

**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 April 2024**







## FROM THE FATHERS

“IF, then, any one, having committed hidden sins, shall nevertheless diligently do penance, how shall he receive those rewards if not restored to the communion of the Church? I am willing, indeed, that the guilty man should hope for pardon, should seek it with tears and groans, should seek it with the aid of the tears of all the people, should implore forgiveness; and if communion be postponed two or three times, that he should believe that his entreaties have not been urgent enough, that he must increase his tears, must come again even in greater trouble, clasp the feet of the faithful with his arms, kiss them, wash them with tears, and not let them go, so that the Lord Jesus may say of him too: ‘His sins which are many are forgiven, for he loved much’ (*Luke 7:47*).”

St. Ambrose of Milan + AD 397

“AT the door of Your compassion do I knock, Lord; send aid to my scattered impulses which are intoxicated with the multitude of the passions and the power of darkness. You can see my sores hidden within me: stir up contrition—though not corresponding to the weight of my sins, for if I receive full awareness of the extent of my sins, Lord, my soul would be consumed by the bitter pain from them. Assist my feeble stirrings on the path to true repentance, and may I find alleviation from the vehemence of sins through the contrition that comes of Your gift, for without the power of Your grace I am quite unable to enter within myself, become aware of my stains, and so, at the sight of them be able to be still from great distraction.”

St. Isaac of Nineveh + c. AD 700

“NOT of compulsion is the doctrine; of free-will is the word of life. Whoever is willing to hear the doctrine, let him cleanse the field of his will that the good seed fall not among the thorns of vain enquirings. If

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you would heed the word of life, cut yourself off from evil things; the hearing of the word profits nothing to the man that is busied with sins. If you will to be good, love not dissolute customs. First of all, trust in God, and then hearken to His law.”

St. Ephrem the Syrian + c. AD 379

DO you want to know of a third path? It consists of prayer that is fervent, careful and comes from the heart. If you want to hear of a fourth, I will mention almsgiving, whose power is great and far-reaching. If, moreover, a man lives a modest, humble life, that, no less than the other things I have mentioned, takes sin away. Proof of this is the tax-collector who had no good deeds to mention, but offered his humility instead and was relieved of a heavy burden of sins. Thus I have shown you five paths of repentance; condemnation of your own sins, forgiveness of our neighbour's sins against us, prayer, almsgiving and humility. Do not be idle, then, but walk daily in all these paths; they are easy, and you cannot plead your poverty. For, though you live out your life amid great need, you can always set aside your wrath, be humble, pray diligently and condemn your own sins; poverty is no hindrance. Poverty is not an obstacle to our carrying out the Lord's bidding, even when it comes to that path of repentance which involves giving money (almsgiving, I mean). The widow proved that when she put her two mites into the box! Now that we have learned how to heal these wounds of ours, let us apply the cures. Then, when we have regained genuine health, we can approach the holy table with confidence, go gloriously to meet Christ, the king of glory, and attain the eternal blessings through the grace, mercy and kindness of Jesus Christ, our Lord.

St. John Chrysostom + AD 407

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Sun 21 <sup>st</sup> April	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	5 <sup>th</sup> of Great Lent – St. Mary of Egypt
Sun 28 <sup>th</sup> April	9:30am 10:15am	Parish Matins Divine Liturgy (St Basil)	6 <sup>th</sup> of Great Lent – The Entry into Jerusalem (Palm Sunday)
Mon 29 <sup>th</sup> April	6:30pm	Bridegroom Matins for Holy Tuesday	
Wed 1 <sup>st</sup> May	6:30pm	Evchalion – the Service of Holy Unction	
Friday 2 <sup>nd</sup> May	4pm	9 <sup>th</sup> Hour & Typika Great Vespers	Ceremony of the Winding Sheet/Epitaphion
Friday 2 <sup>nd</sup> May	6:30pm	Matins with Lamentations	
Sat 4 <sup>th</sup> May/Sun 5 <sup>th</sup> May	10pm- 2:30am	The Lord’s Pascha (Anastasis)	c.10 pm Reading of the Acts of the Apostles & Midnight Office c. Midnight Resurrection “Rush” Service, Procession & Mattins. c. 1am Paschal Liturgy, Blessing of Paschal Foods.
Wed 8 <sup>th</sup> May	6:30pm	Daily Vespers & Paraklesis	
Sun 12 <sup>th</sup> May	9:30am 10:15am	Parish Matins Divine Liturgy (St John Chrysostom)	Thomas Sunday
Sun 19 <sup>th</sup> May	9:30am 10:15am	Parish Matins Divine Liturgy	Sunday of the Myrhh-Bearing Women
Sun 26 <sup>th</sup> May	9:30am 10:15am	Parish Matins Divine Liturgy	Sunday of the Paralytic

