

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

The Stavronian

Monthly magazine and newsletter published by the Holy Cross Synodia



*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)*

Christ is Risen! He is Risen indeed!

المسيح قام ! حقا قام

(Al-Masih-Qam! Hakkan Qam!)

Χριστὸς ἀνέστη! Ἀληθῶς ἀνέστη!

(Christos anesti! Alithos anesti!)

Hristos a înviat! Adevărat a înviat!

Христос възкресе! Наистина възкресе!

(Khristos vzkrese! Naistina vzkrese!)

Христос Воскресе! Воистину Воскресе!

(Khristos voskrese! Voistinu voskrese!)

ქრისტე აღსდგა! ჭეშმარიტად აღსდგა!

(Kriste aghsdga! Ch'eshmarit'ad aghsdga!)

Christus ist auferstanden! Er ist wahrhaftig auferstanden!

Chrystus zmartwychwsta! Prawdziwie zmartwychwsta!

(Kristus zmertvykh-vstau! Pradzivie zmertvykh-vstau!)

Kristus (ir) augšāmcēlies! Patiesi viņš ir augšāmcēlies!

(Kristus (ir) aughsham-elias! Patiesi vin ir aughsham-elias!)

Cristo è risorto! È veramente risorto!

Le Christ est ressuscité! Vraiment Il est ressuscité!

Cristo ressuscitou! Verdaderamente ressuscitou!

Cristo ha resucitado! Verdaderamente, ha resucitado!

基督復活了 他確實復活了

(Jīdū fùhuó! Tā quèshí fùhuó!)

ハリストス復活! 実に復活!

(Harisutosu fukkatsu! Jitsuni fukkatsu!)

METROPOLITAN SILOUAN'S PASTORAL LETTER

Dear Reverend Fathers, beloved sons and daughters in Christ,

Christ is Risen! Truly He is Risen!

With great joy in the light of the Holy Resurrection, I extend to each one of you, to your families, and to all our parish communities my heartfelt greetings and paternal blessings on this most radiant and life-giving Feast of Pascha.

On this holy and glorious day, the Church proclaims with triumph that death has been overthrown, sorrow has been transformed into joy, and the darkness of the tomb has been filled with the unwaning light of Christ's victory. As we chant with the Church: ***“Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.”***

Before the joy of the Resurrection, our Lord Jesus Christ willingly endured His holy Passion, the Cross, and the suffering of Golgotha. In the solemn hymns of Holy Week, the Church leads us to stand before the Cross in awe and gratitude, beholding the One who out of boundless love stretched out His hands for the life of the world.

Through His sacred Passion and precious Blood shed upon the Cross, He granted us forgiveness of sins and reconciliation with the Father. By His wounds we are healed, and by His self-offering in love our transgressions are washed away. The Cross is therefore not merely a sign of suffering, but the very fountain of divine mercy and forgiveness.

Yet the Passion does not stand alone. On the third day, Christ rose gloriously from the tomb, and through His Resurrection He bestowed upon us salvation, victory over death, and the promise of eternal life. If the Cross reveals to us the depth of God's forgiving love, the Resurrection reveals to us the fullness of His saving power. Through the Passion we receive forgiveness; through the Resurrection we receive salvation and new life in Him.

As our father among the saints, Saint John Chrysostom, proclaims in the holy Paschal Homily: ***“Let no one fear death, for the Saviour's death has set us free... Christ is risen, and life reigns!”*** These words fill our hearts with the victorious joy of Pascha and remind us that the tomb is empty, death is conquered, and the grace

of eternal life has dawned upon the world.

This divine truth is also a great consolation for our own lives. Many among us carry heavy crosses: illness and health difficulties, family struggles, uncertainty, grief, wars and conflicts that wound nations and hearts, and the many burdens that weigh upon daily life. At times these sufferings may seem overwhelming, and yet the Resurrection of Christ teaches us never to lose hope.

Just as the Passion was followed by the Resurrection, so too every trial borne in faith can become a path to renewal, healing, and spiritual victory. The Bridegroom who entered voluntarily into suffering for our sake also enters into our suffering today. He does not abandon His people in their pain but walks with us through every dark hour until the dawn of resurrection.

