<sup>nd</sup> March 2019**

**Soul Sabbath**

Holy Martyr Hesychius the Senator (ca. 304). Hieromartyr Theodotus, bishop of Cyrenia (ca. 320). St. Nicholas Planas, parish priest in Athens (1932). Virgin-Martyr Euthalia of Sicily (257). St. Arsenios, bishop of Tver (1409).

*British Isles and Ireland:* St. Chad, bishop of Lichfield (672). St. Gistilian, uncle of St. David (6th C). St. Fergna, abbot of Iona (637). St. Cynibild, brother of SS Chadd and Cedd (7th C). St. Slebhine, abbot of Iona (767).

**Readings: 1 Corinthians 10:23-28; Luke 21:8-9,25-27,33-36**

For the Departed: 1 Thessalonians 4:13-17; John 5:24-30

**Sunday 3<sup>rd</sup> March 2019**

*Tone 7 : Eothinon 7*

**35th after Pentecost : 18th of Luke – Meatfare Sunday**

Holy Martyr Eutropius of Amasea, and with him Martyrs Cleonicu, Basiliscus, Zeno and Zoilus (ca. 308). Hieromartyr Theodoretus, priest of Antioch (363).

**Sunday 31<sup>st</sup> March 2019**

*Lenten Fast: wine and oil allowed*

*Tone 3 : Eothinon 11 : Liturgy of St Basil*

**3rd of Great Lent – Sunday of the Adoration of the Life-giving Cross**

St. Hypatius the Wonderworker, bishop of Gangra (ca. 326). Venerable Acacius the Confessor, bishop of Melitene (251).

**Readings: Hebrews 4:14-5:6; Mark 8:34-9:1**

**Services:**

3 <sup>rd</sup> March:	10am	Divine Liturgy	18 <sup>th</sup> Sunday of Luke (Meatfare Sunday)
10 <sup>th</sup> March:	10am	Divine Liturgy	19 <sup>th</sup> Sunday of Luke - Forgiveness Sunday (Cheesefare Sunday)
13 <sup>th</sup> March:	6:30pm	Great Canon	Great Canon of St. Andrew of Crete
17 <sup>th</sup> March:	10am	Divine Liturgy & Procession	1 <sup>st</sup> Sunday of Great Lent – Sunday of Orthodoxy, Liturgy of St Basil
24 <sup>th</sup> March:	10am	Divine Liturgy	Celebration of The Annunciation to Our Most Holy Lady, the Theotokos and Ever-Virgin Mary
31 <sup>st</sup> March:	10am	Divine Liturgy	3rd Sunday of Great Lent – Sunday of the Adoration of the Life-giving Cross, Liturgy of St Basil
7 <sup>th</sup> April:	10am	Divine Liturgy	4 <sup>th</sup> Sunday of Great Lent – Sunday of our Holy Father St John Climacus, Liturgy of St Basil
10 <sup>th</sup> April:	6:30pm	Paraklesis to the Theotokos	
14th April:	10am	Divine Liturgy	5th of Great Lent - Sunday of our Holy Mother, Mary of Egypt, Liturgy of St Basil

**Wednesday 27<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

Holy Martyr Matrona of Thessalonica (4th C). Holy Martyrs Philetas the Senator, his wife Lydia, their sons Macedon and Theoprepus, Chronides the Notary, and Amphilocheus the Captain, in Illyria (2nd C). St. Paul, bishop of Corinth (890).

*British Isles and Ireland:* St. Suairlech, 1st bishop of Fore in Westmeath (ca. 750). St. Alkeld, Martyr in Yorkshire (10th C).

*Readings:* Isaiah 10:12-20; Genesis 7:6-9; Proverbs 9:12-18

**Thursday 28<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

St. Hilarion the New, abbot of Pelecete (754). Apostle Herodion of the Seventy (1st C). St. Stephen the Wonderworker, abbot of Tryglia (815).

*Readings:* Isaiah 11:10-12:2; Genesis 7:11-8:3; Proverbs 10:1-22

**Friday 29<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

Hieromartyr Mark, bishop of Arethusa, Martyr Cyril the deacon, of Heliopolis, and others who suffered under Julian the Apostate (ca. 364). St. Eustathios (Eustace) the Confessor, bishop of Bithynia (9th C).