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

***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.***

**Monday 1<sup>st</sup> April 2024**

*Lenten Fast: strict fast*

St. Mary of Egypt (522). St. Euthymius of Suzdal, monk (1404). Holy martyrs Gerontius and Basilides (3rd C).

*British Isles and Ireland:* SS Caidoc and Fricor (Adrian) (7<sup>th</sup> C). St. Agilbert, bishop of Dorchester-on-Thames (c.690). St. Cellach, archbishop of Armagh (9<sup>th</sup> C).

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

**Tuesday 2<sup>nd</sup> April 2024**

*Lenten Fast: strict fast*

St. Titus the Wonderworker (9<sup>th</sup> C). Holy martyrs Aedesios and Amphianos of Lycia (306). Virgin-martyr Theodora of Palestine. Holy martyr Polycarp of Alexandria (313).

*British Isles and Ireland:* St. Bronach. St. Constantine II, king of Scotland (874). St. Rufus of Glendalough.

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

**Wednesday 3<sup>rd</sup> April 2024**

*Lenten Fast: strict fast*

St. Nicetas the Confessor, abbot of Medikion (824). St. Joseph the Hymnographer (883). Virgin-martyr Theodosia of Tyre, and Holy martyr Irene (308). New martyr Paul the Russian and John at Constantinople (1683).

*British Isles and Ireland:* St. Comman (c.7<sup>th</sup> C).

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

**Thursday 4<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

St. George of Mt. Maleon in the Peloponnesus (9<sup>th</sup> C). St. Plato the Confessor, abbot of the Studion (814). St. Zosimas, of Palestine (4<sup>th</sup> C). Holy martyrs Agathopodes the deacon, Theodulus the reader, and those with them, at Thessalonica (c.303). St. Isidore, bishop of Seville (636). St. Theonas, metropolitan of Thessalonica (1541). Hieromartyr Nicetas, struggler of Serrai (1808). Translation of the relics (1652) of St. Job, patriarch of Moscow (1607).

*British Isles and Ireland:* St. Tigernach, abbot of Clones (549). St. Gwerir, hermit of Liskeard.

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

**Friday 5<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Monk-Martyrs Claudius, Diodore, Victor, Victorin, and those with them (3<sup>rd</sup> C). Holy martyrs Theodora and Didymus of Alexandria (305). Righteous Theodora, nun, of Thessalonica (892). New martyr George of New Ephesus (1801).

*British Isles and Ireland:* St. Began, abbot of Kill-Beggan (6<sup>th</sup> C). St. Derfel-Gadarn, hermit of Llanderfel (6<sup>th</sup> C). SS. Probus and Grace. St. Ethelburga (Æthelburh) abbess of Lyminge (c.647).

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

**Saturday 6<sup>th</sup> April 2024**

*Lenten Fast: wine and oil allowed*

**Soul Sabbath**

St. Eutychius, patriarch of Constantinople (582). St. Methodius, Equal-to-the-Apostles, archbishop of Moravia and Enlightener of the Slavs (885). Venerable Platonida of Nisibis (308). St. Gregory of St. Athanasius’ Monastery on Mt. Athos, Instructor of St. Gregory Palamas (1308). 120 Martyrs of Persia (345). St. Gregory the Sinaite (1346). New monk-martyr Gennadius of Dionysiou, Mt. Athos, who suffered at Constantinople (1818). New martyrs Manuel, Theodore, George, Michael, and another George, of Samothrace (1835).

*British Isles and Ireland:* St. Dictinus the Swineherd, of Ulster (5<sup>th</sup> C). St. Endellion, Virgin recluse in Cornwall (6<sup>th</sup> C). St. Fiachan of Munster (7<sup>th</sup> C). St. Senan, hermit of North Wales (7<sup>th</sup> C). St. Swithbert the Younger, bishop and missionary (807). St. Wilfrid the Younger, archbishop of York (744).

