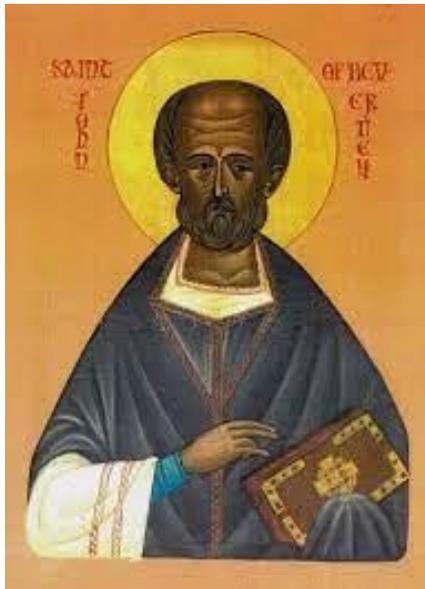


# ORTHODOX PARISH OF ST AIDAN AND ST CHAD NOTTINGHAM



## NEWSLETTER

May – June 2022 : Cost £1.00



We acclaim thee, beloved Bishop John, /righteous shepherd of souls, /friend of the sick and pattern of monastic striving; /O blessed adornment of Beverley, //who was invoked by kings and the lowly alike. /We of these present times beseech thee, blessed father, /entreat Christ our God to grant us His great mercy.

St John of Beverley May 7<sup>th</sup>  
Troparion Tone 5

# **THE PARISH OF ST AIDAN AND ST CHAD, NOTTINGHAM**

Worshipping in the Church of St Aidan,

Arnold Road, Basford, NG6 0DN

Rector: Revd Fr David Gill 0115-9622351

Priest: Revd Fr Julian Lowe 0115-9780574

Deacon: Ian Thompson 01724-337521

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Dn Ian Thompson

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FR DAVID'S LETTER

May 2022

## **Christ Is Risen! He Is Risen Indeed.**

### **Pascha to Pentecost.**

During Paschaltide we move towards Pentecost, which this year, for us will open a new phase in our life together; not necessarily with a change of direction but with a new leadership. Pentecost is not only the Birthday of the Church but also the birthday of our Parish, established, at this time, 27 years ago.

The reflection on our Silver Jubilee was in the July/August newsletter of 2020 and is worth reading again. We have had an exciting and very blessed 27 years. In the early days we were pleased to be able to acquire and furnish the Church in Carlton. When, under pressure by the Russian Church, we decided to hand it to them without legal proceedings and a fight over bricks and mortar. We left a church fully and well equipped with icons and all essentials for worship because we had built it for God and for whoever should follow seeking life in the Holy Orthodox Church. Then we were given a place in St Leodegarius Church, built on Saxon foundations; a place which was beautiful to be in and radiated peace and the prayers of a millennium. More recently we were given a very warm welcome to St Aidan's spacious and very friendly church named after our senior patron. So we have been well provided.

In those first ten years we had very good fellowship and a good number of young people. We were able to visit Holy Island on several occasions and on one, especially for the young, we stayed in a bunkhouse and walked the last two stages of St Cuthbert's way to Holy Island staying as before in Marygate house.

We have been blessed over the years by good choir support. In our tradition the choir is not there to give a concert performance but to lift us up into the Kingdom of Heaven as we gather together for the Holy Liturgy.

At other times we have had good experience of fellowship. In recent years we have been able to have an early morning Liturgy once each month at 7.45 am and afterwards we have repaired to someone's house for breakfast which often lasted to lunch time. These were always joyful occasions. It is sad that we cannot continue this at the present time.

Then there have been gatherings in various homes; for study, Bible reflection and general fellowship. At times these have been for catechises when new members have been with us.

We can reflect that over the years we have had a good turnover of membership. We have received into the Church, 65 by baptism and chrismation and 71 by chrismation. There have been 12 Marriages and 13 funerals.

Covid Restrictions have, of course, been a great setback to our church life together. It is a full church with good choir which is so attractive in Orthodoxy. Every Member of the Parish should try to be present on every occasion that we gather together for the Holy Liturgy. All are concelebrants with the priest and deacon. All have their important contribution to make, even by presence and prayer. This is also our evangelical outreach to local community around, to all visitors and those wishing to explore the Orthodox faith. Recently, on one occasion, it was discouraging that by low attendance there were as many visitors as regular members of our congregation. Now that we are moving forward from the past two disruptive years, it is important that the choir is re-established in its fullness. Those who have the gift of a singing voice should seek to enrich our liturgical time together.

