

Wed 8 th Oct	6:30pm	Vespers and Paraklesis	Holy Apostle James Alphaeus
Sun 12 th Oct	9:30am	Parish Matins	Fathers of 7 th
	10:30am	Divine Liturgy	Ecumenical Council & 4 th of Luke
Sune 19 th Oct	9:30am	Adult Chrismation	3 rd of Luke
	10:30am	Divine Liturgy	
Sune 26 th Oct	9:30am	Parish Matins	6 th of Luke
	10:30am	Divine Liturgy	

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

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

Fr. Michael Alexander 07933247206 michael@yorkorthodox.org

You can find full details our services on our website:

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

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 2025



Monday 29th September 2025

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 1:22-2:3; Luke 4:37-44

Tuesday 30th September 2025

Hieromartyr Gregory, the Enlightener of Armenia (c.335). Blessed Jerome (Hieronymus) the Translator (420). Holy Martyrs Mardonius and Stratonikus. 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 2:19-3:7; Luke 5:12-16

Services:

Sun 7 th Sep	9:45am	3 rd & 6 th Hours	Sunday before Elevation of the Cross
	10:30am	Divine Liturgy	
Wed 10 th Sep	6:30pm	Vespers and Paraklesis	Nun Theodora of Alexandria
Sun 14 th Sep	9:30am	Parish Matins	Sunday of the Elevation of the Cross
	10:30am	Divine Liturgy	
Sun 21 st Sep	9:30am	Parish Matins	Sunday after Elevation of the Cross
	10:30am	Divine Liturgy	
Sun 28 th Sep	9:30am	Adult Baptisms	1 st of Luke
	10:30am	Divine Liturgy	
Sun 5 th Oct	9:30am	Parish Matins	2 nd of Luke
	10:30am	Divine Liturgy	

Bologna (c.400). St. Vigilius of Brescia (c.506).

British Isles and Ireland: St. Mawgan, abbot-bishop of Bardsey. St.

Colman Elo, abbot of Muckamore (611).

Readings: Ephesians 1:7-17; Luke 4:22-30

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

Saturday 27th September 2025

Holy Martyr Callistratus and his company of 49 Martyrs (c.304).

Apostles Mark, Aristarchus, and Zenas, of the Seventy (1st C). 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: 1 Corinthians 10:23-28; Luke 4:31-36

Sunday 28th September 2025

Tone 7 : Eothinon 5

16th after Pentecost : 1st of Luke

Saint 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.

Readings: 2 Corinthians 6:1-10; Luke 5:1-11

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



FROM THE FATHERS

"WHY do you fear to confess your sins to our good Lord? 'Set them forth,' He says, 'that you may be justified.' The rewards of justification are set before him who is still guilty of sin, for he is justified who voluntarily confesses his own sin; and lastly, 'the just man is his own accuser in the beginning of his speaking.' (Prov 18:17) The Lord knows all things, but He waits for your words, not that He may punish, but that He may pardon. It is not His will that the devil should triumph over you and accuse you when you conceal your sins. Be beforehand with your accuser: if you accuse yourself, you will fear no accuser; if you report yourself, though you were dead you shall live."

St. Ambrose of Milan + AD 397

"'BUT these three abide, Faith, Hope, Love. But the greatest of these is Love.' And rightly. For Faith departs when we are convinced by vision, by seeing God. And Hope vanishes when the things hoped for come. But Love comes to completion, and grows more when that which is perfect has been bestowed. If one introduces it into his soul, although he be born in sins, and has done many forbidden things, he is able, by increasing love, and adopting a pure repentance, to retrieve his mistakes."

St. Clement of Alexandria + c. AD 215

"REPENTANCE which is true and truly from the heart persuades the penitent not to sin any more, not to mix with corrupt people, and not to gape in curiosity at evil pleasures, but to despise things present, cling to things to come, struggle against passions, seek after virtues, be self-controlled in every respect, keep vigil with prayers to God, and shun dishonest gain. It convinces him to be merciful to those who wrong him, gracious to those who ask something of him, ready with all his heart to

bend down and help in any way he can, whether by words, actions or money, all who seek his assistance, that through kindness to his fellow-man he might gain God's love in return for loving his neighbour, draw the Divine favour to himself, and attain to eternal mercy and God's everlasting blessing and grace."

