

SELECTED LIVES OF THE SAINTS

OSITH (Osgyth, Osyth) (d. c.700) of Chich (Essex), was an obscure Anglo-Saxon princess. Her tribe was that of the Hwiccas; she was married to Sighere, king of the East Saxons (c.664-83), at the instigation of his overlord Wulfhere, king of Mercia (656-75). One purpose of the marriage may have been to consolidate Christianity in Essex, whose state was precarious owing to Sighere's apostasy. *Bede has nothing to say of Osith, but does recount the reconversion of Sighere by bishop Jaruman. The son of Sighere and Osith, called *Offa, became king of the East Saxons but abdicated in 709. Osith meanwhile had founded a convent at Chich, died there, and was venerated as a saint.

Bede's silence and the lack of corroborative evidence to support these details from her late Legend make the story suspect. Its more picturesque details include the appearance of a large and aggressive white stag whenever Sighere tried to consummate the marriage (ignoring the fact that they had a son), Osith's flight to some East Anglian bishops who accepted her vow of chastity and persuaded her husband to give her land for her nunnery, her violent death at Chich at the hands of pirates because she refused to commit idolatry, and her carrying her severed head after death to a church three miles away, where she was buried.

ETHELBURGA (1) (Ædilburh) (d. 675), abbess of Barking. Of a wealthy (possibly royal) family and sister of *Erkenwald, Ethelburga was quite likely the owner, as well as the ruler, of Barking. A late tradition says that Erkenwald invited *Hildelith from Chelles to be prioress and future abbess of Barking; her difficult task was to teach Ethelburga monastic traditions while retaining a subordinate role.

*Bede devoted several chapters to marvellous events just before Ethelburga's death, such as the death of a three-year-old boy after calling 'Edith' three times for his favourite nun, and the cure of the nun *Tortgith after a vision of Ethelburga. Feast: 11 October; Barking had translation feasts on 7 March, 4 May, and (with those of Hildelith and Wulfrida) 23 September.

ETHELFLEDA (Elflæda) (fl. c.960), abbess of Romsey. Daughter of Ethelwold of Wessex who founded Romsey; Ethelfleda joined the community at an early age under *Merewenna and eventually became abbess.

Her Legend tells that she was brought to the notice of the king and queen and stayed at court, where her habit, for ascetical reasons, of bathing in the nude at night-time was the occasion of the queen's nervous illness, caused by her indiscreet curiosity when she followed her to see where she went. The queen was afterwards cured by the abbess's intercession. Ethelfleda died at an advanced age. Feast: 23 October.

TECLA (Thecla) **OF ENGLAND** (Thecla of Kitzingen) (d. c.790), Benedictine nun and abbess. English by birth and a relative of *Lioba, Tecla was a nun of Wimborne (Dorset) who was sent by the abbess Tetta to help *Boniface in his missionary work in Germany. For a time she was a nun under Lioba at Tauberbischofsheim until becoming abbess of Ochsenfurt and later Kitzingen. The year of her death is unknown, but her cult is testified by liturgical books which assign her feast, with the Roman Martyrology, to 15 October. Dates of 27 or 28 September are also found. Her shrine remained at Kitzingen until her relics and others were scattered during the Peasants' War of the 16th century.

BEGU (d. 660), Anglo-Saxon nun of Hackness (N. Yorkshire) who, according to *Bede, saw in a vision the death of *Hilda, the foundress of both Whitby and Hackness. In c.1125 the Whitby monks, short of relics of local saints owing to the translation of Hilda to Glastonbury and the lack of interest in *Caedmon, found at Hackness a sarcophagus, supposedly by revelation, which was inscribed *Hoc est sepulchrum Begu*. The relics in it were translated to Whitby, where miracles were reported, but another set of miracles was claimed by St. Bees, one of whose monks wrote this account of the Whitby translation. The two saints, the Irish Bega and the Yorkshire Begu, were thenceforth confidently identified. The lack of literary survivals of the Whitby cult is notable. Feast: 31 October.



