

		Lamentations Service	
Sat 11 th – Sun 12 th	10:00pm	Reading of the Acts of the Apostles & Midnight Office	The Lord’s Pascha (Anastasis)
April	Midnight c. 1am	Resurrection “Rush” Service, Procession & Mattins. Paschal Liturgy, Blessing of Paschal Foods	
Sun 19 April	9:30am 10:30am	Parish Matins, Divine Liturgy	Thomas Sunday
Sun 19 th April	9:30am 10:30am	Parish Matins, Divine Liturgy	The Myrrh-Bearing Women
Sun 26 th April	9:30am 10:30am	Parish Matins, Divine Liturgy	The Paralysed Man

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 March 2026

Sun 15 th Mar	9:45am 10:30am	3 rd & 6 th Hours Divine Liturgy	3 rd Sunday of Gt Lent – Sunday of Veneration of Holy Cross
Sun 22 nd Mar	9:45am 10:30am	3 rd & 6 th Hours Hierarchical Divine Liturgy with ordination service.	4 th Sunday of Gt Lent – Sunday of St John Climacus
Tues 24 th Mar	6:30pm	Festal Vespers	Annunciation of the Theotokos
Wed 25 th March	6:00pm	Little Compline & Gt Canon of St. Andrew of Crete	Complete Gt Canon with Life of St. Mary of Egypt
Sun 29 th Mar	9:45am 10:30am	3 rd & 6 th Hours Divine Liturgy	5 th Sunday of Gt Lent – Sunday of St Mary of Egypt <i>Followed by Parish Annual General Meeting</i>
Sun 5 th April	9:45am 10:30am	3 rd & 6 th Hours Divine Liturgy	Entry into Jerusalem (Palm Sunday) with Procession
Mon 6 th April	6:30pm	Bridegroom Mattins	Holy Monday
Tues 7 th April	6:30pm	Bridegroom Mattins	Holy Tuesday
Wed 8 th April	6:30pm	Holy Unction (Evchalion)	Holy Wednesday
Thurs 9 th April	6:30pm	Mattins & Reading of the 12 Gospels	Holy (Maundy) Thursday
Friday 10 th April	4:00pm 6:00pm	Vespers & the Winding Sheet (Epitaphion) Service Mattins –	Holy (Good) Friday

Sunday 29th March 2026

Lenten Fast: wine and oil allowed

Tone 1 : Eothinon 9 : Liturgy of St Basil

5th of Great Lent, Sunday of St Mary of Egypt

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 (9th C).

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

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

Monday 30th March 2026

Lenten Fast: strict fast

St. John Climacus of Sinai, author of ‘The Ladder’ (606). Apostles Sosthenes, Apollos, Cephas, and Epaphroditus, of the Seventy (1st 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 (6th C). St. Tola, bishop of Disert Tola in Meath (c.733).

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

Tuesday 31st March 2026

Lenten Fast: strict fast

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

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

Services:

Sun 8 th	9:45am	3 rd & 6 th Hours	2 nd Sunday of Gt Lent
Mar	10:30am	Divine Liturgy	– Sunday of St. Gregory Palamas
Wed 11 th	6:00pm	Vespers & Pre-Sanctified Liturgy	3 rd Wednesday of Gt. Lent
Mar			



FROM THE FATHERS

“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 neighbor, draw the Divine favour to himself, and attain to eternal mercy and God's everlasting blessing and grace.”

St. Gregory Palamas + AD 1359

NOT to sin is truly blessed; but those who sin should not despair, but grieve over the sins they have committed, so that, through grief they may again attain blessedness. It is good, then, to pray always and not to lose heart, as the Lord says, And again the Apostle says, ‘Pray without ceasing’, that is by night and by day and at every hour, and not only when coming into the church, and not bothering at other times. But whether you are working, lying down to sleep, travelling, eating, drinking, sitting at table, do not interrupt your prayer, for you do not know when he who demands your soul is coming. Don’t wait for Sunday or a feast day, or a different place, but pray, as the Prophet David says, ‘in every place of his dominion’.”

St. Ephrem the Syrian + AD

“THE MAIN THING in repentance is the anguish of the heart over being deficient in the Lord's eyes and a firm resolution to try to be diligent in everything in the future.”

St. Theophan the Recluse + AD 1894

“REPENTANCE signifies regret, change of mind. The distinguishing marks of repentance are contrition, tears, aversion towards sin, and love of the good.”

St. Nectarios of Aegina + AD 1920

“UNDER the inspiration of the Holy Spirit, the ministers of God’s grace have spoken of repentance; indeed, the Master of the whole universe himself spoke of repentance with an oath: As I live, says the Lord, I do not wish the death of the sinner but his repentance. He added this evidence of his goodness: House of Israel, repent of your wickedness. Tell the sons of my people: If their sins should reach from earth to heaven, if they are brighter than scarlet and blacker than sackcloth, you need only turn to me with your whole heart and say, “Father,” and I will listen to you as a holy people.

St. Clement of Rome c. 100

“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 inflicter of his own punishments. Repentance is a mighty persecution of the stomach, and a striking of the soul into vigorous awareness...Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience.”

St. John Climacus + AD 649

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.

Thursday 26th March 2026

Lenten Fast: wine and oil allowed

Thursday of the Great Canon of St. Andrew

Synaxis of Archangel Gabriel

Afterfeast of The Annunciation to the Mother of God

Holy Martyrs Manuel and Theodosius (304). New Martyr George of Adrianople (1437). St. Basil the New, anchorite near Constantinople (10th C). St. Malchus of Chalcis in Syria (4th C).

