No. 237

August 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)*

# THE JOYOUS PUSTINIK COMES BACK

## Fr Jonathan's trip to Greece, *Cont.*

**Thursday the 11th June, Part 2.**

In the evening, we met with M at the restaurant. It was a joyful meal together with discussions about the Church and about Christ and His love. This brought us together in fellowship.

And, of course, we must all do the work of Christ whilst it is still day. Or, as Father Seraphim Rose said: "Hasten to do the will of God, it is later than you think."

The little monastery {St. Kyriaki monastery in Veria} that we visited in the morning still conjured dreams in our souls. Of Paradise.

As Abba Isaiah of Sketis says to his monks, those who are beginning their journey must cultivate the soil. And indeed we are to labour in the vineyard…

*To continue, visit*
*https://orthodoxcityhermit.com/2026/07/06/the-joyous-pustinik-comes-back-day-3-part-2/*

**Friday the 12th, Part 1**

Friday the 12th of June, a morning of quiet and hesychia, praying for people and reflecting on the grace of God in St. Porphyrius' flat. Prayer and quiet provide the nourishment for our souls. We need courage to do the will of God, not just to say "Thy will be done" and leave it there.

The dynamic of the Holy Spirit is real, and if there is no movement, then there must be a threshold of tolerance, of patience, if you like, within that stagnant state. Courage is not simply one of the virtues, but the form of every virtue at the testing point, the point of the highest reality. Pilate was merciful until it became risky, as C.S. Lewis points out in the Screwtape Letters.

Quiet, hesychia, is the groundwork which prepares us for the spiritual battle in the day, each day, every day…

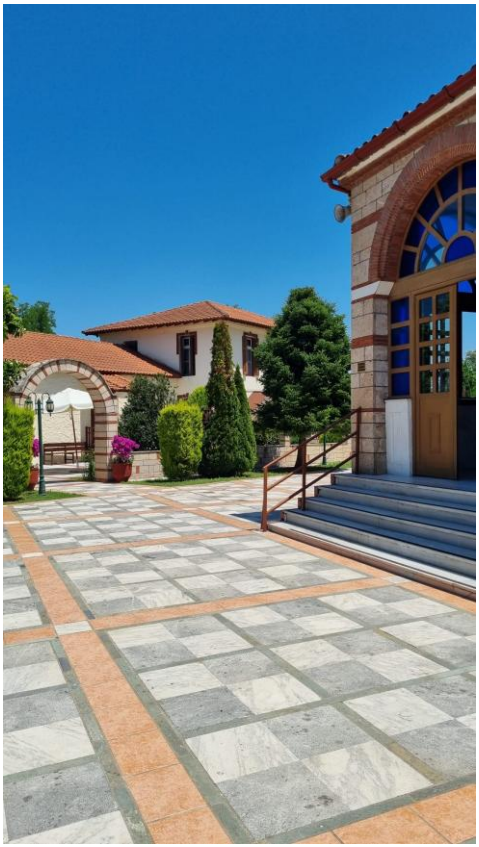
*To continue, visit*
*https://orthodoxcityhermit.com/2026/06/28/the-joyous-pustinik-comes-back-day-4-part-1/*

