

Wed 9 th June	6:30pm	Festal Vespers	Feast of the Ascension
Sun 13 th June	10am	Divine Liturgy	Sunday of the Holy Fathers of the 1 st Œcumenical Council
Wed 16 th June	6:30pm	Daily Vespers & Paraklesis to the Mother of God	
Sun 20 th June	10am	Divine Liturgy	Holy Pentecost
Sun 27 th June	10am	Divine Liturgy	Sunday of All Saints & 1 st of Matthew

*3rd & 6th Hours are chanted each Sunday
30 minutes before the Divine Liturgy*

For further help and information please contact:

Fr. Æthelwine Richards 07958713413

virsanctus@hotmail.com

Fr. Michael Alexander 07933247206

michael@yorkorthodox.org

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

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 2021



Services:

The Chapel of York St. John University has now re-opened and we are conducting our services there according to UK Government and University regulations for the COVID pandemic. When you arrive please ensure you are wearing a face mask; that you sign in for Track & Trace requirements and sit where you are directed by the ushers. Thank you for your co-operation.

The services will also be streamed from the chapel until further notice, to assist those who are shielding or cannot travel to York. The link is on our website.

Sat 1 st May	8:00pm	Giving of the Light and Paschal Matins	Admission with ticket only
Sun 2 nd May	10:30am	Paschal Liturgy	Admission with ticket only
Sun 9 th May	10am	Divine Liturgy	Thomas Sunday
Wed 12 th May	6:30pm	Daily Vespers & Paraklesis to the Mother of God	
Sun 16 th May	10am	Divine Liturgy	Sunday of the Myrrhbearers
Sun 23 rd May	10am	Divine Liturgy	Sunday of the Paralysed Man
Sun 30 th May	10am	Divine Liturgy	Sunday of the Samaritan Woman
Sun 6 th June	10am	Divine Liturgy	Sunday of the Blind Man

Friday 28th May 2021

Fast day: wine and oil allowed

Hieromartyr Eutychius, 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 10:44-11:10; John 8:21-30

Saturday 29th May 2021

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

Sunday 30th May 2021

Tone 4 : Eothinon 7

5th of Pascha – Sunday of the Samaritan Woman

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

Monday 31st May 2021

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



FROM THE FATHERS

“THE WOMEN, with mingled joy and fear, rejoicing and sorrow, Turned away from the tomb, as the Bible teaches, To meet the apostles; and they said: ‘Why are you disheartened? Why do you hide your faces? Lift up your hearts, Christ is risen; Form choruses and say along with us: The Lord is risen. He has shone forth, He Who was created before the dawn; So not be downcast, but take courage; Spring has appeared; come to bloom, ye branches, Producing fruit and not misery. He Who offers resurrection to the fallen’.”

St. Romanos the Melodist + c. AD 556

“YESTERDAY I was crucified with Him; today I am glorified with Him; yesterday I died with Him; today I am quickened with Him; yesterday I was buried with Him; today I rise with Him. But let us offer to Him Who suffered and rose again for us— you will think perhaps that I am going to say gold, or silver, or woven work or transparent and costly stones, the mere passing material of earth, that remains here below, and is for the most part always possessed by bad men, slaves of the world and of the Prince of the world. Let us offer ourselves, the possession most precious to God, and most fitting; let us give back to the Image what is made after the Image. Let us recognize our Dignity; let us honour our Archetype; let us know the power of the Mystery, and for what Christ died.”

St. Gregory the Theologian + c. AD 390

“LET no one fall back into that from which he has risen, but, even though from bodily weakness he still languishes under certain maladies, let him urgently desire to be healed and raised up. For this is the path of health through imitation of the Resurrection begun in Christ, whereby, notwithstanding the many accidents and falls to which in this slippery life the traveller is liable, his feet may be guided from the quagmire on to solid ground, for, as it is written, ‘the steps of a man are directed by the Lord, and He will delight in his way. When the just man falls he shall not be overthrown, because the Lord will stretch out His hand’.”

St. Leo the Great + c. AD 461

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.

Readings in bold type are those appointed by the Typikon for use at the Liturgy

Saturday 1st May 2021

Lenten Fast: strict fast, wine allowed

Liturgy of St Basil

Holy and Great Saturday

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). St. Buriana (Beryan) (6th C).

