

**The Orthodox Parish
of the Holy and Life-Giving Cross,
Lancaster, UK**

The Stavronian

Monthly magazine and newsletter published by the Holy Cross Synodia



*Ἐθρονος Χριστός, Ζωοδότης.
(Φ. Κόντογλου, 1962).*

*The Parish of the Holy and Life-Giving Cross,
belongs to the Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland.
The Patriarchate of Antioch is third senior of the Orthodox Churches.
Our Metropolitan is His Eminence Bishop Silouan.
Our Patriarch is His Beatitude John X.*

*The disciples were first called Christians in Antioch
(Acts 11:26)*

METROPOLITAN SILOUAN'S LETTER

To the Reverend Fathers, the Diaconate, and the Faithful Laity of this God-protected Archdiocese, Beloved children in the Lord,

As we stand at the threshold of the holy season of fasting, the Church once again opens before us the sacred path of repentance, purification, and renewal. With the hymnographer we cry: "*Open unto me the doors of repentance, O Giver of Life.*" This holy Fast is not merely a change of diet, but a change of heart.

Fasting, if it is to be pleasing to God, must be joined to prayer and mercy. As the Prophet declares: "*Is not this the fast that I have chosen... to loose the bonds of wickedness... to share thy bread with the hungry?*" (Isaiah 58:6-7). The true Fast is one that purifies our thoughts, softens our hearts, restrains our tongues, and teaches us to love more deeply.

I lovingly encourage each of you to fast according to the guidance of the Church, with obedience and discernment. Let our fasting not become a source of pride or judgement, but a hidden offering laid quietly before the Lord. Let our prayer be pure, not hurried words, but a sincere cry from the depths of the heart. Set aside time daily for stillness, for the Psalms, for the Jesus Prayer, for spiritual reading. Without prayer, fasting becomes an empty discipline; with prayer, it becomes a ladder to heaven.

This season also calls us to generosity. I urge you to give not only from your abundance, but from your heart, whether time, effort, compassion, or material support, to those in need. Let no one in our parishes feel forgotten. Let no family struggle alone. Let us become living witnesses of Christ's love in practical and tangible ways.

To my beloved brother priests and deacons: our spiritual life is not private. The life we live before God is reflected directly in the life of our parishes. If we pray with attention, our people will learn to pray. If we forgive readily, they will learn mercy. If we fast with humility, they will fast with understanding. Let us lead not only by words, but by example — in our homes, in our churches, and in our dealings with all.

At the beginning of this holy Fast, I ask forgiveness from each one of you. If I have spoken harshly, acted hastily, neglected your needs, or

failed to meet your expectations as your bishop and father, I humbly ask you to forgive me. Forgiveness is the foundation of our Christian life. As we pray in the Lord's Prayer, "*Forgive us our trespasses, as we forgive those who trespass against us.*" Without forgiveness, there is no true fasting; without reconciliation, there is no real peace.

I also encourage every family, every parish community, to begin this Fast by seeking forgiveness from one another. Let husbands and wives reconcile, parents and children embrace, clergy and faithful renew their bonds of love. The Fast must begin with a clean heart.

May this holy season become for all of us a time of return — a return to the Father like the Prodigal Son, a return to humility like the Publican, a return to the joy of salvation.

Assuring you of my prayers for each of you and your families, I remain
Your Father in Christ,

+ Silouan

Metropolitan of the British Isles and Ireland.

SIGNPOSTS TO SILENCE

I was recently blessed to visit the Orthodox Monastery on the islands of Mull and Iona in Scotland. Here are some impressions:



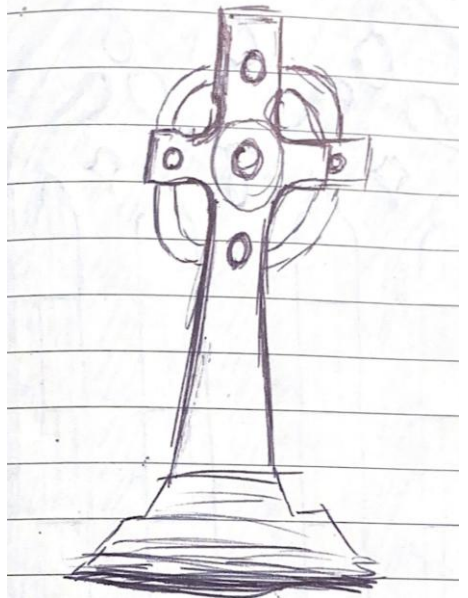
Despite the perceived intensity of the monastic life, the Iona brotherhood is filled with peace and love.

