



“Joy of All Who Sorrow”

No 18 May ‘10

A SERMON BY ST LEO THE GREAT ON THE FEAST OF THE ASCENSION OF CHRIST

And he led them out as far as to Bethany, and he lifted up His hands, and blessed them. And it came to pass, while He blessed them, He was parted from them, and carried up into heaven. And they worshipped Him, and returned to Jerusalem with great joy ... (Luke 24: 50 – 52)

Dearly-beloved, throughout this time which elapsed between the Lord's Resurrection and Ascension, God's Providence had this in view, to teach and impress upon both the eyes and hearts of His own people that the Lord Jesus Christ might be acknowledged to have as truly risen, as He was truly born, suffered, and died. And hence the most blessed Apostles and all the disciples, who had been both bewildered at His death on the cross and slow in believing His Resurrection, were so strengthened by the clearness of the truth that when the Lord entered the heights of heaven, not only were they affected with no sadness, but were even filled with great joy.

And truly great and unspeakable was their cause for joy, when in the sight of the holy multitude, above the dignity of all heavenly creatures, the Nature of mankind went up, to pass above the angels' ranks and to rise beyond the archangels' heights, and to have Its uplifting limited by no elevation until, received to sit with the Eternal Father, It should be associated on the throne with His glory, to Whose Nature It was united in the Son. Since then Christ's Ascension is our uplifting, and the hope of the Body is raised, whither the glory of the Head has gone before, let us exult, dearly-beloved, with worthy joy and delight in this holy feast.

For today not only are we confirmed as possessors of paradise, but have also in Christ penetrated the heights of heaven, and have gained still greater things through Christ's unspeakable grace than we had lost through the devil's malice. For us, whom our virulent enemy had driven out from the bliss of our first abode, the Son of God has made members of Himself and placed at the right hand of the Father, with Whom He lives and reigns in the unity of the Holy Spirit, God for ever and ever. Amen.

IN PREPARATION FOR PENTECOST

Pentecost falls this year on Sunday 23 May. As this feast is a celebration of the coming of the Holy Spirit- which brought about the renewal of the whole Creation as well as of human nature- it is traditional to decorate the Church with flowers and foliage. Therefore on Saturday before Vespers we will meet at the church to do this. As many parishioners as are able are asked to be there at 2.30 pm, and there will be an added reward of afternoon tea at the Tally-Ho Tearooms at 4pm before the Vigil Service at 6pm.

NAME SAINTS IN THE ORTHODOX CHURCH

When a child is born to Orthodox parents, the name they choose for the child will always be the name of a holy Orthodox Christian who has already lived, that is a saint. Sometimes, if a child is born on a particular saint's feast day, he/she will be given the name of that saint. On the other hand, it may be that the name they are given will reflect a particular special place that a saint holds for the parents or family as a whole, or special help that they have been given by a saint, maybe even during the conception, pregnancy or birth. In the lives of the saints we often read of the saint named by pious parents for these kinds of reasons.

Children are traditionally named eight days after birth, and the saint whose name they have been given then becomes their own personal patron and special intercessor throughout their life. So, as well as our own personal guardian angel, we each also have our own saint. Of course, we can ask for the help of any angel or saint at any time, and many different saints will be important for us at different times in our life. However, our relationship with our name saint, like that with our guardian angel, is unlike any other. We ask them to pray for us during our personal morning and evening prayers, and families can pray together every day to each of the family name saints. Some families even have special 'family ikons', with each of the family name saints together on one ikon. Pious families also celebrate the feast days of their members' name saints as 'namedays' in much the same way as birthdays are celebrated every year, yet there is an essential difference. The celebration of a birthday is somewhat egocentric since the central character is the individual whose birthday it is. Whereas, the celebration of a nameday gives glory to God because, in this case, the central character is the saint whose exemplary life is distinguished by being theocentric.

Along with the Mother of God, our name saint will be the saint, more than any other, to whom we fly in times of personal crisis, and in whom we can always be sure of finding kindness and sympathy. In agreeing to take us on by becoming our patron, they are taking on all our particular issues and difficulties, and agreeing to pray for us throughout all the vicissitudes of our life. The name saint is, therefore- like the guardian angel- a great gift from God, and we should not neglect to make full use of this gift. From now on, the bulletin will include a list of all the parish name saints whose feast day falls in that month (see below). On someone's name day, the customary greeting to offer them is 'MANY YEARS!'

