

ORTHODOX PARISH OF ST AIDAN AND ST CHAD NOTTINGHAM



NEWSLETTER

Jan – Feb 2023 : Cost £1.00



If Winter comes, can Spring be far behind?
Ode to the West Wind by Percy Bysshe Shelley

THE PARISH OF ST AIDAN AND ST CHAD, NOTTINGHAM

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Letter from Fr Julian

Fr David, Tina and I hope that you have had a lovely Christmas and Feast of the Nativity And, of course, we hope you have a very Happy and Blessed New Year.

As I hope that you are aware, our Archdiocese has just celebrated its centenary Thyateira (also written as Thyatira) was the name of an ancient Greek city in Asia Minor, now the modern Turkish city of Akhisar ("white castle"). In early Christian times, Thyateira was home to a significant Christian church, and mentioned as one of the seven Churches in the New Testament Book of Revelation. Thyatira may well have been visited by St Paul and Silas during St Pauls second or third journey, (Acts 16: v13-16)

In the Book of Revelation, we read;

2¹⁸ "And to the angel of the church in Thyatira write, 'These things says the Son of God, who has eyes like a flame of fire, and His feet like fine brass: 19 "I know your works, love, service, faith, and your patience; and as for your works, the last are more than the first.

Wouldn't that be a lovely thing to be said of us 'The [Orthodox] Church in Basford',” *“I know your works, love, service, faith, and your patience; and as for your works, the last are more than the first.”*

There has been much good work performed within our humble community of believers and much of this has been achieved with the loving guidance of Fr David.

As we step into 2023 together a new chapter in the life of this church is being written. New opportunities lie ahead of us. I very much hope that together we look at our ministry of *‘works, love, service, faith, and your patience;’* and, as one community, seek to develop our ministry so that our *‘last are more than the first.’*

It has been said many times, that the success of church should be measured not by ‘Bums on seats’, but by ‘lives changed’. That includes our own lives. How are our lives being changed by the faith we hold? How do we facilitate change in the lives of others? What do we do to make visitors feel comfortable, accepted and included? How do we help ensure that all that needs to be done is done? How do we each contribute to making our parish vibrant? How brightly do we shine with the love of Christ?

As we step together into the 2023, I hope that, like me, you want to see our parish grow, to exhibit even greater *‘works, love, service, faith, and your patience’*. May I please encourage you to speak with me if you feel that there is more you would like to contribute to our life together or to share any thoughts you may have that might help us reach out to others and increase our ministry and visibility.

For example: Perhaps you would like to help coordinate activities for the younger children on those occasions when they are with us? In fact the opportunities are endless!

I am not one for ‘New Year’s Resolutions’ but perhaps I can share a thought for the coming year...



OUR LIFE

A warm welcome to Fr David who has returned recently from his visit to Iviron Monastery, Mt Athos.

To answer your questions about Iviron;

Guests and pilgrims have an accommodation wing inn which to stay.

- Prayers begin in the early hours with most, if not all, monks having a role to fill. Those not attending regular services are those living outside of the Monastery walls (Hermits etc) who join the community in accordance with their needs/rule. The life of an Orthodox monk is very much based on humble obedience and he is

therefore unlikely to be a truant! Most retire to their cells very early evening for the early start and private prayers etc. See more on pages 10-12

Dementia UK Knitting Challenge



Congratulations to Vera Pote for her efforts in supporting the Dementia UK November knitting challenge. Vera not only met, but exceeded her personal target to raise funds to support families living with dementia.

Congratulations to ...

Marija Bogda who has successfully graduated Level 6 in Dance Pedagogy, through Imperial College London.

And, if like me you are wondering what ‘pedagogy’ is, well its *“the method and practice of teaching, especially as an academic subject or theoretical concept”*.

Inter Faith Week 2022

“What is the difference between an ‘Orthodox’ and a Christian?”, “What is the purpose of life?”. These are just two of the questions put to Fr Julian as part of ‘Inter faith Week 2022’

Deanery Safeguarding Policy

We thank Tina Lowe for all that she has contributed to the development and implementation of our updated safeguarding documents. This work includes a policy, detailed procedures and comprehensive supporting appendices.

With our Archbishop’s blessing, these documents are to be implemented across the Deanery with a view to further implementation across the whole Archdiocese.

Should you require further information regarding safeguarding within in our community, or should you have a safeguarding issue please talk with Tina.