Everything is done with a beautiful sense of purpose; nothing is rushed.

The soul is given time to grow, like a shoot which gently emerges into the warmth of the sun.



*In thee the Image was preserved with exactness,
O Father,
For taking up thy cross thou didst follow Christ,
And by thy deeds thou didst teach us to overlook
the flesh for it passes away,
But to attend to the soul since it is immortal.
Wherefore O righteous Oran, thy spirit rejoices
with the angels!*
-Hymn to St. Oran



All Saints of Iona, pray to God for us!



*"Truth is found in silence, and everything about
our lives is noise."*

-Fr. Seraphim Aldea

THE ARMCHAIR AND THE BATTLEFIELD

I recently met a young man recovering from addiction. He was doing quite remarkable and physically exhausting volunteering work. I was a little puzzled at the way in which he seemed to never rest and push himself beyond the limits of comfort or of what is sensible every day. He told me that comfort was his main enemy because addiction had been his comfort zone for years, so he did everything in his power to be uncomfortable at all times. I found this a deeply revealing utterance.

It made me realise I am addicted to so many comforts and in general to feeling comfortable. My sins, especially the little ones, which seem so innocuous, all the bad habits which hide selfishness and self-indulgence are my comfort zone, a soothing, spiritually numbing sedative. I heard someone use the phrase "the devil's lullaby", which appears extremely apt in describing our Western spiritual reality. Sitting in an armchair by the fire, surrounded by our favourite things, listening to our favourite music,

untroubled by anything painful or unsightly.

This is the most dangerous trap because on the face of it, there is nothing wrong with this image. Why shouldn't we be sitting comfortably in our little ivory tower? Even if none of these things is sinful in itself, our call as Christians is different. We are called to gird ourselves for battle, to shed our warm coat of comfort and follow Christ into battle against sin and the self, for the victory of the Cross.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness. (Ephesians 6:14)

A clear simple choice lies ahead of us: armchair which equates with spiritual stagnation or the battlefield, where we shall be cold, hungry, injured in many ways, but where we shall be challenged and grow spiritually, drawing closer and closer to God.

Of course, it would be easier to get to Paradise with a full stomach, all snuggled up in a soft feather-bed, but what is required is to carry one's cross along the way, for the kingdom of God is not attained by enduring one or two troubles, but many! (St Anthony of Optina)

Kalo stadio!

Martha and Mary

A MATTER OF OPINION

Every Lent, as we begin the fast, I bring something and lay it down at the foot of the Cross. A small, pathetic offering which is exactly the measure of what I am, some small sacrifice or self-denial which I hope will draw me closer to my Lord as he hangs on the Cross. Most of the time, I just bring my pain and my burdens and place them there. As we enter into this Lent, I wondered what would make a good offering.

I have come to realise over the last few months that I am a very opinionated person. I hold strong views on most political issues, both national and international, on religious subjects. I have convictions as regards raising children, correct attitudes and behaviours in different circumstances. I also have strong views on healthy

food and lifestyle, on home-work balance. I am very fussy in all matters of aesthetics and taste, on what is beautiful and what looks cheap. Every detail of every matter has been analysed and decided on. There is literally nothing I don't have an opinion on. As time goes on, I noticed that my opinions are not shared in their entirety by anyone. Although I am fortunate in sharing most of my core beliefs with my husband, I find my opinions run counter to most of my friends. So many people whom I love dearly and with whom I share strong bonds, view the world so differently to me! It is very noticeable lately that in today's landscape, opinions have become deeply polarised on every topic. Moreover, if you hold a particular political opinion, it then follows what stance you are going to take on vaccination, immigration and any other issue arising. In a climate of growing intolerance for any other point of view than one's own, these differences of opinion have become a stumbling block in my relationships with others. Most dramatically, sitting in a room with my spiritual brothers and sisters, with the people with whom I form One Body, or with my own family, I listen quietly to discussions and become deeply unsettled by the fact that can't agree with a single word which is being spoken. This is the ideal scenario. Sadly, on occasions I have argued my point or just flounced out of the room.