Then, of course, we must begin again our agape meal at the end of every Liturgy when we affirm our life together through our shared meal, all bringing a contribution of food. Finally we must find a way of restoring fellowship gatherings in house groups whether for Bible Study, discussion or other activities. Then we shall be able to go forward in confidence that our common life is seen to be lively and exciting to visitors and aspirants to the Orthodox faith.

At Pentecost this year, I am to step down as Rector of the Parish and the very worthy Fr Julian will become Parish Priest in Charge. I hope to have many more years in whatever way I can continue my priestly ministry with you, but also, as a monk, I shall have time of withdrawal and an experience of retirement. I hope and pray that you will fully support Fr Julian as you have been loyal to me over the years and I hope that the parish will grow strong again.

Fr David

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### Our Life

**Eternal Remembrance.** We were very sorry to hear of the falling asleep of our very dear sister in Christ, Vaila Cochrane. She died on Saturday 18 February in the presence of her son and two daughters who read psalms to enable her to die peacefully in her sleep. She had been ill for some time but only showed this for a short time. Her funeral on 23rd March was held in the church of St Edward, King and Martyr, Castle Donnington, the village of her birth. Her family, the Dalbys had been prominent residents of Castle Donnington for 400 years; the presence of John Dalby was noted in records of 1650. There is a family vault in the crypt of St Edwards and there are various family plaques on the walls. Two long-term vicars of the parish are noted in the 18th and 19th century. After a full Orthodox funeral service, Vaila was then buried in the family plot in the nearby Baroon cemetery.

Vaila was a very faithful member of our parish, frequently in attendance despite the 60 miles round trip from her home in Hopton, near Wirksworth. She always brought flowers of a bough of a shrub from her garden when she

came to Liturgy on a Feast Day. She has always been a quiet and strong-minded lady; I remember arriving at the Bridge Chapel one Sunday to find Vaila putting notices on all surrounding car windscreens highlighting some important recent event of which she felt strongly. It was always a pleasure to be in her company when she expressed her strongly held views which were always erudite or entertaining. She was always accompanied but her dog, first Snippet then Bracken; both relaxed quietly near her as she sang in choir.

**The Calendar.** At the Parish Meeting held on the 6th March, the ones present were very much of the opinion that Liturgy on Saturday was best. This, of course, does not represent the view of the whole parish but others were not present to have their say. In the next two months there will be only one Liturgy each month on Sunday, whilst two will be held on Saturday. We must as a parish, come to a firm agreement about this. We do not want to create a divided Parish.

**Report Parish Advisory Counsel, Thursday 10th March**

**AGM, held on Saturday 2nd April**

**The Parish AGM** was convened for Saturday 2 April. Only seven were present. Many apologies were received.

Fr David in his report gave an overview of parish life over the past three years since the last AGM in 2018. He commented on our new Archbishop Nikitas's reforms of the Archdiocese. It is emphasised that we are welcomed as full members of the Archdiocese while keeping our distinctive non-Greek identity. There are plans to develop a Seminary which will operate extramurally and by zoom. Fr John Behr, former principal of St Vladimirs Seminary in New York will be responsible for this development. Always, there is a need for more and younger deacons and priests to be encouraged into the ordained ministry.

In our own development we are continuing to have Liturgy on some Saturdays and some Sundays but we do not want to develop a split congregation. Attendance at Liturgy is often disappointing and attendance of vespers or vigil is always few. Vespers and matins provide a full

understanding of the Church with wonderful hymns and lessons helping us into the fulness of each and every feast. Attendance really enriches our spiritual life. It is especially important that all attend Liturgy frequently to welcome new members and enabling our fellowship to grow. On occasions there are more visitors and enquirers than parish members present; this has to be addressed. We still need more help with setting up for Liturgy whether on Saturday or Sunday. We are now relieved of all covid restrictions and we can resume our bring and share buffet when we meet. Catechesis is being provided for Individuals preparing to become full members of the Church. We have had only two new members in the past two years but there are several now coming forward which is a great blessing. We are still a hidden church and more outreach and 'evangelism' is required. We hoped to place a notice board outside St Aidans telling of our presence but this is not to be possible for various understandable reasons.

Tina Mary, as Parish Warden expressed her gratitude that Jude Pink now acts as her deputy for her care of the church and gives very good support. Tina has a good working relationship with St Aidans which is excellent. She was congratulated for her diligence for all aspects of protective measures in place for Covid. It is reassuring that our congregation has not suffered from covid infections and our care in church must have contributed to this.