Eternal Remembrance

We thank our brothers and sister of St Aidan's Church for kindly inviting us to join with them in the internment on the mortal remains of Mick Stafford following his earlier cremation. Mick, an active member of the St Leodegarius congregation was always a helpful and enthusiastic supporter of our community. Please speak with Fr Julian if you would like to know the precise location of Mick's remains.



Inter Faith Week 2022 in England, Northern Ireland and Wales

Each year, Inter Faith Week begins on Remembrance Sunday, and runs until the following Sunday. Remembrance Sunday was chosen as a start day to encourage people to remember together the contributions of all faiths and none, and to consider how best to create a just, peaceful, and harmonious world.

WHAT?

Inter Faith Week:

- **Highlights** the good work done by local faith, inter faith and faith-based groups and organisations.
- **Draws** new people into inter faith learning and cooperation.
- **Enables** greater interaction between people of different backgrounds.
- **Helps** develop integrated and neighbourly communities.
- **Celebrates** diversity and commonality.
- **Opens** new possibilities for partnership.

WHY?

Building good relationships and working partnerships between people of different faiths and beliefs is part of the year-round work that aims to...

- Strengthen good inter faith relations at all levels.
- Increase awareness of the different and distinct faith communities in the UK, in particular celebrating and building on the contribution which their members make to their neighbourhoods and to wider society.
- Increase understanding between people of religious and non-religious beliefs.

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WHO?

Inter Faith Week is for everyone. Some of the many kinds of organisations who have participated in previous Weeks include faith communities and their places of worship, community and voluntary groups, inter faith bodies, youth groups, schools and SACREs, institutions of further and higher education, local authorities and other public agencies, sports organisations, TV and radio stations, and many others.

As well as representing the ‘Orthodox Christian faith’ at the University of Nottingham ‘Faith Fair’, this year Fr Julian was blessed with an invitation to participate in the Inter Faith Week activities at Bluecoat Academy, Aspley. These activities included leading two Acts of worship, having a ‘stall’ during break-time to discuss ‘Orthodoxy’ with staff and students, and visits to various classrooms in order to answer questions previously prepared by the students.

Fr Julian found these events to be both joyful and informative and is looking forward to Inter Faith Week 2023

Archdiocese Centenary & Patriarchal Visit

100 Years of Archdiocese of Thyateira and Great Britain

This year we celebrate 100 years of our Archdiocese. The city of Thyateira, after which the Archdiocese was named, was one of the seven Apostolic Churches, and up to its decadence and abandonment, it had been a prominent Metropolis of the Christian World. In 1922, the Holy Synod of the Ecumenical Patriarchate, following the initiative of the Ecumenical Patriarch Meletios Metaxakis, established the Metropolis of Central and Western Europe with its See in London.

As a part of our celebrations His All-Holiness Ecumenical Patriarch Bartholomew, accompanied by a delegation of hierarchs, clergy, and staff from the Ecumenical Patriarchate visited London, October 20–25, 2022.

He was received and welcomed to the United Kingdom on behalf of all the faithful of the Archdiocese by His Eminence Archbishop Nikitas of Thyateira and Great Britain, the V. Rev. Archimandrite Nephon Tsimalis, the Rev. Archdeacon George Tsourous. His Excellency Mr Ioannis Raptakis, Ambassador of the Hellenic Republic, together with other civic dignitaries.

In addition to the celebratory nature of this visit the itinerary had a strong pastoral focus which included visits to parishes and ministry centres across London in order to highlight the multifaceted and people-oriented ministries of this Archdiocese, sharing first-hand with our Patriarch the pastoral, educational, spiritual, cultural, and charitable efforts of the local Orthodox communities.

The second full day of the visit concluded with an “Enlightened Evenings” specifically for young adults ages 21–40 This was an historic and memorable opportunity for our youth to meet the Patriarch and the members of his delegation “face-to-face”.

Subsequent days included His All-Holiness concelebrating the Divine Liturgy at the historic Cathedral of the Divine Wisdom, an Evensong in his honour and in prayerful support of the Holy Archdiocese as it celebrates its 100th anniversary, and a Centenary Grand Banquet at the Royal Lancaster Hotel, which had over 830 individuals in attendance including members of the ‘Deanery’ with Fr Julian and Tina representing our parish. The Archdiocese hosted a London Church Leaders Breakfast, in honour of the Patriarch, with over 30 Christian leaders having the opportunity to enjoy inter-Christian fellowship, discussion, and to be inspired by the paternal exhortations of the Ecumenical Patriarch. This was a significant gathering aimed to cultivate a stronger culture of solidarity among faith communities and to encourage increased contact and collaboration of Christians in the United Kingdom.

