

**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 2020



Services:

1 st March	11:30am	Divine Liturgy	Forgiveness Sunday (Cheesefare) at St Joseph's RC Church, 169 Burdyke Ave, York YO30 6JX see our website
4 th March	6:30pm	Compline & Gt. Canon of St. Andrew of Crete (3 rd quarter)	
8 th March	10am	Divine Liturgy	Sunday of Orthodoxy
15 th March	10am	Divine Liturgy	Sunday of St. Gregory Palamas
22 nd March	10am	Divine Liturgy	Sunday of the Veneration of the Holy Cross
29 th March	10am	Hierarchical Liturgy	Sunday of St. John Climacus Visit of His Eminence Metropolitan Silouan

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



FROM THE FATHERS

“IF WE REMEMBER that thief who, for a single confession, was taken into Paradise, we shall realize that it was not for the merit of the life he lived that he obtained so great blessedness, but that it was his by the gift of God, Who had mercy on him. Or let us think of David, the king, whose two such grievous and awful crimes were wiped away by one word of penitence. Neither here do we see that the merit of what he did was equal to obtaining pardon for such great offense, but the grace of God did the more abound when on the occasion of true penitence He did away with all that weight of sin for one single word of genuine confession. Again, when we consider the beginnings of man's calling and salvation, which, as the Apostle tells us, is not of ourselves or of our words, but we are saved by the gift and grace of God, we shall be able clearly to perceive how the end of perfection is not ‘of him that willeth, nor of him that runneth, but of God Who showeth mercy,’ (Rom. 9:16) Who makes us victors over our vices, although we have no merit at all of life or labours to weigh against them, nor does the effort of our will avail for us to reach the steep summit of righteousness, or to subdue the flesh which we are bound to use... For the outcome of all good flows from His grace, Who hath bestowed so great an eternity of bliss and such immeasurable glory, with manifold generosity, upon the weak will and the short life-work of man.”

St. John Cassian +AD 435

“AND forgive us our debts as we also forgive our debtors... For we have many sins. For we offend both in word and in thought, and very many things we do worthy of condemnation; ‘If we claim to be without sin, we deceive ourselves...’ (I Jn. 1:8), as John says...The offenses committed against us are slight and trivial, and easily settled; but those which we have committed against God are great, and need such mercy as His only is. Take heed, therefore, lest for the slight and trivial sins against you, you shut out for yourself forgiveness from God for your very grievous sins.

St. Cyril of Jerusalem +AD 386

THE MYSTERIES of God are unsearchable, as is especially declared in the prophetic words : ‘What man is he that can know the counsel of God? or who can think what the will of the Lord is?’ (Is. 40:13). Nevertheless, some things have been revealed to us.... The message of God to the Virgin was a mystery so great that it must needs not be uttered by the mouth of man, but by an Angel only. For the first time on earth the words are spoken: ‘The Holy Spirit shall come upon thee.’ (Lk. 1:35) the holy maiden heareth, and believeth. At length she saith: ‘Behold the handmaiden of the Lord ; be it unto me according to thy word.’ (Lk. 1:38). Here is an example of lowliness, here is a pattern of true devotion. At the very moment she is chosen to be the Mother of the Lord she declareth herself to be his handmaid. The knowledge that she was chosen to this high vocation brought about in Mary an act of humility.

St. Ambrose of Milan +AD 397

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 March 2020

Cheesefare week

Tone 4 : Eothinon 4

36th after Pentecost : 19th of Luke, Cheesefare Sunday

Holy Martyr Eudoxia of Heliopolis (c.160). Holy virgin Domnina of Syria (c.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: Romans 13:11-14:4; Matthew 6:14-21

Saturday 28th March 2020

Lenten Fast: wine and oil allowed

Soul Sabbath

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

British Isles and Ireland: St. Tuathal of Saint-Gall (640).

Readings: Hebrews 6:9-12; Mark 7:31-37

For the Departed: 1 Corinthians 15:47-57; John 5:24-30

Sunday 29th March 2020

Lenten Fast: wine and oil allowed

Tone 8 : Eothinon 8 : Liturgy of St Basil

4th of Great Lent – Sunday of our Holy Father St John Climacus

Hieromartyr Mark, bishop of Arethusa, Martyr Cyril the deacon, of Heliopolis, and others who suffered under Julian the Apostate (c.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: Hebrews 6:13-20; Mark 9:17-31

Monday 30th March 2020

Lenten Fast: strict fast

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 (c.733).