*British Isles and Ireland:* St. Gladys and St. Gwynllyn, parents of St. Cadoc (6th C). St. Lasar, niece of St. Forchera (6th C).

*Readings:* Isaiah 13:2-13; Genesis 8:4-21; Proverbs 10:31-11:12

**Saturday 30<sup>th</sup> March 2019**

*Lenten Fast: wine and oil allowed*

**Soul Sabbath**

St. John Climacus of Sinai, author of "The Ladder" (606). Apostles Sosthenes, Apollos, Cephas, and Epaphroditus, of the Seventy (1st C). New Hieromartyr Zacharias, bishop of Corinth (1684) St. Sophronius, bishop of Irkutsk (1771).

*British Isles and Ireland:* St. Osburga of Coventry, virgin (c. 1015). St. Fergus, bishop of Downpatrick (6th C). St. Tola, bishop of Disert Tola in Meath (ca. 733).

*Readings:* **Hebrews 10:32-38; Mark 2:14-17**

For the Departed: 1 Thessalonians 4:13-17; John 5:24-30

*British Isles and Ireland:* St. Non, mother of St. David of Wales (6th C). St. Winwaloe, abbot (6th C). St. Foila of Kilfaile (6th C). St. Sacer, abbot of Saggard, Dublin (7th C). St. Cele-Christ, hermit and bishop (ca. 728). St. Lamalisse, hermit of Arran (7th C).

*Readings:*

**1 Corinthians 8:8-9:2; Matthew 25:31-46**

**Monday 4<sup>th</sup> March 2019**

*Cheesefare week*

St. Gerasimos of the Jordan (475). Holy Martyrs Paul, his sister Juliana, and Quadratus, Acacius, and Stratonicus, at Ptolemais in Syria (273).

Blessed Prince Daniel of Moscow, the wonder-worker (1303). St. Gregory, bishop of Constantia in Cyprus.

*British Isles and Ireland:* St. Owen of Lichfield, hermit (ca. 670). St. Owin, bishop of Mercia (ca. 680). Hieromartyr Adrian and Companions, bishop of the Isle of May in Scotland (ca. 875).

*Readings:* **3 John 1:1-15; Luke 19:29-40,22:7-39**

**Tuesday 5<sup>th</sup> March 2019**

*Cheesefare week*

Holy Martyr Conon of Isauria (2nd C). Holy Martyr Conon the Gardener, of Pamphylia (251). St. Mark the Faster, of Egypt (5th C). Righteous Father Mark of Athens (4th C). New Martyr John the Bulgarian at Constantinople (1784). Virgin-martyr Irais (Rhais) of Antinoë in Egypt and with her Martyr Archelaus and 152 Martyrs in Egypt (3rd C).

*British Isles and Ireland:* St. Ladoca of Cornwall, virgin and missionary (5th C). St. Ciaran of Saighir (Ossory) (ca. 530). St. Caron of Tregaron. St. Carthage the Elder, bishop of Ossory (ca. 540). St. Piran, hermit of Cornwall (ca. 480). St. Colman of Armagh (5th C).

*Readings:* **Jude 1:1-10; Luke 22:39-42,45-23:1**

### Wednesday 6<sup>th</sup> March 2019

*Cheesefare week*

The 42 Martyrs of Amorion in Phrygia (c. 845). The discovery of the Precious Cross and the Precious Nails by Empress St. Helena in Jerusalem (326). Monk-martyrs Conon and his son Conon of Iconium (275).

*British Isles and Ireland:* St. Sithney, missionary abbot (529). SS Cyneburgh and Cyneswith, abbesses of Castor and St. Tibba (ca. 680). St. Billfrith, the Goldsmith, hermit (8th C). St. Baldred, hermit at Tynningham (756). St. Fridolin of Ireland, Enlightener of the Upper Rhine (538). St. Cadroel, monk and bishop (976).