On Tuesday, October 25, His All-Holiness, accompanied by a small delegation, was received by His Majesty King Charles III at Buckingham Palace. The Patriarch conveyed his personal condolences for the death of the King’s mother, Queen Elizabeth II, and wished King Charles a blessed reign. They discussed issues of mutual concern for a half hour, after which His Majesty the King received and greeted the other members of the venerable Patriarchal Delegation.

His All-Holiness and his entourage were escorted to Heathrow International Airport by His Eminence Archbishop Nikitas, the Very Reverend Archimandrite Nephon Tsimalis, and other civic dignitaries. The departure of His All-Holiness concluded an historic and successful celebratory visit to the United Kingdom.

Visit to Mount Athos

It is always a privilege and a great joy to visit Mount Athos where I stay at Iviron Monastery. Again, after three years of restriction, I

was given a very warm welcome by the Abbot Nathaniel and the Fathers. They welcome me as an honorary member.

The life in the monastery is very different from life in Nottingham, orientated as it is to withdrawal from the world in order to live the life of prayer.

The winter timetable means rising at 2.00am for the Midnight office beginning at 2.30, followed by Matins and daily Liturgy at 5.00. To do this one has to think of retiring at 8.00 or even 7.00 pm but then it is possible for further rest from 7.00am until the Main Meal of the day at 9.30am. The timetable is different on Sunday when a festal meal follows the longer sung Liturgy. All is in Greek but with a working knowledge of the order of services, they are easy to follow, whilst one is praying mainly the Jesus Prayer or psalms known by heart.

Fr Theophan from London, who has frequently visited our parish travelled with me. He was only able to stay for five days whilst I was there for eighteen.

Iviron stands on the western side of the Holy Mountain by the sea where one can see in the distant, Samothrace and other islands visited by St Paul. The place is quiet and peaceful and supports the very different life I have described; "Living at a point where two worlds cross", wrote T.S. Eliot in the Four Quartets; "living in time, we also live in eternity". There is daily work to do; the monastery is self-supporting, with extensive vegetable gardens; it welcomes up to 100 visitors each day; beds have to be stripped and made; Cleaning, laundering and cooking to be done; food provision has to be arranged. It is so relaxing for a visitor to be in this other world with such spiritually uplifting and inspiring experience. Monastic life, however, is for a community living apace from the everyday life of the world outside but with a life of prayer and study which is paramount. After the five hours of prayer during the night

there is a further four hours in the evening and private cell prayer at other times. During the day from 10.00 to 3.00 is time for work.

To get to Mount Athos, one has to travel 70 km to Ouranoupolis and take a fast or slow boat to Daphne the port of the Holy Mountain. Then there are mini buses to continue travel to various monasteries except the ones in the south on the west side which can only be reached by boat. Karyes is the centre of the Holy Mountain Community where are the admin offices, home of the Governor appointed by the Greek Government, shops, restaurant, cafe for visitors, baker and post office. It is possible to take a bus at 9 in the morning from Iviron to Karyes; The bus returns at 1.30. This gives a useful morning out and an opportunity to visit the Skete (smaller monastery) of St Andrew. Here one can visit the chapel where the head relic of St Andrew is kept. It is also fun to visit the monastery shop looked after by Fr Nicodemus, a very lively, jovial and welcoming monk who speaks excellent English. One of the other Fathers also has good English. He is from Finland and spent time in Oxford. At Iviron are three Fathers from Australia, two from USA and many others who speak good English. This covers my embarrassment that I do not speak Greek.

At Iviron, the guest accommodation is good but for my stay, I was given a spacious room (cell) with en-suite facilities in the newly restored West Wing, it is a privilege to be in the accommodation for monks.

Much more could be said but, in all, there is good humour, kindness and real humanity. The morning coffee, after main meal, on the balcony, gazing into the dense forest where the nightingales can be heard in full song at some times in the year, is not to be missed. Here some monks gather every day and balance normality with any perceived austerity. May they always be greatly blessed.

Father David

An Observation

Lally and her mother Natasha used to be loyal attenders at the Sheffield liturgies but now Lally stays at home to care for her frail mother who has had various misfortunes and speaks no English. Lally used to teach English at the university in Moscow but was also a keen observer of people.

