

# PARISH OF THE HOLY TRINITY



## COMMUNITY BULLETIN

6 MARCH 2021

No. 18

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*Weekly Worship, Events & Announcements —  
Submissions Welcome!*

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### Upcoming Week

- ❖ Please pray for newly departed Parthenope, Kussay, Cyril, Elias, Marina, and for the sick Peter & Philip.
- ❖ Sunday service at home: [Typika Service](#) (click top left triple-bar menu, choose 'Sacraments & Services,' then 'Liturgy'), used with [Liturgy - Variable Parts](#)
- ❖ Archdiocesan [Sunday bulletin](#)
- ❖ Saints' days in [Greek](#) and [English](#)
- ❖ Online [9.30 Sunday Matins & Liturgy](#) at Holy Wisdom Cathedral, London
- ❖ Online [10.30 Sunday Liturgy](#) at St Nicholas Parish,

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### Events & Announcements

The Archbishop is again allowing confessions — contact Fr Ian (tel. 01865 200 717 or by [email](#)). Please continue to use the sign-up links for [Sunday Liturgies in March](#) and separately for the [Annunciation Liturgy & Doxology](#), 25 March at 6pm.

**Sunday 7 March** marks Judgement Sunday. Fr John Behr of Aberdeen University (formerly a student in Oxford under Metropolitan Kallistos) will take up this theme as part of a [series of seasonal talks](#). (Note that the following week is cheese-fare as we prepare for Lent, with dairy allowed throughout.)

From Matins of Judgment Sunday: *Let us make haste before it is too late; let us lament, let us be reconciled to God before the end comes. For fearful is the judgement at which all of us shall stand naked [...] Consider well, my soul: dost thou fast? Then despise not thy neighbour. Dost thou abstain from food? Condemn not thy brother, lest thou be sent away into the fire, there to burn as wax. But may Christ lead thee without stumbling into His Kingdom.*

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## From Fr Ian

Dear Friends,

As part of our pre-Lenten preparations we observe a “Saturday of Souls” (*Psychosabbato*) on the Saturday that falls before the Sunday of the Last Judgement. This is one of two such Saturdays observed in the Greek Orthodox tradition in the course of the Church year (the other is the Saturday before Pentecost). In the ordinary course of events we would celebrate the Liturgy and at the end say a Memorial Service (known variously as a *Mnimosino* or *Trisagion*) in memory not simply of the departed from one or a few families but, as the service book puts it, “all devout and Orthodox Christians who have fallen asleep before us in hope of resurrection, Rulers, Patriarchs, Bishops, Priests, Deacons, Monks, Nuns, Parents, Grandparents, Great Grandparents and Ancestors, those from the beginning until the last.” To this petition we then add the names of all those who have departed this life that the members of our congregation wish to commemorate. Although this year we cannot serve the Liturgy I shall be saying the memorial service this Saturday and remembering before God on your behalf all those whose names I have received.

These two Saturdays of Souls remind us that we are all part of a larger family, and that this family stretches back beyond our memory, and forward beyond our vision. They also remind us that within this family we are all joined together by prayer for one another. We pray for those who have left this life and they pray for us. The icon that we see at the centre of our church each Sunday shows us the descent of Christ into the world of the dead and his raising up of Adam and Eve (who stand for the whole human race), and this speaks to us of the truth that there is nowhere where God cannot be found. Every time we begin our prayers we invoke the one who is “present everywhere, filling all things”, and this applies as much to the world of the dead as it does to that of the living. So we have confidence that our prayers for those we love, living and departed, and their prayers for us come together in the person of the risen Christ – as St Paul tells us, “alive or dead, we belong to the Lord.” (Romans 14:9)

Let us also remember that our own personal prayers are caught up into this network of prayer. At home it is (or should be) part of our daily practice to remember our departed loved ones before God, and to ask them to remember us, too. If we are uncertain how to do this we can find prayers in the prayer book which we can use, and on which we can model our own petitions. Some have said that it is particularly appropriate to remember the departed just before we go to sleep, as our sleep is an image of death, and in addition every Saturday throughout the year is especially dedicated to remembering the departed, just as every Sunday is a commemoration of the resurrection. But these are not rigid rules. We can pray and remember at any time of the day and on any day of the week. May all, living and departed, be brought more fully into the love of God and so be drawn closer to one another.

With my love to you all,

Fr Ian

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## Preparing Children for Lent

As Lent draws closer, weekly themes of worship and a gentle ramping up of fasting restrictions are designed to help us arrive at the Great Fast with some degree of readiness! Children can of course participate based on their ages and individual circumstances or charisms — here are some ideas to help them with this shift into a blessed Lenten spring.

Forgiveness Vespers holds a strong lesson for children as many important adults in their lives prostrate themselves and ask forgiveness for any wrong they have done, and children in their turn have a chance to ask for the same. Doing this within our family group or possibly to a wider circle using technology may be helpful for children who will miss having this opportunity in Church.



To mark time passing during Lent, children can also take part in the widespread tradition of Kyria Sarakosti, or 'Mrs. Forty Days.' She has a cross on her head and folds her hands in prayer to indicate her concentration on holy things, and she is drawn without a mouth to indicate that she is fasting. For Clean Monday, [draw the figure](#) on paper or cardboard and cut it out and colour, or [bake one](#) made of dough. Each of her seven legs represents a Sunday before Pascha, so one leg is removed each Saturday to help children visualise the approach to the feast of feasts.

### **Simplified Prayer of St Ephraim**

*O Lord, help me not to want  
to have my own way all the time.  
Help me to love others.  
Keep me from being jealous, and  
help me to know when I am wrong.*

The prayer of St Ephraim is in every Lenten service and can be added to family prayers to more clearly mark the season. A prostration follows each petition. From *Guardian Angel Children's Prayer Book: An Introduction to the Divine Liturgy and Prayers for the Young Child*, by Fr T. Lozynsky.



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## Please remember Holy Trinity Parish in your prayers!

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