

**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 May 2019



			Pascha
16 th June	10 am	Divine Liturgy	Sunday of Holy Pentecost
23 rd June	10 am	Divine Liturgy	Sunday of All Saints - 1 st of Matthew & 1 st after Pentecost
28 th June	6:30 pm	Great Vespers	The Holy Glorious and All-Praised Leaders of the Apostles, Peter and Paul
30 th June	10am	Divine Liturgy	Synaxis of the Holy, Glorious, and All-praised Twelve Apostles – 2 nd of Matthew & 2 nd after Pentecost

3rd & 6th 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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Thursday 30th May 2019

St. Isaac, founder of the Dalmatian monastery at Constantinople (383). St. Macrina, grandmother of St. Basil the Great (4th C). St. Hubert of Maastricht (727). St. James, monk of the Galich Monastery (15th C). Holy Martyrs Natalius and Barlaam of Caesarea in Cappadocia (304).

British Isles and Ireland: St. Walstan of Bawburgh, confessor (1016).

Readings: **Acts 14:20-15:4; John 9:39-10:9**

Friday 31st May 2019

Disciple of the Seventy, Hermas (1st C). Holy Martyrs Eusebius and Haralambos. Holy Martyr Philosophus at Alexandria (252). Holy Martyr Hermias at Comana (2nd C). Holy Martyr Marus the Magician who was converted on witnessing the Martyrdom of Hermias.

British Isles and Ireland: SS. Winnow, Mancus and Myrbad, missionaries in Cornwall (6th C).

Readings: **Acts 15:5-12; John 10:17-28**

5 th May	10am	Divine Liturgy	Thomas Sunday - Second Sunday of Pascha
8 th May	6:30 pm	Daily Vespers & Paraklesis to the Mother of God	
12 th May	10am	Divine Liturgy	Sunday of the Myrrh-Bearing Women – Third Sunday of Pascha
19 th May	10am	Divine Liturgy	Sunday of the Paralytic – Fourth Sunday of Pascha
26 th May	10am	Divine Liturgy	Sunday of the Samaritan Woman – Fifth Sunday of Pascha
1 st June	10am	Divine Liturgy	Sunday of the Blind Man – Sixth Sunday of Pascha
5 th June	6:30 pm	Great Vespers	The Ascension of our Lord
9 th June	10am	Divine Liturgy	Sunday of the Holy Fathers of the 1 st Œcumenical Council - Seventh Sunday of



FROM THE FATHERS

“CHRIST’S apostle considered the resurrection a precious mystery, and thus he revealed it to the faithful slowly and carefully when he said: ‘We would not have you ignorant, brethren, concerning those who have fallen asleep, that you may not grieve as others do who have no hope...For the Lord Himself will descend from heaven with a cry of command, with the archangel’s call, and with the sound of the trumpet of God. And the dead in Christ shall rise’ (1Thess. :13-16)...The Lord died and resurrected to prove and demonstrate our own resurrection from the dead. With His resurrection an inextinguishable flame of faith was kindled forever in the hearts of men, that they too would be resurrected. ‘ For as in Adam all die so also in Christ shall all return to life’ (I Cor. 15:22).”

St. Nikolaj Velimirović + 1956

“YOU have heard, dearly beloved, that the holy women who had followed the Lord came to the sepulchre with spices. They had loved Him when He was alive, and they showed Him their eager tender-heartedness even when He was dead. Their deed points to something that must be done in our holy Church. Thus as we hear of what they did, we must also think of our responsibility to imitate them. We too, who believe in Him Who died, approach His sepulchre with spices if we are strengthened with the sweet smell of the virtues, and if we seek the Lord with a reputation for good works. And the women who came with spices saw angels, since those who advance toward God through their holy desires, accompanied by the sweet smell of the virtues, behold the citizens from on high.”

St. Gregory the Great, pope of Rome + 604 AD

“BY NO MEANS allow delay to cause you sorrow, my beloved friend, when your petitions are not quickly fulfilled. Rather strive all the harder to pray sincerely when you find yourself unsuccessful in your request. Even Christ prayed three times with fervour and struggling: And He was asking that the will and plan of the Father be accomplished. And to His own disciples He says: ‘Be watchful, pray without ceasing, and especially in the midst of temptations pray then, pray always with intensity and patience. Do not let hardship numb your ardour nor delays turn you to grief. It is God’s decision whether He will give, as well as the manner, timing and size of the gift He makes.

