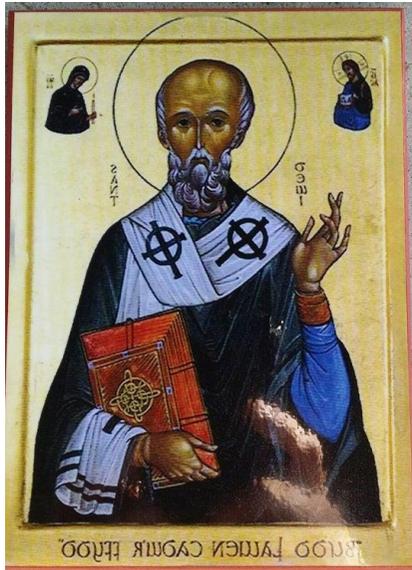


ORTHODOX PARISH OF ST AIDAN AND ST CHAD NOTTINGHAM



NEWSLETTER

March – April 2020 : Cost £1.00



The living waters of godly discipline encompass thee and the saving waters of thy faith flowed through thy teaching O hierarch and Waterman David.

Symbolizing the baptism of Wales in thy life, thou art worthy of all praise, wherefore we keep festival in thy honour, gloryifying thy eternal memory.

St David of Wales

Kontakion Tone 4, Mar 1st

THE PARISH OF ST AIDAN AND ST CHAD, NOTTINGHAM

Worshipping in the Church of St Aidan,

Arnold Road, Basford, NG6 0DN

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Priest: Julian Lowe 0115-9780574

Deacon: Ian Thompson 01724-337521

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FATHER DAVID'S LETTER

GREAT LENT 2020

We go forward into Great Lent proud of our British Heritage. Before 1066, it is said that the Church in this Country, part of the Universal Undivided Orthodox Catholic Church was established with beauty, splendour and the fullness of Christian endeavour rivalled only by that found in Byzantium. We know less about the British Church founded in the first century but lots is known of the mission to the English (Anglo-Saxon immigrants and others) from the fifth century. We look to the inspiration of the holy men and women of Britain, Ireland, Scotland together with the Apostles to the English and their successors with gratitude for the Spiritual Tradition they established for us.

Amongst these great exemplars, St Aidan, our Patron, an Irish monk who was consecrated bishop and sent to establish a monastery, church and school on Lindisfarne worked diligently and prayerfully as he became the Apostle to the English alongside Augustine who was Apostle to Kent and the South East. He became famous throughout the kingdom for his biblical knowledge, sound preaching and working of miracles. He travelled everywhere by foot and greeted every one he met. He asked each one, whether rich or poor, if they were believers. If they were not Christian, he asked if he could encourage them to embrace the mystery of the faith. If they were Christian he would seek to strengthen their faith by his stirring words. In this way, through him and his fellow monks, the whole of the North of England and Midlands

became Christian. Following the example of Aidan, many religious men and women, stirred up by his example adopted the custom of fasting on Wednesdays and Fridays throughout the year except during the fifty days after Easter. There are many others, men and women, whose example we might follow with profit as we enter into this Holy season.

Fr John Musther in his book, *Sacred North*, tells of an early sermon of the seventh century based on Mathew 16:24:

“Jesus said to his disciples, If anyone wishes to follow me, let him deny himself, and take up his cross, and follow me”. The homily continues:

“We carry the Cross of Christ in two ways, both when we mortify the body through fasting and when, out of compassion for Him, we regard the needs of our neighbour as our own. A person who has compassion for the needs of his neighbour truly carries the cross in his heart”.

Thus, self-denial , fasting and outreach to our neighbour are at the core of our Christian Life and our lenten endeavour.

Fr John adds, "This is the authentic tone of the Fathers, uniting external actions and inner intentions of the heart in a coherent unity".(faith and works together as one). It means that we are to take other's sickness, other's offences, other's infirmities into our hearts. This is the deep aspect of our almsgiving and prayer. It is the core of our faith.