Therefore, I encourage all of you, beloved in Christ, to keep your minds and hearts fixed upon the Risen Lord. Let us place our trust wholly in Him, believing that He is able to bring peace where there is conflict, healing where there is sickness, reconciliation where there is division, and hope where there is despair.

The Resurrection is not only an event we commemorate; it is the living power of Christ active in our lives today. If we believe in Him and in His holy Resurrection, He will strengthen us, guide us, and in His wisdom resolve all things for our salvation.

May the joy, peace, forgiveness, and hope of the Risen Christ fill your homes and remain with you and your loved ones throughout this blessed Paschal season.

With my paternal love and prayers for you all,

Your Father in Christ,

+Silouan

*Metropolitan of the Antiochian Orthodox
Christian Archdiocese of the
British Isles and Ireland*

TOUCHING HOLINESS

My recent five day "pilgrimage" to Thessaloniki was filled with blessings and holy encounters with friends on earth and friends in heaven. These

meetings have brought me spiritual refreshment and renewed energy. Visits to monasteries, all night vigils, meals with Orthodox families --- such spiritual nourishment and Greek hospitality provides an excellent sufficiency for soul and body.

I was reflecting on the western concept of holiness as against Orthodox Theosis. Western holiness mainly consists of individual moral improvement. Any notional idea of a greater good lies somewhere in the adherence to Biblical interpretation.

The Eastern Orthodox way is not a concept but a mystical experience, an incarnational reality through revelation to the senses. One can see holiness, one can smell holiness, taste it, hear it and touch it. Holiness is essentially participation in the Life of the Holy Trinity. Since God has become man, the Word has become flesh, all our senses are to be made holy. Everything that we bless in Christ becomes holy and sanctified since we are made in the image of God and have put on Christ. We are being formed and transformed through grace.



This then is not just moral perfection gained through individual merits, it is transfiguration: it is participation in the Love of God within the Body of Christ, His Church. We Orthodox

truly "worship the Lord in the beauty of holiness."

In the beauty and Truth of the Holy Liturgy, we smell the incense representing our prayers ascending to the heavens, we see the Icons of our Saviour Jesus Christ, His Most Holy Mother and the saints and venerate their image. We hear the mellow byzantine chanting of the psalms, the scriptures and petitions, we taste the Body and Blood of Christ, we greet one another and holy relics with a holy kiss and take a blessing from hands of priests.

I draped myself over the holy relics of St Demetrios when in Thessaloniki. That physical presence brought joy and strength. I met Geronda T. during my visit and wanted to be close to him, to take his blessing, to kiss and hold his hand. I wanted to be near him to enjoy his light that he has from Christ. When one meets a holy person you just want to be in their presence and bathe in the light of Christ. It is no wonder the first disciples left everything they had to follow Christ, the Light of the World.

"The Word became flesh and made His dwelling among us.

We have seen his glory, the glory of the One and Only Son, who came from the Father, full of grace and truth."

"Place your hand in my side, and believe!"

Εν Χριστώ
Fr. Jonathan

BRIGHT WEEK MONASTERY MIRACLES

We visited a monastery, where a British young man who wanted to become a catechumen, "accidentally" met a British Orthodox priest who was visiting this monastery the same morning and who "happened" to be a parish priest very near to this young man's hometown. Last but not least, they had booked the same return flight to the UK that Saturday! So, this young man had his first 3 catechesis lessons that morning!

*The nuns of war
From Aleppo to ...*

Years ago it was a deserted monastery with only two nuns. But in 2013 the war in Syria brought

here a sisterhood from Aleppo. These nuns have experienced the war and all have moving stories to share. This monastery is now vibrantly alive, full of radiant Joy and warm Love.

All of the sisters have studied at Syrian universities – from Fine Arts to Economics – all come from old Christian families and most of them have postgraduate degrees in Theology which they have studied in Greek Universities.

Pavlos, the Metropolitan of Aleppo, their spiritual Father, asked them to come here.