Ida's 100 Birthday

All normal kids are usually busy with their own stuff, taking little notice of adults who live their boring lives. We were no exception. Adults treated us with the patronising touch of superiority (as they would) faking interest in our games and infatuations. It was quite annoying at times, but what can you expect of adults, especially if they happen to be the parents of your school friends? Nothing much.

Well, Ida was one of the exceptions. I first saw her when she appeared in our school. Was it a parents' meeting? A visit to a teacher about her daughter's progress? No idea but I vividly what she looked like: tall elegant, beautiful, with dark wavy hair, high cheek bones, dark eyebrows, sparkling eyes and full lips forming a half-smile. She looked wonderful, but what surprised me most – she looked amused.

I remember wondering, what could possibly amuse such a glamorous lady in our drab school, smelling of stale air, chalk and dust? Ida looked as though she had stepped into the bleak classroom setting from a different world, fascinating and mysterious. A bird of paradise in the chicken farm, studying the new environment with genuine curiosity. Was I missing something in my surroundings that could be of interest?

When I met Ida over 40 years later, she looked different: a halo of white hair, faded eyebrows, bent back, but there was the same spark

of interest when I was introduced to her: ‘Wow, Lally, you are slim now’ she said (I used to be rather plump when a kid). She was genuinely amused and happy to see me, a person from the distant past. Why? Because she was happy herself.

Now here is the salient question: what is happiness? I believe it is a gift, a warm bubble that cushions you from the outside elements, a private comfort zone where you belong even in the worst of times. It is a gift you can share with those who need support and encouragement: a slight tilt in the angle of vision– Voila! - all is not as bleak as it seemed. The chicken farm has certain delights as well!

Luckily, Ida passed this gift to her daughter, my dear friend Olga. All of us who knew Olga are extremely fortunate to have access to the treasure trove of her resources of inner happiness inherited from Ida, the infectious amusement at the show called life.

Lally Grishina

ENGLISH PARKLAND: A STORY WITH A MORAL

One of the glories of the English landscape is its parkland, associated with many of our stately homes and a fair number of lesser houses. Parkland covers many thousands of acres and its vistas sometimes disclose tantalizing glimpses: an artificial lake; a Grecian temple; an elegant gazebo; and everywhere, generously spaced, there are great spreading trees: oaks, beech trees with their long sinewy arms, lime trees, and such English elms as survived the ravages of Dutch elm disease in the 1970s. Sometimes a main road skirts the park, and sometimes it runs right through the middle of it, offering breathtaking views, for there are no hedges in parkland to obscure the distant prospect.

Most parkland was created in the eighteenth century. It was designed by famous landscape gardeners who knew how to extract

every last ounce of beauty and significance from its features: from the careful positioning of every tree, to the provision of cool glades and glimpses of mysterious, half-hidden columns, arches, and other architectural features. But creating parkland was not just financially expensive; there was a human cost as well. Cottagers were uprooted from their ancestral hearths and homes, with their innumerable and tender associations. Generally they had new homes built for them, sometimes in newly created picturesque estate villages. But since they were mostly employed at the big house, and now lived a mile or more away from it, walking to and from their place of work added perhaps an hour to their working day. Nor were they consulted about the changes or offered compensation. If the squire said, ‘Shift!’ they shifted! They had no option.

Now all this was a long time ago: two hundred, three hundred years, and the pains and memories associated with those upheavals are today merely a footnote in the history books. What remains is the parkland itself, now grown to a beautiful maturity which its creators never saw. Time the destroyer is time the healer and the renewer. The good side of parkland has outlived its bad aspects, giving rise to extraordinarily picturesque, sometimes sublime landscapes which can be appreciated by every sensitive passer-by.

Perhaps one day fairly soon the Woke brigade will turn their attention to these emparked landscapes and condemn their very existence as an affront to human nature; as symbols of class privilege and ancient wrongs. ‘Abolish these hateful parks, for they are living reminders of greed, selfishness, and a class system which favoured the few!’

But what good purpose would their destruction serve? It wouldn’t help the people who were rudely transplanted ten, eleven, twelve generations ago. It would destroy areas of outstanding man-made beauty and wreak havoc on what remains of our peaceful

countryside. I fear we live in an age where some people are so obsessed by past wrongs that they want to eliminate every memory of them. Like all revolutionaries they want to start again, from scratch, at whatever cost; and to do that they must first create a wilderness. Hatred is very powerful, but it is also sterile. It uproots instead of planting; it destroys the good along with the bad.

