

**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 September 2019



Services:

1 st September	10am	Divine Liturgy	Start of Church year (Indiction)
8 th September	10am	Divine Liturgy	Sunday before the Elevation of the Holy Cross
13 th September	6:30pm	Great Vespers	Elevation of the Holy Cross
15 th September	10am	Divine Liturgy	Sunday after the Elevation of the Holy Cross
22 nd September	10am	Divine Liturgy	1 st Sunday of Luke & 14 th after Pentecost
29 th September	10am	Divine Liturgy	2 nd Sunday of Luke & 15 th 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.

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You can find full details our services on our website:

<http://yorkorthodox.org/> *or* follow us on our Facebook page: **[facebook.com/yorkorthodox](https://www.facebook.com/yorkorthodox)** for the latest information.

Saturday 28th September 2019

St Chariton the Confessor, abbot of Palestine (c.350)

St. Alkison, bishop of Nicopolis in Epirus (561). St. Auxentius the Alaman, Wonderworker of Cyprus (12th C). St. Neophytus the Recluse of Cyprus (1214). Righteous Prophet Baruch (6th C BC). Martyrdom of St. Wenceslas (Viacheslav), Prince of the Czechs (935). Holy Martyrs Alexander, Alphius, Zosimas, Mark, Nicon, Neon, Heliodorus, and 24 others in Pisidia and Phrygia (4th C).

British Isles and Ireland: St. Cornwall (Conval), disciple of St. Kentigern (630). St. Tetta, abbess of Wimborne (8th C). St. Lioba, abbess and missionary (782). St. Machan, monk.

Readings: 1 Corinthians 4:17-5:5; **Luke 5:17-26**

For the Commemoration: **2 Corinthians 4:6-15**; Luke 6:17-23

Sunday 29th September 2019

Tone 6 : Eothinon 4

15th after Pentecost : 2nd of Luke

St. Cyriacus the Hermit, of Palestine (556). St. Theophanes the Merciful of Gaza. New Monk-Martyr Malachias of Rhodes and those with him (1500).

British Isles and Ireland:

Readings: **2 Corinthians 4:6-15**; **Luke 6:31-36**

Monday 30th September 2019

Hieromartyr Gregory, the Enlightener of Armenia (c.335). Blessed Jerome (Hieronimus) the Translator (420). Holy Martyrs Mardonius and Stratonicus. Holy Martyrs Rhipsime and Gaiana of Armenia and 35 Holy Virgins with them (4th C). St. Gregory, abbot of Pelshme, Wonderworker of Vologda (1442). St. Michael, 1st metropolitan of Kiev (992).

British Isles and Ireland: St. Honorius, 5th archbishop of Canterbury (653). St. Midan of Anglesey (610). St. Engenedl of Anglesey (7th C). SS Tancred, Torthred and Tova, hermits and martyrs (870).

Readings: **Galatians 4:28-5:10**; **Luke 6:24-30**



FROM THE FATHERS

“ ‘FAR be it for me to glory, save in the cross of our Lord Jesus Christ’ (Gal. 6:14). Truly this symbol is thought despicable; but it is so in the world's reckoning, and among men; in Heaven and among the faithful it is the highest glory. Poverty too is despicable, but it is our boast; and to be cheaply thought of by the public is a matter of laughter to them, but we are elated by it. So too is the Cross our boast. He does not say, ‘I boast not,’ nor, ‘I will not boast,’ but, ‘Far be it from me that I should,’ as if he abominated it as absurd, and invoked the aid of God in order to his success therein. And what is the boast of the Cross? That Christ for my sake took on Him the form of a slave, and bore His sufferings for me the slave, the enemy, the unfeeling one; yea, He so loved me as to give Himself up to a curse for me. What can be comparable to this?”