Saint Meletios the Confessor + 1283 AD

Sunday 26th May 2019

Tone 4 : Eothinon 7

5th of Pascha – Sunday of the Samaritan Woman

Apostles Carpus and Alphæus of the Seventy (1st C). Translation of the relics (1534) of New Martyr George of Kratovo and Sofia (1515). Holy Martyrs Abercius and Helen, children of the Apostle Alphaeus (1st C). St. John Psichaita the Confessor of Constantinople (8th C). Saint Euthymius of Athos, the Translator (1028). New Martyr Alexander of Thessalonica, who suffered at Smyrna (1794).

British Isles and Ireland: St. Augustine of Canterbury, Evangelizer of England (ca. 605). St. Oduvald, abbot of Melrose (698). St. Dyfan of Merthyr Dyfan (2nd C.) SS Damian and Fugatius, missionaries to Britain (2nd C). St. Becan, hermit near Cork (6th C).

Readings: Acts 11:19-30; John 4:5-42

Monday 27th May 2019

Hieromartyrs Helladius and Therapon, bishop of Sardis (3rd C). St. John the Russian, Confessor, whose relics are on the island of Euboea (1730). Virgin-Martyr Theodora and Martyr Didymus the Soldier of Alexandria (304). The Uncovering of the relics of Nilus the Younger, stylite of the Seliger Lake. Holy Martyr Alypius.

British Isles and Ireland: St. Bede the Venerable (735). St. Melangell, Virgin-hermitess of Wales (6th C).

Readings: Acts 12:12-17; John 8:42-51

Tuesday 28th May 2019

Hieromartyr Euty chius, bishop of Melitene (1st C). St. Nicetas, bishop of Chalcedon (9th C). St. Germanus (German), bishop of Paris (576). St. Ignatius, bishop and Wonderworker of Rostov (1288). Holy Martyrs Heliconidos and Daphne of Thessalonica (244).

Readings: Acts 12:25-13:12; John 8:51-59

Wednesday 29th May 2019

Virgin-Martyr Theodosia of Tyre (308). Virgin-martyr Theodosia of Constantinople (730). New Martyr Andrew of Chios (1465). New Martyr Andrew and John (Nannus) at Smyrna (1802). Blessed Constantine XI, last Emperor of Constantinople (The New Rome), martyred by the Turks (1453). Repose of Blessed John of Ustiug, fool-for-Christ (1494).

Readings: Acts 13:13-24; John 6:5-14

Wednesday 22nd May 2019

Mid-Pentecost

Hieromartyr Basiliscus, Bishop of Comana (308). New Martyrs Paul and Demetrius of Tripoli near Kalavryta (1818). St. John-Vladimir, Martyr and Ruler of Serbia (1015). New Hieromartyr Zachariah of Prusa (1802). New Monk Martyr Paul of the Great Lavra and the Russian monastery on Athos. Blessed James, Youth of Borovichi (Novgorod) (1544).

British Isles and Ireland: St. Conall, abbot of Inniscoel (7th C).

Readings: **Acts 14:6-18; John 7:14-30**

Thursday 23rd May 2019

St. Michael the Confessor, bishop of Synnada (831). Holy Myrrh-Bearer Mary, Wife of Cleopas (1st C). Uncovering of the relics of St. Leontius, bishop and Wonderworker of Rostov (1164). Virgin Euphrosyne, princess of Polotsk (1173).

British Isles and Ireland: St. Goban Gobhna, abbot (6th C).

Readings: **Acts 10:34-43; John 8:12-20**

Friday 24th May 2019

St. Simeon Stylites (the Younger) of the Wonderful Mountain (596). St. Nicetas (Nikita) Stylites, Wonderworker of Pereyaslavl-Zaleski (1186). Holy Martyrs Meletius Stratelates (the General), Stephen, John, and 1,218 soldiers with women and children, all of whom suffered in Galatia (218). St. Vincent of Lerins (5th C).

Readings: **Acts 10:44-11:10; John 8:21-30**

Saturday 25th May 2019

Third Finding of the Honourable Head of the Holy, Glorious Prophet, Forerunner and Baptist John (850)

Hieromartyr Therapon, bishop of Cyprus (4th C). Holy Martyr Celestine.

British Isles and Ireland: St. Aldhelm, bishop of Sherborne (709). St. Dunchadh, abbot of Iona (717).

Readings: Acts 12:1-11; John 8:31-42

For the Commemoration: **2 Corinthians 4:6-15; Matthew 11:2-15**

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: The late Patriarch, His Beatitude Ignatius, of blessed memory, acting in Holy Synod, issued a katalysis to Antiochian Christians for all fasting between Pascha and the feast of The Ascension.

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.