*Readings:* **Joel 2:12-26; Joel 4:12-21**

### Thursday 7<sup>th</sup> March 2019

*Cheesefare week*

The Holy Seven Hieromartyrs of Cherson: Basil, Ephraim, Capito, Eugene, Aetherius, Elpidius and Agathodorus (4th C). St. Lavrentios of Megara, founder of the monastery of the Mother of God in Salamina (1770). St. Paul the Simple of Egypt, disciple of St. Anthony the Great (4th C). St. Ephraim of Antioch (6th C).

*British Isles and Ireland:* St. Enadoc (ca. 520). St. Deifer, founder abbot of Bodfari (6th C). St. Eosterwine, abbot of Wearmouth (686).

*Readings:* **Jude 1:11-25; Luke 23:2-34,44-56**

### Friday 8<sup>th</sup> March 2019

*Cheesefare week*

The Commemoration of the Miracle of Kollyva wrought by Saint Theodore Tyro (the Recruit). St. Theophylact, bishop of Nicomedia (842). Apostle Hermas of the Seventy (1st C). Hieromartyr Theodoret of Antioch (4th C). St. Dometius, monk (363). St. Paul of Prusias, confessor (840).

*British Isles and Ireland:* St. Felix of Burgundy, bishop of Dunwich and Enlightener of East Anglia (ca. 648). St. Senan, abbot of Scatterry (544). St. Beoadh, bishop of Ardcanne (ca. 518).

*Readings:* **Zechariah 8:7-17; Zechariah 8:19-22**

### Sunday 24<sup>th</sup> March 2019

*Lenten Fast: wine and oil allowed*

*Tone 2 : Eothinon 10 : Liturgy of St Basil*

#### 2<sup>nd</sup> of Great Lent – Sunday of St Gregory Palamas

*Forefeast of The Annunciation of the Theotokos*

St. Artemius, bishop of Seleucia (2nd C). St. Zacharias the Recluse of Egypt (4th C). New Hieromartyr Parthenios III, patriarch, at Constantinople (1657).

*British Isles and Ireland:* St. Aedh MacCairthinn, bishop of Clogher (5th C). St. Donard, hermit (506). St. Cairlon, bishop of Cashel (6th C). St. Caimin the Recluse (653). St. Hildelith, abbess of Barking (ca. 712).

*Readings:* **Hebrews 1:10-2:3; Mark 2:1-12**

### Monday 25<sup>th</sup> March 2019

*Lenten Fast: fish, wine and oil allowed*

#### THE ANNUNCIATION TO OUR MOST HOLY LADY, THE THEOTOKOS AND EVER-VIRGIN MARY

Holy Martyrs Pelagia, Theodosia, and Dula of Nicomedia, who suffered under Valentian (4th C).

*British Isles and Ireland:* St. Alfwold, bishop of Sherborne (1050). St. Kennocha of Fife (1007).

*Readings:*

Isaiah 8:13-9:7; Genesis 6:9-22; Proverbs 8:1-21

*For the Commemoration:* **Hebrews 2:11-18; Luke 1:24-38**

### Tuesday 26<sup>th</sup> March 2019

*Lenten Fast: strict fast*

#### The Synaxis of Archangel Gabriel

*Afterfeast of The Annunciation of the Theotokos*

Holy Martyrs Manuel and Theodosius (304). New Martyr George of Adrianople (1437). St. Basil the New, anchorite near Constantinople (10th C). St. Malchus of Chalcis in Syria (4th C).

*British Isles and Ireland:* St. Sincheall, abbot of Killeigh (5th C). St. Mochelloc of Killmallock (639). St. Garbhan (7th C).

*Readings:* **Isaiah 9:9-10:4; Genesis 7:1-5; Proverbs 8:32-9:11**

*For the Commemoration:* Hebrews 2:2-10; Luke 10:16-21

### Wednesday 20<sup>th</sup> March 2019

*Lenten Fast: strict fast*

The Holy Fathers who were slain at the monastery of St. Sabbas: SS John, Sergius, Patrick and others (796). New Martyr Myron of Crete (1793).

Righteous Abel, Protomartyr in History of Mankind.

*British Isles and Ireland:* St. Cuthbert the Wonderworker, abbot of Lindisfarne (687). St. Herbert, hermit of Derwentwater (687).

