

The Orthodox Christian Community of
St Anne and All Saints of Worcestershire

meeting at

St John the Baptist Chapel

Chapel Lane, Bransford
Worcestershire
WR6 5JQ

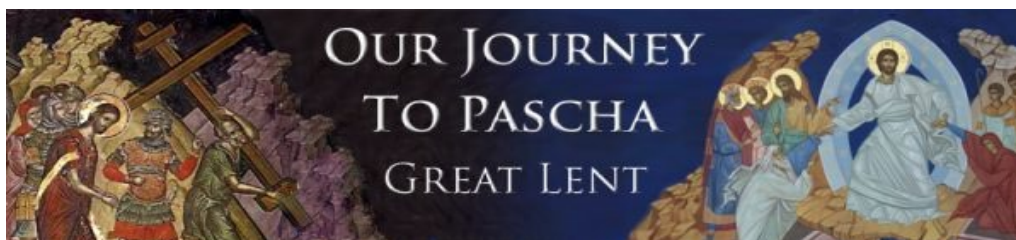
Come and See!

No 60

April 2024



Most holy Theotokos, St Anne, all the Saints of Worcestershire, all the Saints of Britain, and all the Saints, pray to God for us!



Welcome to the season of bright sorrow! Why do we call it this?

We fast regularly all through the year, but this is the longest fasting period. The Lenten fast, however, must never become a source of pride on the one hand, or something oppressive on the other. It is a measuring stick for our individual practice. If we keep it faithfully, we must say: “We are unprofitable servants: we have done that which was our duty to do” (Luke 17:10). If we fall short of the standard for any reason, we must reproach ourselves and try to do better. Fasting is primarily about obedience, and thus humility. But it also creates a sense of need and sobriety. It teaches us to seek our consolation in things of the spirit rather than of the flesh.

For fasting, even undertaken in the right spirit of humility, is merely a physical accompaniment to the real heart and joy of Lent: the prayer and worship that are intensified during this season. The centuries-old texts of the Triodion, full of poetry, meditation, and profound truth, are among the greatest treasures of the Orthodox church. It is here that we encounter what Fr Alexander Schmemmann has called the “atmosphere”, the “state of mind, soul, and spirit” which is to permeate our lives and which he calls “bright sadness” – a poetic translation of the “joy-making mourning” recommended by Saint John Climacus in his Ladder of Divine Ascent. (Taken from <https://www.thyateira.org.uk/chapel/articles/a-season-of-bright-sadness/>)

Saint John Chrysostom says:

Dost thou fast? Give me proof of it by thy works! Is it said, by what kind of works?

If thou seest a poor man, take pity on him!

If thou seest an enemy, be reconciled to him!

If thou seest a friend gaining honour, envy him not!

If thou seest a handsome woman, pass her by!

For let not the mouth only fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies.

Let the hands fast, by being pure from rapine and avarice.

Let the feet fast, by ceasing from running to the unlawful spectacles.

Let the eyes fast, being taught never to fix themselves rudely upon handsome countenances, or to busy themselves with strange beauties.



Jesus' calls us to forgive one another as God forgives us.

On Forgiveness Sunday, the last Sunday before Great Lent, we ask one another's forgiveness:

1st person: Forgive me! (Prostration)

2nd Person: As God forgives, I forgive. (Prostration)
Forgive me.

Orthodox Prayer for Enemies

Lord Jesus Christ, Who commanded us to love our enemies, and those who defame and injure us, and to pray for them and forgive them; Who Yourself prayed for Your enemies who crucified You: Grant us, we pray, the spirit of Christian reconciliation and meekness, that we may heartily forgive every injury and be reconciled with our enemies. Grant us to overcome the malevolence and offences of people with Christian meekness and true love of our neighbour. We further entreat You, O Lord, to grant to our enemies true peace and forgiveness of sins; do not allow them to leave this life without true faith and sincere conversion. And help us repay evil with goodness, and to remain safe from the temptations of the devil and from all the perils which threaten us, in the form of visible and invisible enemies. Amen.

Calendar for April in the year of our Lord 2024.



18th – 21st March:

19:00 Canon of St Andrew

14th April:

11:15am. Divine Liturgy

Sunday of St. John Climacus

28th April:

9:15am. Matins

10 am. Divine Liturgy

Palm Sunday

Remember to bring a shared FASTING brunch after the service.



Please always check the web page and Facebook for any changes to the schedule:

<http://stanneallsaintsworcester.org/>
<https://www.facebook.com/StAnneOrthodoxCommunity/>

For your Diary:

Holy Week and Pascha – May 2024

Wednesday 1st

19.00 Sacrament of Holy Unction

Thursday 2nd

10.00 Vespers and Liturgy of Saint Basil

19.00 Matins of the twelve Gospels

Friday 3rd

10.00 Royal hours followed by Vespers of the deposition.

19.00 Matins of the lamentations

Saturday 4th

10.00 Vespers and Liturgy of Saint Basil

Christ is Risen!