Wednesday 1st May 2019

Bright Wednesday

Holy Apostle James the son of Zebedee, the brother of St. John the Theologian (44) (Transferred from April 30th)

Righteous Prophet Jeremiah (7th C. BC). Blessed Tamara, Queen of Georgia (13th C.). Venerable Nicephorus of Chios (1821). New Martyrs Euthymius (1814), Ignatius (1814), and Acacius (1816), of Mt Athos, Hieromartyr Macarius, metropolitan of Kiev (1497). Venerable Paphnutius, abbot of Borovsk (1477).

British Isles and Ireland: St. Brioc (510). St. Asaph, bishop of Llanelwy (7th C). St. Ceallach, bishop of Killala (6th C).

Readings: Acts 2:22-36; **John 1:35-51**

For the Commemoration: **Acts 12:1-11; Luke 9:1-6**

Thursday 2nd May 2019

Bright Thursday

Translation of the relics of St. Athanasius the Great, patriarch of Alexandria (373)

Holy Martyrs Hesperus, Zoe, and their sons Cyriacus and Theodulus, at Attalia (2nd C). Translation of the relics of the Holy Passionbearers Boris and Gleb (in Holy Baptism, Roman and David, 1072 and 1115). St. Boris (in Holy Baptism, Michael), Prince of Bulgaria (907). St. Athanasius of Lubensk, patriarch of Constantinople (1656).

British Isles and Ireland: St. Neachtain (5th C). Hieromartyr St. Germanus (460). St. Gluvias, brother of St. Cadoc (6th C). St. Ultan, missionary in East Anglia (686).

Readings: Acts 2:38-43; **John 3:1-15**

For the Commemoration: **Hebrews 13:7-16; Matthew 5:14-19**

Friday 3rd May 2019

Bright Friday

Holy Martyrs Timothy the reader and his wife Maura of Antinoë in Egypt (ca. 286). St. Peter the Wonderworker, bishop of Argolis (10th C). Great-martyr Xenia the Wonderworker of Peloponnesus. St. Theodosius, abbot of the Kievan Caves monastery and founder of Coenobitic Monasticism in Russia (1074). New Martyr Ahmet the Calligrapher of Constantinople (16th C).

British Isles and Ireland: St. Conleth the bishop (519). St. Scannal, missionary (563). St. Aldwyn, abbot of Partney (8th C).

Readings: Acts 3:1-8; John 2:12-22

Saturday 4th May 2019

Bright Saturday

Virgin-Martyr Pelagia of Tarsus in Asia Minor (c. 290). St. Hilarion the Wonderworker of the desert. St. Athanasius, bishop of Corinth (11th C). Hieromartyr Silvanus, bishop of Gaza (311). Venerable Nicephorus the Solitary of Mt. Athos, the spiritual father of St. Gregory Palamas (1340). St. Florian, Enlightener of Austria & Poland (304).

British Isles and Ireland: St. Ethelred (Ailred), King of Mercia and monk (716). St. Conleth, Spiritual Father to St. Bridget of Kildare (ca. 519).

Readings: Acts 3:11-16; John 3:22-33

Sunday 5th May 2019

Tone of the feast : Eothinon 1

2nd of Pascha – Thomas Sunday

Great Martyr Irene of Thessalonica (2nd C). Holy Martyrs Neophytus, Gaius, and Monk-martyr Gaianus. St. Euthymios, the Wonderworker, bishop of Maditos in Thrace (11th C). St. Hilary of Arles (449).

British Isles and Ireland: St. Hydroc of Cornwall (5th C). St. Echa of Crayke, hermit (767).

Readings: Acts 5:12-20; John 20:19-31

Sunday 19th May 2019

Tone 3 : Eothinon 5

4th of Pascha – Sunday of the Paralytic

Hieromartyr Patricius, bishop of Prusa, and his companions: presbyters Acacius, Menander, and Polyenus (2nd C). St. Memnonus the Wonderworker. Great Prince Dimitry Donskoi of Moscow (1389). Holy Martyr Acoluthus of the Thebaid (305). Holy Martyrs Theotima & Kyriake of Nicomedia (311). Venerable Cornelius, abbot of Komelsk, Vologda (1537).

British Isles and Ireland: St. Dunstan, 25th archbishop of Canterbury (988).

Readings: Acts 9:32-42; John 5:1-15

Monday 20th May 2019

Holy Martyr Thalelæus at Ægæ in Cilicia, and his companions, Martyrs Alexander and Asterius (284). Uncovering (1431) of the relics of St. Alexis, metropolitan of Moscow and Wonderworker of All Russia (1378). St. Mark the Hermit (5th C). SS Nikostratos and Antiochos. St. Lydia of Philippisia. Venerable Nicetas, John, and Joseph, monks, of Chios (1050). St. Stephen, abbot of Piperi in Serbia (1697).