*Readings:* Isaiah 5:16-26; Genesis 4:16-26; Proverbs 5:15-6:3

### Thursday 21<sup>st</sup> March 2019

*Lenten Fast: strict fast*

St. James the Confessor, bishop of The Studion (8th C). St. Thomas, patriarch of Constantinople (610). New Martyr Michael of Agrapha (1544).

*British Isles and Ireland:* St. Enda of Inishmore, abbot of Aran (530).

*Readings:* Isaiah 6:1-12; Genesis 5:1-24; Proverbs 6:3-20

### Friday 22<sup>nd</sup> March 2019

*Lenten Fast: strict fast*

Hieromartyr Basil of Ancyra (ca. 363). Holy Martyr Drosida of Antioch, daughter of the Emperor Trajan, and five Nuns (104). Holy Martyrs Callinica and Basilissa of Galatia (250). New Martyr Euthymius of Mt Athos (1814).

*British Isles and Ireland:* St. Darerca, sister of St. Patrick (5th C). St.

Failbhe, abbot of Iona (7th C). St. Trien, abbot of Killelga (5th C).

*Readings:* Isaiah 7:1-14; Genesis 5:32-6:8; Proverbs 6:20-7:1

### Saturday 23<sup>rd</sup> March 2019

*Lenten Fast: wine and oil allowed*

#### Soul Sabbath

Holy Martyr Nikon and 199 disciples with him in Sicily (251). Holy Martyr Dometius of Phrygia, under Julian the Apostate (ca. 360). New Martyr Luke at Mytilene (1802).

*British Isles and Ireland:* St. Maidoc, abbot of Fiddown (5th C). St. Ethilwald of Farne, hermit (699).

*Readings:* **Hebrews 3:12-16; Mark 1:35-44**

For the Departed: 1 Thessalonians 4:13-17; John 5:24-30

### Saturday 9<sup>th</sup> March 2019

*Cheesefare week*

#### The Holy Forty Martyrs of Sebaste (320)

Righteous Caesarios, brother of St. Gregory the Theologian (369).

*British Isles and Ireland:* St. Bosa, bishop of York (705). St. Sanctan, bishop (5th C). St. Constantine, Hieromartyr & King of Cornwall (576).

*Readings:* Romans 14:19-23,16:25-27; Matthew 6:1-13

*For the Commemoration:* **Hebrews 12:1-10; Matthew 20:1-16**

### Sunday 10<sup>th</sup> March 2019

*Cheesefare week*

*Tone 8 : Eothinon 8*

#### 36<sup>th</sup> after Pentecost : 19<sup>th</sup> of Luke – Forgiveness Sunday, Cheesefare Sunday

Holy Martyrs Quadratus and those with him at Corinth (258). Holy Martyrs Codratus, Saturninus, and Rufinus of Nicomedia (3rd C). New Martyr Michael of Agrapha, Thessalonica (1544). St. Anastasia the Patrician of Alexandria (567).

*British Isles and Ireland:* St. Kessog the Wonderworker (560). St. Emilian, abbot of Lagny (675). St. Failbhe the Little, abbot of Iona (754). St. Sedna, bishop of Ossory (ca. 570). St. Silvester, companion of St. Palladius (ca. 420).

*Readings:* **Romans 13:11-14:4; Matthew 6:14-21**

### Monday 11<sup>th</sup> March 2019

*Great Lent begins: strict fast*

St. Sophronius, patriarch of Jerusalem (638). St. Theodora the Righteous, Queen of Arta (13th C). St. George, abbot of Sinai, brother of St. John Climacus (6th C). Hieromartyr Pionius of Smyrna and those with him (250). St. John Moschus, author of "The Spiritual Meadow" (622). St. George the New, Wonderworker of Constantinople. Repose of St. Euthymius, bishop of Novgorod, Wonderworker (1458).

*British Isles and Ireland:* St. Oengus the Culdee, compiler of the first Irish Martyrology (824).

*Readings:* Isaiah 1:1-20; Genesis 1:1-13; Proverbs 1:1-20

**Tuesday 12<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

St. Theophanes the Confessor, of Sigriane (818). St. Symeon the New Theologian (1022). St. Gregory Dialogos, pope of Rome & Apostle of the English (604). Righteous Phineas, grandson of Aaron (ca. 1500BC).