Great Lent encourages us into prayer, fasting, abstinence and almsgiving. More than all these, it is to bring us closer to God, taking the cross of Our Lord Jesus into our hearts and to enable this, by setting aside, a tithe, ten percent of the year, a 40 day period, to accomplish all this in greater depths. **Prayer** is union with God, re-establishing relationship with Him who is our maker, *"in whom we live and move and have our being"*. **Fasting** enables us to be free of bodily needs which often predominate in our lives. It also helps to lift us into greater

spiritual awareness. **Abstinence** enables us to turn aside from busyness and all distractions which may be keeping us in a more shallow level of faith. **Almsgiving** is not only concern for the less fortunate than ourselves and reaching out to them with generosity and love but also, as noted above, taking their concerns, sickness, offences, infirmities into our heart for intercession in our life of prayer. For what is the Cross of Christ except to be faithful to Him. Nothing in our lives, as Christians, should matter more than this. None of our worldly interactions should carry greater priority. We should allow no compromise if anything takes us away from God or impairs our relationship with Him. Self-denial opens up new aspects of life for then we are open to God.

To our reflection on the life of St Aidan we may add that he used to travel everywhere by foot and thus was given a fine horse by King Oswin, Not long afterwards, however, Aidan was approached by a poor man asking for alms and promptly gave him the horse. When Oswin heard of this he asked Aidan, as they were going in for dinner, "My Lord, have we not other horses of less value which would have been good enough to give to the poor?" To which Aidan immediately replied, "What is it you say, O King? Is a horse more dear to you than the Son of God?" In response to this King Oswin fell on his knees and asked forgiveness.

May this Holy Season enable us to think again as we review our life in preparation for the joyful transformation of Holy Pascha

Fr David

OUR LIFE

Use of Sat Leo's. Sadly, we are able no longer to serve in St Leo's. The Church will close in April from renovation and refurbishment. When it opens again in the Autumn it will have a new purpose as a focus for a new initiative in Mission within the Church of England

servicing this area. We have removed all our equipment and chattels from the Church. As before, the staff of St Aidan's have been most accommodating.

Calendar. Please note we will have Liturgy most Sundays in Great Lent following our usual custom. The Pre-sanctified Liturgy will be served on Friday evenings except on Friday 10th April. Wednesdays are not available when St Aidan's is used by the Girl Guides.

Old Calendar Nativity, An extra Liturgy was served on Tuesday 7th January for those familiar with the Old Calendar particularly our brethren from the Derby Parish who are so loyal to us.

Trustees, A meeting was held on Sunday 19 January. Fr Dn Ian has stepped down as Parish Treasurer and Barry Dryden has been appointed in his place. Our grateful thanks to Fr Ian for his competent service and patience as Parish Treasurer.

Authority has been given to purchase materials for the proposed new notice board to be on the south eastern aspect of the church yard.

Gift Aid Forms. There is a supply of these on the table at the back of the church. Please consider completing one if you are a tax payer and you wish your gift to the parish to be enhanced by 25% from the Exchequer.

Priests Away. Fr Julian served Liturgy for the Holborn Parish in London on Sunday 19 January. Fr David was to be priest on duty on 16 February but Archbishop Nikitas decided to be there and hence Fr David concelebrated with the Archbishop and Fr Stephane the Parish Priest. Fr David served the Liturgy in St Albans Abbey on Tuesday 25 February. Several priests formerly in the Deanery have remained with Archbishop John and, hence, there is some shortage of priests in places. We hope that new vocations for the diaconate and priesthood will be forthcoming. When you receive the calling, please speak with Fr David.

Fr Peter Scorer, the long standing Protodeacon has been ordained to be priest-in-charge in Exeter. We offer him our congratulations and warmest good wishes. He will be missed as Protodeacon but will serve as an excellent priest

The Nine Ranks – Part 8

Fr Julian



Removing a second particle from the same prosphora and placing it below the first, he says...

“Of the holy and glorious prophets: Moses and Aaron, Elijah and Elisha, David, Son of Jesse, **the three holy young men**, Daniel the prophet, and all the holy prophets”.

