

Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland

**The Orthodox Christian Parishes of:
All Saints of Lincolnshire, Lincoln,
St. Anne and All Saints of Worcestershire, Worcester.**

Archbishop: Metropolitan SILOUAN.
Lincoln: St Matthias Church Centre
Burton Road, Lincoln, LN1 3TX
Parish Priest: Archimandrite Philip.

Come and See!

No 183

March 2021

From Fr. Philip:



We can begin to reopen the church with proper caution. Just like being in a shop, you need to wear a mask, cleanse your hands, we limit the number in the choir, you keep your distance from others not in your family, observe the one-way system and the ceremonial is cut down in a similar manner. Slowly things will begin to change for the better – or at least that is the hope.

Prayer: The Alleluia Days!



Great Lent is almost here and starts on 15th March. One of the other names for this time of the year is “The Alleluia Days”. Most people will associate the idea of fasting with being miserable but not the Orthodox!

Great Lent is a time of “sober joy.” Not for one second do we forget that Christ is risen from the dead – and during some of the most solemn moments of our Lenten services there are resurrection announcements. Our early morning services begin with (after about 20 minutes of darkness and psalm reading of course!) the “Alleluias.” This means “Praise God!” Matins starts with the idea of Adam knocking on the inside of the door of death – he hopes to be freed from death, the church becomes lighter and the choir begins to sing the Alleluias as we remember that he is indeed raised by Christ the new Adam:

Out of the night my spirit wakes at dawn to You, O God, for Your commandments are a light upon the earth. Alleluia, alleluia, alleluia.
Learn righteousness, you that dwell upon the earth. Alleluia, alleluia, alleluia."
Zeal shall lay hold upon an un instructed people. Alleluia, alleluia, alleluia.
Add more evils upon them, O Lord, lay more evils upon them that are glorious upon the earth. Alleluia, alleluia, alleluia.

You may like to add these alleluias to your daily prayers as we all look forward to the Feast of Feasts!

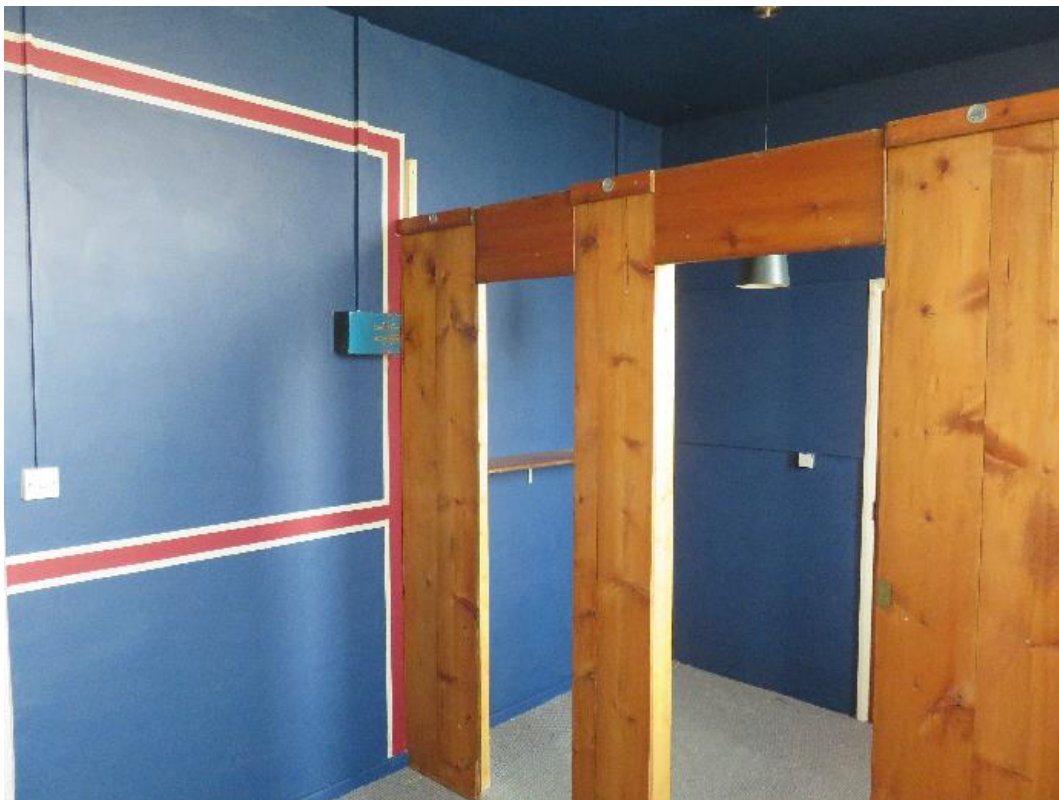
Fasting:

