



“Joy of All Who Sorrow”

No 27 February '11

ARCHBISHOP MARK'S VISITATION

Archbishop Mark will arrive in Mettingham during the evening of Thursday 10 February and will be with us until Saturday afternoon. During his time here, Vladika Mark will serve the Divine Liturgy twice. At the first one, on Friday morning, Reader Antony Bardsley will be ordained as sub-deacon and then deacon. Then at the second Liturgy, on Saturday morning, Antony will be ordained to the priesthood so that, in future, the Liturgy can be served every Sunday in our church. Times of these services are noted below.

Thursday 10 February -

6pm Prayers Before the Ikon / Intercessions 7pm Vespers & Compline

Friday 11 February

10am Hours & Liturgy 6pm Prayers/Intercession 7pm Vigil

Saturday

10am Hours & Liturgy 6pm Evening Service

NOTES ON THE TRIODION

SUNDAY OF ZACCHAEUS

The service book for Great Lent (the weeks prior to Easter) is *The Lenten Triodion*. Although the first day of Great Lent is the Monday after Cheese-fare Sunday, there are preparatory weeks before this. The beginning of the sequence is Zacchaeus Sunday on which the Gospel reading is the story of Christ's meeting with Zacchaeus who was a *publican*, a tax-collector. This introduces the twin themes of the realisation of the need, indeed the desire, to encounter Christ and the necessity of repentance and reformation of life. St Clement of Rome tells us that Zacchaeus became a co-worker and companion of the Apostle Peter and was martyred in Rome during Nero's persecution. This year, Zacchaeus Sunday is on 6 February.

SUNDAY OF THE PUBLICAN AND PHARISEE

The next Sunday, 13 February, is the Sunday of the Publican and the Pharisee, when the parable of these two men is read in church. This is the lesson in humility. The Pharisee boasted of his virtues and despised the publican. On the other hand, the publican prayed *Lord, be merciful to me a sinner*, which is the sentiment of the Jesus Prayer. The Pharisee was legalistic; he kept the letter of the Law but not the spirit of it. Proclaiming the correctness of his religious observances he said *I fast twice in the week*. Orthodox Christians usually fast on Wednesdays (that is the day that Christ was sold for thirty pieces of silver by Judas) and Fridays (the day of Christ's crucifixion), although there is a dispensation from this in some special weeks of the year. Thus, to teach us not to be proud, the Church forbids us to fast on the Wednesday and Friday of the week following Publican and Pharisee Sunday.

SUNDAY OF THE PRODIGAL SON

Sunday, 20 February, is the Sunday of the Prodigal Son when the Gospel reading in church is the Parable of the Prodigal Son, which is another lesson in repentance. This man left his father, wandered off and lived carelessly. Then, having wasted everything, for a while he wallowed in self-pity. Yet, he didn't just accept that he had been wrong, he actually picked himself up and did something about it. He returned to his true home. It teaches us that however far we stray, we should always return to God, our Father, and our true home in the Church.

COMMEMORATION OF THE DEPARTED

Saturday, 26 February, is the Day of the Commemoration of the Departed. This is a general commemoration of all who have died throughout the ages. As Metropolitan Kallistos says: *For those who believe in the risen Christ, death does not constitute an impassable barrier, since all are alive in Him; the departed are still our brethren, members of the same family with us, and so we are conscious of the need to pray insistently on their behalf.*

In the evening service on Friday 25 February we will read the Akathist for the Departed which remembers all the departed throughout the whole history of the world.

MEAT-FARE SUNDAY

Sunday, 27 February, is Meat-fare Sunday. This is the last day on which meat is allowed to be eaten until Easter Day. However, conscious of human frailty, the Church enables us to ease ourselves into the Lenten Fast by stages. Monday, 28 Feb, is the beginning of Cheese-fare week. This is a kind of *Shrove Tuesday* that actually lasts for a whole week. Cheese, milk, eggs and fish are all allowed in Cheese-fare week, which ends on Cheese-fare Sunday, 6 March. The following day, Monday 7 March, is the First Day of Great Lent, the beginning of the fast.

Notes on the Triodion will continue in the March bulletin.

SAINT MAXIMUS THE CONFESSOR

Maximus was born in Constantinople and, at first he was a high-ranking official at the court of Emperor Heraclius. Later he became a monk and, subsequently, abbot of a monastery not too far from the capital. He was the greatest defender of Orthodoxy against the Monothelite heresy which developed from the heresy of Eutyches. That is to say: as Eutyches claimed that there is only one nature in Christ [Monophysitism], so the Monothelites claimed that there is only one will in Christ [Monothelitism]. Maximus opposed that claim and found himself as an opponent of both the emperor and the patriarch. Maximus did not bow to pressure but endured to the end in proving that there were two wills as well as two natures in Christ. Because of his efforts, a council was held in Carthage and another in Rome. Both councils anathematized the teachings of the Monothelites. The sufferings of Maximus for Orthodoxy were incredible: he was tortured by princes, deceived by prelates, spat upon by the masses of the people, beaten by soldiers, exiled and imprisoned, until finally, with a severed tongue and hand, he was condemned to exile for life in the land of Skhemaris [near Batum on the Black Sea] where he spent three years in confinement and gave up his soul to God in the year 666 A.D.

He is commemorated in the Church Calendar on 21 January (3 February).

CHURCH NOTES & JOTTINGS

GARDEN ROOM

The disused swimming pool at the back of the White House has now been emptied. The idea is to use the site for the construction of a garden room which can be used for social functions. This will require

planning permission, so nothing will happen quickly. In the first instance, our architect friend, Matthew Thomas, will draw up some suggestions about the style and design of the building.

ORTHODOX GRAVE ?

In Beccles cemetery there is a burial with a Russian-style Cross and *Eternal Remembrance* engraved on the gravestone. The name is David James Somersby and he died in 1999. Does anyone remember him and/or know anything about him? It looks as though he might have been a member of the Orthodox Church.

IKON GIFT

An ikon of the Prophet Jacob has been donated to our church. This is an anonymous gift, for which many thanks.

BOOK STALL

The church book stall is always worth a visit. If you have not already acquired a church calendar for 2011, there is a choice of three:

SAINT HERMAN CALENDAR 2011 - the theme is St Nicholas of Tokyo and his missionary efforts in Japan in the 19th Century. Lectionary in book form with the details of the Bible readings and saints who are commemorated each day. Pb, 104pp £6.00

2011 WALL CALENDAR published by the Russian Orthodox Youth Committee with full colour illustrations of churches, a page for each month, spiral binding, Russian and English £10.00

2011 CALENDAR published by ROCOR's Fund for Assistance. This is a charity that raises funds for the support of the Church in poor countries, such as Haiti. The sale of the calendar helps to raise much needed revenue.

£7.50

Also available

2011 DIRECTORY OF ORTHODOX PARISHES & CLERGY IN BRITAIN AND IRELAND, published by the Orthodox Fellowship of St John the Baptist. Pb 56pp £4.00

NAMEDAY CONGRATULATIONS AND MANY YEARS to -

Tudor-Daniel Costec, the first baby to be baptised in our church. He celebrates his nameday on 21 February (St Theodore Stratelates)

Also, 8 February was the nameday of our foundress whose name-saint was St Mary, the wife of St Xenophon.

Orthodox Church of the Mother of God *Joy of All Who Sorrow*
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REGULAR SERVICES: Every Sunday 10.30am - Every day 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