St. John Chrysostom + AD 407

“THE CROSS is the door to mysteries. Through this door the intellect makes entrance in to the knowledge of heavenly mysteries. The knowledge of the cross is concealed in the sufferings of the cross. And the more our participation in its sufferings, the greater the perception we gain through the cross. For, as the Apostle says, ‘As the sufferings of Christ abound in us, so our consolation also aboundeth by Christ.’”

St. Gregory the Theologian + AD 390

"Why do we honour the Cross with such reverence that we make mention of its power in our prayers after asking for the intercession of the Mother of God and the Heavenly Powers, before asking for that of the Saints, and sometimes even before asking for that of the Heavenly Powers? Because after the Saviour's sufferings, the Cross became the sign of the Son of Man, that is, the Cross signifies the Lord Himself, incarnate and suffering for our salvation."

St. John of Kronstadt + AD 1909

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.

Sunday 1st September 2019

Tone 2 : Eothinon 11

11th after Pentecost : 11th of Matthew

Start of the Church Year - The Indiction

Synaxis of the Most Holy Theotokos in Miasena Monastery, in memory of the finding of Her Icon (864). St. Simeon Stylites the Elder (459) and his mother St. Martha (428). Righteous Martyr Aithalas the Persian (380). Holy Forty Virgin-martyrs at Heraclea in Thrace (321). St. Meletius the Younger of Thebes (1124). New Martyr Angelis of Constantinople (1680). Holy Martyr Callista and her brothers Evodus and Hermogenes, at Nicomedia (309). Righteous Joshua the son of Nun (1400 BC).

British Isles and Ireland: St. Lythan (Llythaothaw). St. Silin (6th C).

Readings: 1 Corinthians 9:2-12; Matthew 18:23-35

For the Commemoration: **1 Timothy 2:1-7; Luke 4:16-22**

Monday 2nd September 2019

Holy Martyr Mamas of Caesarea in Cappadocia, and his parents Martyrs Theodotus and Rufina (3rd C). St. John the Faster, patriarch of Constantinople (595). Righteous Eleazar, son of Aaron, and Righteous Phineas. Holy Martyrs Aeithalas and Ammon of Thrace.

British Isles and Ireland: St. Hieu, abbess of Tadcaster (657). St. Lolanus (c.1034).

Readings: **2 Corinthians 5:10-15; Mark 1:9-15**

Wednesday 25th September 2019

Fast day: strict fast

St. Euphrosyne of Alexandria (5th C). Holy Martyr Paphnutius and 546 companions in Egypt (3rd C). Holy Martyrs Paul and Tatta of Damascus and their children, Sabinian, Maximus, Rufus, and Eugene. Repose of St. Sergius the Wonderworker of Radonezh (1392). Translation of the relics of St. Herman, archbishop of Kazan (1595).

British Isles and Ireland: St. Finbar Barry, 1st bishop of Cork (c.633). St. Ceolfrid, abbot of Wearmouth (716). St. Caian of Anglesey (5th C). St. Egelred of Crowland, martyr (870). St. Fymbert, bishop in the west of Scotland (7th C). St. Mwrog.

Readings: **Galatians 3:15-22; Luke 5:33-39**

Thursday 26th September 2019

Repose of the Holy Apostle and Evangelist John the Theologian (2nd C)

Holy Martyr Cyra. New Hieromartyr Vladimir, priest (1939). St. Nilus of Rossano, founder of Grottaferrata, Italy (1004). St. Ephraim, abbot of Perekop, Wonderworker of Novgorod (1492). Righteous Gideon, Judge of Israel. St. Amantius, Città di Castello (c.600). St. Eusebius of Bologna (c.400). St. Vigilius of Brescia (c.506).

British Isles and Ireland: St. Mawgan, abbot-bishop of Bardsey. St. Colman Elo, abbot of Muckamore (611).

