

**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 2024**



Mon 25 <sup>th</sup> March	9:30am	3 <sup>rd</sup> & 6 <sup>th</sup> Hours & Divine Liturgy (St John Chrysostom)	The Annunciation – Lady Day
Sun 31 <sup>st</sup> March	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	2 <sup>nd</sup> of Great Lent – St. Gregory Palamas
Sun 7 <sup>th</sup> April	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	3 <sup>rd</sup> of Great Lent - The Precious and Life-Giving Cross
Wed 10 <sup>th</sup> April	6:30pm	Daily Vespers & Paraklesis	
Sun 14 <sup>th</sup> April	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	4 <sup>th</sup> of Great Lent – St. John Climacus
Sun 21 <sup>st</sup> April	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	5 <sup>th</sup> of Great Lent – St. John Climacus
Sun 28 <sup>th</sup> April	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	6 <sup>th</sup> of Great Lent – St. Mary of Egypt

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

For further information, confessions, baptisms and weddings please contact:

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You can find full details our services on our website:

**<https://yorkorthodox.org/>** *or* follow us on our

Facebook page: **[facebook.com/yorkorthodox](https://www.facebook.com/yorkorthodox)** for the latest information

**Saturday 30<sup>th</sup> March 2024**

*Lenten Fast: wine and oil allowed*

**Soul Sabbath**

St. John Climacus of Sinai, author of ‘The Ladder’ (606). Apostles Sosthenes, Apollos, Cephas, and Epaphroditus, of the Seventy (1<sup>st</sup> 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 (6<sup>th</sup> C). St. Tola, bishop of Disert

Tola in Meath (c.733).

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

For the Departed: 1 Thessalonians 4:13-17

**Sunday 31<sup>st</sup> March 2024**

*Lenten Fast: wine and oil allowed*

*Tone 2 : Eothinon 10 : Liturgy of St Basil*

**2<sup>nd</sup> of Great Lent, Sunday of St Gregory Palamas**

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

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

**Services:**

Sun 3 <sup>rd</sup> March	9:30am 10:15am	Parish Matins Divine Liturgy	17 <sup>th</sup> of Luke (The Prodigal Son)
Sun 10 <sup>th</sup> March	9:30am 10:15am	Parish Matins Divine Liturgy	Meat Fare Sunday
Wed 13 <sup>th</sup> March	6:30pm	Daily Vespers & Paraklesis	
Sun 17 <sup>th</sup> March	9:30am 10:15am	Parish Matins Divine Liturgy with Forgiveness Service	Sunday of Forgiveness – Cheese Fare
Sun 24 <sup>th</sup> March	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil) with procession of the Holy Icons & Reading of the Synodikon	1 <sup>st</sup> of Great Lent - Sunday of Orthodoxy



**FROM THE FATHERS**

“SEE, then, dearly beloved, how the Lord has conferred upon us everywhere, and indivisibly, the joy that is beyond conception, and perennial. For since the holy Virgin, in the life of the flesh, was in possession of the incorruptible citizenship, and walked as such in all manner of virtues, and lived a life more excellent than man's common standard; therefore the Word that comes from God the Father thought it meet to assume the flesh, and endue the perfect man from her, in order that in the same flesh in which sin entered into the world, and death by sin, sin might be condemned in the flesh, and that the tempter of sin might be overcome in the burying of the holy body, and that therewith also the beginning of the resurrection might be exhibited, and life eternal instituted in the world, and fellowship established for men with God the Father.”

St. Gregory the Wonderworker (Thaumaturgos) + c. AD 270

“REPENTANCE is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the daughter of hope and the renunciation of despair. A penitent is an undisgraced convict. Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins. Repentance is purification of conscience. Repentance is the voluntary endurance of all afflictions. A penitent is the inflictor of his own punishments. Repentance is a mighty persecution of the stomach, and a striking of the soul into vigorous awareness.”

St. John Climacus + AD 649

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“IT IS worth noticing that, after acquiring spiritual understanding, the defects and faults of one’s neighbour begin to seem very slight and insignificant, as redeemed by the Savior and easily cured by repentance—those very faults and defects which seemed to the carnal understanding so big and serious. Evidently the carnal mind, being itself a plank, gives them this huge significance. The carnal mind sees in others sins that are not there at all.”

St. Ignatius Brianchaninov + AD 1867

### ***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.**

### **Friday 1<sup>st</sup> March 2024**

*Fast free week*

Holy Martyr Eudoxia of Heliopolis (c.160). Holy virgin Domnina of Syria (c.460). Holy Martyrs Nestor, Tribimius, Marcellus, and Anthony of Pamphylia (3<sup>rd</sup> 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 (6<sup>th</sup> 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: 1 John 2:7-17; Mark 14:3-9**

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

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

### **Wednesday 27<sup>th</sup> March 2024**

*Lenten Fast: strict fast*

Holy Martyr Matrona of Thessalonica (4<sup>th</sup> C). Holy Martyrs Philetas the Senator, his wife Lydia, their sons Macedon and Theoprepus, Chronides the Notary, and Amphilochius the Captain, in Illyria (2<sup>nd</sup> C). St. Paul, bishop of Corinth (890).

