

Sunday 3 rd Oct	10am	Divine Liturgy	15 th after Pentecost & 2 nd of Luke
Sunday 10 th Oct	10am	Divine Liturgy	16 th after Pentecost & 3 rd of Luke
Wed 13 th Oct	6:30pm	Daily Vespers & Paraklesis to the Mother of God	
Sunday 17 th Oct	10am	Divine Liturgy	Holy Fathers of the 7 th Ecumenical Council
Sunday 24 th Oct	10am	Divine Liturgy	18 th after Pentecost & 6 th of Luke
Sunday 31 st Oct	10am	Divine Liturgy	19 th after Pentecost & 5 th of Luke

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

For further information, confessions, baptisms and weddings 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

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 2021



Services:

The Chapel of York St. John University has now re-opened and we are conducting our services there according to University regulations and the advice from HE Metropolitan Silouan, for this stage of the COVID pandemic. All the seats are now available and the one-way system is no longer operating. The wearing of face masks is no longer compulsory, but we advise people to continue wearing them in the chapel as a responsibility to other members of the parish. Please be thoughtful for those who may be more vulnerable than you. Track & Trace requirements are still in force however. Please sign in when you arrive or use the QR code in the chapel entrance hall. The icons and cross may now be revered in the usual way if you wish to. Thank you for your co-operation.

The services will also continue be streamed. The link is on our website.

Sun 5 th Sep	10am	Divine Liturgy	11 th after Pentecost and of Matthew
Wed 8 th Sep	6:30pm	Daily Vespers & Paraklesis to the Mother of God	
Sun 12 th Sep	10am	Divine Liturgy	Sunday before the Exaltation of the Cross
Mon 13 th Sep	6:30pm	Festal Vespers	The Exaltation of the Cross
Sunday 19 th Sep	10am	Divine Liturgy	Sunday after the Exaltation of the Cross
Sunday 26 th Sep	10am	Divine Liturgy	14 th Pentecost & 1 st Luke; Repose of Evangelist St. John the Theologian

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

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

Tuesday 28th September 2021

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. Conwall (Conval), disciple of St. Kentigern (630). St. Tetta, abbess of Wimborne (8th C). St. Lioba, abbess and missionary (782). St. Machan, monk.

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

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

Wednesday 29th September 2021

Fast day: strict fast

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

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

Thursday 30th September 2021

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. Enghenedl of Anglesey (7th C). SS Tancred, Torthred and Tova, hermits and martyrs (870).

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



FROM THE FATHERS

“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. Isaac of Nineveh + AD c.700

“THE ONE who knows God will follow the Lord’s footsteps, bearing the cross of the Saviour. It is said, “The world is crucified to him and he to the world.” The Lord says, “He who loses his life will save it.” We can “lose our lives” in one of two ways. First, we can risk our lives just as the Lord did for us. Secondly, we can separate our lives from the customary things of this world. Bearing the cross means to separate our souls from the delights and pleasures of this life. If you do this, you will find your life again – resting in the hope of what is to come. Dying to ourselves means being content with the necessities of life. When we want more than these necessities it is easy to sin.”

St. Clement of Alexandria + AD c.215

“TRIALS are of two kinds. Either affliction will test our souls as gold is tried in a furnace, and make trial of us through patience, or the very prosperity of our lives will oftentimes, for many, be itself an occasion of trial and temptation. For it is equally difficult to keep the soul upright and undefeated in the midst of afflictions, as to keep oneself from insolence and pride in prosperity.”

St. St. Basil the Great + AD 379

“DO NOT be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience.... Ask with tears, seek with obedience,

knock with patience. For thus he who asks receives, and he who seeks finds, and to him that knocketh it shall be opened.”

St. John Climacus + AD 649

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

Wednesday 1st September 2021

Fast day: wine and oil allowed

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. St. Silin (6th C).

Readings: 2 Corinthians 3:4-11; Matthew 23:29-39

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

Thursday 2nd September 2021

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 4:1-6; Matthew 24:13-28**

Saturday 25th September 2021

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: **1 Corinthians 4:1-5; Luke 4:31-36**

Sunday 26th September 2021

Tone 5 : Eothinon 3

14th after Pentecost : 1st of Luke

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. Vigilus of Brescia (c.506).

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

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

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

Monday 27th September 2021

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).

Wednesday 22nd September 2021

Fast day: strict fast

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 13:3-13; Luke 4:1-15

Thursday 23rd September 2021

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

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

Friday 24th September 2021

Fast day: strict fast

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 2:6-10; Luke 4:22-30

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

Friday 3rd September 2021

Fast day: strict fast

Hieromartyr Anthimus, bishop of Nicomedia, and those with him (302). St. Theoctistus, fellow Ascetic with St. Euthymius the Great (467). St. Phoebe, deaconess at Cenchræe 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. Hereswith, sister of St. Hilda (c.690). St. Gregory the Great (the Dialogist), Apostle of the English 604.

Readings: 2 Corinthians 4:13-18; Matthew 24:27-33,42-51

Saturday 4th September 2021

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). Holy New Martyr Gorazd of Prague (1942).

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

Readings: 1 Corinthians 1:3-9; Matthew 19:3-12

Sunday 5th September 2021

Tone 2 : Eothinon 11

11th after Pentecost : 11th of Matthew

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).

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

Monday 6th September 2021

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 5:10-15; **Mark 1:9-15**

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

Tuesday 7th September 2021

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

Wednesday 8th September 2021

Fast day: fish, wine and oil allowed

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).

Sunday 19th September 2021

Tone 4 : Eothinon 2

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

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

Monday 20th September 2021

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

Tuesday 21st September 2021

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, Cornish missionary (5th C).

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

Thursday 16th September 2021

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 10:7-18; Mark 3:28-35**

Friday 17th September 2021

Fast day: strict fast

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 11:5-21; Mark 4:1-9**

Saturday 18th September 2021

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

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.

Readings: **1 Corinthians 1:26-2:5; John 8:21-30**

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

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

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

Thursday 9th September 2021

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 Œcumenical 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 7:1-10; **Mark 1:29-35**

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

Friday 10th September 2021

Fast day: strict fast

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

Saturday 11th September 2021

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

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

Sunday 12th September 2021

Tone 3 : Eothinon 1

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

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

Monday 13th September 2021

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 Aristeidos. 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 8:7-15; **Mark 3:6-12**

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

Tuesday 14th September 2021

Fast day: strict fast

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

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

Wednesday 15th September 2021

Fast day: strict fast. 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: **2 Corinthians 9:12-10:7; Mark 3:20-27**