

**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 2022





FROM THE FATHERS

“HOW precious the gift of the cross, how splendid to contemplate! In the cross there is no mingling of good and evil, as in the tree of paradise: it is wholly beautiful to behold and good to taste. The fruit of this tree is not death but life, not darkness but light. This tree does not cast us out of paradise, but opens the way for our return.”

St. Theodore the Studite + AD 826

“NO ONE, however weak, is denied a share in the victory of the cross. No one is beyond the help of the prayer of Christ. His prayer brought benefit to the multitude that raged against him. How much more does it bring to those who turn to him in repentance.”

St. Leo the Great + AD 461

“OF how much greater faith and salutary fear are they who...confess their sins to the priests of God in a straightforward manner and in sorrow, making an open declaration of conscience. God cannot be mocked or outwitted, nor can he be deceived by any clever cunning....Indeed, he but sins the more if, thinking that God is like man, he believes that he can escape the punishment of his crime by not openly admitting his crime...I beseech you, brethren, let everyone who has sinned confess his sin while he is still in this world, while his confession is still admissible, while the satisfaction and remission made through the priests are still pleasing before the Lord.”

St. Cyprian of Carthage + AD 250

“DO NOT, therefore, regard the bread and wine as simply that; for they are, according to the Master’s declaration, the body and blood of Christ. Even though the senses suggest to you the other, let faith make you firm. Do not judge in this matter by taste, but be fully assured by the faith, not doubting that you have been deemed worthy of the body

and blood of Christ...[Since you are] fully convinced that the apparent bread is not bread, even though it is sensible to the taste, but the body of Christ, and that the apparent wine is not wine, even though the taste would have it so,...partake of that bread as something spiritual, and put a cheerful face on your soul”

St. Cyril of Jerusalem + AD 386

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.

Thursday 1st September 2022

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

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

Friday 2nd September 2022

Fast day: strict fast

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

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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

Services:

Sun 4 th Sep	9:30am c.10am	Parish Matins Divine Liturgy	12 th Matthew
Wed 7 th Sep	6:30pm	Festal Vespers	Nativity of the Mother of God
Sun 11 th	9:30am c.10am	Parish Matins Divine Liturgy	Sunday before the Elevation of the Cross
Tues 13 th Sep	6:30pm	Festal Vespers	The Elevation of the Precious and Life-Giving Cross
Sun 18 th Sep	9:30am c.10am	Parish Matins Divine Liturgy	Sunday after the Elevation of the Cross
Sun 25 th Sep	9:30am c.10am	Parish Matins Divine Liturgy	1 st of Luke
Sun 2 nd Oct	9:30am c. 10am	Parish Matins Divine Liturgy	2 nd of Luke
Sun 11 th Oct	9:30am c. 10am	Parish Matins Divine Liturgy	3 rd of Luke
Wed 12 th Oct	6:30pm	Vespers & Paraklesis to the Mother of God	
Sun 16 th Oct	9:30am c. 10am	Parish Matins Divine Liturgy	Holy Fathers of 7 th Ecumenical Council & 4 th of Luke
Sun 23 rd Oct	9:30am c. 10am	Parish Matins Divine Liturgy	6 th of Luke
Sun 30 th Oct	9:30am c. 10am	Parish Matins Divine Liturgy	5 th of Luke

The services continue to be streamed. The link is on our website.

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

Saturday 3rd September 2022

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.
Hereswith, sister of St. Hilda (c.690). St. Gregory the Great (the
Dialogist), Apostle of the English 604.

Readings: 1 Corinthians 1:26-2:5; Matthew 20:29-34

Sunday 4th September 2022

Tone 3 : Eothinon 1

12th after Pentecost : 12th of Matthew

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 Ardbraccan (657). St. Rhuddlad of Llanrhyddlad (7th C).

Readings: 1 Corinthians 15:1-11; Matthew 19:16-26

Monday 5th September 2022

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

Tuesday 6th September 2022

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

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

Wednesday 7th September 2022

Fast day: strict fast

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

Readings: Galatians 6:2-10; **Luke 5:33-39**

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

Thursday 29th September 2022

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: **Ephesians 1:1-9; Luke 6:12-19**

Friday 30th September 2022

Fast day: strict fast

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: **Ephesians 1:7-17; Luke 6:17-23**

Monday 26th September 2022

Rest 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: Galatians 4:28-5:10; Luke 4:37-44

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

Tuesday 27th September 2022

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 5:11-21; Luke 5:12-16

Wednesday 28th September 2022

Fast day: wine and oil allowed

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, Nikon, 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.

Thursday 8th September 2022

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).

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

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

Friday 9th September 2022

Fast day: wine and oil allowed

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

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

Saturday 10th September 2022

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

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

Sunday 11th September 2022

Tone 4 : Eothinon 2

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

Monday 12th September 2022

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 12:10-19; Mark 4:10-23**

Saturday 24th September 2022

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: 1 Corinthians 4:17-5:5; Luke 4:31-36

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

Sunday 25th September 2022

Tone 6 : Eothinon 4

15th after Pentecost : 1st of Luke

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: **2 Corinthians 4:6-15; Luke 5:1-11**

Wednesday 21st September 2022

Fast day: strict fast

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. Mabyn, missionary in Cornwall (5th C).

Readings: **Galatians 3:15-22; Luke 4:1-15**

Thursday 22nd September 2022

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: **Galatians 3:23-4:5; Luke 4:16-22**

Friday 23rd September 2022

Fast day: wine and oil allowed

**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 4:8-21; **Luke 4:22-30**

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

Tuesday 13th September 2022

**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 12:20-13:2; **Mark 4:24-34**

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

Wednesday 14th September 2022

Fast day: strict fast

The Exaltation of the Precious and Life-Giving Cross

Repose of St. John Chrysostom (407). Holy Martyr Pappas 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 12:20-13:2; **Mark 4:24-34**

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

Thursday 15th September 2022

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 1:1-10,20-2:5; Mark 5:1-20**

Friday 16th September 2022

Fast day: strict fast

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: **Galatians 2:6-10; Mark 5:22-24,35-6:1**

Saturday 17th September 2022

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

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

Sunday 18th September 2022

Tone 5 : Eothinon 3

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

Monday 19th September 2022

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 2:11-16; Luke 3:19-22**

Tuesday 20th September 2022

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 2:21-3:7; Luke 3:23-4:1**