General rule: “Do what you can – not what you cannot!” There is absolutely nothing to be gained by making yourself ill or by spending the fast in frustration, anger, intolerance of others, and dreaming of drinking hot chocolate and eating cheese! For most people new to the idea of fasting, and who do not have a tradition of vegan food, strict veganism is not a possibility without getting ill. A bank of recipes needs to be acquired and some understanding of nutrition also. For many of us from “traditionally Orthodox” backgrounds all this is second nature. Everyone knows all about beans, lentils, olive breads and so forth and we can look forward to Lent anticipating that lovely “light airy” feeling that comes with vegan food.

If you type “**Orthodox Fasting Food**” into your search engine you will find HUNDREDS of recipes from every corner of the world: Thai, Chinese, Japanese, Russian, Serbia, Romanian, Greek, Lebanese, French, British, Central American, and so on. Spoilt for choice! Try and keep in mind that one should be eating a variety of foods, eating simply and not putting on extra weight.

Attitude:

Forgive! Be loving! Pray more! Read the Scriptures! Be generous! Give to charity! Be humble! Be hospitable! Be disciplined! Be kind!



The little Chapel is coming along well.

Services in March: LOTS of them!

Numbers are limited so you MUST book ahead.

Saturdays: 5pm Great Vespers, preceded by Confessions.

Sundays: 10am Divine Liturgy.

6th: Souls Saturday. Memorials served today (and tomorrow).

7th: Meatfare Sunday. Sunday of the last Judgement. Pancakes and dairy from tonight until Saturday.

13th: Cheesefare Saturday.

14th: Cheesefare Sunday.

14th: 5pm: Forgiveness Vespers. Great Lent Begins.

15th: 6pm: Canon of St Andrew. Part 1.

16th: 6pm: Canon of St Andrew. Part 2.

17th: 6pm: Canon of St Andrew. Part 3.

18th: 6pm: Canon of St Andrew. Part 4.

19th: 6pm: First Salutations.

20th: Saturday Vespers.

21st: Sunday of Orthodoxy (bring icons).

25th: The Annunciation. Liturgy time to be announced if there is a choir (one person required!)

27th: Souls Saturday.

28th: Sunday of St Gregory Palamas.

4th April: Veneration of the Cross.

MONEY!



Even though the Church is not operating normally for the moment we still have expenses that we need to pay. **THANK YOU** to all who made donations last month! We received £800.00

To find this month's Just Giving type:

<https://www.justgiving.com/search>

In the "search" box type "Karen Hall" and it will come up towards the bottom of the list.

Only if you can, please use the forms below to put money into our Church account.

Paying directly by standing order or by envelope is the best way for us.

Metropolitan SILOUAN

<http://www.antiochian-orthodox.co.uk/>

Parish Priest: Fr. Philip, 07969 332740 email: Fr.Philip@gmx.com

<https://www.facebook.com/Fr.Philip> twitter.com/FrPhilip

<http://www.ancientfaith.com/podcasts/comeandsee>

<https://www.youtube.com/channel/UCfWMAefJYqFEZkYiK2WmeEw>

<https://www.orthodoxmonastery.co.uk/>

Subdeacon: Fanourios Lambert

Reader: John Kirkwood

Newsletter Editor: Fr. Philip.