Whenever I feel confused or unsettled, I turn to the Gospels for enlightenment. It occurred to me that the woman with a flow of blood, the blind men, the lepers, the paralytic, the prostitute, the tax-collector, the Samaritan woman, all those who were healed physically and spiritually, were not asked for their opinion on world matters, on the tax system, on the Roman occupation, on migration and sword use regulations. They hold in common only one thing, the only one thing required for our Lord to work miracles --- Faith. In his own town, Nazareth, people were wrapped in righteousness, they weighed things and emitted opinions. "*When He had come to His own country, He taught them in their synagogue, so that they were astonished and said, "Where did this Man get this wisdom and these mighty works? Is this not the carpenter's son? Is not His mother called Mary? And His brothers James, Joses, Simon and Judas? And His sisters, are they not all with us? Where then did this Man get all these things?" So they were offended with Him.*" (Matthew 13:54)

Therefore, Our Lord *“did not do many mighty works there because of their unbelief”*. (Matthew 13:58) Sometimes our opinions take up so much of our time and attention, of our being that there is no room for God to penetrate our heart and work any miracles. We are too busy perorating on “important” issues to listen either to the other person or to the voice of our Lord.

I have decided that I am going to make an offering of my opinions at the foot of the Cross this Lent. I shall lay them down as an unnecessary and cumbersome burden and pick up instead Compassion and Mercy as my Lenten companions. I shall let them instead inform every decision and guide every action.

“Ever let mercy outweigh all else in you. Let our compassion be a mirror where we may see in ourselves that likeness and that true image which belong to the Divine nature and Divine essence.”
(St Isaac the Syrian)

Martha and Mary

PARISH NEWS

We thank Panos G. for his kind donation over the years that the website has been up and running.

The Library Table

“When you immerse your mind and heart in spiritual books, you will always be filled, for spiritual reading gives you a foundation in God.”
(St. John Chrysostom)

If there is a book you would like us to add to the library collection -- whether for your own use or for others -- please drop a suggestion slip into the box on the table.

You can search and view the Holy Cross library catalogue online:

<https://www.librarycat.org/lib/Holy.Cross.Orthodox>

We warmly invite you to share reviews of books that have inspired or supported you for inclusion in this Library Table feature. Your story could spark inspiration for others!

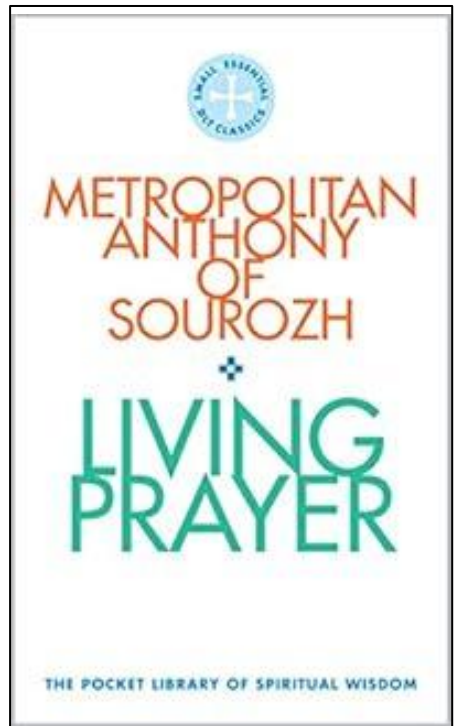
Spotlight on Our Latest Additions

Living Prayer: The Pocket Library of Spiritual Wisdom by Metropolitan Anthony of Sourhozh

In this book, readers are invited to share in Metropolitan Anthony’s distinctive spirituality and his profound sense of how contemplation and action interweave in the Christian life.

He reflects deeply on the relationship between worship and prayer, before turning to well-known texts such as the Lord’s Prayer, uncovering fresh insights within familiar phrases.