*Readings:* Matins: Matthew 21:18-43;

6<sup>th</sup> Hour: Ezekiel 1:1-20;

Liturgy of the Presanctified Gifts: Exodus 1:1-20; Job 1:1-12; Matthew 24:3-35

**Tuesday 30<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

**Holy and Great Tuesday**

Holy Apostle James the son of Zebedee, brother of Saint John the Theologian (44). New Martyr Argyri at Constantinople (1725). St. Clement the Hymnographer, abbot of the Studion (9<sup>th</sup> C). St. Donatus, bishop of Euroea in Epirus (c.387). St. Ignatii Brianchaninov (1867).

*British Isles and Ireland:* St. Erconwald, bishop of London (c.693). St. Cynwl, hermit (6<sup>th</sup> C). St. Forannan (982).

*Readings:* Matins: Matthew 22:15-23:39;

6<sup>th</sup> Hour: Ezekiel 1:21-28 ;

Liturgy of the Presanctified Gifts: Exodus 2:5-10; Job 1:13-22; Matthew 24:36-26:2

**Services:**

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
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
Wed 17 <sup>th</sup> April	6:30pm	Little Compline with the Great Canon of Repentance by St. Andrew of Crete	

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*British Isles and Ireland:* St. Trudpert of Muenstethal (644).

*Readings:* Isaiah 66:10-24; Genesis 49:33-50:26; Proverbs 31:8-31;

### **Saturday 27<sup>th</sup> April 2024**

*Lenten Fast: wine and oil allowed*

#### **Saturday of Holy and Righteous Lazarus**

Hieromartyr Simeon, the kinsman of the Lord (107). St. Eulogius the Hospitable, of Constantinople (6<sup>th</sup> C). St. Stephen, abbot of the Kievan Caves and bishop of Vladimir in Volhynia (1094). Burning of the relics of St. Sava I of Serbia by the Turks (1595).

*British Isles and Ireland:* St. Asic, bishop of Elphin (490). Holy martyr Newlyna of Cornwall, (5<sup>th</sup> C). St. Enoder (Cynider) (6<sup>th</sup> C). St. Winewald, abbot of Beverley (751).

*Readings:* **Hebrews 12:28-13:8; John 11:1-45**

### **Sunday 28<sup>th</sup> April 2024**

*Lenten Fast: fish, wine and oil allowed*

*Tone of the feast : Eothinon of the feast*

#### **Palm Sunday**

Nine Martyrs of Cyzicus: Theognes, Rufus, Antipater, Theostichus, Artemas, Magnus, Theodotus, Thaumasius, and Philemon (3<sup>rd</sup> C). St. Memnon the Wonderworker of Corfu. Holy martyr John of Romania.

*British Isles and Ireland:* St. Cronan, abbot of Roscrea (7<sup>th</sup> C). St. Gerard the Pilgrim (639). SS. Probe and Germaine (4<sup>th</sup> C).

*Readings:* **Philippians 4:4-9; John 12:1-18**

### **Monday 29<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

#### **Holy and Great Monday**

Apostles Jason and Sosipater of the Seventy, the Virgin Cercyra, and those with them, at Corfu (1<sup>st</sup> C). St. John, metropolitan of Thebes, the New Merciful One (12<sup>th</sup> C). Holy new martyr Theodore of Byzantium, who died at Mytilene (1784). St. Basil, bishop of Ostrog in Montenegro (16<sup>th</sup> C). New Martyr Nectarius of Optina (1928).

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*British Isles and Ireland:* St. Elfstan of Abingdon (981). St. Berthanc of Iona (c.840). St. Ulched of Llechulched.

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

For the Departed: 1 Thessalonians 4:13-17

### **Sunday 7<sup>th</sup> April 2024**

*Lenten Fast: wine and oil allowed*

*Tone 3 : Eothinon 11 : Liturgy of St Basil*

#### **3<sup>rd</sup> of Great Lent, Sunday of the Adoration of the Life-giving Cross**

Holy martyr Calliopos at Pompeiopolis in Cilicia (304). Holy martyrs Rufinus the deacon, Aquilina, and 200 soldiers with them at Sinope (c.310). St. George the Confessor, bishop of Mitylene (c.820). New Hieromartyr Tikhon, patriarch of Moscow and All Russia (25<sup>th</sup> March O.C.) (1925). St. Savas the New of Kalymnos (1948).