23.00 Paschal Matins and Liturgy of Saint John Chrysostom

Sunday 5th

13.00 Vespers of Agape followed by BBQ (Bring your food and drink, we'll provide the fire!)

Food banks:



During Great Lent, it is time particularly to discern Christ's presence in everyone around us, and minister to them as if we were ministering to Christ Himself. There is a continual need for good quality tinned, dried, and packeted foods.

Be generous; give of your bounty. Please bring whatever you can (and some "luxuries" too, as this certainly cheers people up).

Leave donations in the box by the entrance.



**A multi-ethnic community of the
Greek Orthodox Christian Church**

<http://stanneallsaintsworcs.org/>

enquiries.stanneallsaintsworcs@gmail.com

<https://www.facebook.com/StAnneOrthodoxCommunity/>

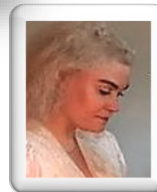
**Meeting at
St John the Baptist Chapel
Chapel Lane, Bransford, Worcestershire.**

Priest: Fr. Theodore Hopkin



**Newsletter Editor, Catechist
and Parish Coordinator:**

Melangell Roe-
Stevens Smith.



**Choir Mistress and
Safeguarding Officer**

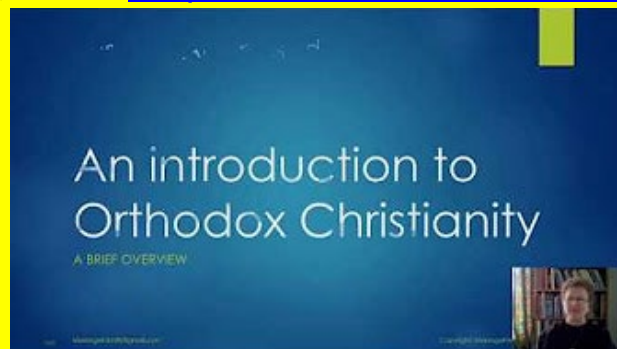
Xenia (Olivia)
James-

**An introduction to
Orthodox Christianity**

is constantly available on YouTube:

https://www.youtube.com/playlist?list=PLMBT8ZVFv-Y_74SgbhykKefFnVw6e7TG2

Any questions, email: Enquiries.StAnneAllSaintsWorcs@gmail.com





For your prayers:

Our hierarchs.

Our priests.

Our monastics.

Our prospective clergy.

Our catechumens.

Our Church Committee and those who serve the church in any capacity.

Those who are ill or need our support.

If you would like your name, or someone else's, on the prayer list

please email:

enquiries.stanneallsaintsworcs@gmail.com.

Please indicate if you are happy to have your name listed in the newsletter.



Lazarus Saturday

On the Saturday before Holy Week, we commemorate a major feast, the miracle of our Lord and Saviour Jesus Christ when he raised Lazarus from

the dead after he had lain in the grave four days. The Church bears witness to the power of Christ over death.

Lazarus Breads

Ingredients:

- 4 ½ tsp. dry yeast
- 12-14 cups flour
- 1 ½ cups sugar
- 3 tsp. salt
- 2 ½ - 3 cups lukewarm water
- ½ cup vegetable oil
- 1 tsp. cinnamon
- ¾ cup icing sugar



Directions:

1. Preheat oven to 350 degrees.
2. Dissolve yeast in ½ cup of the 2 ½ - 3 cups lukewarm water.
3. Add sugar and salt and stir well.
4. Add remaining water, oil, cinnamon, 6 cups flour & stir the mixture until creamy.
5. Slowly add enough of remaining flour to make a medium dough.
6. Divide dough into however many Lazarakia you'd like and roll into logs. Cut slits for arms and legs. Cross arms across chest and pinch a head. Put cloves for eyes.
7. Place on slightly greased cookie sheets, cover with towel and let rise for about an hour or until almost doubled in size.
8. Bake loaves for 20-30 minutes or until hollow when tapped on bottom.
9. While baking boil aniseed and 1 cup water. Glaze with this and icing sugar while still wet.

Great Lent begins 24th March

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannan (AICP00)

| SUNDAYS | THEMES / GOSPEL READING | HOW TO PARTICIPATE: |
|--|---|--|
| Fast - Free Week FEBRUARY 25th |  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 MARCH 3rd |  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 MARCH 10th 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 MARCH 17th 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 24th |  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 31st |  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 APRIL 7th |  VENERATION OF THE HOLY CROSS HALF WAY TO PASCHAI 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 APRIL 14th |  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 APRIL 21st |  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 28th GREAT WEEK BEGINS |  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 MAY 3rd |  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! MAY 5th NO FASTING! |  HOLY PASCHAI (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! |

Children's Space:

Troparion — Tone 8

In you, O Mother, was preserved with exactness what was according to the image; for you took up the Cross and followed Christ. By so doing, you taught us to disregard the flesh, for it passes away; but to care for the soul, since it is immortal. Therefore, O Venerable Mary, your spirit rejoices with the Angels.