This is a monastery where Arabic hymns and psalms mingle along with Greek prayers. But what is most amazing and I have never encountered before in any other monastery I have visited, is their joy and love.

This radiant Joy and Love is a fruit of their obedience to their spiritual father in everything, and especially to his word. This is what a sister told us:

"The most important thing is that Joy in a person, being joyful is a decision. When we are not joyful in this life, it is a sin against God and His love".

When I was in Thessaloniki, I can't remember because it's just one, visiting from one monastery to another, and the spiritual fragrance of those places is filled with the living Christ. I met a Gerontas. I won't tell you his name because I know some know him, but some believe he is a saint already.

And when you are next to a saint, you know it. Remember, Orthodoxy is very physical. I wanted to be near him, because you could feel holiness.

He told us a story about a woman from Canada. She was Chinese. And she had a dream of this face, of this Geronda.

She had this dream every night for four years in Canada. Four years. Every night this Geronda would come in her dream and say, "Come see me. I don't have so much time." She didn't know who he was. She didn't know where he lived.

So she went and had a car, and she went on a tour of monasteries in northern Greece. Until she arrived at this particular monastery, where Gerontas lived "Ah, here you are". (And then, this Gerontas made particular arrangements for her to be properly catechised and baptised back in Canada with a priest next door to her own house!) You see, there are some hidden Christians.

This Geronda goes and secretly baptises people in Turkey. There are secret Christians. There are people who want to become Christians.

Many Muslims, rather than going to Greece, they go to Romania perhaps.

There are other little miracles that happened during my stay in Thessaloniki. I asked Gerontas for a word. It's a tradition in Greece to say, "Give me a word." Do you have this tradition? He didn't say anything. He took a sweet out of his pocket and gave it to me. And I knew what he meant. He said, Give, feed people with the sweetness of Christ. You see, he doesn't speak English. And I don't speak very much Greek, so he just gave me a sweet. Simplicity is the beauty of Orthodoxy.

This same Gerontas shared with us another monastery miracle. Many years ago on Mount Athos, their small boat with monks and doctors met another small boat with some Italian students. One of them was so impressed with the holiness of the Fathers that he swapped boats and followed them to their monastery pilgrimage. Years passed by, communication continued between this Gerontas and this Italian student, miracles happened to his family with Gerontas' prayers, including saving his father's life from cancer, and now this Gerontas visited him in Italy and made arrangements for his catechism and baptism, again next door, by an Orthodox Italian hieromonk, a former Uniate priest and now a member of Gerontas' synodeia.

A PASCHAL TRIP TO MULL MONASTERY

Christ is Risen!

I remember reading once that when the Beatles' *Sergeant Pepper* album first came out, it was as if the whole country were "tuned to the same frequency", with every house in England playing the album on their record decks. Wherever you would go, you would hear the same music being played. In a Monastery, there is the same thing with the Jesus Prayer — it is a beating heart which circulates its warmth through every soul in its proximity. A monastery gives us time to "tune into"

the frequency of silence, where the inner life of Christ is given to us in abundance. A few of us received this blessing when we went up to the Monastery of All Celtic Saints on the Isle of Mull in Scotland.



Ora et labora was the motto of this trip: work and pray! Among our obediences were fetching wood, building roads, and pruning bushes; all in the wonderful surroundings of the Mothers' cottage. As Abba Isaiah of Scetis says, "*Observe these three things: your manual labour; your study; and your prayer. Think to yourself daily, 'I only have this day to do something in this world' and you won't sin before God*".



We were blessed to witness all the life around us at the Monastery, including new-born lambs! We saw highland cows; bunny rabbits; and even a few seals in the ocean! (don't tell Joseph Nektarios...). The singing of the birds was the "soundtrack" to our days of work and gave a sense of sweetness to our evenings at the pilgrimage house.



Through the prayers of St. Columba, St. Ninnian, and all the Celtic Saints, Lord Jesus Christ, our God, have mercy on us and save us!

JUMP!