Readings: Galatians 3:23-4:5; Luke 6:12-19

For the Commemoration: **1 John 4:12-19; John 19:25-27,21:24-25**

Friday 27th September 2019

Fast day: strict fast

Holy Martyr Callistratus and his company of 49 Martyrs (c.304). Apostles Mark, Aristarchus, and Zenas, of the Seventy (1st C). Righteous Gideon, Judge of Israel. New Martyr Aquilina at Thessalonica (1764). St. Epicharis of Rome (305). St. Igantius, abbot in Asia Minor (975). St. Sabbatius, Wonderworker of Solovki (1435).

British Isles and Ireland: St. Barrog, Hermit of Barry (6th C). St. Sigebert, King of the East Angles and Martyr (635).

Readings: **Galatians 4:8-21; Luke 6:17-23**

Sunday 22nd September 2019

Tone 5 : Eothinon 3

14th after Pentecost : 1st of Luke

Hieromartyr Phocas the Wonderworker, bishop of Sinope (117). Holy Martyr Phocas the Gardener of Sinope (c.320). Holy Martyrs Isaac and Martin. The 26 Martyrs of Zographou Monastery martyred by the Latins (1276). St. Cosmas, desert-dweller of Zographou, Mt. Athos (1323).

Readings: 2 Corinthians 1:21-2:4; Luke 5:1-11

Monday 23rd September 2019

The Conception of the Holy Glorious Prophet, Forerunner and Baptist, John

SS Xanthippe and Polyxene, disciples of the Apostles, who died in Spain (109). Virgin-Martyr Irais (Rhais) of Alexandria (c.308). New Martyr Nicholas Pantopolis at Constantinople (1672). New Martyr John of Epirus (1814).

British Isles and Ireland: St. Adomnan (Eunan), abbot of Iona and biographer of St. Columba (704). St. Cissa of Crowland, hermit (8th C).

Readings: Galatians 2:11-16; Luke 4:37-44

For the Commemoration: Galatians 4:22-27; Luke 1:5-25

Tuesday 24th September 2019

Holy Protomartyr and Equal-to-the-Apostles Thekla of Iconium (1st C)

The Miracle of the Icon of the Most Holy Theotokos of the 'Myrtle Tree', of Kythera. St. Coprius of Palestine (530). St. Silouan of Mt Athos (1938). Glorification (1978) (11th Sep O.C.) of St. Xenia of St. Petersburg (18th C).

British Isles and Ireland: SS. Chuniald and Gislar, Irish missionaries in Germany (7th C).

Readings: Galatians 2:21-3:7; Luke 5:12-16

For the Commemoration: 2 Timothy 3:10-15; Matthew 25:1-13

Tuesday 3rd September 2019

Hieromartyr Anthimus, bishop of Nicomedia, and those with him (302). St. Theoctistus, fellow Ascetic with St. Euthymius the Great (467). St. Phoebe, deaconess at Cenchreae nr. Corinth (1st C). Translation of the relics of St. Nectarius of Pentapolis. Blessed John "the Hairy", Fool-for-Christ, at Rostov (1580). St. Joannicius, archbishop of Serbia (1354). Holy Martyr Chariton. New Martyr Polydorus of Cyprus (1794).

British Isles and Ireland: St. MacNis, abbot of Kells (c.514). St. Herewith, sister of St. Hilda (c.690). St. Gregory the Great (the Dialogist), Apostle of the English 604.

Readings: 2 Corinthians 5:15-21; Mark 1:16-22

Wednesday 4th September 2019

Fast day: strict fast

Hieromartyr Babylas, bishop of Antioch, and those with him (251). Righteous Prophet and God-Seer Moses (1531 BC). Holy Martyr Hermione, daughter of St. Philip the deacon (c.117). Holy Martyrs Jerusalem, Sekendos, Sekendios and Kegouros in Aleppo. St. Anthimus the Blind, new ascetic of Cephalonia (1782). Uncovering (1911) of the relics of St. Joasaph, bishop of Belgorod (1754). New Hieromartyr Gorazd, bishop of Bohemia, Moravia and Silesia (1942).

British Isles and Ireland: St. Monessa, disciple of St. Patrick (456). St. Ultan of Ardraccan (657). St. Rhuddlad of Llanrhyddlad (7th C).