The Three Holy Young Men

In the Book of Daniel, The Three Holy Young Men, Hananiah (Shadrach), Mishael (Meshach), and Azariah (Abednego) were all companions of the Prophet Daniel and fellow kinsmen in the tribe of Judah. During the reign of King Jehoiakim they were taken prisoner and led away as captives with other Jews during the Babylonian Captivity. Eventually they were taken into the court of King Nebuchadnezzar as servants, stripped of their Hebrew names, and given Babylonian names which honoured pagan deities.

As told in Chapter Three in the Book of Daniel, King Nebuchadnezzar constructs a golden cult image of himself which he orders the populace



to worship. Hananiah (Shadrach), Michael (Meshach), and Azariah (Abednego) defy the king's order, and refuse to worship anyone but God alone. Nebuchadnezzar, in a fit of rage, orders that the three children be thrown in a furnace. Inside the furnace, Azariah prays for the forgiveness of his sins and those of his people, asking God to demonstrate his power to the

Babylonians. They are delivered from the fire by an angel who makes the flames feel like a cool breeze over dew. Seen in the furnace walking with a fourth individual unscathed and praising God, the three children emerge. Nebuchadnezzar then orders the people to worship their God instead of the idol.

The Church teaches that it was Christ taking the form of an angel who saved the youths from their torment.

* * * * *

Holocaust Memorial Day 2020

Stand Together. On Monday 27th January Fr Julian and Tina had the privilege of attending the Nottingham Civic Service of Commemoration for Holocaust Memorial Day (HMD) at the Nottingham Council House. HMD encourages remembrance in a world scarred by genocide; remembrance of the six million Jews murdered during the Holocaust, alongside the millions of other people killed under Nazi Persecution and in subsequent genocides in Cambodia, Rwanda, Bosnia and Darfur. Why January 27? Because this day marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. 'Standing Together' we bear witness for those who endured genocide and honour the survivors and all those

whose lives were changed beyond recognition. HMD is a time when we seek to learn the lessons of the past and recognise that genocide does not just take place on its own - it's a steady process which can begin if discrimination, racism and hatred are not checked and prevented. We are fortunate here in the UK; we are not at immediate risk of genocide. However, discrimination has not ended, nor has the use of the language of hatred or exclusion. There is still much for us all to do if we are to create a safer future.

Fr Julian and Tina

* * * * *

Lent is approaching...

Black Fasts and Watery Beer as described by St Thomas Aquinas:

Ash Wednesday and Good Friday were “black fasts.” This means no food at all.

During Holy Week, the meal consisted exclusively of bread, salt, herbs, and water.

The Black Fast is a medieval religious fast meant to be practiced during Lent that bars meat, alcohol, and dairy products. You were limited to one meal a day, eaten after sundown.

Fish was allowed on some days with the reasoning that fish was cold (water element is cold), and would dampen rather than inflame the passions in the way warm-blooded animals were thought to do.

But....., in some areas of Ireland, Wales, Germany and the Arctic, beaver tail was considered “fish” and could be consumed during the fast!

Likewise in Michigan, even today muskrat is approved, because the mammal lives in the water.

This first day of Great Lent in Greece is called "Clean Monday" It is because the season of Lent is regarded as a time for when Christians should clean up their spiritual house, coming to terms with their lives and rededicating themselves to a more holy and righteous way of living.

My friend Athena is very clear on this.

The clean Monday (Καθαρη Δευτερα) is on 2nd of March this year which is the beginning of Lent. It is nothing to do with the cleaning of the house. On this day that we don't eat anything from animals; our food is a variety of sea food, not fish because it has blood and a special bread that we call it (Λαγάνα) a kind of flatbread which sometimes I can get it here from an intercontinental supermarket. On that day we go to countryside, have a picnic and children fly kites.

When we were children my mother used to prepare a variety of food to take with us for the countryside.

She used to stuff vine leaves, make taramosalata, have a lot of olives, seafood and salads, and the flatbread and we spent the whole day in the countryside. As children we were very excited and had two kites to fly.

We didn't have school, It was a holiday for everybody and we enjoyed everything.

For a time, things in Russia were difficult.

