No. 231

February 2026

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

The Stavronian

Monthly magazine and newsletter publicised by the Holy Cross Synodia

Ἐνθρονος 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)

SPIRITUAL FASTING

There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil. (St. Basil the Great)

There is a Welsh proverb: "Gossip is the devil's mailbag." Fasting as St Basil and St Ephraim say means that we refrain from idle talk. Indeed, in the Lenten fast we should cultivate silence in order to grow in spirit. How difficult it is to make contact with the monks on Mount Athos during the forty day period before Pascha. The monks by their silence are teaching us an important lesson. They are fasting from vain and idle talk which flows from making judgements about others. The desert fathers imitated Christ and went into the desert to meet with God and in so doing they often encountered the devil before finding themselves. In silence we enter into the secret chamber of our heart with its passions, aspirations and desires. The heart needs to be illumined by the Light of the Holy Spirit who makes His communion with us. Our spirit needs to be anchored and focused on Christ --- any division will bring disharmony and restlessness. That engagement with Christ in the chaos of our age involves us in making choices and discerning priorities and ultimately in realising to whom or what we owe our obedience.

Fr. Jonathan (Stavronian 2007)

THE LENTEN PRAYER OF ST. EPHRAIM THE SYRIAN

Of all Lenten hymns and prayers, one short prayer can be termed the Lenten prayer. Tradition ascribes it to one of the great teachers of spiritual life --- St. Ephraim the Syrian. Here is its text:

O Lord and Master of my life! Take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King! Grant me to see my own errors and not to judge my brother; for Thou art blessed unto ages of ages. Amen

This prayer is read twice at the end of each Lenten service Monday through Friday (not on Saturdays and Sundays for, as we shall see later, the services of these days do not follow the Lenten pattern). At the first reading, a prostration follows each petition. Then we all bow twelve times saying: *"O God, cleanse me a sinner"*. The entire prayer is repeated with one final prostration at the end.

Why does this short and simple prayer occupy such an important position in the entire Lenten worship? Because it enumerates in a unique way all the "negative" and "positive" elements of repentance and constitutes, so to speak, a "check list" for our individual Lenten effort. This effort is aimed first at our liberation from some fundamental spiritual diseases which shape our life and make it virtually impossible for us even to start turning ourselves to God.

The basic disease is *sloth*. It is that strange laziness and passivity of our entire being which always pushes us "down" rather than "up" – which constantly convinces us that no change is possible and therefore desirable. It is in fact a deeply rooted cynicism which to every spiritual challenge responds "what for?" and makes our life one tremendous spiritual waste. It is the root of all sin because it poisons the spiritual energy at its very source.

The result of sloth is faint-heartedness. It is the state of despondency which all spiritual Fathers considered the greatest danger for the soul. Despondency is the impossibility for man to see anything good or positive; it is the reduction of everything to negativism and pessimism. It is truly a demonic power in us because the Devil is fundamentally a liar. He lies to man about God and about the world; he fills life with darkness and negation. Despondency is the suicide of the soul because when man is possessed by it he is absolutely unable to see the light and to desire it.

Protopresbyter Alexander Schmemann

The full article can be found here:

http://www.sv-luka.org/misionar/lentenpr_n2.htm

Source: Stavronian 2010

WHERE DO YOU HURT?

So many things can hurt us throughout our lives. When we look around us, we can easily see the outer marks of suffering: loneliness, rejection, illness, broken relationships, grief of many kinds, but there are hidden pains, buried deep inside us. The hurt of sin mostly: our own or other people's. I was entirely oblivious of the kind of suffering which lurks hidden inside until I became Orthodox. Seeing the world through the compassion of our Lord gives a new meaning to everything. I started noticing that I feel deep pain inside at really inoffensive words, while other sharp, unkind words leave me completely unscathed and cheerful. The growing sensation that I do not know myself grew every day. One little inoffensive word, completely unnoticed by anyone else in the room… can cause a slash in my heart. One innocent gesture, meaningless to others triggers painful memories, long buried. A quiet pleasant peaceful atmosphere in the room. Pain and tumult inside my soul.