Barry Dryden, as Treasurer, reported the healthy state of our finances. The Trustees have been effective in their support of the Parish. It is resolved that 10% of our income be distributed to charity each year. A working reserve of £9000 will be maintained and any excess will be transferred to the invested reserve fund.

Katharine Dryden will continue as secretary for a further year and will also act as Welfare Officer (safeguarding Officer would be a better term). We understand that the Archdiocese is working on new guidelines for this and we will make any necessary adjustments when these are published.

**Parish Officers.** Tina was re-elected for a further three years. Katherine as Secretary and Welfare Officer for a further one year. Jude Pink, Margaret Handley and Dominic Pote were elected to the Parish Advisory Council.

Two nominations of Trustees and Parish delegates to the Deanery Assembly will be on the agenda of the next Parish Meeting.

**Shortage of choir members.** we were only able to serve Presanctified Liturgy in two occasions during this Great Lent with no choir available on other Tuesdays.

**Feast of Annunciation** was celebrated on Saturday 26 March with very limited attendance. This is the primary feast on our calendar, (a Feast of Obligation in some traditions) when we express most grateful thanks for the beginning of our Salvation which could not have happened without Our Most Blessed Lady's agreement. On this occasion it was combined with the Sunday remembrance of the Holy Cross.

**Palm Sunday:** We joined the Parish of St Mary Eleousa on Derby Road. We are well welcomed by Protopresbyter Johakim and the congregation. We were unable to hold the usual service in St Aidans because it was Easter Day in the Western Church.

Holy Week followed with our usual full celebration of this great time following Great Lent.

**Queen's Platinum Jubilee:** There will be a party at St Aidans on Saturday, 4th June from 12 till 3.00pm with many activities to celebrate this unique and special event. There will be many activities for children and adults. The road at the side the Church will be closed to allow a street party. Our representatives on the organising committee are Tina and Margaret.

**Evening Concert;** On Saturday 14 May at 7.00pm, there will be a concert in St Aidans to raise funds for both parishes. Our Katharine Dryden with others will present a delightful programme of songs and music.

### **VAILA ROSE COCHRANE– Memory Eternal**

October 1 1941 – 19 February 2022

Colin, Vaila's son tells us that his mother was named after a tiny wild Shetland Island much loved by her parents. She was the youngest of three children. One of her earliest memories when growing up in Castle Donington in the 1940s was sheltering in the cellar at 72 High Street from

the deflected air raids which were targeting the Rolls-Royce factory in Derby. Her father was away for long periods as he was in the Royal Navy. One of Vaila's childhood occupations along with other village children was digging holes to Australia. Later, she became fascinated by books and music despite her parents being devoted to country pursuits rather than the arts. She was sent away to school when she was 15 and went on to read English at Nottingham University where she was pleased to experience city life and made many more lifelong friends.

After her marriage to Julian, who was working at Rolls-Royce, they bought a tumbledown 17th century farmhouse in Hopton, a tiny hamlet up the hill here in Wirksworth. One of the main draws for Vaila was the lack of street lighting which meant they had an uninterrupted view of the night sky.

She and Julian proceeded to renovate Town End House and created an enchanting family home. Anyone who visited would always be struck by the variety of activities happening simultaneously with little formal organisation. Goats were often milked by Vaila in the kitchen while candle wax bubbled on the stove for her homemade candles.

Colin adds that growing up at Hopton was wonderful as his mother gave all her energy into providing the most free range, unrestricted, complete childhood possible. There was a menagerie of pets and she passed on her passion for reading to us, aptly getting me to read "*My Family and Other Animals*".

When she took us to Bardsey Island in Wales to see her cousins she packed the goats into the back of the Saab, with its seats folded down, the goats crawling in through the boot and then standing up proudly as she drove them to the "Goatel" in Brassington where they were looked after during the holiday.

She skated with us and our young friends on Mrs Gell's frozen pond by moonlight with my father jumping up and down on the ice a few times as a safety test.

Vaila would often be found singing in the kitchen to Radio 3 while she attempted ever more exotic dishes which would often taste delicious despite numerous deviations from the recipe.'

To this, Colin adds, that during Vaila's final weeks her daughters cared for her at home but hospital became inevitable. The staff did an amazing job of stabilising her and making her comfortable. Colin writes, 'In our anticipatory grief we were stunned to get a phone call from Vaila with a list of requirements for her stay in hospital. This included books, dark chocolate, a radio and a pair of ironed pyjamas!'