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

**Readings: Isaiah 5:16-26; Genesis 4:16-26; Proverbs 5:15-6:3**

### **Thursday 28<sup>th</sup> March 2024**

*Lenten Fast: strict fast*

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

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

**Readings: Isaiah 6:1-12; Genesis 5:1-24; Proverbs 6:3-20**

### **Friday 29<sup>th</sup> March 2024**

*Lenten Fast: strict fast*

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 (9<sup>th</sup> C).

*British Isles and Ireland:* St. Gladys and St. Gwynllyn, parents of St. Cadoc (6<sup>th</sup> C). St. Lasar, niece of St. Forchera (6<sup>th</sup> C).

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

## **Sunday 24<sup>th</sup> March 2024**

*Lenten Fast: wine and oil allowed*

*Tone 1 : Eothinon 9 : Liturgy of St Basil*

### **1<sup>st</sup> of Great Lent, Sunday of Orthodoxy**

*Forefeast of The Annunciation of the Theotokos*

St. Artemius, bishop of Seleucia (2<sup>nd</sup> C). St. Zacharias the Recluse of Egypt (4<sup>th</sup> C). New Hieromartyr Parthenios III, patriarch, at Constantinople (1657).

*British Isles and Ireland:* St. Aedh MacCairthinn, bishop of Clogher (5<sup>th</sup> C). St. Donard, hermit (506). St. Cairlon, bishop of Cashel (6<sup>th</sup> C). St. Caimin the Recluse (653). St. Hildelith, abbess of Barking (c.712).

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

## **Monday 25<sup>th</sup> March 2024**

*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 Valentinian (4<sup>th</sup> C).

*British Isles and Ireland:* St. Alfwold, bishop of Sherborne (1050). St. Kennocha of Fife (1007).

*Readings: Isaiah 4:2-5:7; Genesis 3:21-4:7; Proverbs 3:34-4:22;*

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

## **Tuesday 26<sup>th</sup> March 2024**

*Lenten Fast: wine and oil allowed*

### **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 (10<sup>th</sup> C). St. Malchus of Chalcis in Syria (4<sup>th</sup> C).

*British Isles and Ireland:* St. Sincheall, abbot of Killeigh (5<sup>th</sup> C). St. Mochelloc of Killmallock (639). St. Garbhan (7<sup>th</sup> C).

## **Saturday 2<sup>nd</sup> March 2024**

*Fast free week*

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 (6<sup>th</sup> C). St. Fergna, abbot of Iona (637). St. Cynibild, brother of SS Chadd and Cedd (7<sup>th</sup> C). St. Slebhine, abbot of Iona (767). St. Joavan (c.570). St. Willeic (726).

*Readings: 1 Timothy 6:11-16; Luke 20:46-21:4*

## **Sunday 3<sup>rd</sup> March 2024**

*Tone 6 : Eothinon 6*

### **34<sup>th</sup> after Pentecost : 17<sup>th</sup> of Luke, Sunday of the Prodigal Son**

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 (6<sup>th</sup> C). St. Winwaloe, abbot (6<sup>th</sup> C). St. Foila of Kilfaile (6<sup>th</sup> C). St. Sacer, abbot of Saggard, Dublin (7<sup>th</sup> C). St. Cele-Christ, hermit and bishop (c.728). St. Lamalisse, hermit of Arran (7<sup>th</sup> C).

*Readings: 1 Corinthians 6:12-20; Luke 15:11-32*

## **Monday 4<sup>th</sup> March 2024**

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: 1 John 2:18-3:10; Mark 11:1-11*

## **Tuesday 5<sup>th</sup> March 2024**

Holy Martyr Conon of Isauria (2<sup>nd</sup> C). Holy Martyr Conon the Gardener, of Pamphylia (251). St. Mark the Faster, of Egypt (5<sup>th</sup> C). Righteous Father Mark of Athens (4<sup>th</sup> 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 (3<sup>rd</sup> C).

*British Isles and Ireland:* St. Ladoca of Cornwall, virgin and missionary (5<sup>th</sup> 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 (5<sup>th</sup> C).

*Readings:* **1 John 3:9-22; Mark 14:10-42**

## **Wednesday 6<sup>th</sup> March 2024**

*Fast day: 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 (8<sup>th</sup> 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:* **1 John 3:21-4:11; Mark 14:43-15:1**

## **Thursday 7<sup>th</sup> March 2024**

The Holy Seven Hieromartyrs of Cherson: Basil, Ephraim, Capito, Eugene, Aetherius, Elpidius and Agathodorus (4<sup>th</sup> 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 (4<sup>th</sup> C). St. Ephraim of Antioch (6<sup>th</sup> C).