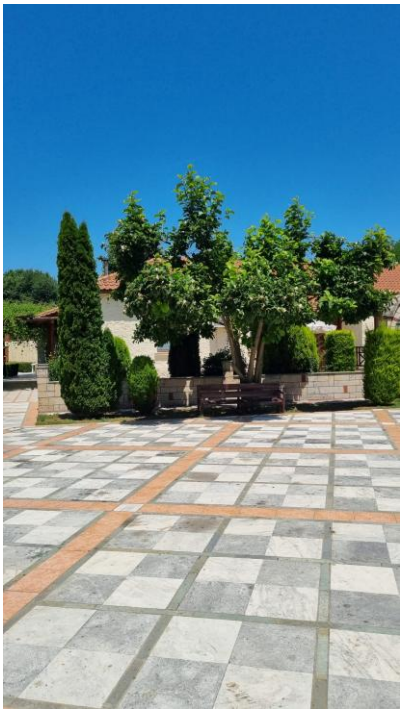
**Friday the 12th, part 2.**

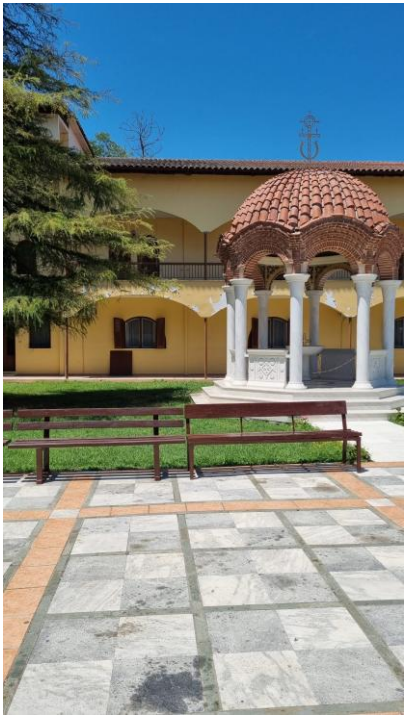
Panorama monastery is very beautiful. Set up in the hills above Thessaloniki, one can see the bay. Indeed, we can see over to the place (1) where St. Paisios rests.

We venerated Elder Symeon's tomb

We had two hours of great wisdom. Followed by the blessing from the Hegumenos I. Our discussions were focused on the teachings of St. Simeon the New Theologian, sharing mystical experiences centred on humility.







The teachings of St. Simeon the New Theologian draw heavily from the Desert Fathers. Direct experience of God is something to which all Christians should aim and indeed aspire. The teachings which I read many years ago from St. Symeon the Theologian came flooding back, and the discussion made me want to revisit the books which were formative in my embrace of Orthodoxy. Indeed, the power of the Holy Spirit to change lives is real, and to change individuals, to transform them, and to transform situations in which we find ourselves sometimes feeling rather hopeless…

*To continue, visit*
*https://orthodoxcityhermit.com/2026/07/11/the-joyous-pustinik-comes-back-day-4-part-2/*

## THE CHEERFUL GIVER

*"God loves a cheerful giver"* (2 Corinthians 9:7) is one of the lines closest to my heart in St Paul's letters. I think this is because generosity of spirit along with kindness are two human qualities I find most attractive in people. I just love a cheerful giver. Consequently, when I ask my family for help, if they do not respond immediately with willingness and even joy, I refuse the help I asked for. Like a grumpy toddler, at the first sign of reluctance and grumbling, I forcefully tell them that their help is in fact not required or wanted. I throw the toys out of the pram and conclude: I shall do everything myself then. As a martyr on the familial altar, I embark begrudgingly on tasks beyond my strength and feel lonely and miserable. Similarly, I tend not to ask to borrow money from the son who likes to save or ask the son who likes to loll about to do jobs. The reason I want people to help me willingly and joyfully is probably pride, but also the conviction that an offering should come from the heart not from obligation or compulsion of any sort. When a gesture of giving comes from the heart, it comes from a place of love and compassion and therefore it warms my heart. This appears to be a straightforward matter, but spiritual growth is hardly ever a simple matter.

St John of Kronostadt was a wonderfully generous man, so much so that paupers used to follow him around, crowd at the door of his church and his home until he could barely go anywhere without being followed by an army of beggars. It comes therefore as a surprise to discover in his diaries that, having grown up in poverty, he was naturally very careful with his money and generosity certainly did not come easy to him. One of his diary entries reads: *"Miser! When guests come, or when you see your relatives eating your bread, tell yourself, "It is not as if they are taking away your last piece from you!" How to respond when one of your visitors eats an immoderate amount of your sweets which cost you dearly, and your heart constricts with criminal regret? Use this prayer."* Every small act of generosity on his part (and there were countless on a daily basis), represented a willed effort to overcome nature.

Despite insisting on cheerful giving by others, paradoxically, I am a very reluctant giver myself, especially of time, energy and the last slice of cake. Like the Miser in Moliere's play, as I make my offering, my hand trembles with the desire to snatch it back and put it in my pocket, metaphorically speaking. However, the minute I complete my offering and my fingers let go of the prize, I experience a great sense of freedom. The gift is given and I have nothing to worry or be anxious about. Blessed giving!