It was a brief respite but, before she passed away peacefully in her sleep, she had been able to make some calls to friends and family and have a few visitors. She was able to see her many cards and messages and feel the love and prayers from far and wide.

She leaves her house stuffed with books, objects, pictures, beautiful furniture and, most of all, vibrant memories.

All in all, she lived such a full life because she followed her heart and her friendships and refused to fit in for the sake of fitting in

Colin makes a final comment: She leaves a huge hole in all our hearts but so much inspiration and many happy memories to treasure.

### **A few memories.**

Vaila was 'a character' loved by all. The world is now a poorer place and has lost some of its sunshine and light

From Frances

Vaila came to stay with us and said that she had brought an injured passenger. This was a very small chicken which had travelled in the glove compartment of her car. It had a broken leg so Vaila and I used two match sticks as splints. Sadly, it died a few days later

From Candy, Steve and Frances.

Vaila was always looking for something to happen, especially with young people, so organised a performance of an old Russian folk tale, performed by the young children in the Derby parish. It was performed in another parishioner's house (Ansel), who just happened to have a stage which was converted into the *Chicken House on Legs!* (Russian hen houses normally do have legs to keep foxes at bay). The children did well. In the cast there was one troublesome cat and I remember Vaila working her animal magic on this Puss

From Fr David.

He remembers Vaila going around attaching political notices to parked cars. They might have been a successful local campaign spearheaded by Vaila pressuring the Severn Trent to provide public access and amenities to the planned Carsington reservoir which has now become a pleasure for so many.

From Julia.

We had attended aa Ascension Liturgy in Stow Minster. On our way back we came across a road barrier. This was just before the level crossing so Vaila got out of the car and moved the barrier away. She drove across, stopped the car and replaced the barrier. From the first-floor window of a house that looked straight down onto us, somebody appeared and started shouting at us, saying that there was a camera and we would be punished in a very severe way. Vaila replied: ‘Thank you very much; we are wild women’ and drove on. No repercussions.

The most poignant memory of Vaila’s funeral to some of us, will be hearing a heart-breaking mournful howl from her beloved dog, Bracken, as he watched Vaila’s coffin being lifted into the hearse to be taken on her final journey to the cemetery.

Eternal Remembrance to our beloved Vaila

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## **OUR SUPPORT FOR UKRAINE**

**Vladimir**, also known by his baptism name, Andriy and a long-time member of our Parish, informed us of his plan to help desperate people in Ukraine. He has relatives and a long-time friend in Ukraine, now in the military, who has informed him of their shortage of so many things. They require bullet proof vests and helmets and night vision spectacles, first-aid kits, tourniquets and four by fours, but there is also a great shortage of toiletries, which makes life especially difficult for women. There is also a general shortage of underwear. Andriy intends to buy a used four by four which he will then pack with the supplies needed and drive it to the Polish border, where an authorised contact will take it to the people who need these items. Andriy hopes to be able to raise £7000 for this, which includes the cost of the four

by four. After the Liturgy, we prayed for peace and deliverance for the people of Ukraine, then those present made a generous gift of almost £200 with some saying they would make a gift later by Bank Transfer.

Andriy has already obtained some of the military protective items and he is prepared to buy any others which are spare to requirements. Please contact Fr David on 07717 779403 if you have or know of any such items. We are not doing that much, just a little bit where we can.

**Lena** writes: People are contacting me to help organise the hosting of refugees and help with translations etc. In the Ukrainian Centre, there are some activities for refugees and their kids over Easter, so we are helping with that. Also taking part in the charity events, kids dance or sing. Masha took part in one of them. I am thinking of helping a family as a translator, but haven't arranged it yet. We are also helping a family in Ukraine, that stays in our house in Karpaty, sending parcels with clothes and arts and crafts materials for the kids and letting them stay as long as they need to.

**Vera** writes: Today at church the children initiated a small charity "Help for Ukraine" sale with hand-made crocheted broaches and cards. With your generosity we have collected £35.50! Thank you so much everyone! Once we've made the donation, we'll present the invoice!

May spring soon come for Ukraine and for everyone who is in suffering!

Dominic, Vera, Anna, Mariam, Rada and Nichola

A little more from Vera.