In observing children, I have learned a lot about our relationship with our Father in Heaven. One of the most beautiful and fascinating things about children is their unwavering trust in the grownups, who care for them. Children rely on their parents for everything from the moment they are born, they believe their parents to be somehow infallible, they do not doubt them for years. This trust is most visible when they hurl themselves into their parents' arms, wholeheartedly, without hesitation or doubt that the arms will be open to catch them, to receive them. I was often caught unawares when my little boys climbed to the top of a climbing frame and then found they could not get



down again. So, as soon as I opened my arms, they jumped heedlessly, without considering the height of the frame or my strength. As an adult, I

panicked that I might not be able to catch them, but they trusted me entirely.

Children come crying to their parents whenever they are hurt or sad. They believe parents can make all things right, whatever the problem or cause for their upset. As people of faith, we run to our Father as well, whenever we are in trouble. We ask Him to make things right. But we often ask Him to arrange things as we see fit, not as He does. We easily lose faith that things will work out for the best, because we either think we know best and trust our own judgement more than we trust our Creator and Father, or we just take fright.

Peter walking on water is a wonderful example of how, even if we trust the Lord entirely to start with, at the first sign of storm, we lose faith and start to sink. Yet, our Father knows our lack of faith and will rescue as soon as we ask it of Him.

And Peter answered him and said: "Lord, if it is You, command me to come to you on the water." So He said "Come". And when Peter had come down out of the boat, he walked on the water to go to Jesus, but when he saw that the wind was boisterous, he was afraid; and beginning to sink, he cried out saying, "Lord, save me!" And immediately Jesus stretched out His hand and caught him and said to him: "O you of little faith, why did you doubt?" (Matthew 14:28-33)

There are moments in our life when the Lord invites us to walk on water, when He asks us to jump off the solid rock where we feel safe. He asks us to do this without safety net or harness. The only reliance must be on Him. To our reasonable mind, it seems insane to do what he is asking of us. He asked Abraham to offer his only son Isaac as a whole burnt offering. He asked Moses, who had a speech impediment, to be the spokesperson to Pharaoh on behalf of the whole of the people of Israel. He asked twelve fishermen to go convert the whole world. What God asks of us is often hard to believe and process with our rational mind. Sometimes, when I start to think about it, I worry about what I shall be asked to do next- at times it is small acts of kindness, a little forgiveness here and a spot of humility there, sometimes it is hard things and sacrifices, things which go against my nature and my reason. In the end, after all, we are to pick up our cross and

follow Him. Throughout the Old and New testament, we are shown again and again that fear has no place in a Christian's life. If we have faith in our Father, why should we ever fear anything? As the psalmist says:

"The Lord is my light and my saviour; whom shall I fear?"

The Lord is the defender of my life; whom shall I dread? [...]

Though an army should array itself against me, my heart shall not be afraid;

Though war should rise up against me, in this I shall hope." (Psalm 26)

Whatever difficult trials and hardships are lined up for us, whatever pain we may experience and no matter how impossible the things asked of us appear, we must joyfully accept them, we must run to our Father with complete confidence and jump into His arms without any thought which might hold us back. Until, at the end of our life, we can hurl ourselves into His arms one final time, free from all fear of death and filled with the eager expectation of being received into the Father's arms for eternity.

Martha and Mary

20 PRACTICAL TIPS FOR HUMILITY

1. Have they forgotten about you? They didn't even call you? It's okay. And above all, don't complain.
2. Have they wronged you? Forget it.
3. Have they despised you? Be happy.
4. Do they accuse you? Don't argue.
5. Do they make fun of you? Don't answer.
6. Do they curse you? Silence and pray.
7. Do they interrupt you? Don't be sad.
8. Do they speak evil of you? Don't fight back.
9. Do your children pass on responsibilities to you? Your relatives, your own people? Don't complain.
10. Do they get angry with you? Stay calm.
11. Do they steal from you openly? Turn a blind eye.
12. Are they mocking you? Be patient.
13. Are they not listening to your advice? Are especially your children not listening to your advice? Get on your knees and pray.