He also offers thoughtful reflections on less familiar petitions, including the Prayer of Bartimaeus, revealing their enduring power and relevance.



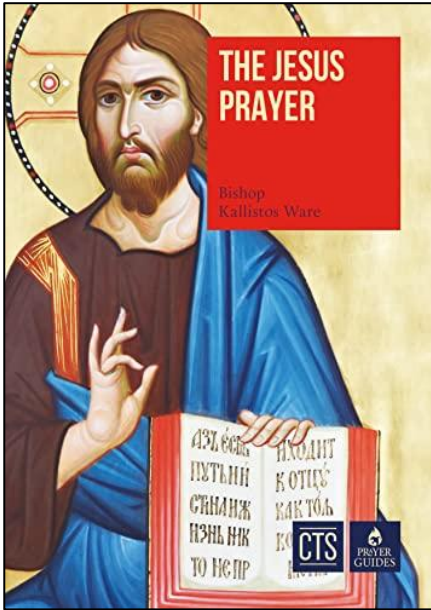
The Jesus Prayer by Bishop Kallistos-Ware

This little volume offers an excellent, pocket-sized introduction to the treasure of the Jesus Prayer -- a simple, direct way of calling upon the mercy of Jesus Christ through the repeated invocation of His Holy name. It is also a practical means of fulfilling St Paul’s exhortation to “pray without ceasing.”

Metropolitan Kallistos Ware describes the

Jesus Prayer as “a prayer for all seasons,” one that “can be used by everyone, in every place and at every time, in community or in solitude, in the stillness of the desert or the noise of the city, in tranquillity or in turmoil.”

He also cites Starets Parfenii of Kiev, who beautifully compared the steady rhythm of the Prayer to a “gently murmuring stream”.



Orthodoxy and the Religion of the Future by Fr. Seraphim Rose

In our modern world, everything is “new”, “improved”, and “evolving”. Things of the past are outdated and obsolete. In politics, technology, philosophy, and religion, we find ourselves thinking we know better than previous generations — in fact, we *are* better, more enlightened and more intelligent, far from the ‘primitive’ people of history. However, this is simply incorrect. In the easy-to-read yet profound book *Orthodoxy and the Religion of the Future*, Fr. Seraphim Rose applies the fundamental understanding that “*there is nothing new under the sun*” (*Ecc. 1:9*) and the rich spiritual knowledge of the Church Fathers to analyze the modern world and the “spirits” behind many of the movements that we see today. From Buddhism to the Christian charismatic movement, we get to

peek behind the spiritual veil with the eyes of the Church to expose the insidious nature and dangerous outcomes of the seemingly innocent occult movements of today, which are laying the foundations for the antichrist of tomorrow. This book is a must read for the modern man, in order to expose the demonic powers at play behind our thoughts, politics, culture and religion.

A variety of phenomena are put under investigation, but what ties them together is *cheap spirituality* — a desire for ‘spiritual experience’ without giving anything up; an attempt to *bypass the Cross* and seek ‘enlightenment’ without the need for repentance. Among these are the following: The “New Age” Movement; “Charismatic Christianity” (Pentecostalism, etc.); Gnosticism; Psychedelic Culture; and Eastern Religions such as Hinduism and Zen Buddhism. These movements range from mere fads and cultural trends to deeper spiritual practices, but all share the same core instinct, namely *the denial of the living God-Man, Jesus Christ*.



ORTHODOXY and the Religion of the Future

FR. SERAPHIM ROSE

In contrast, Fr. Seraphim presents us with the sober and tested standard of Orthodox spirituality, as taught in the Lives of the Saints and the ascetical literature of the Church. These teach us

to ignore our own 'spiritual feelings', to confess our thoughts to a Spiritual Father, and not trust our own judgement. This is the path which avoids *prelest* — spiritual delusion — which characterises all the previously mentioned trends and movements. Above all, we are told to be simple and humble. As St. Silouan says: *"The proud soul, no matter how many books it reads, will never know God, since by its pride it does not give place for the grace of the Holy Spirit, while God is known only by the humble soul."*

We have been warned: *"For false christs and false prophets will arise and show great signs and wonders to deceive, if possible, even the elect"* (Matt. 24:24). As Orthodox Christians living in an age of mass apostasy, there are many demonic pitfalls laid out before us. However, the solution is simple: if Christ reigns in our hearts, there will be no space for the antichrist. In the words of St. Ignatius Brianchaninov, *"He who does not experience the Kingdom of God within him will not be able to recognise the antichrist when he comes"*. We have no reason to fear; we can take comfort in the words of our Lord, who tells us to *"be of good cheer; I have overcome the world"* (John 16:33).