British Isles and Ireland: St. Ethelbert, King of East Anglia and Martyr (ca. 793).

Readings: Acts 10:1-16; John 6:56-69

Tuesday 21st May 2019

Holy Equal-to-the-Apostles (Isapostalos) Emperor Constantine (337) and his mother Helena (327)

St. Constantine (1129) and his children SS Michael and Theodore, Wonderworkers of Murom. New Martyr Pachomius of Patmos (1730).

British Isles and Ireland: St. Barrfoin the Missionary (6th C).

Readings: Acts 10:21-33; John 7:1-13

For the Commemoration: Acts 26:1,12-20; John 10:1-9

Thursday 16th May 2019

St. Theodore the Sanctified, disciple of St. Pachomius the Great (368). Holy Martyr Peter of Blachernæ. St. Alexander, archbishop of Jerusalem (250). New Martyr Nicholas of Metsovo, whose relics are at Meteora (1617). Monk-martyrs of the community of St. Sava the Sanctified (614). St. Nicholas Mystikos, patriarch of Constantinople (930). Translation of the relics (1545) of Venerable Ephraim, abbot of Perekop (1492).

British Isles and Ireland: St. Brendan the Voyager, abbot of Clonfert (ca. 575). St. Carantoc the Wonderworker (430). St. Carantoc, abbot of Llangranog (6th C).

Readings: Acts 8:26-39; John 6:40-44

Friday 17th May 2019

Apostle Andronicus of the Seventy and his fellow labourer, Junia the Martyr (1st C). SS Nectarius (1550) and Theophanes (1544) of Meteora. St. Euphrosyne (Princess Eudoxia) of Moscow (1407). St. Athanasius the New, Wonderworker of Christianopolis (18th C).

British Isles and Ireland: St. Madern, hermit in Cornwall (545). St. Cathan, bishop of Bute (6th C). St. Mailduf, abbot of Malmesbury (673).

Readings: Acts 8:40-9:19; John 6:48-54

Saturday 18th May 2019

Holy Martyrs Peter, Dionysius, and those who suffered in Athens under Decius (250). Holy Martyr Julian. Holy Martyr Theodotus of Ancyra, and those with who suffered under Decius (303). St. Stephen the New, patriarch of Constantinople (893). Holy Martyrs David and Tarechan of Georgia (693).

British Isles and Ireland: St. Elgiva, mother of St. Edgar and abbess of Shaftesbury (944). St. Feredarius, abbot of Iona (ca. 863).

Readings: Acts 9:19-31; John 15:17-16:2

Monday 6th May 2019

Righteous Job the Long-suffering (ca. 1500 BC). St. Job, Wonderworker of Pochaev (1651). Venerable Seraphim the Struggler, of Mt Domvu. Translation of the relics (1238) of St. Sava I of Serbia. St. Micah, disciple of St. Sergius of Radonezh (1385).

British Isles and Ireland: St. Edbert, bishop of Lindisfarne (698).

Readings: Acts 3:19-26; John 2:1-11

Tuesday 7th May 2019

Commemoration of the Appearance of the Sign of the Precious Cross over Jerusalem in 351. Holy Martyr Acacius the Centurion at Byzantium (303). Repose of St. Nil Sorsky (1508). Uncovering of the relics (1815) of St. Nilus the Myrrh-streaming of Lavra, Mt. Athos (1651). New Monk-Martyr Pachomius of Mt. Athos (1730). St. Alexis Toth, Confessor and Defender of Orthodoxy in America (1909).

British Isles and Ireland: St. John of Beverley, bishop of York (721).

Readings: Acts 4:1-10; John 3:16-21

Wednesday 8th May 2019

Holy Apostle and Evangelist John the Theologian (117)

Venerable Arsenius the Great of Scetis (449). St. Emilia, mother of SS. Macrina, Basil the Great and Gregory of Nyssa (4th C). SS Arsenius the Lover of Labour (14th C) and Pøemen the Ascetic (12th C) of the Kievan Caves.

British Isles and Ireland: St. Gibrian the Hermit (515). St. Odrian, bishop of Waterford (5th C).

Readings: Acts 4:13-22; John 5:17-24

For the Commemoration: 1 John 1:1-7; John 19:25-27,21:24-25

Thursday 9th May 2019

Righteous Prophet Isaiah (8th C. BC). Holy Martyr Christopher of Lycia, and with him Martyrs Callinica and Aquilina (ca. 250). Translation of the relics of St. Nicholas the Wonderworker from Myra to Bari (1087). Monk-martyr Nicholas who lived in Vuneni, of Larissa in Thessaly (1400). Holy Martyr Epimachus of Pelusium, who suffered at Alexandria (250). St. Shio Mgvime, monk, of Georgia (6th C).