A very wise Father once told me that people should make an offering to Christ's church of 3 W s: their Wisdom, their Wealth and their Work. Most are inclined to offer their wisdom in the form of advice a lot more than their work and wealth. If we offer these 3 Ws alongside our Worship, the church flourishes and we grow as well.

Father Seraphim Aldea has some startling spiritual advice on almsgiving. He encourages

people to make offerings to a cause that is not close to their heart. He gives himself as an example. Having a great love of the elderly, he avoids making charitable donations towards any causes related to the aged, but instead offers money to causes which do not give him immediate joy. This is counter-intuitive. If God planted compassion for particular people in our heart, we should celebrate this in our giving; if he gave us a talent, we should offer it to others. But how much more worthy if we give to those whom we do not especially like or love, if we do work which does not come easy to us? Thus, the act of giving is pure, it is an offering with no thought of self gratification. To have any spiritual worth, giving alms must be a sacrificial act. The Gospels teach us that it is the very small offering of the poor which is more pleasing to God rather than the large gift of the rich, because the sacrifice is greater and therefore, so is the Love behind it.

*And He looked up and saw the rich putting their gifts into the treasury, 2 and He saw also a certain poor widow putting in two mites.[a] 3 So He said, "Truly I say to you that this poor widow has put in more than all; 4 for all these out of their abundance have put in offerings [b] for God, but she out of her poverty put in all the livelihood that she had."(Luke 21:1-4)*

*"God sells righteousness at a very low price to those who wish to buy it: a little piece of bread, a cloak of no value, a cup of cold water, a mite." (Father Ephrem)*

If very small gifts can carry such great weight and can make a world of difference to others, failing to share the riches bestowed by God on us, material of spiritual, has heavy implications:

*"The bread that you do not use is the bread of the hungry. The garment hanging in your wardrobe is the garment of the person who is naked. The shoes you do not wear are the shoes of the one who is barefoot. The money you keep locked away is the money of the poor. The acts of charity you do not perform are the injustices you commit." (Saint Basil the Great)*

*St Basil asks: "But whom do I treat unjustly, you say, by keeping what is my own? Tell me, what is your own? What did you bring into this life? From where did you receive it?"*, The answer comes from the mouth of David the psalmist: *The earth is the Lord's and the sureness thereof, the world and those who dwell therein.*

If everything in our life and life itself is a gift from God, since He offers himself on the Cross and in the chalice for us, how can we possibly keep anything for ourselves? Yet our Lord is so merciful. He condescends to receive graciously our smallest "giving" as if it didn't all belong to Him, He encourages us to offer a little or everything we have, but never compels. He asks and waits.

*To do alms is a work greater than miracles… To feed the hungry in the name of Christ is a work greater than raising the dead in Christ's name… When you work miracles, you are God's debtor, when you give alms, God is your debtor. (St John Chrisostom)*

I found encouragement for the poverty of spirit in all my giving in the saying of Amma Sarah, mother of the Desert*: "It is good to give alms even for men's sake. Even if it is only done to please men, through it one can begin to seek to please God."*

Whether we give joyfully or begrudgingly, to those close to our heart or complete strangers, out of love for people, for Christ, out of compassion, whether it comes easy or it is very hard, we are called as Christians to turn our life into a series of continual offerings.

*Martha and Mary*

## OLET, THE BELOVED BIRD OF SAINT PAISIOS

St Paisios wrote this letter to the nuns of the Monastery of St John the Theologian in Souroti in 1975:

"In your last letter you sent me an icon of Adam and the animals in Paradise. So I thought I would send in my turn the drawing of a bird, my closest friend… I have named him Olet, which in Arabic means 'child'… Every afternoon I bring him goodies and treats. As soon as I give him something to eat, he takes a little and leaves… When I go to leave he walks behind me at a

distance of about 100 meters and I, so that he will not continue coming behind me and get tired, leave him a crumb so that he may occupy himself, and I leave quickly so he will lose me.

Lately he has abandoned his asceticism and seeks good times! He neither eats broken rice or soaked dry bread, but only worms, which he wants me to put on a "plate" - the palm of my hands - and he climbs up there and eats. Progress! One can say: 'Why do you make exceptions for Olet? Why don't you do the same for other birds?' I respond: 'When I call for Olet to come, he brings with him other birds, friends of his, who run right to the food, but Olet comes out of obedience and love'…

And now that the weather has turned beautiful and he finds bugs to eat, when I call he still comes out of obedience, even though he is full and not bothered by hunger. Well, how can you not rejoice more for this philotimo bird than the other birds? Many times I am moved by such great love that I want to squeeze him in my clutch, but I fear that I will be like the monkey which out of love squeezes its child and in the end suffocates them. So I clench my heart, and I rejoice for him from afar, so I will not harm him.