*British Isles and Ireland:* St. Brynach, hermit of Pembroke (5<sup>th</sup> C). SS Gwrnerth and Llewellyn (6<sup>th</sup> C). St. Finan Cam, disciple of St. Brendan the Voyager (6<sup>th</sup> C).

*Readings:* **Hebrews 4:14-5:6; Mark 8:34-9:1**

### **Monday 8<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Holy Apostle-martyrs of the Seventy: Herodion, Agabus, Asyncritus, Rufus, Phlegon, Hermes, and those with them (1<sup>st</sup> C). St. Celestine, pope of Rome (432). St. Rufus the Obedient of the Kievan Caves (14<sup>th</sup> C). New martyr John Naukliros ('the Skipper') in Thessaly (1699).

*Readings:* Isaiah 14:24-32; Genesis 8:21-9:7; Proverbs 11:19-12:6;

### **Tuesday 9<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Martyr Euppsychius of Caesarea in Cappadocia (362). Monk-martyr Bademus (Vadim) of Persia and his seven disciples (376). Newly-revealed martyrs Raphael, Nicholas, and Irene of Lesbos (1463). Venerable Simeon The New Theologian (1032).

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*British Isles and Ireland: St. Madrun (5<sup>th</sup> C). St. Dotto of Orkney (6<sup>th</sup> C). Holy Martyr Hedda, abbot of Peterborough and those monks with him (869). Holy Martyr Theodore, abbot of Crowland and those monks with him including SS. Askega and Swethin, Elfgete, a deacon, Sabinus, a subdeacon, Egdred and Ulric, and Grimkeld and Agamund (869).*

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

### **Wednesday 10<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Holy martyrs Terence, Pompeius, Africanus, Maximus, Zeno, Alexander, Theodore, Macarius, and 33 others, beheaded at Carthage (3<sup>rd</sup> C). New hieromartyr Gregory V, patriarch of Constantinople (1821). The holy nun-martyrs of the Kvabtakhevi Convent, Georgia, who suffered during the invasion of Tamerlane (c.1400). New martyr Demas of Smyrna (1763). Holy Father Theona, archbishop of Thessalonica.

*British Isles and Ireland: Monk-martyrs Beocca and Hethor at Chertsey, martyred by the Danes (869).*

*Readings: Isaiah 26:21-27:9; Genesis 9:18-10:1; Proverbs 12:23-13:9;*

### **Thursday 11<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Hieromartyr Antipas, bishop of Pergamon, disciple of St. John the Theologian (92). St. Pharmuthius the Anchorite (5<sup>th</sup> C). St. Callinicus of Cernica, bishop of Rimnicului in Romania (1868).

*British Isles and Ireland: St. Machai, disciple of St. Patrick (5<sup>th</sup> C). St. Maedhog, abbot of Clonmore (6<sup>th</sup> C). St. Guthlac, Hermit and Wonderworker of Crowland (714).*

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

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*British Isles and Ireland: St. Ibar of Leinster (5<sup>th</sup> C).*

*Readings: Isaiah 49:6-10; Genesis 31:3-16; Proverbs 21:3-21;*

### **Wednesday 24<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Holy Martyr Sabbas Stratelates ('the General') of Rome, and 70 soldiers with him (272). St. Elizabeth the Wonderworker of Constantinople (540). Holy martyr Alexander of Lyons (177). St. Thomas the Fool-for-Christ, of Syria (550). New martyr Luke the tailor of Mytilene (1564). New martyr Doukas of Mitylene (1752). New martyr Nicholas of Magnesia (1795). St. Elias (Iorest) (1678) and St. Sava (Brancovici) (1683), metropolitans of Ardeal, confessors against the Calvinists.

*British Isles and Ireland: St. Mellitus, 3rd archbishop of Canterbury (624). St. Egbert of Lindisfarne (729). St. Dyfnan, son of King Brychan. St. Ivo, hermit of Huntingdonshire (1001).*

*Readings: Isaiah 58:1-11; Genesis 43:26-31,45:1-16; Proverbs 21:23-22:4;*

### **Thursday 25<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

#### **Holy Apostle and Evangelist Mark (1st C)**

St. Macedonius, patriarch of Constantinople (516). New martyrs Emmanuel, Theodore, Gregory, Michael and the other Gregory at Macre of Alexandroupoulos.