For any parent, it is painful when their child hurts: whether they have fallen over and have a bleeding knee or they have fallen out with their friend or someone has been unkind to them or they have done something wrong and they feel bad about it, we ache to stop their pain and put things right. Little children run to their parents to have a hug and a kiss "to make it better".

Lately, I have caught a glimpse of the kiss and the hug that our Heavenly Father gives us when we are hurting. Whether it is a superficial graze, a deep very old scar or a puss filled infection, our Father can make us better, He can heal in unexpected ways. I have seen miraculous healings in those around me, but a few things were needed: absolute trust, honesty and courage.

"The sick one who is acquainted with his sickness is easily cured; and he who confesses his pain is near to health. Many are the pains of the hard heart; and when the sick one resists the physician, his torments will be augmented." (St Isaac the Syrian)

When we fall over and God bends down from His Heavenly abode and whispers "Where does it hurt, little child?", we often refuse to answer out of pride, because we think we must be strong and sort it out ourselves. Other times we deny the hurt because we cannot bear to look at the wound. It is too gruesome, too hideous or too painful to contemplate. Sometimes we do bare ourselves and allow God to enter and see our wounds. "It hurts here, Father". This takes courage but also humility, as we have to look ourselves upon our festering wounds. Then, God asks us as He did countless times in the Gospels "Do you want to be healed?" This step of the healing process requires most courage. If we say Yes, the Great Surgeon will pick up the scalpel and cut deep to remove all the infection of hurt pride, selfishness, bitterness, anger. It is agony. But we wake up after the operation and discover that although we feel weak and convalescing, we are free of pain in the usual tender spot. The scar is there, but no pain.

There is such a beautiful mystery in accepting and even embracing suffering, in looking it in the face and accepting it in meekness.

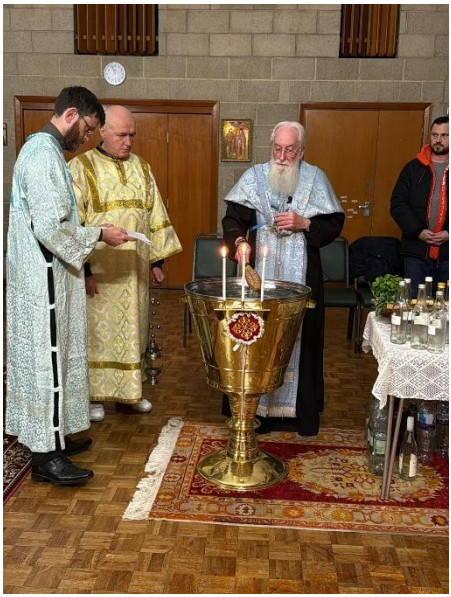
"On one hand, the cross is sweet and light, but, on the other, it can also be bitter and heavy. It depends on our will. If you bear Christ's cross with love then it will be light; like a sponge or a cork. But if you have a negative attitude, it becomes heavy; too heavy to lift." (Elder Ephraim of Katounakia)

Whatever our secret hidden wounds, no matter how heavy our secret or public crosses are, our Creator knows them all and can heal our wounds, our Lord Jesus can help us lift the cross and the Holy Spirit can comfort us in our hour of discouragement and pain.

"Thou knowest the multitude of my evil: Thou knowest also my wounds. Thou seest my scars: Thou knowest also my faith! Thou seest my intentions and hearest my sighs. Nothing is hidden from Thee, my God, my Maker, and my Redeemer — not even a tear drop or part of that drop." Preparation for Communion Prayer, of St. Symeon the New Theologian

Martha and Mary

PARISH NEWS



Photos from Theophany

Baptisms

We had the Holy Baptism of Michael Mecklenburgh on 10 January. May our Lord and Saviour Jesus Christ keep him under His protection!