Readings:

Matins: Ezekiel 37:1-14; 1 Corinthians 5:6-8; Galatians 3:13-14; Matthew 27:62-66;

Vesperal Divine Liturgy: Genesis 1:1-13; Isaiah 60:1-16; Exodus 12:1-11; Jonah 1:1-4:11; Joshua 5:10-15; Exodus 13:20-15:19; Zephaniah 3:8-15; 3 Kingdoms 17:8-24; Isaiah 61:10-62:5; Genesis 22:1-18; Isaiah 61:1-9; 4 Kingdoms 4:8-37; Isaiah 63:11-64:5; Jeremiah 38:31-34; Daniel 3:1-90; Romans 6:3-11; Matthew 28:1-20

Tuesday 25th May 2021

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

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

Wednesday 26th May 2021

Fast day: fish, wine and oil allowed

Mid-Pentecost

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 (c.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 14:6-18; John 7:14-30

Thursday 27th May 2021

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 10:34-43; John 8:12-20

British Isles and Ireland: St. Barrfain the Missionary (6th C). St. Gollen (7th C).

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

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

Saturday 22nd May 2021

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 9:19-31; John 15:17-16:2**

Sunday 23rd May 2021

Tone 3 : Eothinon 5

4th of Pascha – Sunday of the Paralysed Man

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 Gobhnena, abbot (6th C).

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

Monday 24th May 2021

St. Simeon Stylites (the Younger) of the Wonderful Mountain (596). St. Nicetas (Nikita) Stylites, Wonderworker of Pereyaslavl-Zalesski (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 10:1-16; John 6:56-69**

Sunday 2nd May 2021

Tone of the feast : Eothinon 2

THE LORD'S PASCHA

The Glorious Resurrection of Our Lord and Saviour, Jesus Christ – The Feast of Feasts!

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 1:1-8; John 1:1-17**

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

Monday 3rd May 2021

Bright Monday

Holy Glorious Great Martyr, Trophy-bearer and Wonderworker George (303) (Transferred from April 23rd)

Holy Martyrs Timothy the reader and his wife Maura of Antinoë in Egypt (c.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 Cœnobitic 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 1:12-17, 21-26; John 1:18-28

For the Commemoration: **Acts 12:1-11; John 15:17-16:2**

Tuesday 4th May 2021

Bright Tuesday

Holy Apostle and Evangelist Mark (1st C) (Transferred from April 25th)

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 (c.519).

Readings: Acts 2:14-21; **Luke 24:12-35**

For the Commemoration: **1 Peter 5:6-14**; Luke 10:16-21

Wednesday 5th May 2021

Bright Wednesday

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

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

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

Thursday 6th May 2021

Bright Thursday

Righteous Job the Long-suffering (c.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 2:38-43**; **John 3:1-15**

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

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

Wednesday 19th May 2021

Fast day: wine and oil allowed

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

Thursday 20th May 2021

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 (c.793).

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

Friday 21st May 2021

Fast day: wine and oil allowed

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

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

Sunday 16th May 2021

Tone 2 : Eothinon 4

3rd of Pascha – Sunday of the Myrrhbearers

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 (c.575). St. Carantoc the Wonderworker (430). St. Carantoc, abbot of Llangranog (6th C).

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

Monday 17th May 2021

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 6:8-7:5, 47-60; John 4:46-54**

Tuesday 18th May 2021

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).

Friday 7th May 2021

Bright Friday

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 3:1-8; John 2:12-22**

Saturday 8th May 2021

Bright Saturday

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 Pœmen 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 3:11-16; John 3:22-33

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

Sunday 9th May 2021

Tone of the feast : Eothinon 1

2nd of Pascha – Thomas Sunday

Righteous Prophet Isaiah (8th C. BC). Holy Martyr Christopher of Lycia, and with him Martyrs Callinica and Aquilina (c.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 5:12-20; John 20:19-31**

Monday 10th May 2021

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 Thais of Egypt (5th C).

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

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

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

Tuesday 11th May 2021

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 4:1-10; John 3:16-21**

Wednesday 12th May 2021

Fast day: wine and oil allowed

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 4:13-22; John 5:17-24**

Thursday 13th May 2021

Virgin-Martyr Glyceria at Heraclea, and with her, Martyr Laodicius, Keeper of the Prison (c.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 (c.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 4:23-31; John 5:24-30**

Friday 14th May 2021

Fast day: wine and oil allowed

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

Saturday 15th May 2021

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).