British Isles and Ireland: St. Gorfor, patron of Llanover. St. Sanctan, bishop of Kill-da-Les and Kill-na-Sanctan (6th C).

Readings: **Acts 4:23-31; John 5:24-30**

Friday 10th May 2019

Holy Apostle Simeon Zelotes (the Zealot) (1st C)

Venerable Laurence, monk, of Egypt (6th C). Holy Martyr Hesychius of Antioch (4th C). Blessed Isidora the Fool, of Tabennesi in Egypt (365). Blessed Thaïs of Egypt (5th C).

British Isles and Ireland: St. Comgall, abbot of Bangor, "Father of Monks" (ca. 601). St. Conleth, monk and hermit (520). St. Cathal, bishop of Taranto (7th C)."

Readings: Acts 5:1-11; **John 5:30-6:2**

For the Commemoration: **1 Corinthians 4:9-16;** Luke 6:12-19

Saturday 11th May 2019

Holy Equal-to-the-Apostles Cyril (869) and Methodius (885), First Teachers of the Slavs. Commemoration of the Founding of Constantinople (325). Hieromartyr Mocius of Amphipolis in Macedonia (295). New Martyr Olympia, abbess of Mitylene (1235). New Martyrs Dioscorus and Argyrus of Thessalonica (1808). Hieromartyr Joseph, metropolitan of Astrakan (1672).

British Isles and Ireland: Holy Martyr & Hermit Fremund of Offchurch (866). St. Tudy, Breton missionary to Cornwall (5th C).

Readings: **Acts 5:21-33; John 6:14-27**

Sunday 12th May 2019

Tone 2 : Eothinon 4

3rd of Pascha – Sunday of the Myrrhbearers

St. Epiphanius, bishop of Constantia in Cyprus (403). St. Germanus, patriarch of Constantinople (740). St. Theodore the Righteous of Cythera. New Martyr John of Wallachia (1662). Glorification (1913) of Hieromartyr Hermogenes, patriarch of Moscow and All Russia (1613)

British Isles and Ireland: St. Æthelheard, 14th archbishop of Canterbury (805). St. Diomna the Teacher (5th C).

Readings: **Acts 6:1-7; Mark 15:43-16:8**

Monday 13th May 2019

Virgin-Martyr Glyceria at Heraclea, and with her, Martyr Laodicius, Keeper of the Prison (ca. 177). St. Sergius the Confessor of Constantinople (9th C). St. John the Georgian (988) founder of Iveron Monastery, and his fellow saints of Mt. Athos. Holy Martyr Alexander of Rome (298). St. George the Confessor of Constantinople, with his wife and children (ca. 842). St. Servatius, defender against Arianism (384). Commemoration of the Monks of Iveron Monastery, martyred by the Latins in the 13th Century. Hieromartyr Alexander of Tiberias.

British Isles and Ireland: St. Mael, the Hermit of Bardsey (6th C).

Readings: **Acts 6:8-7:5, 57-60; John 4:46-54**

Tuesday 14th May 2019

Holy Martyr Isidore of Chios (251). St. Nicetas (Nikita), bishop of Novgorod and Recluse of the Kievan Caves (1108). St. Leontius, patriarch of Jerusalem (1175). St. Serapion the Sindonite, monk, of Egypt (542). New Martyrs John of Bulgaria and Mark of Crete, at Smyrna (1643). St. Isidore, Fool-for-Christ, Wonderworker of Rostov (1474).

British Isles and Ireland: St. Dyfan, martyr in Wales (2nd C). St. Carthage (Carthach Mochuda) the Younger, abbot of Rathin and Lismore (639).

Readings: **Acts 8:5-17; John 6:27-33**

Wednesday 15th May 2019

St. Pachomius the Great, Founder of Cœnobitic Monasticism (346). St. Achilles, bishop of Larissa (330). St. Barbarus the Myrrh-streaming of Corfu (9th C). St. Andrew the Hermit and Wonderworker. St. Isaiah, bishop and wonderworker of Rostov (1090). The slain Crown Prince Dimitry of Uglich and Moscow (1591).

British Isles and Ireland: St. Dymphna, martyr of Gheel, near Antwerp (7th C). St. Colman MacValaighse, abbot of Oughaval (6th C). St. Bercthun, abbot of Beverley (733).

Readings: **Acts 8:18-25; John 6:35-39**