St Matthias Church Centre, Burton Road, Lincoln, LN1 3TX

Parish Website: www.allsaintslincs.org.uk

www.facebook.com/groups/AllSaintsLincoln/

www.facebook.com/COG.Lincoln

www.youtube.com/channel/UCfWMAefJYqFEZkYiK2WmeEw

Safeguarding Officers for Lincoln: Emma Bonner.

Safeguarding Officers for Worcester: Melangell Roe Smith.

Ten at Ten: Every weekday 10:00 am. Bible Study: on YouTube.
Fr. Philip leads a Bible Study on YouTube. It is specially for members of our parishes, but it is watched by people all over the world. You, too, can join in. There is also a weekly sermon.

Metropolitan PAUL and Archbishop JOHN



His Eminence Metropolitan Paul of Aleppo, and Archbishop John kidnapped and still missing in Syria. It is now **seven years and eleven months** since Metropolitan PAUL and Archbishop JOHN were kidnapped.

Pray also for the still suffering people of Syria and Iraq and those in the Eastern Mediterranean undergoing economic hardship and coping with migration.

PRAY LOVE FORGIVE

Standing Order Form.

To the Manager

Bank Address:

I/we hereby authorise and request you to debit my/our

Account Name*	
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Account Details

Sort Code	Account Number	Amount	Frequency
			Monthly

Beginning date	End date:
/ /	/ /

And credit

All Saints of Lincolnshire, 33-35 High Street, Grantham, NG31 6PH, Lincolnshire.

Sort Code: 20 34 60	Account: 70353175
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Quoting reference: All Saints of Lincolnshire.

Signed:	Date:
Name in Block Capitals:	

* Please ensure that the actual name on/of the account is included in this box so that we can accurately match your payment to our records.

Please print this page off and send it to your Bank Manager.

Gift Aid:

Name: _____

Address: _____

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Tel/ mobile: _____ Email: _____

2. If you are a UK taxpayer, please tick the box below to join the Gift Aid scheme. Doing so will mean that we can claim up to 25p extra for every £1 you give, at **no** additional cost to you!

Yes, I am a UK taxpayer. Please treat all donations I make to All Saints of Lincolnshire as Gift Aid donations until further notice. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations to charities and Community amateur sports clubs (CASCs) in that tax year, it is my responsibility to pay any difference. All Saints of Lincolnshire will claim 25p on every £1 donated. Please let us know if you want to cancel the declaration, change your name and/ or address or no longer pay enough tax on your income and/or capital gains.