One day I was late to go to the hill and Olet, because he was chirping a lot, had relaxed early. I left his food and departed without seeing him. The next day I left to go very early, because I was worried that a hawk had eaten him… When he saw me he was like a crazy person because of his joy. I gave him to eat, but he wanted company more than food. I marvel at his asceticism and the love he has, as well as his gratitude. Pray that I may imitate his virtues."

Εν Χριστώ
Fr. Jonathan

## PARISH NEWS

We had the Holy Chrismation of Genevieve Jennifer Lesley Harper on 11 July. May our Lord and Saviour Jesus Christ keep her 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)*

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.)

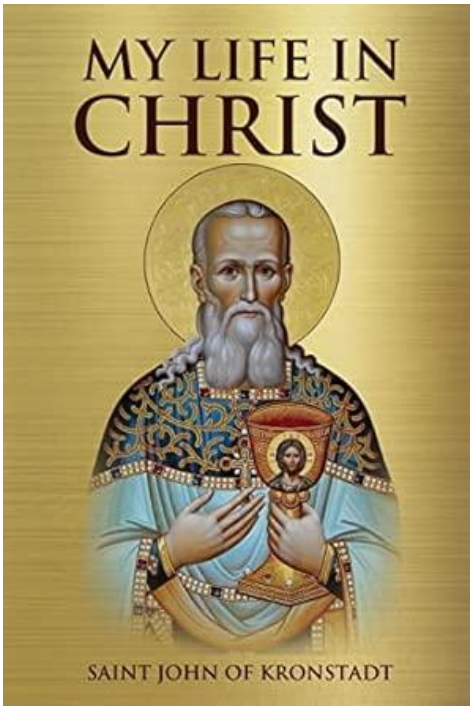
### Spotlight on Our Latest Addition

**My Life In Christ** *by St. John of Kronstadt*

*My Life in Christ* is widely regarded as a modern spiritual classic within the Orthodox tradition, this remarkable work offers readers a glimpse into the prayerful inner life, pastoral wisdom, and profound theological insight of St John of Kronstadt, one of the most beloved saints of the nineteenth century.

Rather than presenting a systematic theology, the book is a collection of reflections drawn from the saint's personal prayer, self-examination, and daily experience of God's grace. St John explains that these pages arose from moments of deep spiritual contemplation and were recorded over many years as thoughts and insights were granted to him through prayer. The result is a rich treasury of meditations covering faith, repentance, the Christian life, worship, the sacraments, and the constant presence of God.

St John writes not as an academic theologian but as a parish priest and pastor whose words emerge from lived experience. His reflections challenge, encourage, and inspire in equal measure, calling readers to a deeper relationship with Christ and a more attentive life of prayer.




## Summary of church council meeting no. 22

Held at the Church of St. Martin of Tours,
Westgate, LA4 4UZ
Sunday, 12th July 2026

The Parish Council meeting of May began with a report of the parish's finances which revealed a slight change from the norm with plate collections quite low, however this was compensated for by a slightly higher than usual online donation total. It was decided that the collection from the day of Fr Christopher's visit plus one month's rent would be donated to his parish, St Constantine's, as a contribution from our Parish towards the purchase of their own church following a special appeal from His Eminence, Metropolitan Silouan. Further discussion was held regarding the move to charity status and it was agreed to employ the services of an accountant from the Romanian Orthodox Parish of Preston who has experience in setting up a church charity. Plans for the pilgrimage to St Herbert's Island were continued and it will be necessary to book the boats in advance with foreknowledge of the number of

pilgrims. Finally, we thank Nicolai, Omar and Cristian and his helpers for all their hard work in organising and delivering the wonderful church barbeque.