Olga writes: I was trying to question mum about Easter traditions in Russia, but she knows even less than me - celebrating it at that time was actually life threatening. I'm sure people did paint eggs surreptitiously, and I think it wasn't unusual to take eggs and bits of "kulich" cakes to the cemetery to leave at the graves of the deceased family and friends. It could even be a kind of picnic, with some vodka drinking. A strange tradition, but I guess cemeteries were a kind of

substitute to church. as church was not a safe place to be seen at, especially if you were working and had careers.

Take your pick! Some customs from around the world at the start of Lent.

Clean Monday, Fat Tuesday (Mardi Gras) Shrove Tuesday or Ash Wednesday?

Denmark. The last Sunday before **Lent** begins is called “Fastelavn.” Cream- or jam-filled buns are eaten

Germany. Fasching/Karnival was underway bigtime during the three weeks prior to Lent. A very exuberant time with much drinking, partying and merrymaking before the solemnities of Lent.

Newfoundland, Canada

Various items are baked into pancakes on Mardi Gras. The person who gets a coin will be rich; a ring, will marry; a nail, will become a carpenter; and a thimble, will become a tailor.

Poland

Back in the 17th century, Poles used to indulge in lard, bacon and vodka for a whole week, before fasting for Ash Wednesday. They called this ‘Fat Week’.

Lithuania

Pre-Lent - potato pancakes, doughnuts and boiled pork are part of the festival fun., Lithuanian’s are encouraged to eat at least 12 meals during Shrove Tuesday, in preparation for the fast.!

Another thought has come to mind. The cows would continue to produce milk and this could be made into cheese but what about hens and the eggs?

Were the eggs allowed to hatch and become the layers for next year? The chicks here were often in danger from weasels. They could get into the hen-house. Foxes were easier to keep out. Also only half of the chicks would be female. Plenty of eggs would be needed for Easter. Could they stock-pile? I'm not sure for how long eggs stay fresh. Pancake Day in the UK used to be for eating up eggs and milk but nobody seems to have any ideas about this as fasting has been a dead letter for ages.

During my investigations on the fast I was told very plainly 'Fasting has nothing to do with any desire to lose weight or to get thin or to be beautiful," You fast to show repentance for your sins and to humble yourself.'

Think on!



St Hilda's Church, Danby, N. Yorks

Remember ye as you pass by,
As you are now so once was I.
As I am now so shall ye be,
Prepare yourself to follow me.

A CHILDHOOD PREMONITION

When I was three years old I adored my Uncle Geoffrey – and with good reason. Not only was he the youngest of my uncles, being only twelve years older than I was, he was also my very proud godfather and an endless source of information and adventure. He taught me to recognise every type of aircraft and introduced me to sick animals which he had found and was nursing back to health. Among these I remember two hedgehogs, a baby song thrush, and a little owl with a broken leg, which he successfully re-set. He would also take me for short bike rides, placing a folded cushion over his crossbar. I found this very comfortable and quite safe so long as I kept hold of the handlebars.

One day he arrived at our house and showed me a small saddle which he had fitted to his crossbar, and which was designed to replace the cushion. Would I care to go for a longer bike ride? Well of course I said yes!

He took me to a place called Neap House, by the banks of the River Trent, where we could admire the river, a hundred and fifty yards wide at that point, and inspect the ironstone boats as they unloaded their cargo of haematite from Norway and Sweden into waiting railway trucks. Neap House was at that time little more than a farmhouse and a wharf, but the quayside was dominated by two gigantic derricks, sixty feet high. The only other building was a small factory which produced nitrogen fertilizer.

I was fascinated, of course, but the place gave off strange vibes. It was as if it was waiting for something to happen: something huge and catastrophic. I remember that for some unaccountable reason it put me in mind of the German airship, the *Hindenburg*, which had burst into flames as it docked at its tower in New York. Children can be very sensitive to atmosphere, and Neap House struck me as decidedly sinister. I occasionally dreamed about the place.

When I was sixteen I cycled to Neap House to see if I had remembered it correctly. It hadn't changed much, though the fertilizer factory had grown in size, and I was at a loss to account for my childhood apprehension. Well, children are fanciful beings, aren't they? Even so, the place still made me feel slightly uncomfortable. I put it down to memory and cycled back home.