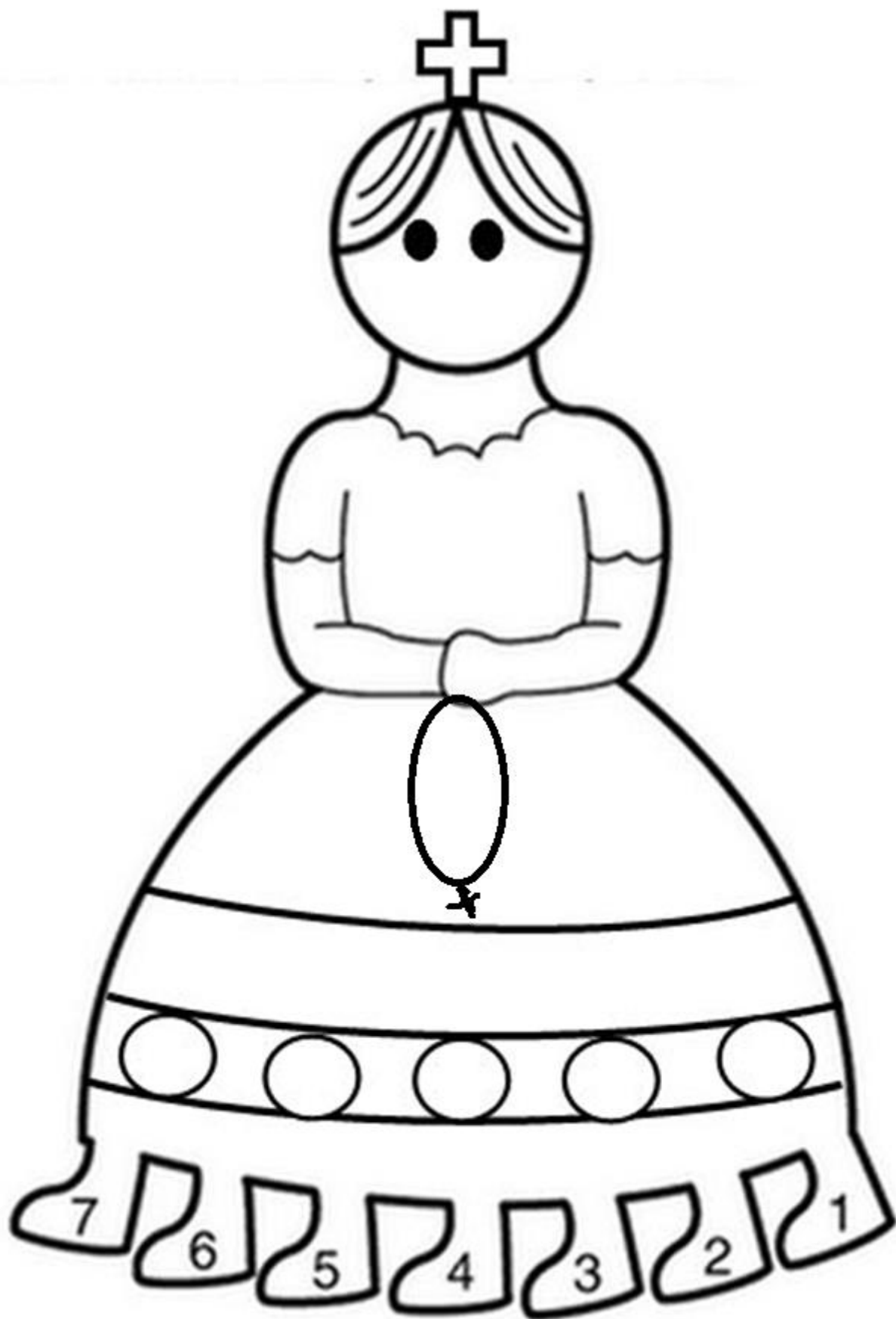
Signed:

Date:

Please print off this page and send it to: The Administrator, St. Matthias Church Centre, Burton Road, Lincoln. LN1 3TX

Gift Aid Information When the All Saints of Lincolnshire receives a donation from a UK taxpayer, we are entitled to claim an amount of tax (calculated at the basic rate of income tax in that year) paid on that donation. Once you have given your permission for us to do this on your behalf (by filling in this Gift Aid form), there is no need for you to do anything else. All that is required is that you must be a taxpayer and that you would have paid or will pay enough Income and/or Capital Gains Tax to cover all the Gift Aid claimed on all your donations to all charities and Community amateur sports clubs in that tax year. Please note that it is your responsibility to pay any difference. The amount of tax we claim will be 25% of the total value of your donations in that tax year. Furthermore, if you are a higher taxpayer, you are also entitled to claim the difference between the basic rate which we will claim and the amount of tax you have actually paid. For further details on how you can do this, please contact your tax office. If your tax situation changes and your gifts will no longer be eligible for the Gift Aid scheme, please contact us and we will amend your record accordingly.

Lady Lent (Kyra Sarakosti).



The Lady Lent is a way of counting down the weeks before Pascha. It is a great family activity. Either copy and cut out the template – or draw your own and colour her in.

There are two choices about the colours: she is either a gorgeously dressed lady or she is a nun.

Alternatively you can make her out of salt dough (Recipe and background: <https://familyexperiencesblog.com/kyra-sarakosti/>)

- She has no mouth! She does not gossip or eat.
- She has no ears! She does not listen to anything bad.
- She folds her hands in prayer! She holds her prayer rope.

She has seven feet. Each Saturday you cut off another foot until the last one. This one you hide inside a present (like nuts or raisins or some other little treat or you can hide it with your Easter Eggs) and everyone goes hunting for it and share the prize at the end with everyone.

When you cut off the last foot you will be very ready for Pascha.



Joyful Fast!