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

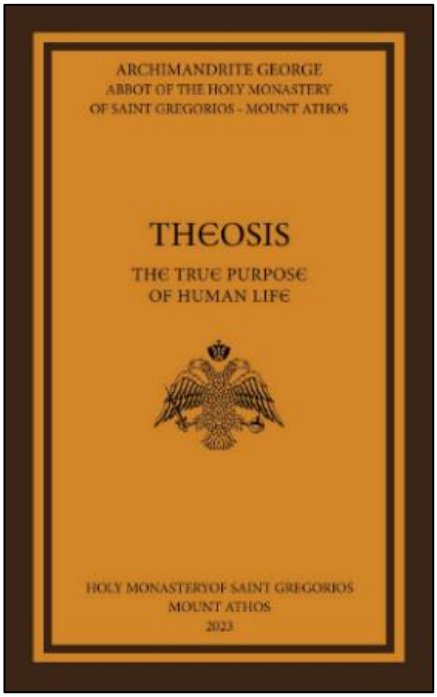
If there is a book you would like us to add to the library collection — whether for your own use or for others — please drop a suggestion slip into the box on the table.

You can search and view the 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

Theosis: The True Purpose of Human Life by Archimandrite George.



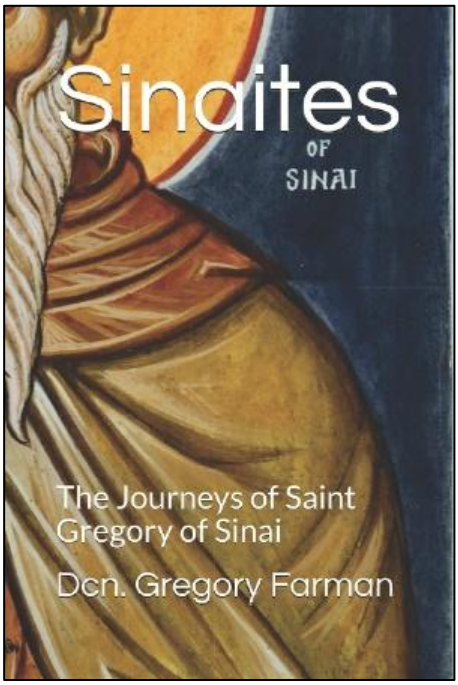
The essence of theosis is captured in the timeless words of Saint Athanasius: *"God became man so that man might become god."*

Although brief at just 60 pages, this book

delves into a theme of remarkable depth. It remains highly accessible and includes a useful glossary to clarify any unfamiliar terms.

In this work, the Abbot of the Holy Monastery of Saint Gregorios on Mount Athos offers guidance for those seeking communion with God. He opens a window onto the transformative journey of theosis — a path that begins in this life and continues into eternity.

Sinaites: The Journeys of Saint Gregory of Sinai by Dcn. Gregory Farman (St. Elias Antiochian Orthodox Church).



Set in the 14th century, this novel offers a retelling of the life of Gregory of Sinai, woven through the memories of four close companions. As readers, we journey with Gregory from the hardships of a galley slave to the devotion of a pilgrim, the discipline of a monk, the wisdom of a monastic elder, and ultimately his sanctity.

One passage stands out as breathtaking in its beauty and depth: "*I think I am only beginning to perceive the Divine Energies. I don't understand them; I only sense an uncontainable goodness spreading like dawn through all creation. It calls to me but not just to me. Anyone who feels that call will be drawn to it. It is what we are made for."*

Remember Thy First Love by Archimandrite Zacharias of Essex Monastery.

"The depths of the heart are dug out through much pain and hardship, humility, and contrition."

This is a book about the deep hell of repentance; the 'dryness' which characterises the intermediate stages of mature spiritual life. It is to be "snacked upon" rather than devoured — too much will make you sick, but letting a few paragraphs dissolve on the tongue will result in a sensation of sweetness.