*British Isles and Ireland: St. Macaille, bishop of Croghan (489). St. Mella, abbess of Doire-Melle (c.780). St. Keby of Cornwall (4<sup>th</sup> C).*

*Readings: Isaiah 65:8-16; Genesis 46:1-7; Proverbs 23:15-24:5;*

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

### **Friday 26<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Hieromartyr Basil, bishop of Amasea (c.322). Righteous virgin Glaphyra (322). St. Stephen, bishop of Perm (1396). St. George of Cyprus (1091). St. Joannicius of Devich in Serbia (13<sup>th</sup> C).



*British Isles and Ireland:* St. Caedwalla, King of Wessex (689).

*Readings:* **Hebrews 9:24-28; Mark 8:27-31**

For the Theotokos: Hebrews 9:1-7

### **Sunday 21<sup>st</sup> April 2024**

*Lenten Fast: wine and oil allowed*

*Tone 5 : Eothinon 2 : Liturgy of St Basil*

#### **5<sup>th</sup> of Great Lent, Sunday of our Holy Mother, Mary of Egypt**

Hieromartyr Januarius, bishop of Benevento, and his companions at Pozzuoli (305). St. Maximian, patriarch of Constantinople (434).

Hieromartyr Theodore of Pergamum in Pamphylia, his mother Philippa, and Martyrs Dioscorus, Socrates, and Dionysius (2<sup>nd</sup> C).

*British Isles and Ireland:* St. Beuno, abbot of Clynnog Fawr (c.640).

St. Maerluba of Applecross (722). St. Eingan (Eneon), Hermit of Llyn, Bangor.

*Readings:* **Hebrews 9:11-14; Mark 10:32-45**

### **Monday 22<sup>nd</sup> April 2024**

*Lenten Fast: strict fast*

Apostles Nathaniel, Luke, and Clement (1<sup>st</sup> C). St. Theodore the Sykeote, bishop of Anastasiopolis (613). St. Vitalis, monk of Gaza (7<sup>th</sup> C). Translation of the relics of St. Vsevolod (in Holy Baptism Gabriel), prince of Pskov (1138). Holy martyr Epipodius of Lyons (178). Holy martyr Nearchos.

*Readings:* Isaiah 48:17-49:4; Genesis 27:1-41; Proverbs 19:16-25;

### **Tuesday 23<sup>rd</sup> April 2024**

*Lenten Fast: strict fast*

*[The commemoration of the Great Martyr George is transferred to Bright Monday]*

Holy martyr Alexandra the Empress, wife of Diocletian (303). Holy Martyrs Glycerius, Athanasius the Magician, Valerius, Donatus, and Therinus at Nicomedia (303). New martyr George of Ptolomais (1752). New martyr Lazarus of Bulgaria who suffered at Pergamus (1802).

### **Friday 12<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

St. Basil the Confessor, bishop of Parium (8<sup>th</sup> C). Mother Anthousa the Righteous of Constantinople (801). Venerable Acacius the Younger of Kafsokalyvia Skete (1730).

*British Isles and Ireland:* St. Wigbert, Monk and Missionary (690).

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

### **Saturday 13<sup>th</sup> April 2024**

*Lenten Fast: wine and oil allowed*

#### **Soul Sabbath**

St. Martin the Confessor, pope of Rome (655). Hieromartyr Artemon, presbyter, of Laodicea in Syria (303). Holy martyr Zoilus of Rome (4<sup>th</sup> C). Holy martyr Eleutherius of Persia (4<sup>th</sup> C).

*British Isles and Ireland:* St. Guinoc, Scottish bishop (c.838).

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

For the Departed: 1 Corinthians 15:47-57

### **Sunday 14<sup>th</sup> April 2024**

*Lenten Fast: wine and oil allowed*

*Tone 4 : Eothinon 1 : Liturgy of St Basil*

#### **4<sup>th</sup> of Great Lent, Sunday of our Holy Father St John Climacus**

Holy Apostles of the Seventy: Aristarchus, Pudens and Trophimus (c.67). Holy Martyr Ardalion the Actor, who suffered under Maximian (3<sup>rd</sup> C). Holy Martyr Thomais of Alexandria (5<sup>th</sup> C).