**Sasha Ossichenko** (half-Russian and half-Ukrainian and Dom's God-father) was in Kyiv at the outbreak of the war. Thanks to God, a week later Sasha returned safely to his family in Bulgaria. In an interview he gave on TV, he said: "**My Russian side is asking my Ukrainian side for forgiveness.**" But with the bad news, we heard of all the good news of Ukrainians' courage and resistance. And also, the good news that the British society was very ready to get organised and find ways to raise awareness.

Musicians in the UK seemed to react very sensitively and quickly. By chance, through Facebook, Sasha managed to join a professional online

group called *Playing for Peace*. Within 4 days this group had discussed and organised an event which took place in **Trafalgar Square** on March, 6th.

The concert (or rather flash-mob) took place on under the bright blue sky of London and, although there was an air of solemnity, there was also the feeling of hope and freedom which music can bring

A second concert/flash-mob took place on April 3<sup>rd</sup> at Ely Cathedral. The Pote family were there. There was a feeling of compassion and the feeling of urgent necessity to help those who are going through tremendous, unimaginable unjust sufferings at the moment, which was almost tangible. This concert raised donations of over £2000 in support of Ukraine. Music has been an amazing instrument, or ‘conductor’ of this energy.

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## **St John of Beverley**

Icon on the front cover

Our father among the saints, John of Beverley was the Bishop of Hexham and then Bishop of York in the kingdom of Northumbria in the British Isles during the late seventh and early eighth centuries. He was a monastic mentor of the Venerable Bede. His feast day is May 7.

It is believed that this Saint was born of noble parents at the village of Harpham in East Riding, Yorkshire. He was educated at St. Augustine's monastery at Canterbury under the supervision of Archbishop Theodore who is reputed to have given him the name John when he became a monk.

After completing his studies at Canterbury St. John then went to the double monastery of Whitby under St. Hilda, where he established a reputation as a preacher as he expounded the Scripture. At *Whitby* his students included St. Bede the Venerable, whom St. John ordained to the priesthood. In his *Historia Ecclesiastica*, St. Bede records how St. John cured a deaf mute through his blessing. St. John was first consecrated Bishop of Hexham (circa A.D. 687) and was made Bishop of York in A.D. 705. However, he resigned that See after eight years and retired to the abbey at Inderwood, which he had founded and which later became known as Beverley. Bishop John reposed on May 7th, 721AD at Beverley in Yorkshire and a black marble

slab marks his resting place in the nave of the Minster. Many miracles of healing have been ascribed to John, whose disciples were numerous and devoted to him. As well as being celebrated for his virtues, John was also known for his scholarship.

Curiously, in her 'Revelations of Divine Love', Julian of Norwich writes;

*"For in this revelation my understanding was lifted up into heaven; and then God brought joyfully into my mind David\* and innumerable others of the Old Law,\* and in the New Law he brought to mind first Mary Magdalene, Peter and Paul and Thomas of India,\* and **Saint John of Beverley**, along with innumerable others: how they and their sins are known to the church on earth and this is no shame to them, but everything is turned to their glory."*

Quite what sin St John committed to warrant this inclusion is, to the best of my knowledge, no longer "known to the church on earth"!

Fr Julian

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**Church Bells:** communication before TV, email and mobile phones.

Church bells have always sent out messages ranging from disaster to joy and different villages have different customs. The Death Knell, also known as the Passing Bell is the ringing of a church bell immediately after the death of someone in the village. Only one bell is needed to sound the death Knell.

The manner of ringing the knell varied in different parishes. Sometimes the age of the departed was signified by the number of chimes (or strokes) of the bell, but the use of "tellers" to denote the sex was almost universal. For instance, the tellers rang three times three strokes for a man, and three times two for a woman; with a varying usage for children. The word "tellers" became changed into 'Tailors' as in Dorothy L. Sayers' mystery novel *The Nine Tailors*.

Stan, a local countryman from a local village, told me that generally you could guess who had died as you knew who was ill, their approximate age and if it was a man, woman or child. Even so, you could be wrong as farm

accidents were not uncommon. The unfortunate man would be carried back home on a farm gate, which served as a stretcher.

As churches gradually acquired more than one bell, different tunes were possible. but much depended on the quality of the bells. The local village near us, (where Stan was a ringer), used to have only three bells. They were known as Ting, Tang and Pluff. It was said somewhat maliciously that Ting was made by a tinker, Tang was made by a blacksmith and Pluff was made by the saddler. These three still live on but in a different form. They were boiled up, more bell metal was added and they were re-cast as a ring of six well-tuned bells.