Twenty years later I had occasion one night to visit a village on the other side of the Trent. As I drew level with Neap House I stopped the car and stared in amazement. It was like looking into fairyland. The nitrogen fertilizer works had been transformed into a huge refinery, with a forest of distillation columns and miles and miles of pipework. In the slightly misty darkness it looked like a ghostly palace adorned with a thousand jewelled lights. I afterwards learnt that it was one of the world's most important plants for the manufacture of caprolactum, the basic ingredient of nylon, and that the refinery was called Nypro.

Forward two years to 1974. One Saturday afternoon Frances and I went to a park at the northern end of the town to play tennis accompanied by our four small daughters: Jill (aged 8), Diana (6), Pauline (5), and Sally (3). While we played tennis they amused themselves on the swings.

We had just completed our third or fourth game, and I had gone to the back of the court to retrieve the balls when I looked up into the sky. Behind one of the local steel plants, which was situated on a ridge beyond the park, I observed a gigantic ring of pale, translucent flames. They leaped and danced for perhaps thirty or forty seconds and suddenly vanished. At almost the same moment came the biggest explosion I have ever heard. It was followed by a mushroom cloud which towered hundreds of feet into the sky.

We were immediately assailed by our four badly-shaken daughters. They had no idea, they said, that tennis was such a violent and dangerous game, and we were categorically forbidden to play it ever

again! We hurried them to the car, and made a detour to see where the fire was. As we reached the crest of the scarp on which Scunthorpe stands we saw below us the Nypro plant engulfed in huge flames. It burnt for five days and required at least sixty fire engines and their crews. The explosion was so violent that it shattered windows and wrecked pantile roofs fifteen miles away. It was named ‘Flixborough’ after a nearby village because Neap House was not shown on most maps. It remains the biggest peace-time industrial disaster England has ever known.

Deacon Ian

North Pacific

Costa Rica seems not to be for the faint-hearted. Candy and Steve are now safely back home but guess they have had a few adrenalin highs!

Here they tell the story of their 2-hour transfer journey from Manuel Antonio to Corcovado peninsular, in Costa Rica.

Steve writes: ‘They promised us a wet landing!’



This passenger seems to be carrying two fish but those actually are her sandals.

The picture shows the open boat we were on (I was sitting in between the crates of pineapples and tomatoes). I sang to Candy (and everyone else) “All adventure lies over the sea” from Sinbad the Sailor.



This photo shows the ponchos we had to wear when it rained (frequently), and there was a storm brewing as we travelled onto the Pacific Ocean. The frail-looking white-haired lady sitting next to Candy loved every minute of the journey and she was out snorkelling 2 days later!

Three Oddments

Life in the UK

When I first registered with a GP in England, one of the questions concerned alcohol consumption. I was told that 7 units a week would be fine. I honestly thought that one bottle of vodka equalled one unit so smiled to myself and thanked him for his advice.

Who needs Brasso?

The brass Memorial table candle holder recently appeared shining as it has never shone before. I was told that the treatment was by immersion in Coca-Cola!

It's never too late!

A long-time retired colleague of mine has just taken up ballet but can't be in the pantomime as she is not 'scenic' enough even though she has passed some exams!

Never under-estimate mature ladies!