Monk-martyr Christopher of Mar Sabbas (797). New martyr Demetrius of the Peloponnesus, who suffered at Tripoli (1803).

*British Isles and Ireland:* St. Tassach, 1<sup>st</sup> bishop of Raholp and disciple of St. Patrick (c.497).

*Readings:* **Hebrews 6:13-20; Mark 9:17-31**

### **Monday 15<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Holy martyr Crescens of Myra (3<sup>rd</sup> C). Hieromartyr Leonidas, bishop of Athens (250). New martyr Michael of Smyrna. The nine monk-martyrs of Corinth.

*British Isles and Ireland:* St. Ruadhan, hermit and abbot of Lothra (584). St. Mundus, abbot in Argyle (c.962).

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

### **Tuesday 16<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Virgin-Martyrs Agape, Irene and Chionia, in Illyria (304). Holy martyrs Leonidas, Chariessa, Nice, Galina, Callista, Nunechia, Basilissa, Theodora, and Irene, of Corinth (258). New martyr Michael Burliotos of Smyrna (1772). Monk-martyr Christopher of Dionysiou, Mt. Athos, who suffered at Adrianople (1818).

Hieromartyr Nikita of St. Anne Skete on Athos. St. Theodora-Bassa, princess of Novgorod (1378).

*British Isles and Ireland:* St. Padarn, Missionary and Wonderworker, founder of Llanbadarn Fawr (550). St. Elias of Cologne (1042).

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

### **Wednesday 17<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Hieromartyr Simeon, bishop in Persia, and those with him (344).

Repose of St. Macarius of Corinth (1805). St. Agapitus, pope of Rome (536). St. Zosimas, abbot of Solovki (1478). Uncovering the relics of St. Alexander, abbot of Svir (1641). Holy martyr Adrian of Corinth (251).

*British Isles and Ireland:* Hieromartyr Donnan of Eigg and fifty-two monks with him (c.616).

*Readings:* Isaiah 41:4-14; Genesis 17:1-9; Proverbs 15:20-16:9;

### **Thursday 18<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

#### **Thursday of the Great Canon of St. Andrew**

St. John the Righteous, disciple of St. Gregory of Decapolis (9<sup>th</sup> C). St. Euthymius the Enlightener of Karelia (1435), and SS Anthony and Felix of St. Nicholas monastery in Karelia. St. Cosmas, bishop of Chalcedon, and his fellow-ascetic St. Auxentius (820). New martyr John the New of Epirus (1526).

*British Isles and Ireland:* St. Laserian of Innismurray and Arran (639). St. Deicola, abbot of Bosham (7<sup>th</sup> C). St. Cogitosus of Kildare (8<sup>th</sup> C). SS. Bitheus and Genocus (6<sup>th</sup> C).

*Readings:* Isaiah 42:5-16; Genesis 18:20-33; Proverbs 16:17-17:17;

### **Friday 19<sup>th</sup> April 2024**

*Lenten Fast: strict fast*

Hieromartyr Paphnutios of Jerusalem. Hieromartyr Theodore of Perge in Pamphylia, his mother Philippa, and Martyrs Dioscorus, Socrates, and Dionysius (2<sup>nd</sup> C). St. Tryphon, patriarch of Constantinople (933). New martyr Agathangelus of Esphigmenou Monastery, Mt. Athos (1819). Venerable Symeon the Barefoot of Philotheou Monastery, Mt. Athos. Venerable John of the Old Lavra in Palestine (8<sup>th</sup> C). St. George the Confessor, bishop of Antioch in Pisidia (820).

*British Isles and Ireland:* Hieromartyr Alphege, 29<sup>th</sup> archbishop of Canterbury (1012).

*Readings:* Isaiah 45:11-17; Genesis 22:1-18; Proverbs 17:17-18:5;

### **Saturday 20<sup>th</sup> April 2024**

*Lenten Fast: wine and oil allowed*

#### **Saturday of the Akathist to the Most Holy Theotokos**

St. Theodore Trichinas ('the Hairshirt Wearer'), hermit (400). Apostle Zacchaeus, bishop of Caesarea (1<sup>st</sup> C). Hieromartyr Anastasius II, patriarch of Antioch (610). SS Athanasius (1380) and Ioasaph (1423) of Meteora, abbots. SS Gregory (593) and Anastasius the Sinaite (599), patriarchs of Antioch.