Frances

### **NOW IT CAN BE TOLD**

Two or three times in our married life, Frances has eyed me suspiciously, wagged her finger and pronounced, in the tones that a judge reserves for an old lag: “YOU – ARE – LINE-SHOOTING!”.

This is the story of my most successful line-shoot.

In the middle of November 1978 I was granted two days' leave of absence from teaching in order to attend the autumn session of the General Synod of the Church of England, of which I happened at that time to be a member. I accordingly set work for my classes, simply remarking that I would be away for the next two days. All went well until I taught my last class of the afternoon: a bunch of amiable, laid-back ne'er-do-wells who treated me, not with respect, but with the sort of genial camaraderie which one offers to a disreputable elder brother.

“Where are you going?” demanded the ringleader of the troupe.

“Oh – just to a meeting,” I replied casually. “Now what I want you to do....”

“Aw, come off it, Sir. Tell us. We're dying to know.”

I considered. After all, what did they know about the General Synod? I decided to simplify.

“Well, if you must know,” I sighed, “I'm going to see the Archbishop of Canterbury.”

They thought this hilarious and after much laughter, gave me a round of applause. They didn't believe me of course, but they took the hint and picked up their pens.

Well, the Synod began, as it did occasionally, with a service in Westminster Abbey. I happened to be sitting at the front of the nave and, when the service was over, I seized my opportunity and nipped out through the door in the north transept. This saved ten minutes of queueing to file out through the main entrance.

I thought I had been the first to leave but, as I turned left outside the transept, I saw that I was the second. Walking four or five yards ahead of me was Archbishop Donald Coggan. I carefully adjusted my pace to preserve a respectful distance between us. Some way ahead of us I noticed a man with a camera but the significance of this didn't register. However, that night, I happened to watch the nine o'clock news on BBC television and, after the sonorous announcement, "the General Synod meets in London", there was a short film sequence showing Coggan and myself leaving the Abbey. By a strange trick of perspective we appeared to be walking side by side!

When I returned to school and entered the classroom of the rumbustious lot, I was amazed to see them standing in respectful silence. You could have heard a pin drop. "Pass in the work I set you," I said briskly. It was done at lightning speed and again in absolute silence. The ringleader, however, could not restrain himself.

"Sir! Sir! We saw you on television! With the Archbishop! Oh Sir, we're truly sorry we didn't believe you!"

For the rest of that term, they worked like Trojans.

Deacon Ian

<b>CALENDAR MAY- JUNE</b>		
Sat 30Apr <b>MAY</b> <b>Sun 1</b>	Holy Apostle James St Thomas	Vespers 5.00pm  <b>Liturgy 12 noon</b>
Tues 3	For Joyful memory of the Dead,	Wilford Hill at 11.30am
Sat 14 Sun 15	4th Sunday of Pascha. The Paralysed Man.	No Vespers Liturgy 12 noon
Wed 18	Mid Pentecost	No services
Fri 20  <b>Sat 21</b>	St Ethelbert, King and Martyr 5th Sunday of Pascha The Samaritan Woman Holy Constantine and Helena	Vespers 7.00pm  <b>Liturgy 10.30am</b>
<b>JUNE</b>		
Thurs 2	<b>THE ASCENSION OF OUR LORD</b>	<b>Stow Minster 10.30am</b>
Sat 4th	THE QUEEN'S JUBILEE	No Vespers
Sun 5th	7th Sunday of Pascha	Liturgy 12 noon
Sat 11th Sun 12	Saturday of Souls HOLY PENTECOST Followed by celebration buffet and Kneeling Prayers	Vigil 5.00pm <b>Liturgy 12 noon</b>
Sat 18th	1st Sunday after Pentecost	Vigil 5.00pm
Sun 19th	ALL SAINTS	Liturgy 12 noon
Mon 20th	Beginning of the Apostles' fast	

**CONTINUATION OF THE MAY – JUNE CALENDAR**

<b>JUNE</b>		
Fri 24th	Nativity Glorious Baptist John	Vespers 7.00pm
Sat 25th	2nd Sunday after Pentecost All Saints of Britain	Liturgy 10.30am
<b>JULY</b>		
Fri 1st Sat 2nd	3rd Sunday of Pentecost Unmercenaries, Cosmos and Damian, New Martyrs and Confessors of Bulgaria	<b>Vespers 7.00pm</b> Liturgy 10.30 am



No picture of Vaila is complete without a dog



Vaila on a holiday exploration