Sunday school

This month's Sunday school focused on the beginning of Lent. We spoke to the children about the meaning of fasting and acquainted them with the Greek tradition of Lady Lent (Kyria Sarakosti), which is a child-friendly calendar recording the countdown of weeks till Pascha. We read and discussed the poem of Lady Lent. The children made their own lady Lent out of a wooden spoon to help them keep track of the weeks until Pascha.

Lady Lent

Kyra Sarakosti, no mouth has she,
she neither talks nor eats.
She has no ears, she does not hear
gossip or idle speech.

Upon her chest, her crossed hands rest,
all day Christ she entreats.

And seven feet, no more, no less,
has she to count the weeks.

Each Saturday we cut away
one of her seven feet.

The last we hide some lace inside
some fruit or nuts or treats.

The one who finds <<το τυχερο>>*
receives good luck in heaps!

*the lucky



Online donations

Our Orthodox Community of the Holy and Life Giving Cross has been blessed to have a building for a Temple that serves the needs of the Orthodox Christians in the Lancaster area. To this end, we are making **an appeal to help raise funds to cover the rent and other needs of the Church** on a permanent basis. Our monthly expenditure also includes purchasing food, drinks, disposable cutlery and dishware, paying insurance, and other costs. Hence, regular on-line giving to the Church, instead of cash donations on the plate, would help the parish to budget better and plan for the future.

If you would like to give regularly, the details are provided below:

Name: The Orthodox Church of Holy Cross

Bank: Lloyds Bank Plc

Sort Code: 30-96-26

Account Number: 80662168

IBAN: GB23LOYD30962680662168

BIC/SWIFT: LOYDGB21446

Post code: LA1 4XJ

City: Lancaster

Country: United Kingdom



We give thanks for the special ministry that God has given to us over two decades serving particularly the Liturgical and Pastoral needs of Orthodox students from Lancaster University and the citizens of the nearby towns. We aim to continue this ministry but to broaden it to serve the families who now attend our Community.

We are indeed blessed in having support from so many former parishioners “Stavronians” and having our extended family who offer prayers and donations to us from Cyprus, Greece, Romania, USA and elsewhere.

We ask your prayers in this holy task which is now before us and ask a blessing upon you in the name of the Holy, Consubstantial, Life-Giving and Undivided Trinity.

May God prosper this little plant in His Vineyard!

Iconostasis extension

With the blessing of Metropolitan Silouan, our Iconostasis is now planned to be extended by Christmas 2025. A preliminary sketch is shown above. If you would like to donate, please use the credentials above and specify “Iconostasis” in the description of payment.

NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Mar. 4: *Nikolaos*

Mar. 12: *Georgianna, Theodora*

Mar. 18: *Fr. Thomas Hopko*

Mar. 19: *Metropolitan Philip of North America, Fr. Georgios Myrou*

MEMORY ETERNAL!

Please send us the names of your departed loved ones and date of their departure in order for them to be remembered.



MAJOR CELEBRATIONS THIS MONTH

1st Mar: *St. David of Wales (+589). Sunday of Orthodoxy*

2nd Mar: *Our Holy fathers St Nicholas Planas & St Joachim of Ithaca and Vatopaedi*

8th Mar: *Sunday of St. Gregory Palamas*

9th Mar: Holy Forty Martyrs of Sebaste. Sunday of Orthodoxy

15th Mar: Sunday of the Holy Cross

17th Mar: St Patrick, the Enlightener of Ireland (+492)

20th Mar: St Cuthbert the Wonderworker, Bishop of Lindisfarne (+687)