Readings: 2 Corinthians 6:11-16; Mark 1:23-28

Thursday 5th September 2019

Holy Prophet Zachariah and Righteous Elizabeth, parents of St. John the Baptist and Forerunner (1st C). Holy Martyrs Urban, Theodore, Medimnus, and 77 Companions at Nicomedia (370). Holy Martyrs Abdas, Hormizd, and Sunin of Persia (c.424). Holy Martyrs Juventinus and Maximus at Antioch (4th C). Martyrdom of the Holy Passionbearer Prince Gleb, in Holy Baptism, David (1015).

British Isles and Ireland:

Readings: 2 Corinthians 7:1-10; Mark 1:29-35

Friday 6th September 2019

Fast day: wine and oil allowed

Commemoration of the Miracle of the Archangel Michael at Colossæ (Chonæ) (4th C)

Holy Martyrs Calodote, Macarius, Andrew, Cyriacus, Dionysius, Andrew the Soldier, Andropelagia, Thecla, Theoctistus, and Sarapabon the Senator, in Egypt (256). Holy Martyrs Eudoxius, Zeno and Macarius and 1,104 soldiers in Mitelene (312).

British Isles and Ireland: St. Bega (Bee), Virgin, first abbess of Copeland in Cumbria (7th C). St. MacCallin, bishop of Lusk (497). SS Felix and Augebert, the English slaves ransomed by St. Gregory (7th C). St. Magnus, disciple of St. Columbanus and Abbot of Füssen (c.665).

Readings: 2 Corinthians 7:10-16; **Mark 2:18-22**

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

Saturday 7th September 2019

Saturday before the Exaltation of the Precious and Life-Giving Cross

Forefeast of the Nativity of the Theotokos

Holy Martyr Sozon of Cilicia (c.304). Apostles Evodias and Onesiphorus of the Seventy (1st C). St. Kassiane the Hymnographer (9th C). St. John, archbishop of Novgorod (1186). St. Cloud (Clodoald), abbot-founder of Nogent-sur-Seine nr. Paris (6th C).

British Isles and Ireland: SS. Alcmund (781) and Tilbert (789), bishops of Hexham. St. Balin, monk (7th C). Holy martyr Grimonia (4th C). St. Balin (7th C).

Readings: **1 Corinthians 2:6-9**; **Matthew 10:37-11:1**

Sunday 8th September 2019

Tone 3 : Eothinon of the feast

Sunday before the Exaltation of the Precious and Life-Giving Cross

The Nativity of the Most Holy Theotokos and Ever-Virgin Mary

St. Sophronius of Aghtalea in Georgia, bishop (1803). St. Arsenius, abbot of Konevits (1447). New Martyr Athanasius of Thessalonica (1774).

Thursday 19th September 2019

Afterfeast of the Exaltation of the Cross

Holy Martyrs Trophimus, Sabbatius, and Dorymedon of Synnada (276). St. Theodore, Prince of Smolensk (1299) and his children David and Constantine, wonder workers of Yaroslav.

British Isles and Ireland: St. Theodore of Tarsus, 7th archbishop of Canterbury & Patron of the Antiochian Orthodox Archdiocese of the British Isles and Ireland (690).

Readings: **Galatians 1:1-10,20-2:5**; **Luke 4:16-22**

Friday 20th September 2019

Fast day: strict fast

Afterfeast of the Exaltation of the Cross

Great Martyr Eustathius (Eustace), his wife, Martyr Theopiste, and their children, Martyrs Agapius and Theopistus, of Rome (c 118). St. Eustathius, archbishop of Thessalonica (1194). Venerable Martyr Hilarion of St. Anne Skete on Athos. Venerable John of Crete. Holy Martyr Michael and his Councillor Theodore of Chernigov (1245). St. Stephen (István), King and Enlightener of Hungary (1038).