14. Irritation in your marriage? It's your fault. It's your fault too. Not the other person's.
15. Were you at fault? Apologise.
16. Were you not at fault? Apologise again.
17. Are you healthy? Praise God.
18. Are you sick? Do you have cancer, are you suffering, are you tormented, are you in pain? Praise God.
19. Grumbling, unemployment, poverty in the house? Fast. Be vigilant. Pray.
20. Pray for everyone and for everything. Pray a lot. A lot of prayer. Fasting and prayer because *"this kind (of passions and demons) does not go out but by prayer and fasting."* (Cf. Matthew 17:21)

"May all of us, my brothers and I in the first place, follow this humble advice, and be certain that we will be saved." (+Protopresbyter Stephanos Anagnostopoulos)

PARISH NEWS

Baptisms and chrismations

We had the Holy Baptism of Bryan Luke on 18 April. May our Lord and Saviour Jesus Christ keep him under His protection!



Summary of church council meeting #19

Held at the Church of St. Martin of Tours, Westgate, LA4 4UZ (Sunday, 19th April 2026)

The Parish Council meeting of April began, as usual, with an overview of the finances which reportedly maintained a healthy status even with



the shift of donations which saw a decrease in cash collection but an increase in online donations. Discussion of the parish's proposed charity status was then continued with several council members being tasked with further research and meetings with financial advisors and those with more experience in this area. The latest DBS checks, for the protection of children and the vulnerable, have commenced and, when complete, will provide the parish with a total of seven vetted adults who serve various roles in the church. The council also recorded its thanks to Georgiana Sideriuc who has painted and delivered our two beautiful new icons ready for the iconostasis. Finally, there was a notice about food allergies. One of our parishioners has a severe allergy to walnuts and pecan nuts, even in airborne traces, and so the council would kindly ask people to be considerate of this when preparing food for the church.



Iconostasis extension

With the blessing of Metropolitan Silouan, our Iconostasis is now planned to be extended by Christmas 2026. 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.

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)

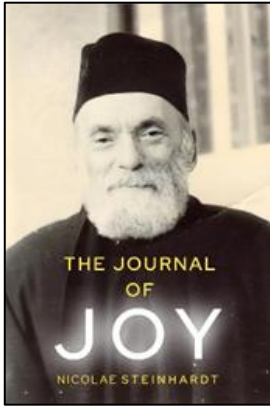
You can now browse the Holy Cross Library catalogue anytime by visiting: <https://www.librarycat.org/lib/Holy.Cross.Orthodox>

We warmly invite you to contribute to this Library Table feature by sharing short reviews of books that have inspired, encouraged, or supported you in your spiritual life. Your reflections may be just the encouragement someone else needs.

Our library also welcomes donations of books on Orthodox topics. If there are titles you would love to see on our shelves, please speak with **James**.

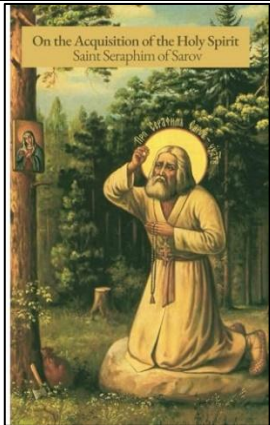
(Please note that any books outside the Orthodox tradition will need a blessing from Father before being added.)

Spotlight on Our Latest Additions. The library has acquired three new books this month:



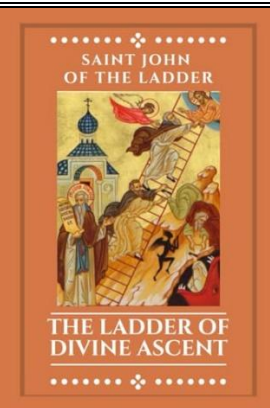
***The Journal of Joy* by Nicolae Steinhardt**

I was generously given this book on the occasion of my Crismation, and I have loved it so deeply that I now feel compelled to buy a second copy for the library. Composed of journal entries written over many years, it is a book that rewards being dipped into and read in small portions. Even when references were unfamiliar to me, the recurring themes were unmistakable: joy in the face of the horror of imprisonment; the knightly virtues of human dignity and moral courage; the gift of discernment; and the quiet majesty of divine mystery. It is an open-minded, open-hearted work by a man who, though tormented, isolated, and confined in the harshest wing of the communist prison at Aiud, could still write: “I am floating on the waves of the Jesus Prayer ... what joy, my brother Virgil, what joy!”