CHURCH NEWS

INTER-CHURCH QUIZ – A REPORT BY LAURA JORDAN

Our church fielded a team at the Inter-church General Knowledge Quiz held at Mettingham Church Hall on Friday 16 April. Our team was made up of Antony and Helen Bardsley, Katy Elizabeth Tattum-Smith and Laura Jordan. Ten teams of four people took part, largely drawn from the Bungay and Saints area. It was a lovely and memorable occasion and it is pleasing to report that the Mother of God *Joy of All Who Sorrow* scored 53 points, just behind the winners, Holy Trinity Bungay who had 53½ points. The Anglican Rural Dean was kind enough to be there to present prizes. Our congratulations to Holy Trinity and I am sure that we are all looking forward to next year's event.

PATRONAL FEAST AT WALSINGHAM

Several members of the parish attended the patronal festival of the shrine chapel at Walsingham on Bright Friday, in honour of the Ikon of the Mother of God, the Life-Giving Spring. The Liturgy was celebrated by his Eminence Archbishop Elisey of the Sourozh diocese, and was the first occasion on which he had served there. It was followed by a wonderful feast in the orangery room. Many thanks to Father Philip and Matushka Philippa for their hospitality.

HAITI EARTHQUAKE APPEAL

As a result of publishing Metropolitan Hilarion's appeal in both this bulletin and in Orthodox News, we can report that so far \$2,421 has been contributed by church members, readers and friends to the Synod's

Fund for Assistance. May God bless you all for your kindness. It is well known that Haiti is the poorest country in the Western Hemisphere. Most countries have a basic infrastructure to provide social welfare, education and medical care, but due to the poverty of the country, Haiti lacks these basics. The Church has to try and provide these facilities for the people. Thus in rebuilding parish premises and supporting church life, the Fund is providing both material and spiritual aid to our brothers and sisters in the Faith.

FORTHCOMING SERVICES

Sunday 9 May, 10.30am Liturgy - Fr Elias Jones

Wednesday 12 May, 6pm Vigil Service for the Ascension.

Thursday 13 May, Ascension Day. God willing there will be a Liturgy at 10am.
(please telephone 01986 896708 to confirm this)

Sunday 16 May, Sunday after Ascension Day - 10.30am Liturgy - Fr Philip Steer.

Saturday 22 May, 6pm Vigil Service for Pentecost.

Sunday 23 May, Pentecost. God willing, there will be a Liturgy at 10.30am

PRAY FOR THOSE WHO ARE SICK

Your prayers are especially requested for the sick, remembering particularly at this time, Mary (foundress of our church), Priest Elias, Hieromonk Athanasius, Matushka Barbara, Leon, Grace-Mary, Anastassios, Suzanne, and Leslie that by the grace of God they may, according to their various needs, be fully restored both spiritually and physically.

NAME DAYS

From this issue onwards we will highlight the name days of the parishioners and friends whose name saints we know in chronological order according to the Church calendar. If we don't know your name saint yet, please email or write in.

To all those celebrating their name day in May, MANY YEARS!

6 May (St George the Great Martyr, + AD303)) **George Tattum-Smith,**

8 May (St Mark the Evangelist, + AD63)) **Rdr Mark Tattum-Smith,**

21 May(St John the Evangelist and Theologian, +AD101) **John Andrews**

(Note: dates given according to the regular civil calendar designation)

Orthodox Church of the Mother of God *Joy of All Who Sorrow*

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REGULAR SERVICES: Every Sunday 10.30am - Every Friday 6pm

Extra services for festivals and saints days will be announced in the bulletin.

e-mail churchmettingham@aol.com Website www.joyofallwhosorrow.org.uk

Cheques for the church fund should be made payable to "*Joy of All Who Sorrow*" Church.

The account is in HSBC Bank, 3 New Market, Beccles, Suffolk NR34 9HQ

Account No 71395912 Sort Code 40-09-24