## **Wednesday 20<sup>th</sup> March 2024**

*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 2:3-11; Genesis 1:24-2:3; Proverbs 2:1-22**

## **Thursday 21<sup>st</sup> March 2024**

*Lenten Fast: strict fast*

St. James the Confessor, bishop of The Studion (8<sup>th</sup> 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:* **Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-18**

## **Friday 22<sup>nd</sup> March 2024**

*Lenten Fast: strict fast*

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 (5<sup>th</sup> C). St. Failbhe, abbot of Iona (7<sup>th</sup> C). St. Trien, abbot of Killelga (5<sup>th</sup> C).

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

## **Saturday 23<sup>rd</sup> March 2024**

*Lenten Fast: wine and oil allowed*

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 (5<sup>th</sup> C). St. Ethilwald of Farne, hermit (699).

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

## **Sunday 17<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

*Tone 8 : Eothinon 8*

### **36<sup>th</sup> after Pentecost : 19<sup>th</sup> of Luke, Forgiveness \_v2\_v2Sunday**

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: Romans 13:11-14:4; Matthew 6:14-21*

## **Monday 18<sup>th</sup> March 2024**

*Great Lent begins: 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 1:1-20; Genesis 1:1-13; Proverbs 1:1-20*

## **Tuesday 19<sup>th</sup> March 2024**

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

*British Isles and Ireland:* St. Enodoc (c.520). St. Deifer, founder abbot of Bodfari (6<sup>th</sup> C). St. Eosterwine, abbot of Wearmouth (686).

*Readings: 1 John 4:20-5:21; Mark 15:1-15*

## **Friday 8<sup>th</sup> March 2024**

*Fast day: strict fast*

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 (1<sup>st</sup> C). Hieromartyr Theodoret of Antioch (4<sup>th</sup> 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 Ardcane (c.518). St. Duthac of Ross (1065). St. Rhian of Llanrhian.

*Readings: 2 John 1:1-13; Mark 15:22-25, 33-41*

## **Saturday 9<sup>th</sup> March 2024**

### **Soul Sabbath**

### **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 (5<sup>th</sup> C). St. Constantine, Hieromartyr & King of Cornwall (576).

*Readings: 1 Corinthians 10:23-28; Luke 21:8-9, 25-27, 33-36*

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

*For the Departed: 1 Thessalonians 4:13-17*

## **Sunday 10<sup>th</sup> March 2024**

*Tone 7 : Eothinon 7*

### **35<sup>th</sup> after Pentecost : 18<sup>th</sup> of Luke, Meatfare Sunday**

Holy Martyrs Quadratus and those with him at Corinth (258). Holy Martyrs Codratus, Saturninus, and Rufinus of Nicomedia (3<sup>rd</sup> C). New Martyr Michael of Agrapha, Thessalonica (1544). St. Anastasia the Patrician of Alexandria (567).

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*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:* **1 Corinthians 8:8-9:2; Matthew 25:31-46**

### **Monday 11<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

St. Sophronius, patriarch of Jerusalem (638). St. Theodora the Righteous, Queen of Arta (13<sup>th</sup> C). St. George, abbot of Sinai, brother of St. John Climacus (6<sup>th</sup> 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:* **3 John 1:1-14; Luke 19:29-40,22:7-39**

### **Tuesday 12<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

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:* **Jude 1:1-10; Luke 22:39-42,45-23:1**

### **Wednesday 13<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

Translation of the relics of St. Nicephorus, patriarch of Constantinople (846). Hieromartyr Publius, bishop of Athens and disciple of St. Dionysius the Areopagite (2<sup>nd</sup> C). Holy Martyrs Africanus, Publius, and Terence, of Carthage (3<sup>rd</sup> C).

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*British Isles and Ireland:* St. Mochoemoc, abbot (656). St. Kevoca of Kyle (7<sup>th</sup> C). St. Gerald of Mayo, abbot (732).

*Readings:* **Joel 2:12-26; Joel 3:12-21;**

### **Thursday 14<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

St. Benedict of Nursia, abbot (543). St. Euschemon, bishop of Lampsacus (9<sup>th</sup> C)

*British Isles and Ireland:* St. Kyrin, bishop of Ross (660). St. Talmach, disciple of Saint Finbar (7<sup>th</sup> C).

*Readings:* **Jude 1:11-25; Luke 23:2-34, 44-56**

### **Friday 15<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

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 (1<sup>st</sup> C).

*Readings:* **Zechariah 8:7-17; Zechariah 8:19-23;**

### **Saturday 16<sup>th</sup> March 2024**

*Cheesefare week: dairy, eggs and fish allowed*

Hieromartyr Alexander I, 5<sup>th</sup> 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 (5<sup>th</sup> C).

*Readings:* **Romans 14:19-26; Matthew 6:1-13**