***On the Acquisition of the Holy Spirit* by St. Seraphim of Sarov**

This is a classic work of Eastern Orthodox spirituality. Though brief, it offers a profound and illuminating dialogue between Saint Seraphim and a sincere seeker, inviting the reader into a deeper understanding of the spiritual life.



***The Ladder of Divine Ascent* by St. John Climacus**

Composed in the sixth to seventh century, this treatise stands as a foundational masterpiece of Eastern Orthodox spirituality. It describes a thirty-step ascent from earthly passions to divine love, offering a profound map of the soul's journey toward God. Although originally written for monastics, its teachings on repentance, humility, and prayer have long been revered as demanding yet deeply practical guidance for all Christians seeking genuine spiritual growth.

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!

NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

May 3: *Fr Alexander Koliada*

May 8: *Georgios*

May 26: *Paraskeui*

MEMORY ETERNAL!

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



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/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.

MAJOR CELEBRATIONS THIS MONTH

10th May: St. Simon the Zealot & Apostle

11th May: Sts. Cyril and Methodius, Equal-to-the Apostles

15th May: St. Pachomius the Great

21st May: Holy Ascension. Constantine and Helen, Equal-to-the Apostles

23th May: The retrieval of the relics of St. Joachim of Ithaca

25th May: Third Finding of the Precious Head of St. John the Baptist

31st May: Holy Pentecost

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 May*

| | | |
|-----------------------------|-------|---|
| Sat. 2nd | 15:45 | Great Vespers |
| Sun. 3rd | 09:25 | Shortened Matins |
| | 09:45 | Divine Liturgy. 4 th Sunday of Pascha |
| Wed. | 18:30 | Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius* |
| Sat. 9th | 15:00 | Making of Catechumen |
| | 15:45 | Great Vespers |
| Sun. 10th | 09:25 | Shortened Matins |
| | 09:45 | Divine Liturgy. 5 th Sunday of Pascha |
| | 12:15 | Parish Council |
| Wed. | 18:30 | Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius* |
| Sat. 16th | 15:30 | Great Vespers |
| | 16:15 | Making of Catechumen |
| Sun. 17th | 09:25 | Shortened Matins |
| | 09:45 | Divine Liturgy. 6 th Sunday of Pascha |
| | 11:30 | Sunday School |
| Wed. 20th | 18:30 | Online Vespers for the Ascension** |
| Sat. 23rd | 15:45 | Great Vespers |
| Sun. 24th | 09:25 | Shortened Matins |
| | 09:45 | Divine Liturgy. 7 th Sunday of Pascha |
| Wed. | 18:30 | Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius* |
| Sat. 30th | 15:30 | Saturday of Souls Memorial |
| | 15:45 | Great Vespers |
| Sun. 31st | 09:25 | Shortened Matins |
| | 09:45 | Divine Liturgy. 8 th Sunday of Pascha. Holy Pentecost |