*British Isles and Ireland:* St. Paul Aurelian of Wales, bishop of Ouismor (575). St. Alphege the Elder, bishop of Winchester (951). St. Mura McFerednach of Donegal (645).

*Readings:* Isaiah 1:19-23; Genesis 1:14-23; Proverbs 1:20-33

**Wednesday 13<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

Translation of the relics of St. Nicephorus, patriarch of Constantinople (846). Hieromartyr Publius, bishop of Athens and disciple of St. Dionysius the Areopagite (2nd C). Holy Martyrs Africanus, Publius, and Terence, of Carthage (3rd C).

*British Isles and Ireland:* St. Mochoemoc, abbot (656). St. Kevoca of Kyle (7th C). St. Gerald of Mayo, abbot (732).

*Readings:* Isaiah 2:3-11; Genesis 1:24-2:3; Proverbs 2:1-22

**Thursday 14<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

St. Benedict of Nursia, abbot (543). St. Eusebius, bishop of Lampsacus (9th C)

*British Isles and Ireland:* St. Kyrin, bishop of Ross (660). St. Talmach, disciple of Saint Finbar (7th C).

*Readings:* Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-18

**Friday 15<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

Holy Martyrs Agapius, Publius, Timolaus, Romulus, two named Dionysius, and two named Alexander at Caesarea in Palestine (303). New Martyr Manuel of Crete (1792).

*British Isles and Ireland:* Hieromartyr Aristobulus of the Seventy, bishop of Britain (1st C).

*Readings:* Isaiah 3:1-14; Genesis 2:20-3:20; Proverbs 3:19-34

**Saturday 16<sup>th</sup> March 2019**

*Lenten Fast: wine and oil allowed*

Hieromartyr Alexander I, 5th pope of Rome (119). Holy Martyr Sabinas of Hermopolis, Egypt (287). St. Christodoulos, Wonderworker of Patmos (1093). Holy Martyr Julian of Anazarbus (305).

*British Isles and Ireland:* St. Abban of Kilabban (650). St. Finan Lobur, abbot of Swords (5th C).

*Readings:* **Hebrews 1:1-12; Mark 2:23-3:5**

**Sunday 17<sup>th</sup> March 2019**

*Lenten Fast: wine and oil allowed*

*Tone 1 : Eothinon 9 : Liturgy of St Basil*

**1st of Great Lent – Sunday of Orthodoxy**

St. Alexius, the Man of God (411). St. Theosterictus the Confessor, abbot of Pelecete Monastery near Prusa (826). Holy Martyr Marinus the Soldier, at Caesarea in Palestine (260). Venerable Macarius, abbot, Wonderworker of Kalyazin (1483).

*British Isles and Ireland:* St. Patrick, bishop of Armagh, Apostle to the Irish (461). St. Beccan of Rhum (677). St. Withburga, hermit at Holkham and East Dereham (ca. 743).

*Readings:* **Hebrews 11:24-26,32-40; John 1:43-51**

**Monday 18<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

St. Cyril, archbishop of Jerusalem (386). Monk-Martyrs Trophimus and Eucarpion of Nicomedia (c. 300).

*British Isles and Ireland:* Holy Martyr Edward, King of England (978). St. Egbert of Ripon, Confessor (ca. 720).

*Readings:* Isaiah 4:2-6,5:1-7; Genesis 3:21-4:7; Proverbs 3:34-4:22

**Tuesday 19<sup>th</sup> March 2019**

*Lenten Fast: strict fast*

Holy Martyrs Chrysanthus and Daria, and those with them, at Rome (283). New Martyr Demetrius at Constantinople (1564). Holy Martyr Pancharius at Nicomedia (302). St. Innocent of Komel, disciple of St. Nil Sorsky (1521).

*British Isles and Ireland:* St. Auxilius, bishop of Killossey (ca. 460). St. Lactan, abbot of Achadh-Ur, now Freshford (672). Holy Martyr Alcmund (ca. 800).

*Readings:* Isaiah 5:7-16; Genesis 4:8-15; Proverbs 5:1-15