Readings: **Galatians 2:6-10**; **Luke 4:22-30**

Saturday 21st September 2019

Saturday after the Exaltation of the Precious and Life-Giving Cross

Leavetaking of the Exaltation of the Precious and Lifegiving Cross
Righteous Prophet Jonah. Apostle Quadratus the Apologist (c.130). St. Jonah the presbyter (9th C), father of SS Theophanes the Hymnographer and Theodore Graptus. SS Isaacius and Meletius, bishops of Cyprus. St. Jonah the Sabbaite (9th C). Uncovering of the relics (1752) of St. Demetrius, metropolitan of Rostov (1709).

British Isles and Ireland: St. Mabyon, missionary in Cornwall (5th C).

Readings: **1 Corinthians 1:26-2:5**; **Luke 4:31-36**

Monday 16th September 2019

Afterfeast of the Exaltation of the Cross

Great Martyr Euphemia the All-praised (304). St. Sebastiana, disciple of St. Paul the Apostle, martyred at Heraclea (1st C). Holy Martyr Ludmilla, grandmother of St. Wenceslaus, Prince of the Czechs (927). St. Procopius, abbot, of Sazava in Bohemia (1053). St. Dorotheus, hermit, of Egypt (4th C). Holy Martyr Melitina of Marcianopolis (2nd C).

British Isles and Ireland: St. Ninian, bishop of Whithorn (Candida Casa) (c.432). St. Edith of Wilton (984). Enshrinement of the Relics (1984) (3rd Sep O.C.) of St. Edward the Martyr, King of England (978).

Readings: **2 Corinthians 12:10-19; Luke 3:19-22**

Tuesday 17th September 2019

Afterfeast of the Exaltation of the Cross

Holy Martyr Sophia, and her three daughters, Faith (Pistis, Vera), Hope (Elpis, Nadezhda), and Love (Agape, Lyubov), at Rome (c.137). Hieromartyrs Heraclides and Myron of Cyprus. Holy Martyr Agathocleia. St. Anastasius and Euxiphios of Perioteron in Cyprus (12th C).

British Isles and Ireland: SS. Socrates and Stephen, martyred in Monmouthshire (304).

Readings: **2 Corinthians 12:20-13:2; Luke 3:23-4:1**

Wednesday 18th September 2019

Fast day: strict fast

Afterfeast of the Exaltation of the Cross

St. Eumenios, bishop of Gortyna (6th C). Holy Martyr Ariadne of Phrygia (2nd C). Holy Martyrs Sophia and Irene of Egypt (3rd C). Holy Martyr Castor of Alexandria.

British Isles and Ireland:

Readings: **2 Corinthians 13:3-13; Luke 4:1-15**

British Isles and Ireland: St. Cynfarch, missionary (5th C). SS. Ine, King of Wessex and Queen Ethelburga (Æthelburg) (8th C). St. Disibod (c.700).

Readings: **Galatians 6:11-18; John 3:13-17**

For the Commemoration: Philippians 2:5-11; Luke 10:38-42,11:27-28

Monday 9th September 2019

Synaxis of the Holy and Righteous Forebears of God, Joachim and Anna

Afterfeast of the Nativity of the Theotokos

Holy Martyr Severian of Sebaste (320). Righteous Theophanes the Confessor (c.300). Commemoration of the Fathers of the Third Ecumenical Council (431). St. Joseph the Wonderworker, abbot of Volokolamsk (or Volotsk 1515). Uncovering of the relics of St. Theodosius, archbishop of Chernigov (1896).

British Isles and Ireland: St. Ciaran the Younger of Clonmacnois (c.545). St. Bettelin (Bertram) of Crowland, hermit (8th C). St. Wulfhild, abbess of Bar and Horton (c.1000). Osmanna (Argariarga) (c.650).