When we are first baptised, or perhaps (for cradle Orthodox) when we have decided to commit ourselves to God — through Monastic Tonsure, Ordination, Christian Marriage, etc. — we are gifted with an avalanche of grace. Everything is easy, and prayer of the heart is full and ecstatic. Offending passions are "burned away" by the fire of our zeal, and we are granted a small taste of Eternity.

However, being human, we are inevitably drawn to 'spill the grace'. This may happen all at once, or it may slowly dwindle over time. It may take a few months, or it may occur abruptly after only a few weeks. In some cases, we may lose our initial grace on the same day that we receive it. No matter how or when it may occur, this 'spilling of the grace' is inevitable. As the Fathers say, "no man can live and not sin".

This is where the real fight begins. No longer are we blessed with an absence of struggle — instead, the inner war is heightened to extremes. In this second stage, after the initial grace has worn off, the temptation we face may be even greater than before we were baptised, tonsured, etc. Passions which we thought were 'in the rear view mirror' may come back with tenacity and torment us afresh.

For some, this is taken as a sign of growing weaker: we must've "done something wrong" to warrant this new struggle. However, this is not the case. Instead, we are simply being tested to develop the humility needed to 'hold on' to the grace which was once given so freely to us. Until we gain this humility, we are bound to 'spill the grace' again and again. Through patience, obedience, and self-chastisement, however, the path towards repentance slowly opens up before us.

At the end of this struggle, the fruits are indescribable — the chief of which is access to

the heart and mind of Christ. It is a long road, and only *"he that endures to the end will be saved" (Matt. 24:13).* The lives of the Saints are a testimony to us that full sanctification is undoubtedly possible, and that we will be rewarded for our depth of spiritual struggle. May we all maintain the courage and the zeal to pursue the path of righteousness until we have seen it through!

Sunday school

Today in Sunday school, the children commemorated the three Holy Hierarchs: Saints Basil the Great, Gregory the Theologian, and John Chrysostom as unified patrons of Christian education and theology. We celebrate their combined feast on the 30th of January. The children learned about their lives and why we celebrate them together. Then, we made a frame for a small icon of the Three Hierarchs, using ribbon, cardboard, sticks and decorative gems. The results were quite spectacular.

Summary of Church Council Meeting No. 16

Held at the Church of St. Martin of Tours,
Westgate, LA4 4UZ
Sunday, 11th January 2026

The meeting began with the Treasurer's Report which included an overview of the previous two months and a review of 2025. In December the parish broke its record for the highest monthly income ever, and furthermore, 2025 saw its highest ever yearly income which is a wonderful achievement and well reflects the extraordinary generosity of our parishioners and those who have moved away yet still maintain their support.

The meeting discussed plans to purchase some new, red sticharia for the servers so that they can faithfully adhere to the colours of the Liturgical Calendar. Although we don't currently possess every single colour, it is important to have a good selection of dark and light colours which can be substituted for any of the ones we do not yet have.

The council discussed some minor items and also went over plans for the topic of the following Sunday School, being *the Three Hierarchs, St Basil the Great, St Gregory the Theologian and St John Chrysostom.*

It was decided that the parish is not quite as well advertised as it could be, as there are Orthodox Christians in the local area who did not know of it and so a discussion was held as to whether we ought to make the Facebook page public and improve our visibility in other areas online. To be continued in the next meeting following further research.

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

Feb. 2: *Dimitri, Eleni*
Feb. 14: *Ion*
Feb. 21: *Pisistratos*

MEMORY ETERNAL!

