

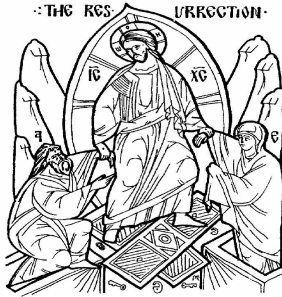


The Orthodox Christian Community of St. Constantine

The Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland. Abp.: H. E. Metropolitan Silouan
The Greek Orthodox Patriarchate of Antioch and All the East. Patriarch: His Beatitude, John X

Parish Newsletter Pascha 2021

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Christ Is Risen!
! المسيح قام
Χριστός ανέστη!
Христосъ воскрес!
Hristos a înviat !



May you all have a blessed and joyful Paschal Season in celebration of Our Saviour's Life-giving and Glorious Resurrection!

Some Thoughts On Pascha

This year we have once again been able to celebrate Our Lord's holy Resurrection, although with limited numbers. Next year, Please God, we shall hold the Vigil at the usual time, with a full church!

However, for Orthodox Christians, none of these restrictions can take away the wonderful accomplishment of Christ's saving action. Through his Death and Resurrection, the tyranny of Death has been overcome, and the power of Hell is destroyed. We are offered freedom from the control of sin and the opportunity of eternal life.

From The Fathers

"LET no one fall back into that from which he has risen, but, even though from bodily weakness he still languishes under certain maladies, let him urgently desire to be healed and raised up. For this is the path of health through imitation of the Resurrection begun in Christ, whereby, notwithstanding the many accidents and falls to which in this slippery life the traveller is liable, his feet may be guided from the quagmire on to solid ground, for, as it is written, 'the steps of a man are directed by the Lord, and He will delight in his way. When the just man falls he shall not be overthrown, because the Lord will stretch out His hand'." *St. Leo the Great + c. AD 461*

Trusting in that promise, as the Apostles preached from the beginning, we faithful followers of Christ, hold fast to Our Blessed Saviour's great gift to us, in good times and in bad, through the pain of suffering and death we encounter in this world, confident that eternal life in the heavenly kingdom may be ours if we dare to accept it.

Christ's Holy Pascha calls us to affirm daily, with great joy, our belief that the overthrow of Death is the promise of our Salvation.

Christ is Risen! Truly He is Risen!

With love in Christ, Fr. Michael

Please remember in your prayers:

The Living: Mara, Martin (both O)

The Departed: Stefan-Adrian (O)

Please send the name of anyone you wish us to pray for, Orthodox or non-Orthodox, to Fr. Michael

Getting back into the habit!

For some people it's been very hard to keep in contact with church during this last year. I know that streaming our services has been helpful for many, and some of you have joined in our online talks and discussion groups enthusiastically. But for others, the loss of a regular routine has caused difficulties. Please remember that the chapel is now open again and that the Divine Liturgy and other services are being conducted as normal. Although face masks must still be worn for anyone without an exemption, just as in shops, our experience of the numbers means that if you come to church there will be a place for you.

This is particularly important for the children of our parish. Parents should think seriously about getting them back into the habit of visiting the church on Sundays, and receiving the Holy Gifts. Remember: children under 11 do not need to wear a mask in church.

I know that many of our younger families live some distance from York. Coming here on Sundays, even occasionally, is challenging, but as the Spring and Summer weather improves (at least by British standards!) think about the blessing for your children, and for you, in being able to have communion once more.

Quick note for families with children.

Although we can now provide Sunday School colouring and question sheets please make sure you bring pencil/pens with you, and any books they use, because we are still not permitted to share those things. Thank you.

Confessions:

Please ask the priests about arranging confession before the Sunday Liturgy.

For those needing longer time for personal advice the Chaplaincy Quiet Room is now available again for us to use. Please ask the priests.

Contacts for Priest:

Fr. Æthelwine 07958713413 virsanctus@hotmail.com

Fr. Michael 07933247206 michael@yorkorthodox.org

Church Services at St. Constantine's in May and June

May:

Sun 9th 10:00 am Divine Liturgy

Thomas Sunday & 2nd of Pascha

Wed 12th 6:30 pm Daily Vespers &
Paraklesis to the Mother of God

Sun 16th 10:00 am Divine Liturgy

Sunday of the Myrrhbearers

Sun 23rd 10:00 am Divine Liturgy

Sunday of the Paralysed Man

Sun 30th 10:00 am Divine Liturgy

Sunday of the Samaritan Woman

June:

Sun 6th 10:00 am Divine Liturgy

Sunday of the Blind Man

Wed 9th 6:30 pm Great Vespers Feast
of The Ascension

Sun 13th 10:00 am The Holy Fathers of
the 1st Œcumenical Council

Wed 16th 6:30 pm Daily Vespers &
Paraklesis to the Mother of God

Sun 20th 10:00 am Divine Liturgy Holy
Pentecost

Sun 27th 10:00 am All Saints Sunday

3rd/6th Hours chanted 30 mins. before Liturgy

All our services currently streamed at
<https://facebook.com/yorkorthodox>,

Parish News:

Baptisms/Chrismations.

25th April: the newly-illuminated family of George, Olivia & Calliope. We welcome them with joyful prayers.

Catechumenate.

14th March: Emily. Please help her on her journey to Orthodoxy.

Practical Tip

Having problems with your prayer life? Remember the word of Elder Macarius of Optina.

"Pray Simply. Do not expect to find in your heart any remarkable gift of prayer Consider yourself unworthy of it-then you will find peace. Use the empty, cold dryness of your prayer as food for your humility. Repeat constantly: "I am not worthy, Lord, I am not worthy!" But say it calmly, without agitation. This humble prayer will be acceptable to God."