Our job is not to hate but to love: to love everything that is positive, beautiful, noble and uplifting in our chequered history, for otherwise evil has the victory. As the Russian theologian Vladimir Soloviev expressed the matter: *'He who saves shall be saved. That is the secret of progress – there is not and there can be no other!'*

Deacon Ian.



Habits

We all have habits that we would really like to change, but we still just carry on doing them, and we perhaps don't have the habits that we know we ought to have. For example, you probably think you should do more exercise, and you might even join a gym, but after a couple of months you somehow stop going.

Habits in themselves are in fact very useful, because they free up the brain's resources to do more interesting things. Think about how you clean your teeth, for example. Actually, you probably don't think about it, because it's a very well-established habit. You

hardly notice you are doing it, and you might even be thinking about other things while you do it.

Try this experiment: next time you clean your teeth: do it with your non-dominant hand. It's really difficult! That's because you are using a lot of attention to complete an unfamiliar activity, but if you were to do it every day you would eventually find it easier.

Then there is driving a car, or even riding a bike. If you are an experienced driver, you probably arrive at your destination with little memory of how many times you changed gear, or even what route you took if it was familiar. I remember when I first started driving, I had to say to myself out loud the number of the gear I was in every time I changed, but now it's automatic!

On a neurological level, our neurons form connections, and those that are repeated will strengthen, and lo - you have a habit! These connections are very hard to break, and they never go away entirely. This is why, for example, even if you haven't ridden a bike for years, you will soon remember how to do it when you get on again – the pathways are there.

The good news is that the pathways you don't want can be overlaid with new habits that in turn will become embedded and strengthened.

How to do it...

The expert here is James Clear, who wrote a wonderful, concise book on how to establish new habits (Atomic Habits), which I thoroughly recommend to you. It's all about the small but powerful changes we can make. Here are the principles for embedding your new habit,

Make it obvious; if you want to eat better food, make sure you have it in the house right under your nose. Say... a bowl of fruit on the table instead of a plate of biscuits. If you want to practice your piano scales, have the piano in a room you use often and keep it clear, so you don't have to move ornaments and papers off before you even sit down and start.

Keep your gym bag in the car so it's ready on your way back from work.

Make it attractive; if you don't enjoy it, you won't do it. So, as regards the gym, will it help if you get some nice gym wear in which you feel comfortable? For food, find a nice recipe that you like the look of. For walking, join the National Trust and enjoy beautiful places! You can also associate with a habit you have that you like; for instance, as you sit down to a nice meal, you can start to think of one thing you are grateful for (this is a beneficial habit in itself).

Make it easy; if there any obstacles, you are less likely to do it. So, have your gym kit packed and ready so you haven't got to search for it. Have a tidy environment and a clear desk so that it's easy to write the next chapter of your book. If your phone distracts you, put it in another room for an hour.

Make it satisfying; we know that next year we will be glad if we lost that weight, changed that unsatisfactory job, did the exercise – but we want it now! One way to do this is, say you are cutting down on eating out, put £30 in a savings account every time you don't go to the restaurant, and spend it. This is immediate gratification.

So, if you could wave that magic wand, what habits would you like to be free of, and what habits would you like to have? It's all out there waiting for you!

I looked at why we find it so hard to change in a [previous article](#) from a different point of view, and here is another approach. See which works best for you – in the end, that is what matters.

Barbara Bates

Link = [How to change our habits - Life Coach Directory \(lifecoach-directory.org.uk\)](http://lifecoach-directory.org.uk)

Different sorts of Changes

Standard sizes have changed and it is not only in clothes.

Dinner plates used to be 23cms in diameter. Now they are 26cms so hold quite a lot more dinner.

A tea cup contains 145-150mls; standard size mugs hold 325mls

An oblong loaf tin for baking was around 18x 11cms; Now they are 21x11cms. That means about 15% more.

Standard sponge sandwich cake tins were a shock to me as the diameter and depth has increased. There has been a 67% increase in size; 340ccs more than in my old tins assuming they were both filled to the top. That is quite a lot of cake and calories.

Bun trays are now geared to cup cakes which are at least twice as big as what used to be a normal bun. My bun trays have 12 hollows but 8 is now the normal number. Bun papers in a smaller size are now harder to find.

However, Asda has now started selling (or I have never noticed them) trays of twelve fairy cakes with a blob of butter cream – just the sort that I thought had disappeared for ever.