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

**Via WhatsApp: <https://call.whatsapp.com/video/1WnKsoP45eHcAukXpIYXrl>



The Paschal Greeting in various languages*

| | |
|---------------------------|---|
| English | Christ is Risen! He is Risen indeed! |
| Arabic | المسيح قام ! حقا قام (El-Mesiyah qhama! Haqqan qaam!) |
| German | Christus ist <u>a</u> uferstanden! Er ist wahrhaft <u>a</u> uferstanden! |
| Greek | Χριστός <u>ἀ</u> νέστη! Ἀληθώς <u>ἀ</u> νέστη! (Christos <u>an</u> esti! Alithos <u>an</u> esti!) |
| Romanian | Hristos a <u>î</u> nviaț! Adevărat a <u>î</u> nviaț! |
| Bulgarian | Христос <u>в</u> ъзкресе! Наистина <u>в</u> ъзкресе! (Khristos <u>v</u> zkrese! Naistina <u>v</u> zkrese!) |
| Russian | Христос <u>в</u> оскресе! Воистину <u>в</u> оскресе! (Khristos <u>v</u> oskrese! Voistinu <u>v</u> oskrese!) |
| Polish | Chrystus <u>z</u> martwychwstał! Prawdziwie <u>z</u> martwychwstał! (Kristus <u>z</u> mertvykh-vstau! Pradzjwie <u>z</u> mertvykh-vstau!) |
| Latvian | Kristus (ir) <u>a</u> ugšmēlies! Patiesi viņš ir <u>a</u> ugšmēlies! (Kristus (ir) <u>a</u> ughsham-ēlias! Patiesi vin ir <u>a</u> ughsham-ēlias!) |
| Georgian | ქრისტე <u>ა</u> ღსდგა! ჭეშმარიტად <u>ა</u> ღსდგა! (Kriste <u>a</u> ghsdga! Ch'eshmarit'ad <u>a</u> ghsdga!) |
| Chinese (Mandarin) | 基督复活了！他确实复活了！ (Titu fuhuola! Ha-tieshi fuhuola!) |

*Underlined letters indicate the emphasis in pronunciation

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.

| January | |
|----------|--------------|
| | 1 2 3 |
| 4 | 5 6 7 8 9 10 |
| 11 12 13 | 14 15 16 17 |
| 18 19 20 | 21 22 23 24 |
| 25 26 27 | 28 29 30 31 |

| February | |
|----------------------|--|
| 1 2 3 4 5 6 7 | |
| 8 9 10 11 12 13 14 | |
| 15 16 17 18 19 20 21 | |
| 22 23 24 25 26 27 28 | |

| March | |
|----------------------|--|
| 1 2 3 4 5 6 7 | |
| 8 9 10 11 12 13 14 | |
| 15 16 17 18 19 20 21 | |
| 22 23 24 25 26 27 28 | |
| 29 30 31 | |

| April | |
|----------------------|---------|
| | 1 2 3 4 |
| 5 6 7 8 9 10 11 | |
| 12 13 14 15 16 17 18 | |
| 19 20 21 22 23 24 25 | |
| 26 27 28 29 30 | |

| May | |
|----------------------|-----|
| | 1 2 |
| 3 4 5 6 7 8 9 | |
| 10 11 12 13 14 15 16 | |
| 17 18 19 20 21 22 23 | |
| 24 25 26 27 28 29 30 | |
| 31 | |

| June | |
|----------------------|-------------|
| | 1 2 3 4 5 6 |
| 7 8 9 10 11 12 13 | |
| 14 15 16 17 18 19 20 | |
| 21 22 23 24 25 26 27 | |
| 28 29 30 | |

| July | |
|----------------------|---------|
| | 1 2 3 4 |
| 5 6 7 8 9 10 11 | |
| 12 13 14 15 16 17 18 | |
| 19 20 21 22 23 24 25 | |
| 26 27 28 29 30 31 | |

| August | |
|----------------------|---|
| | 1 |
| 2 3 4 5 6 7 8 | |
| 9 10 11 12 13 14 15 | |
| 16 17 18 19 20 21 22 | |
| 23 24 25 26 27 28 29 | |
| 30 31 | |

| September | |
|----------------------|-----------|
| | 1 2 3 4 5 |
| 6 7 8 9 10 11 12 | |
| 13 14 15 16 17 18 19 | |
| 20 21 22 23 24 25 26 | |
| 27 28 29 30 | |

| October | |
|----------------------|-------|
| | 1 2 3 |
| 4 5 6 7 8 9 10 | |
| 11 12 13 14 15 16 17 | |
| 18 19 20 21 22 23 24 | |
| 25 26 27 28 29 30 31 | |

| November | |
|----------------------|--|
| 1 2 3 4 5 6 7 | |
| 8 9 10 11 12 13 14 | |
| 15 16 17 18 19 20 21 | |
| 22 23 24 25 26 27 28 | |
| 29 30 | |

| December | |
|----------------------|-----------|
| | 1 2 3 4 5 |
| 6 7 8 9 10 11 12 | |
| 13 14 15 16 17 18 19 | |
| 20 21 22 23 24 25 26 | |
| 27 28 29 30 31 | |

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



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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

