



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 September 2021

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Happy

New
Year



What's
this all about
then?

How many of you knew that The Orthodox Church's New Year begins on 1st September?

It's called *The Indiction* and came about because that is when the tax year began for the Roman Empire when it was based in Constantinople. The Church simply followed the civil procedure and has kept to it ever since!

From The Fathers

"THE ONE who knows God will follow the Lord's footsteps, bearing the cross of the Saviour. It is said, "The world is crucified to him and he to the world." The Lord says, "He who loses his life will save it." We can "lose our lives" in one of two ways. First, we can risk our lives just as the Lord did for us. Secondly, we can separate our lives from the customary things of this world. Bearing the cross means to separate our souls from the delights and pleasures of this life. If you do this, you will find your life again - resting in the hope of what is to come. Dying to ourselves means being content with the necessities of life. When we want more than these necessities it is easy to sin." *St. Clement of Alexandria + AD c.215*

Now Fully Open !!!

For twenty years when driving south along the M1 motorway you could see a sign which announced *Tibshelf Services—Now Fully Open.*

We want you all to know the after a long period of closing, opening and closing again St. Constantine's is now fully open once more for all the regular Sunday and Weekday services—and also for those occasional events like baptisms and weddings. So remember to check the dates and times in your diaries and calendars, and start recovering the habit of regular church-going.

Technology has been a great blessing for us during the long closures we have had to endure; and for those who are unable to come in person because of ill health or other personal problems it remains a source of continuing contact with the liturgical life of the Church. For this reason we will continue to stream the services for the time being. However, nothing is a satisfactory substitute for joining together as Orthodox Christians in the physical of presence of Christ in the Holy Eucharist at the Divine Liturgy. St. Paul reminds us in his Letter to the Church in Rome (12:5) and elsewhere in his writings that *we who are many are one body in Christ, and individually we are members who belong to one another.* By worshipping together in person we show the World and each other that we are truly members of Christ's Holy Orthodox Church.

Please remember in
your prayers:

The Living: Mara,
Martin (O), Jodi, Seth &
Enid; Judith (non-O)
The Departed: Stefan-
Adrian, Angeliki (O)

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

PRACTICAL TIP

In the month when we celebrate the feast of the Holy Cross, it is useful to think again about how we make the sign of the Cross.

We should always do this carefully, attentively and with reverence in the following manner. Holding the tips of the thumb, index finger and middle finger together, the three representing the Three Persons of the Most Holy Trinity, and folding our ring finger and little finger into the palm of the hand to represent the two Natures of Christ, human and Divine, we should touch our forehead, stomach, our right and then left shoulder. In this way we make a cross over our whole upper body.

This action is accompanied by a bow or metania. In the Antiochian tradition this is done *before* crossing oneself (representing a bow to the foot of the Cross) In other Orthodox traditions it is done *afterwards*. Either is acceptable. Parents should be careful to teach this to their children when they are still young so that the habit sticks.

To simply flick your hand about a few inches from your chest is careless and disrespectful, and so dishonours the Cross. If you should complain (as so many people these days seem intent on doing at every opportunity) that this is difficult, remember that the priest, as always, has a more difficult task! He has to hold his fingers so that they spell out the Greek letters ICXC, whenever he blesses anyone, anything or in any liturgical action. Failure to do so would suggest he considers that the blessing does not come from our Lord Jesus Christ, but is somehow his own.

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 available again for us to use.

Parish News:

Baptisms/Chrismations.

20th June: the newly-illuminated Emily Isidora. We joyfully welcome her into our church family. Please pray for her and her Godmother, Pavlina.

Weddings:

24th July: Olivia & George. We send them our prayers and wish them *Many Years!*

Contacts for Priest:

Fr. Æthelwine 07958713413
virsanctus@hotmail.com

Church Services at St. Constantine's in September and October

September:

Sun 5th 10:00 am Divine Liturgy
11th after Pentecost and of
Matthew

Wed 8th 6:30 pm Daily Vespers &
Paraklesis to the Mother of God
Sun 12th 10:00 am Divine Liturgy
Sunday before Exaltation of the
Cross

Monday 13th 6:30 pm Festal
Vespers

Feast of the Exaltation of the
Cross

Sun 19th 10:00 am Divine Liturgy
Sunday after Exaltation of the
Cross

Sun 26th 10:00 am Divine Liturgy
14th after Pentecost & 1st of Luke;
Repose of Evangelist St. John the
Theologian

October:

Sun 3rd 10:00 am Divine Liturgy
15th after Pentecost & 2nd of Luke
Sun 10th 10:00 am Divine Liturgy
16th after Pentecost & 3rd of Luke

Wed 13th 6:30 pm Daily Vespers &
Paraklesis to the Mother of God
Sun 17th 10:00 am The Holy
Fathers of the 7th Œcumenical
Council

Sun 24th 10:00 am Divine Liturgy
18th after Pentecost & 6th of Luke
Sun 31st 10:00 am

19th after Pentecost & 5th of Luke
3rd/6th Hours chanted 30 mins. before