Wine glasses have grown too. It used to be calculated at around 6 glasses to a bottle but now it is more like 3. Only last week an antiques dealer had some wine glasses on show. Two young women commented that the glasses were very pretty but wondered what was their use as the ‘cup’ part was so small. The stall explained that wine used to be drunk from much smaller glasses.

Beer has stayed in pints. There was much talk about going metric but beer drinkers and the pubs were firmly against this move and pints won the day.

Frances

An unusual event

There was a down-and-out who used to sit outside a local supermarket He had a cap for any offerings but never begged. He had a special charm and was liked by most customers who often talked to him. He disappeared and came back after about 3 months.

I asked him if he was down on his luck and he said that things had not been good. I sympathized and he said that he had trouble with his leg. He rolled up his trouser leg and I could see terrible scarring and injuries which were not completely healed. I asked what had happened and he said that he had been tortured!!!! Part of his calf was missing. I asked if he had been in hospital and he said that the police wouldn't allow him anywhere as he was in custody. He added that he was not guilty as it was his friend who had done the murder and all he had done was help to lift the dead man into the bath (to clean him to wash off the blood and stuff, evidence?). He added that before (don't know the time scale) that he had been doing something that he shouldn't have been doing. Days later on he was transferred to Sheffield Hospital. He was told by the surgeon (so he said) that his injuries should never have been left so long. I gave him the £1 from my trolley.

Frances

Unusual New Year's Resolutions

- Get your photo taken in five interesting places. ...
- Learn a decent party trick. ...
- Break a record. ...
- Make a new friend a month. ...
- Learn something you never learned as a child. ...
- Try a new food each week. ...

Unique New Year's Eve Traditions From Around the World

New Year's Day may start the second the clock strikes midnight on January 1st in most countries, but the celebrations undertaken to usher in the new year at different corners of the globe couldn't be more unique.

Ecuador: (an interesting one but not one steeped in history) There, citizens parade around the city with scarecrows built to look like popular politicians and cultural icons—and at the stroke of

midnight, said scarecrows are burnt to a crisp to cleanse the new year of everything evil. and make room for the good to come.

Brazil: It is customary to light candles and throw white flowers into the water as an offering to Yemoja, the Queen of the Ocean. who is said to control the seas.

Greece

At the stroke of midnight locals will eat exactly 12 grapes (one for each month) in the hopes that this will bring about a year of good fortune and prosperity.

The Netherlands: Eating Oliebollen

Germanic goddess Perchta, a most unpleasant character, better known as Perchta the Belly Slitter, tried to cut open stomachs of miscreants and fill them with rubbish. The fat from eating the fried Oliebollen would cause her sword to slide right off the belly of her victim. Olie bollen used to be available at every corner shop but with healthy eating I am not sure about now.

Greece: There is a tradition that ‘gremlins’ roam at the New Year. These are Kalikangare in Greek and are most usually dealt with by the priest sprinkling Holy Water. In some Islands plant pots are thrown from the window and break to dispel the Kalikangare and allow good spirits to come in their place.

Chile: New Year's Eve masses are held in cemeteries. This change of scenery allows for people to sit with their deceased family members and include them in the New Year's Eve festivities.

Denmark: people take pride in the number of broken dishes outside of their door by the end of New Year's Eve.—some say it's a means of leaving any aggression and ill-will behind before the New Year begins and it is also said that the bigger your pile of broken dishes, the more luck you will have in the coming year.

Germany: Bleigießen, or lead pouring . Using the flames from a candle, each person melts a small piece of lead on a spoon and pours it into a container of cold water. The shape that the lead forms

is said to reveal a person's fate – fun and rather like reading the tea leaves

Ireland: Girls on New Year's Eve sleep with a mistletoe under their pillow. Supposedly, this helps them to find their future husbands in their dreams, at least.

Turkey: it's considered good luck to sprinkle salt on your doorstep as soon as the clock strikes midnight on New Year's Day. It is said to promote both peace and prosperity throughout the new year.

Japan: Ringing Bells:

One-hundred-and-eight. That's how many times Buddhist temples in Japan ring their bells on New Year's Eve. This tradition, is meant to both dispel the **108 evil desires** in each and every person and cleanse the previous year of past sins.

*To all our readers
Our good wishes to you
For
Health and Happiness
2023*



His All-Holiness Ecumenical Patriarch Bartholomew was accompanied by a small delegation which was received by His Majesty King Charles III at Buckingham Palace.



Tina dining in style with our Dean, Fr Patrick and his wife Mary. I think Fr Julian was the photographer.