## 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.

## 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

Aug. 14: *Paulina*
Aug. 26: *Evangelos*
Aug. 29: *Angelos*

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

***6th Aug:*** **The Holy Transfiguration of our Lord and Saviour Jesus Christ**
*13th Aug:* St. Tikhon, Bishop of Voronezh, Wonderworker of Zadonsk and All Russia
***15th Aug:*** **The Dormition of our Most-Holy Lady the Theotokos**
*16th Aug:* St. Gerasimus, Wonderworker of Cephalonia (†1579)
*20th Aug:* St. Oswin, King and Martyr (†651)
*22nd Aug:* St. Sigfrid, Abbot of Wearmouth (†688)
*24th Aug:* St. Cosmas of Aetolia, Equal-to-the-Apostles
*27th Aug:* Martyr Phanourius
*28th Aug:* St Moses the Black
*29th Aug:* Beheading of the Holy, Glorious Prophet, Forerunner and Baptist John
*31st Aug:* The Placing of the Cincture of the Most Holy Theotokos in the Church of Chalkoprateia. St. Aidan, Bishop of Lindisfarne (†651).

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 August*

| | | |
|---|---|---|
| **Sat. 1st** | 09.45 | Divine Liturgy for the Procession of the Honourable wood of the Life-Giving Cross. Beginning of the Dormition Fast. No Vespers |
| **Sun. 2nd** | 09:15 | Shortened Matins and confessions |
| | 09.45 | Divine Liturgy |
| **Fri. 7th** | 18:30 | Little Paraklesis for the Most Holy Theotokos |
| **Sat. 8th** | 15.45 | Great Vespers. Memorials and confessions – by arrangement |
| **Sun. 9th** | 09:15 | Shortened Matins and confessions |
| | 09.45 | Divine Liturgy |
| | 12.30 | Church council meeting |
| **Sat. 15th** | 09.45 | Divine Liturgy. The Dormition of our Most Holy Lady and Mother of God and Ever-Virgin Mary. No Vespers |
| **Sun. 16th** | 09:15 | Shortened Matins and confessions |
| | 09.45 | Divine Liturgy |
| **Sat. 22nd** | | *No service.* Pilgrimage to St Herbert's island |
| **Sun. 23rd** | 09:15 | Shortened Matins and confessions |
| | 09.45 | Divine Liturgy |
| **Sat. 29th** | | Beheading of the Holy Glorious prophet and forerunner and Baptist John. |
| | 15:00 | Baptism / Chrismation (TBC) |
| | 15.45 | Great Vespers. Memorials and confessions – by arrangement |
| **Sun. 30th** | 09:15 | Shortened Matins and confessions |
| | 09.45 | Divine Liturgy |

*May be subject to change. Please monitor the email updates and the parish's Facebook page.

# ONE-DAY ORTHODOX PILGRIMAGE

## ST HERBERT'S ISLAND (DERWENTWATER)

**SATURDAY, 22 AUGUST 2026**

ORGANISED BY
THE ORTHODOX CHRISTIAN PARISH
OF THE HOLY AND LIFE-GIVING CROSS, LANCASTER

Our parish warmly invites you to join us for a one-day Orthodox pilgrimage to St Herbert's Island, the peaceful island on Derwentwater where St Herbert, the beloved spiritual friend of St Cuthbert, lived as a hermit in the 7th century.

The pilgrimage will be led by Father Jonathan, who will accompany us throughout the day, offering spiritual guidance, prayers, Vespers, and a spiritual talk about the saints and the Orthodox heritage of Northern England.

**St Herbert's Island** – The largest of the islands on Derwentwater covering between four to five acres. is situated in the middle of the lake. It was named after the seventh-century hermit St Herbert who brought Christianity to the area in AD683 and who took sanctuary on the island. The remains of cell in the island's undergrowth are evidence of the hermitage. The Friars Crag viewpoint is named after the monks who sailed over to St. Herbert's Island on pilgrimage to visit the saint.

Please book your place **by 15 July 2026.**

This will allow us to make the boat reservations in advance and benefit from the Early Booking Discount.