Readings: Isaiah 37:33-38:6; Genesis 13:12-18; Proverbs 14:27-15:4

Tuesday 31st March 2020

Lenten Fast: strict fast

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

British Isles and Ireland:

Readings: Isaiah 40:18-31; Genesis 15:1-15; Proverbs 15:7-19

Wednesday 25th March 2020

Lenten Fast: fish, wine and oil allowed

The Annunciation to the Most Holy 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 26:21-27:9; Genesis 9:18-10:1; Proverbs 12:23-13:9;

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

Thursday 26th March 2020

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 28:14-22; Genesis 10:32-11:9; Proverbs 13:20-14:16;**

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

Friday 27th March 2020

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 Amphilochius the Captain, in Illyria (2nd C). St. Paul, bishop of Corinth (890).

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

Readings: Isaiah 29:13-23; Genesis 12:1-7; Proverbs 14:15-26

Monday 2nd March 2020

Great Lent begins: strict fast

Holy Martyr Hesychius the Senator (c.304). Hieromartyr Theodotus, bishop of Cyrenia (c.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). St. Joavan (c.570). St. Willeic (726).

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

Tuesday 3rd March 2020

Lenten Fast: strict fast

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

British Isles and Ireland: St. Nonna (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 (c.728). St. Lamalisse, hermit of Arran (7th C).

Readings:

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

Wednesday 4th March 2020

Lenten Fast: strict fast

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 (Owin) of Lichfield, hermit (c.670). Hieromartyr Adrian and Companions, bishop of the Isle of May in Scotland (c.875).

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

Thursday 5th March 2020

Lenten Fast: strict fast

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) (c.530). St. Caron of Tregaron. St. Carthage the Elder, bishop of Ossory (c.540). St. Piran, hermit of Cornwall (c.480). St. Colman of Armagh (5th C).

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

Friday 6th March 2020

Lenten Fast: strict fast

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 (c.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). St. Sezin of Guic-Sezni (c.529).

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

Saturday 7th March 2020

Lenten Fast: wine and oil allowed

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. Enodoc (c.520). St. Deifer, founder abbot of Bodfari (6th C). St. Eosterwine, abbot of Wearmouth (686).

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

Sunday 22nd March 2020

Lenten Fast: wine and oil allowed

Tone 7 : Eothinon 7 : Liturgy of St Basil

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

Hieromartyr Basil of Ancyra (c.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: **Hebrews 4:14-5:6; Mark 8:34-9:1**

Monday 23rd March 2020

Lenten Fast: strict fast

Holy Martyr Nikon and 199 disciples with him in Sicily (251). Holy Martyr Dometius of Phrygia, under Julian the Apostate (c.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: Isaiah 14:24-32; Genesis 8:21-9:7; Proverbs 11:19-12:6

Tuesday 24th March 2020

Lenten Fast: strict fast

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 (c.712).

Readings: Isaiah 25:1-9; Genesis 9:8-17; Proverbs 12:8-22

Wednesday 18th March 2020

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 (c.720).

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

Thursday 19th March 2020

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 (c.460). St. Lactan, abbot of Achadh-Ur, now Freshford (672). Holy Martyr Alcmund (c.800).

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

Friday 20th March 2020

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

Saturday 21st March 2020

Lenten Fast: wine and oil allowed

Soul Sabbath

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

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

Sunday 8th March 2020

Lenten Fast: wine and oil allowed

Tone 5 : Eothinon 5 : Liturgy of St Basil

1st of Great Lent – Sunday of Orthodoxy

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 (c.648). St. Senan, abbot of Scatterry (544). St. Beoadh, bishop of Ardcan (c.518). St. Duthac of Ross (1065). St. Rhian of Llanrhian.

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

Monday 9th March 2020

Lenten Fast: wine and oil allowed

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

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

Tuesday 10th March 2020

Lenten Fast: strict fast

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 (c.570). St. Silvester, companion of St. Palladius (c.420). St. Himelin of Vissenaeken (c.750).

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

Wednesday 11th March 2020

Lenten Fast: 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 5:16-26; Genesis 4:16-26; Proverbs 5:15-6:3

Thursday 12th March 2020

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 (c.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 6:1-12; Genesis 5:1-24; Proverbs 6:3-20

Friday 13th March 2020

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

Saturday 14th March 2020

Lenten Fast: wine and oil allowed

Soul Sabbath

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

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

Sunday 15th March 2020

Lenten Fast: wine and oil allowed

Tone 6 : Eothinon 6 : Liturgy of St Basil

2nd of Great Lent – Sunday of St Gregory Palamas

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

Monday 16th March 2020

Lenten Fast: strict fast

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

Tuesday 17th March 2020

Lenten Fast: strict fast

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 (c.743).

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