Readings: 2 Corinthians 8:7-15; **Mark 3:6-12**

For the Commemoration: **Galatians 4:22-27; Luke 8:16-21**

Tuesday 10th September 2019

Afterfeast of the Nativity of the Theotokos

Holy Martyrs Menodora, Metrodora, and Nymphodora, at Nicomedia (c.305). Blessed Empress Pulcheria (453).

British Isles and Ireland: St. Finian of Ulster, abbot (579). St. Frithestan, bishop of Winchester (932).

Readings: **2 Corinthians 8:16-9:5; Mark 3:13-21**

Wednesday 11th September 2019

Fast day: strict fast

Afterfeast of the Nativity of the Theotokos

St. Theodora of Alexandria (474-491). St. Euphrosynus the Cook, of Alexandria (9th C). Holy Martyrs Demetrius, his wife Euanthia, and their son Demetrian, at Skepsis on the Hellespont (1st C). Translation of the relics of SS Sergius and Herman, Wonderworkers of Valaam (1353).

British Isles and Ireland: St. Deiniol, abbot of Bangor, bishop in Clwyd (c.584).

Readings: **2 Corinthians 9:12-10:7; Mark 3:20-27**

Thursday 12th September 2019

Leavetaking of the Nativity of the Theotokos

Hieromartyr Autonomus, bishop in Italy (313). St. Coronatus, bishop of Iconium (3rd C). Holy Martyr Julian of Galatia and Forty Martyrs with him (4th C). St. Daniel of Thassos, monk (843).

British Isles and Ireland: St. Ailbe (Elvis), bishop of Emly (6th C). St. Eanswith of Folkestone (c.640).

Readings: **2 Corinthians 10:7-18; Mark 3:28-35**

Friday 13th September 2019

Fast day: wine and oil allowed

Commemoration of the Dedication of the Church of the Resurrection (Holy Sepulchre) at Jerusalem (335)

Forefeast of the Exaltation of the Cross

Hieromartyr Cornelius the Centurion (1st C). Venerable Hierotheos the Younger of Iveron monastery on Athos (1745). Holy Martyr Aristeidios. Great Martyr Ketevan, Queen of Georgia (1624). Holy Martyrs Elias, Zoticus, Lucian, Valerian, Macrobius and Gordian at Tomi in Romania (320).

British Isles and Ireland: St. Wilfrida, abbess of Wilton (10th C).

Readings: 2 Corinthians 11:5-21; **Mark 4:1-9**

For the Commemoration: **Hebrews 3:1-4; Matthew 16:13-19**

Saturday 14th September 2019

Fast day: wine and oil allowed

The Exaltation of the Precious and Life-Giving Cross

Repose of St. John Chrysostom (407). Holy Martyr Papas of Lycaonia (305). St. Placilla the Empress (400), wife of Theodosius the Great. St. Maria of Tarsus (607). New Martyr Macarius of Thessalonica, disciple of St. Niphon, patriarch of Constantinople (1527). Venerable-martyr Joseph of Dionysiou monastery on Athos. Commemoration of the Holy Fathers of the Sixth Œcumenical Council (680).

British Isles and Ireland: St. Cormac, 1st bishop of Cashel (908).

Readings: **1 Corinthians 1:18-24; John 19:6-11,13-20,25-28,30-35**

Sunday 15th September 2019

Tone 4 : Eothinon 2

Sunday after the Exaltation of the Precious and Life-Giving Cross

Afterfeast of the Exaltation of the Cross

Great Martyr Nicetas the Goth (c.372). Righteous Philotheus of Asia Minor (10th C). Holy Martyr Porphyrius the Actor (361). SS Bessarion I and Bessarion II (1540), metropolitans of Larissa. St. Philotheus the Wonderworker and St. Gerasimus, abbot, of Sourvia (1740). St. Joseph the New of Partos, metropolitan of Timisoara (1656). New Martyr John of Crete (1811).

British Isles and Ireland: St. Hernan, hermit (6th C). St. Merryn, bishop of Bangor (620).

Readings: **Galatians 2:16-20; Mark 8:34-9:1**