Frances

March 2020		
Sun 1st	SUNDAY OF CHEESEFARE Forgiveness Sunday St David of Wales	Liturgy 12.00 noon
FIRST WEEK OF GREAT LENT		
Mon 2 nd	Great Compline: Canon of St Andrew St Chad of Lichfield	Great Compline 7.00pm
Tues 3 rd	Great Compline: Canon of St Andrew St Non, mother of St David	Great Compline 7.00pm
Fri 6 th	St Theodore	Presanctified Liturgy 7.00pm
Sat 7th Sun 8th	Anticipating the Sunday of Orthodoxy 1st SUNDAY OF GREAT LENT St Felix of Burgandy, 40 Martyrs of Sebast,	Liturgy on Sat. 10.30 am
Please note: there is a liturgy every Sunday in Great Lent apart from today		
Fri 13 th	St Gregory the Dialogist	Presanctified Liturgy 7.00pm
Sat 14 th	Saturday of All Souls	Vespers and Panikhida 5.00pm
Sun 15th	2nd SUNDAY OF GREAT LENT St Aristobulos, St Patrick	Liturgy 12.00 noon
Fri 20 th	St Cuthbert of Lindisfarne	Presanctified Liturgy 7.00pm
Sat 21 st	3rd SUNDAY OF GREAT LENT Veneration of the cross	Vigil 5.00pm
Sun 22nd	St Herbert of Derwent Water	Liturgy 12.00 noon
Tues 24 th	THE ANNUNCIATION OF OUR MOST HOLY MOTHER OF GOD AND EVER VIRGIN MARY	Vigil 7.00pm
Wed 25th		Liturgy 10.30
Fri 27 th	Presanctified Liturgy	7.00pm
Sat 28 th Sun 29th	4th SUNDAY OF GREAT LENT St John Climacus	Vespers 5.00pm Liturgy 12.00 noon

cont. page 18

April 2020		
Sat 4 th	Akathist of the Most Holy Mother of God	Vespers and Akathist 5.00pm
Sun 5th	5th SUNDAY OF GREAT LENT St Mary of Egypt	Liturgy 12.00 noon
Sat 11 th Sun 12th	Lazarus Saturday Entry Of Our Lord Into Jerusalem PALM SUNDAY Blessed Joseph the All-Righteous	Vigil 5.00pm Liturgy 12.00 noon
PASSION WEEK		
Wed 15 th	GREAT AND HOLY THURSDAY	Matins and Healing Service 7.00pm
Thurs 16th	Washing of the Feet, the mystical Supper Prayer in Gethsemane Matins with Twelve Gospels	Liturgy of St Basil 10.30 am 7.00pm
Fri 17 th	GREAT AND HOLY FRIDAY Celebration of the Holy and Redeeming Passion of Our Lord	Procession of the Shroud 4.00 pm
Sat 18th	GREAT AND HOLY SATURDAY Burial of the Lord	Vespertal Liturgy 9.00am
Sat 18th	HOLY PASCHA-THE RESURRECTION OF OUR LORD AND SAVIOUR Church open from 8.00pm	Midnight Office 10.00pm. Paschal Matins 10.30pm followed by Liturgy
Sun 19 th	Festal buffet from 12 noon. Venue to be arranged	
Mon 20 th	BRIGHT MONDAY	Paschal Matins 10.30am
Sat 25 th Sun 26th	SECOND SUNDAY OF PASCHA Thomas Sunday Holy Apostle and Evangelist Mark	Vespers 5.00pm Liturgy 12.00 noon
MAY		
Sat 2 nd Sun 3rd	THIRD SUNDAY OF PASCHA Holy Myrrh-Bearing Women Joseph of Arimathea and Nicodemus	Vespers 5.00pm Liturgy 12.00 noon

Like the Windmill we never close! The photo shows our loyal choir on the day of Storm Dennis.



The last service at St Leo's



Deanery Conference & Festival 22 to 25 May 2020, High Leigh, Hoddesdon, Herts



A Cloud of Witnesses: Saints and Teachers of our day and their message for us



Through talks and related workshops, we will look at the 'living theology' of some very different figures from various local traditions, who between them have done much to shape the Orthodoxy of the 20th and 21st centuries.

- **Fr Peter Scorer:** Metropolitan Anthony and Fr Alexander Schmemmann:
- **Sister Magdalen:** St Silouan and St Sophrony
- **Fr Dragos Herescu:** Fr Dumitru Staniloae and other Romanian confessors
- **Metropolitan Kallistos of Diokleia:** St John (Maximovich) of San Francisco and St Amphilochios of Patmos
- **Subdeacon Ian Randall:** St Maria (Skobtsova) of Paris
- **Andrew Sherwood & Dr Elena Narinskaya:** Fr Alexander Men

**For more information and to apply,
please visit thyateira-deanery.uk**

Closing date for applications: 29 March 2020.
If you have no access to the internet, please ring
01223 234 248 to receive information.

