

PARISH OF THE HOLY TRINITY



COMMUNITY BULLETIN

7 AUGUST 2021

No. 40

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

Upcoming Week

- ❖ Please pray for the newly departed Stephen, Priest Anthony and Panagiotis, and the sick Peter, Monica and the priest Andreas.
 - ❖ 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, Oxford
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Events & Announcements

Please note that the bulletin will pause after the 15 August Dormition feastday, resuming in September as a twice-monthly publication.

The Dormition fast continues this week — wine and oil are allowed on weekend days, with strict weekdays. Friday is the Apodosis (leave-taking) of Transfiguration.

Monday 9 August the Orthodox Fellowship of St John the Baptist continues its series of talks with Dr Elena Sadovnikova speaking on [Metropolitan Anthony of Sourozh](#).

Apolytikion for the Feast of Transfiguration

*You were transfigured upon the mountain,
O Christ our God, showing to Your disciples
Your glory as much as they could bear. Do also in us,
sinners though we may be, shine Your everlasting light,
by the intercessions of the Theotokos, O Giver of light. Glory to You.*

Little Paraklesis

A Paraklesis (Slavonic *moleben*) is a service of supplication for the living centred on a poetic kanon addressed to a particular saint. The service as a whole is loosely modelled on Matins, the original home of the nine biblical canticles later adorned by hymnographers with their multi-stanza kanons. Much-beloved and practised in Greece is the Small Supplicatory Kanon, an appeal to the Mother of God written by 9th-century author Theosterictus the Monk.

Archimandrite Ephrem Lash includes an explanatory preface in his translation of the Little Paraklesis (archived and [available online](#)):

August in Constantinople was a month of disease and pestilence and so it was the custom to carry the True Cross in procession through all the quarters of the City during the first two weeks of the month. [...] In Greek use it is the custom to sing the Office of Supplication to the Mother of God each evening during the first fortnight of August. This may well be a survival of the ancient practice in an adapted form.

The series of short hymns (exaposteilaria) sung after the kanon are unique to this fasting season, the first fortnight of August:

*Apostles, you assembled here
brought from the earth's furthest limits,
here in the bounds of Gethsemane
I bid you inter my body.
And you, my Son and my God,
my dear Son, receive my spirit.*

*For you I have as advocate
before the God who loves mankind,
do not expose what I have done
before the sight of the Angels,
and I entreat you, O Virgin,
pray, come to my aid, come swiftly.*

*O sweetness of the Angels,
the joy of all those in distress,
the Virgin Mother of the Lord,
you are the protection of Christians,
come to my aid, deliver me
from the eternal torments.*

*O Tower wreathed in gold,
O glorious Twelve-walled City,
The Throne from which the sun pours down,
the Seat of the King of all,
O wonder beyond understanding!
How is it you suckle the Master?*



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**Please remember
Holy Trinity Parish
in your prayers!**

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