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

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

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

Friday 27th March 2026

Lenten Fast: strict fast

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

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

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

Saturday 28th March 2026

Lenten Fast: wine and oil allowed

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

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

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

British Isles and Ireland: St. Darerca, sister of St. Patrick (5th C). St. Failbhe, abbot of Iona (7th C). St. Trien, abbot of Killelga (5th C).

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

Monday 23rd March 2026

Lenten Fast: strict fast

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 (5th C). St. Ethilwald of Farne, hermit (699).

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

Tuesday 24th March 2026

Lenten Fast: strict fast

Forefeast of The Annunciation to the Mother of God

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

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

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

Wednesday 25th March 2026

Lenten Fast: fish, wine and oil allowed

Annunciation to the Most Holy Mother of God and Ever-Virgin Mary

Holy Martyrs Pelagia, Theodosia, and Dula of Nicomedia, who suffered under Valentinian (4th C).

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

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

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

Sunday 1st March 2026

Lenten Fast: wine and oil allowed

Tone 5 : Eothinon 5 : Liturgy of St Basil

1st of Great Lent, Sunday of Orthodoxy

Holy Martyr Eudoxia of Heliopolis (c.160). Holy virgin Domnina of Syria (c.460). Holy Martyrs Nestor, Tribimius, Marcellus, and Anthony of Pamphylia (3rd 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 (6th 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: **Hebrews 11:24-26,32-40; John 1:43-51**

Monday 2nd March 2026

Lenten Fast: strict fast

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

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

Tuesday 3rd March 2026

Lenten Fast: strict fast

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 (6th C). St. Winwaloe, abbot (6th C). St. Foila of Kilfaile (6th C). St. Sacer, abbot of Saggard, Dublin (7th C). St. Cele-Christ, hermit and bishop (c.728). St. Lamalisse, hermit of Arran (7th C).
Readings: Isaiah 5:7-16; Genesis 4:8-15; Proverbs 5:1-15;

Wednesday 4th March 2026

Lenten Fast: strict fast

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

Thursday 5th March 2026

Lenten Fast: strict fast

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

British Isles and Ireland: St. Ladoca of Cornwall, virgin and missionary (5th 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 (5th C).

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

Friday 6th March 2026

Lenten Fast: 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).

Thursday 19th March 2026

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

Friday 20th March 2026

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

Saturday 21st March 2026

Lenten Fast: wine and oil allowed

St. James the Confessor, bishop of The Studion (8th 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: Hebrews 6:9-12; Mark 7:31-37

Sunday 22nd March 2026

Lenten Fast: wine and oil allowed

Tone 8 : Eothinon 8 : Liturgy of St Basil

4th of Great Lent, Sunday of St John Climacus

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: Hieromartyr Aristobulus of the Seventy, bishop of Britain (1st C).

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

Monday 16th March 2026

Lenten Fast: strict fast

Hieromartyr Alexander I, 5th 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 (5th C).

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

Tuesday 17th March 2026

Lenten Fast: strict fast

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

Wednesday 18th March 2026

Lenten Fast: 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 26:21-27:9; Genesis 9:18-10:1; Proverbs 12:23-13:9

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 (8th 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: Isaiah 7:1-14; Genesis 5:32-6:8; Proverbs 6:20-7:1

Saturday 7th March 2026

Lenten Fast: wine and oil allowed

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

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

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

Sunday 8th March 2026

Lenten Fast: wine and oil allowed

Tone 6 : Eothinon 6 : Liturgy of St Basil

2nd of Great Lent, Sunday of St Gregory Palamas

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 (1st C). Hieromartyr Theodoret of Antioch (4th 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 Ardcan (c.518). St. Duthac of Ross (1065). St. Rhian of Llanrhian.

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

Monday 9th March 2026

Lenten Fast: wine and oil allowed

Holy Forty Martyrs of Sebaste

Righteous Caesarios, brother of St. Gregory the Theologian (369).

British Isles and Ireland: St. Bosa, bishop of York (705). St. Sanctan, bishop (5th C). St. Constantine, Hieromartyr & King of Cornwall (576).

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

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

Tuesday 10th March 2026

Lenten Fast: strict fast

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

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

Wednesday 11th March 2026

Lenten Fast: strict fast

St. Sophronius, patriarch of Jerusalem (638). St. Theodora the Righteous, Queen of Arta (13th C). St. George, abbot of Sinai, brother of St. John Climacus (6th 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: Isaiah 10:12-20; Genesis 7:6-9; Proverbs 9:12-18

Thursday 12th March 2026

Lenten Fast: strict fast

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

Friday 13th March 2026

Lenten Fast: strict fast

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

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

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

Saturday 14th March 2026

Lenten Fast: wine and oil allowed

St. Benedict of Nursia, abbot (543). St. Eusebius, bishop of Lampsacus (9th C)

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

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

Sunday 15th March 2026

Lenten Fast: wine and oil allowed

Tone 7 : Eothinon 7 : Liturgy of St Basil

3rd of Great Lent, Sunday of the Veneration of the Cross

Holy Martyrs Agapius, Publius, Timolaus, Romulus, two named Dionysius, and two named Alexander at Caesarea in Palestine (303). New Martyr Manuel of Crete (1792).