Kontakion — Tone 3

Having been a sinful woman, you became a Bride of Christ through repentance. Having attained the angelic life, you defeated demons by the weapon of the Cross; therefore, O most glorious Mary you are a Bride of the Kingdom.

Icon colouring for April.



Read: Mark 10:32-45

WHAT DO YOU THINK? (KS2)

1. What did Jesus tell the disciples about his death? We read this Gospel in Lent to remind us that soon we will be experiencing Great and Holy Friday, and Pascha.
2. James and John told Jesus what they wanted. What did they want?
3. Was it Jesus who would choose who sat at his right and at his left?
4. Why were the other disciples mad at James and John?
5. Do you like it when other kids try to be more important than you? Why or why not?
6. Jesus told the disciples about how some rulers act. What did he say?
7. Since we are God's people, do we make others wait on us, or do we serve others?
8. Are we better than everyone else, or equal?

WHAT DO YOU THINK? (High School)

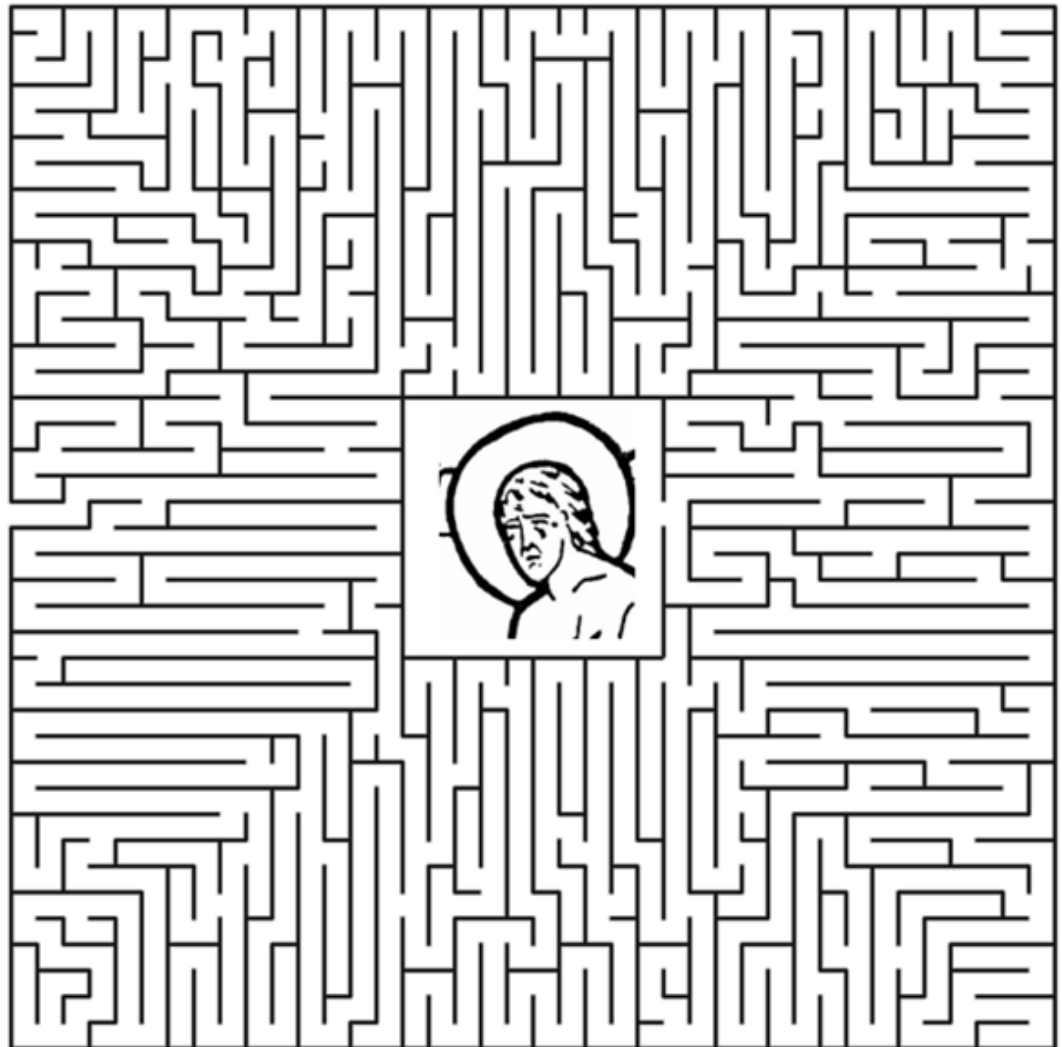
1. What does Jesus tell his disciples will happen to the son of man at the beginning of this gospel?
2. Who is the son of man?
3. What do James and John want Jesus to do for them?
4. What does that suggest about what they thought a leader is and does?
5. What is the cup that Jesus told his disciples at the beginning of this gospel he will drink of?
6. What does Jesus say the son of man came to do at the end of this gospel?