22nd Mar: Sunday of St John Climacus

25th Mar: The Annunciation of our Holy Theotokos and Ever-Virgin Mary

26th Mar: Synaxis of the Archangel Gabriel

29th Mar: Sunday of St. Mary of Egypt

30th Mar: St John Climacus the Righteous, author of The Divine Ladder of Ascent

31st Mar: St. Innocent, Enlightener of Siberia & Alaska

For the lives of Saints please visit the Calendar of the Greek Orthodox Archdiocese of America: www.calendar.goarch.org. The Orthodox Calendar and Scriptural Readings Lectionary, including the British and Irish Saints, is available online at www.antiochian-orthodox.com/calendar

Services at St Martin's in March*

<i>Sunday of Orthodoxy</i>		
Sun. 1st	09:30	Making of Catechumen.
	09:45	Divine Liturgy of St Basil.
Wed. 4th	18:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Fri. 6th	18:00	Little Compline and Akathist
<i>Saturday of Souls</i>		
Sat. 7th	15:30	Memorials
	15:45	Great Vespers
<i>Sunday of St. Gregory Palamas</i>		
Sun. 8th	09:45	Divine Liturgy of St Basil
	12:00	Church council meeting
Wed. 11th	18:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Fri. 13th	18:00	Little Compline and Akathist
<i>Saturday of Souls</i>		
Sat. 14th	15:30	Memorials
	15:45	Great Vespers
<i>Sunday of the Veneration of the Holy Cross</i>		
Sun. 15th	09:45	Divine Liturgy of St Basil
	18:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Fri. 20th	18:00	Little Compline and Akathist
<i>Saturday of Souls</i>		
Sat. 21st	15:30	Memorials
	15:45	Great Vespers
<i>Sunday of St John Climacus</i>		
Sun. 22nd	09:45	Divine Liturgy of St Basil
	18:00	Online service** of Vespers for the Annunciation
Wed. 25th	18:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Fri. 27th	18:00	Little Compline and full Akathist
Sat. 28th	15:45	Great Vespers
Sun. 29th		<i>5th Sunday of Great Lent. St Mary of Egypt</i>
	09:45	Divine Liturgy of St. Basil

*May be subject to change. Please monitor the email updates and the parish's [Facebook page](#).

**Via WhatsApp to: <https://call.whatsapp.com/video/1WnKsoP45cHcAukXpIYXrl>

**Online
Prayer
Meeting
Weekly**
on *Wednesday*
6:30 PM
via
WhatsApp



**Click here to join the meeting
(no account needed):**

**[https://call.whatsapp.com/video/1
WnKsoP45eHcAukXpIYXrl](https://call.whatsapp.com/video/1WnKsoP45eHcAukXpIYXrl)**

**The Orthodox Christian
Parish of the Holy and
Life-Giving Cross –
Lancaster invites you to
join our Online Prayer
Group “Saint Seraphim
& Saint Etheldreda”.**

**With the blessing of Fr
Jonathan Hemmings
the prayer meetings of
our parish group are
back.**

**Included: Rule of St
Pachomius with
discussion.**

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 <i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

2026 Fasting Calendar

LEGEND:

Abstain from meat, dairy, eggs, fish, olive oil, wine

Abstain from meat, dairy, eggs, fish, olive oil

Abstain from meat, dairy, eggs, fish

Abstain from meat, dairy, eggs

Abstain from meat

Note: On the day of a parish's patronal feast, fish, wine and oil are allowed if it falls on a fasting day.

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“God cares for everyone. Despair is in effect a lack of faith”
-- St. George Karslides –



For further information please contact:

Parish priest: Father Jonathan Hemmings
67 Sibsey Str., Fairfield, Lancaster, LA1 5DQ
Tel: 07951 722 877
Email: frjah@yahoo.co.uk

Orthodox Church of the Exaltation of the Precious and Life-Giving Cross:
www.orthodox-lancaster.org.uk

The Antiochian Orthodox Christian Archdiocese of
the British Isles and Ireland: www.antiochian-orthodox.com

Orthodox online liturgical guide: www.antiochian.org/liturgicday

Online Orthodox Calendar and Scriptural Readings Lectionary:
<https://www.antiochian-orthodox.com/calendar>

The following blogs of Old Stavronians are available in English at orthodoxcityhermit.com