St. Gregory Palamas + c. AD 1359

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 1st September 2025

Start of the Church Year - The Indiction

Synaxis of the Most Holy Mother of God 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 (Llythaathaw). St. Silin (6th C).

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

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

Tuesday 2nd September 2025

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.

Wednesday 24th September 2025

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 Mother of God 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 Gislair, Irish missionaries in Germany (7th C).

Readings: Galatians 6:2-10; Luke 4:1-15

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

Thursday 25th September 2025

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: Ephesians 1:1-9; Luke 4:16-22

Friday 26th September 2025

Fast day: wine and oil allowed

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

Sunday 21st September 2025

Tone 6 : Eothinon 4

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

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

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

Monday 22nd September 2025

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 4:28-5:10; Luke 3:19-22

Tuesday 23rd September 2025

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 5:11-21; Luke 3:23-4:1

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

British Isles and Ireland: St. Hieu, abbess of Tadcaster (657). St.

Lolanus (c.1034).

Readings: 2 Corinthians 8:16-9:5; Mark 3:13-21

Wednesday 3rd September 2025

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 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: 2 Corinthians 9:12-10:7; Mark 3:20-27

Thursday 4th September 2025

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

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

Friday 5th September 2025

Fast day: strict fast

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 Juveninus and Maximus at Antioch (4th C). Martyrdom of the Holy Passionbearer Prince Gleb, in Holy Baptism, David (1015).

Readings: 2 Corinthians 11:5-21; Mark 4:1-9

Saturday 6th September 2025

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: 1 Corinthians 2:6-9; Matthew 22:15-22

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

Sunday 7th September 2025

Tone 4 : Eothinon 2

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

Forefeast of the Nativity of the Mother of God

Holy Martyr Sozon of Cilicia (c.304). Apostles Evodias and Onesiphorus of the Seventy (1st C). St. Kassiani 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. Socrates and Stephen, martyred in Monmouthshire (304).

Readings: Galatians 3:15-22; Mark 6:7-13

Thursday 18th September 2025

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 3:23-4:5; Mark 6:30-45

Friday 19th September 2025

Fast day: strict fast

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 4:8-21; Mark 6:45-53

Saturday 20th September 2025

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

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

Monday 15th September 2025

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 2:11-16; Mark 5:24-34

Tuesday 16th September 2025

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 2:21-3:7; Mark 6:1-7

Wednesday 17th September 2025

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. Alcmund (781) and Tilbert (789), bishops of Hexham. St. Balin, monk (7th C). Holy martyr Grimonia (4th C).

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

Monday 8th September 2025

The Nativity of the Most Holy Mother of God 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 12:10-19; Mark 4:10-23

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

Tuesday 9th September 2025

Synaxis of the Holy and Righteous Forebears of God, Joachim and Anna

Afterfeast of the Nativity of the Mother of God

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

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

Wednesday 10th September 2025

Fast day: strict fast

Afterfeast of the Nativity of the Mother of God

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 13:3-13; Mark 4:35-41

Thursday 11th September 2025

Afterfeast of the Nativity of the Mother of God

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

Friday 12th September 2025

Fast day: strict fast

Leavetaking of the Nativity of the Mother of God

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).

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

Saturday 13th September 2025

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

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

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

Sunday 14th September 2025

Fast day: wine and oil allowed

Tone of the feast : Eothinon of the feast

The Exaltation of the Precious and Life-Giving Cross

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). (N.B. The commemoration of the repose of Saint John Chrysostom is transferred to November 13th)

British Isles and Ireland: St. Cormac, 1st bishop of Cashel (908).

Readings: 1 Corinthians 1:18-24; John 19:6-11,13-20,25-28,30-35