7. What does Jesus tell the disciples should do in order to be leaders?

8. What can you do this week to be a leader?

April Puzzle

Help Zossima find Mary in the desert:



April Icon Colouring



∞
**THE LIFE OF
 ST.
 MARY
 OF
 EGYPT**

∞
 maryrelics.blogspot.com



MARY WAS FROM EGYPT, AND SHE LIVED A LIFE OF SHAME. ONE DAY SHE GOT ON A BOAT TO GO TO JERUSALEM.

SHE WANTED TO GO IN THE CHURCH TO SEE THE LIFE-GIVING CROSS...



...BUT SHE COULDN'T GO IN! SHE SAW AN ICON OF THE MOTHER OF GOD, AND WEPT FOR ALL HER SINS.

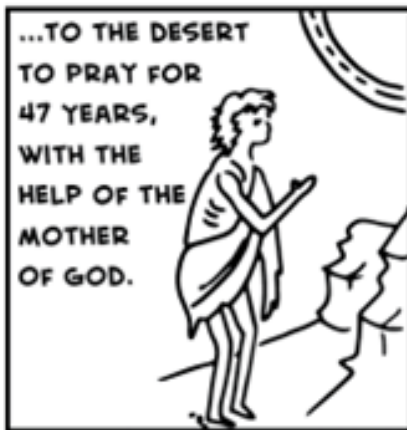
SHE HEARD A VOICE FROM THE HEAVENS...



∞
"Cross the Jordan to find glorious rest."
 ∞



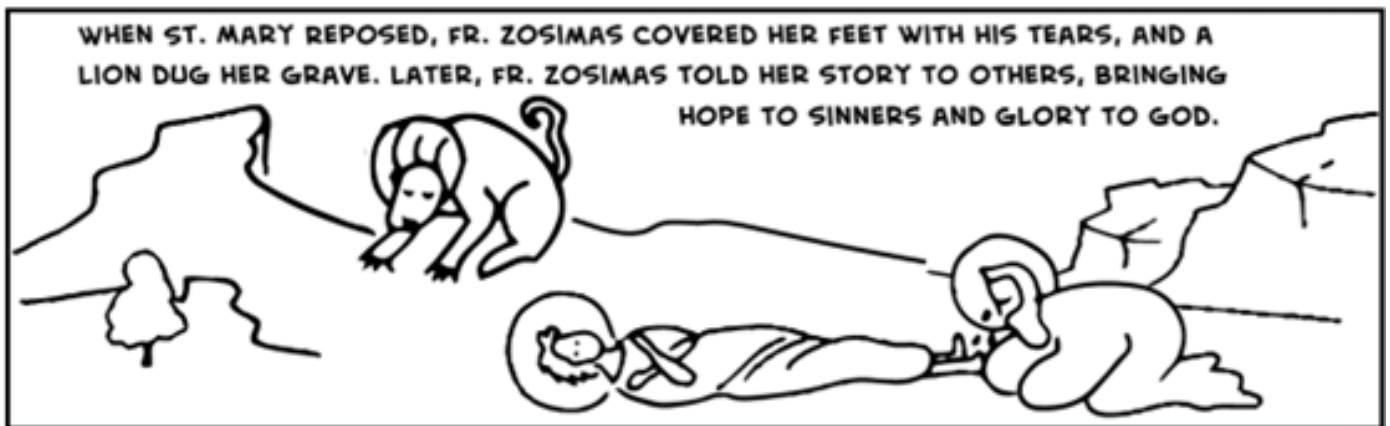
...SO SHE WENT ACROSS THE JORDAN...



...TO THE DESERT TO PRAY FOR 47 YEARS, WITH THE HELP OF THE MOTHER OF GOD.



SHE MET FR. ZOSIMAS IN THE DESERT. WHEN HE BROUGHT HER HOLY COMMUNION SHE WALKED ACROSS THE JORDAN AS ON DRY LAND.



WHEN ST. MARY REPOSED, FR. ZOSIMAS COVERED HER FEET WITH HIS TEARS, AND A LION DUG HER GRAVE. LATER, FR. ZOSIMAS TOLD HER STORY TO OTHERS, BRINGING HOPE TO SINNERS AND GLORY TO GOD.

HOLY ST. MARY OF EGYPT, PRAY TO GOD FOR US!