**DATE:**
Saturday,
22 August 2026

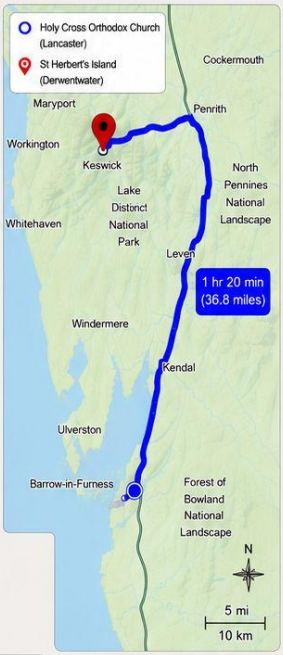
**MEETING POINT & DEPARTURE:**
8:00 am from The Orthodox Christian Parish of the Holy and Life-Giving Cross, Lancaster – Church of St Martin of Tours, Westgate, Lancashire, LA4 4UZ, United Kingdom

**TRANSPORT OPTIONS**
Own car
We encourage car sharing when possible.

**FOOD:**
Please bring a packed lunch and drinks from home.

**ROWING:**
We need to row ourselves to St. Herbert.
**STRONG ROWERS ARE REQUIRED.**

**RETURN:** Return to the parish in the afternoon.




## PROPOSED PROGRAMME

| | |
|---|---|
| 8:00 am | Departure from The Orthodox Christian Parish of the Holy and Life-Giving Cross, Lancaster. Opening prayer before our journey. |
| 10:00 am | Arrival at Nichol End Marine, Derwentwater. |
| 10:15 am | Collect rowing boat and safety briefing. |
| 10:45 am | Rowing to St Herbert's Island. |
| 11:15 am | Time on St Herbert's Island (4 hours). |
| 12:00 pm | Memorial Service. **We will offer prayers for the repose of Barnabas, Katerina, Father Christopher, and for all our loved ones who have fallen asleep in the Lord.** |
| 12:15 pm | Vespers. |
| 1:15 pm | Packed lunch by the lake. |
| 1:30 pm | Spiritual talk by Father Jonathan. |
| 1:45 pm | Rowing back to Nichol End Marine. |
| 2:30 pm | Return to the parish. |

## ABOUT THE SAINTS

### ST HERBERT

St Herbert was a hermit of the Britain's Orthodox saints who devoted his life to prayer and solitude on the small island that now bears his name. His life of stillness and prayer continues to inspire us today. His greatest earthly friendship was with St Cuthbert, whom he met regularly for prayer and spiritual encouragement.
When St Cuthbert fell into the world we most often fall into, St Herbert prayed that God would allow them to depart this world together. God granted his request, and both saints reposed on the same day—20 March 687—entering eternal life together.

### ST CUTHBERT

One of the greatest Orthodox saints of Northern England, whose life revealed the beauty of the Gospel — a monk, hermit, bishop, miracle-worker, and shepherd of souls. His life of humility, prayer, compassion, and holiness continues to inspire Christians throughout the world.

## PILGRIMAGE COST

There is no participation fee and no admission charge to St Herbert's Island. The only cost is the rowing boat hire, shared between passengers according to the number of people in each boat.
Boat hire payment due by 30 July 2026.

ONLINE PRICES – ROWING BOAT – 4 HOURS

| | | | |
|---|---|---|---|
| Large Rowing Boats for 4 people | Large Boat – Maximum weight 450kg | £85 | per boat |
| Rowing Boats for 5 people | Large Boat – Maximum weight 450kg | £90 | per boat |
| Rowing Boats for 6 people | Large Boat – Maximum weight 450kg | £95 | per boat |

WHAT IS INCLUDED IN THE PRICE
- life jackets (buoyancy aids)
- wetsuits (if needed)
- dry bags for phones and personal items

### BOAT CROSSING

To reach St Herbert's Island, we will travel by rowing boats hired from Nichol End Marine. The boat crossing offers a peaceful and scenic introduction to our day of pilgrimage: most beautiful lake, allowing pilgrims to to prayer and communion with God. Boat hire arrangements will be organised for our group, including life jackets to enjoy the pilgrimage together.

*May this pilgrimage be a blessed opportunity to pray together, deepen our faith, strengthen our fellowship as a parish family, and follow the beautiful example of St Herbert and St Cuthbert.*

## BOOKINGS & ENQUIRIES

Please contact us by 15 July 2026

WhatsApp (Mirabela): 07538 806884

Father Jonathan:
frjah@yahoo.co.uk |
frjahemmings@gmail.com

# 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**

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**February**

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**March**

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**April**

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**May**

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**June**

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**July**

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| 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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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.