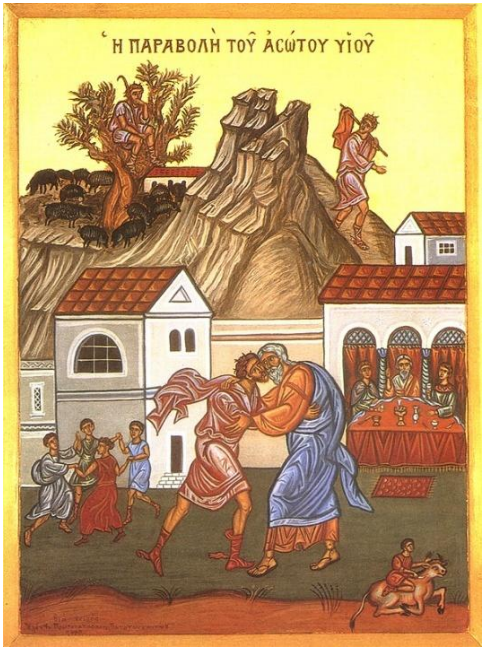
Please send us the names of your departed loved ones and date of their departure in order for them to be remembered.

MAJOR CELEBRATIONS THIS MONTH

1st Feb: St Bridget of Kildare (†525). Sunday of the Publican and Pharisee: Triodion begins
2nd Feb: The Meeting of Our Lord and Saviour Jesus Christ in the Temple
3rd Feb: St Nicholas, Equal-to-the-Apostles, Archbishop & Enlightener of Japan
8th Feb: Sunday of the Prodigal Son
10th Feb: Hieromartyr Charalampos, Bishop of Magnesia in Asia Minor
18th Feb: St Colman (†675), Bishop of Lindisfarne
22nd Feb: Forgiveness Sunday
23rd Feb: St Polycarp, the Holy Martyr & Bishop of Smyrna
24th Feb: First & Second Finding of the Venerable Head of St. John the Baptist
26th Feb: St Photine, the Samaritan woman

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

Publican and Pharisee (image: goarch.org)



Prodigal Son (image: oca.org)

Services at St Martin's in February*		
Sun. 1st	09.45	Sunday of the Tax collector and Pharisee. Liturgy of St John Chrysostom
Wed. 4th	19:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
		Fast-free week
Sat. 7th	15:45	Great Vespers
Sun. 8th	09:45	Divine Liturgy. Sunday of the Prodigal son. Church council meeting
Wed. 11th	19:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Sat. 14th	15:45	Great Vespers. Saturday of Souls
Sun. 15th	09:45	Divine Liturgy. Sunday of Meatfare.
		Meat Fast week
Wed. 18th	19:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Sat. 21st	No services -- Fr Jonathan in Manchester for clergy meeting with Sayedna Silouan	
Sun. 22nd	09:45	Divine Liturgy. Forgiveness Sunday. Sunday of Cheesefare
Wed. 25th	19:30	Online Prayer group of St Seraphim and St Etheldreda**. Rule of St Pachomius*
Sat. 28th	15.45	Great Vespers. First Saturday of Great Lent
		Great Lent begins
Sun. 1st Mar	09:45	Divine Liturgy. Sunday of Orthodoxy

*May be subject to change. Please monitor the email updates and the parish's Facebook page.
**Via WhatsApp: https://call.whatsapp.com/video/1WnKsoP45eHcAukXpIYXrl

Online Prayer Meeting Weekly

on Wednesday

7:30 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.

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week **FEBRUARY 1st**		*TRIODION WEEKS* **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!** *FORGIVENESS SUNDAY* 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**		*GREAT LENT BEGINS WITH FORGIVENESS VESPERS* **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** *HALF WAY TO PASCHA!* 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		*GREAT AND HOLY WEEK* **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** *JESUS DIES ON THE CROSS* 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!		*BRIGHT WEEK* **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.

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 –

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

Top and bottom sketches are created at the Holy Monastery of "The Annunciation of the Theotokos" Chios, Greece, courtesy of Fr Theodosios Dendrinos, Ithaca, Greece.
The sketch of Christ by Photis Kontoglou was scanned from the Orthodox calendar of the *Apostoliki Diakonia* of the Church of Greece.