Antiochian Orthodox

Christian Archdiocese

Of the British Isles And Ireland

Archbishop: His Eminence

Metropolitan Silouan Oner

St Furseys' Antiochian Orthodox

Christian Parish Church Stalham

Parish Priest Fr Stephen Weston

01692 581849

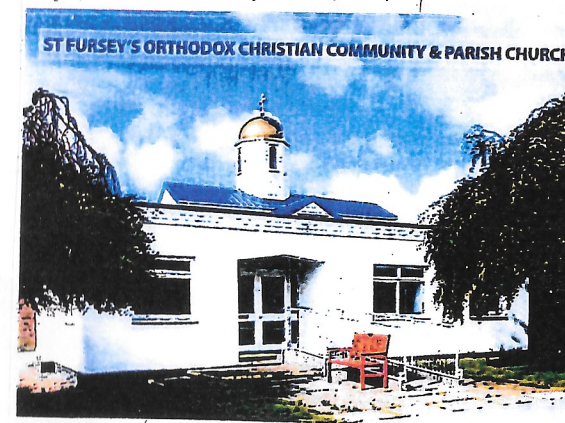
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COMMUNITY PROGRAMME & NEWSLETTER

OCTOBER 2023



THE ORIGINAL CHAPEL BEING BUILT IN THE GARDEN OF ST FURSEYS HOUSE AUG 1998



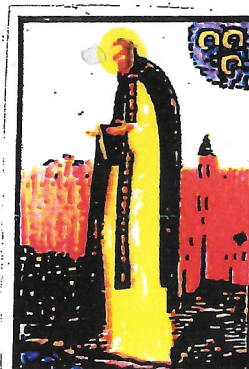
(In the Parish Church unless otherwise stated).

**BRITISH ORTHODOX SAINTS COMMEMORATED IN
OCTOBER**

- 03 Ewald the Fair and Ewald the Dark, Martyrs
- 07 Osyth of Chich, Martyr
- 08 Iwi of Lindisfarne, Hermit
- 10 Paulinus, Bishop of York
- 11 Ethelburgh, Abbess of Barking
- 12 Edwin, King and Martyr
Wilfrid, Bishop of York
- 14 Burchard, Bishop and Missionary*
- 15 Thecla of Wimborne, Abbess and Missionary
- 16 Lull, Archbishop and Missionary
Vitalis, Hermit*
- 17 Ethelbert and Ailred, Martyrs
Nothelm, Archbishop of Canterbury
- 19 Ednoth, Bishop of Dorchester-on-Thames, Martyr
Frideswide of Oxford, Virgin
- 20 Acca, Bishop of Hexham
- 21 Condedus, Hermit*
Tuda, Bishop of Northumbria
- 23 Elfleda of Glastonbury, Virgin
Ethelfleda, Abbess of Romsey
- 26 Albinus, Bishop and Missionary*
Cedd, Apostle of Essex
Cuthbert, Archbishop of Canterbury
Eata, Bishop of Hexham
Edfrid, Abbot of Leominster, Confessor
- 28 Eadsige, Archbishop of Canterbury
- 30 Ethelnoth the Good, Archbishop of Canterbury
- 31 Begu, Nun
Foillan, Missionary in East Anglia

TROPARION OF ST. FURSEY:

Establishing thy monastery in a Roman fortress
thou didst teach men that the Orthodox Faith is
a true bastion against the onslaughts of every evil
force O Father Fursey:
Wherefore pray to God for us that we may all be
bastions of the Faith standing firm against the rising
tide of falsehood that our souls may be saved.



Sat Sept 30 th	Pilgrimage to Burgh Castle Site of St Fursey's Monastery 630.
Sun October 1 st	17 th Sunday after Pentecost 25 th Anniversary of Dedication Divine Liturgy 9:30am.
Tues October 3 rd	St Dionysius the Areopagite - Athens 3 rd Hour 9am (The Actual Day)
Sat October 7 th	Vespers 4pm (St Osyth of Chich)
Sun October 8 th	18 th Sunday after Pentecost Divine Liturgy 9:30am (St James son of Alphaeus)
Sat October 14 th	Vespers 4pm.
Sun October 15 th	19 th Sunday after Pentecost Divine Liturgy 9:30am (Fathers of the 7 th Ecumenical Council 787 – Confirming Icons)
Tues October 17 th	Holy Apostle & Evangelist Luke Vesperal Liturgy 7pm St Fursey's Chapel
Sat October 21 st	St Demetrius Commemoration of the Dead Vespers 4pm
Sun October 22 nd	20 th Sunday after Pentecost Divine Liturgy 9:30am (Liturgy of St James the Brother of the Lord & 1 st Bishop of Jerusalem)
Sat October 28 th	Protection of Our Most Holy Lady the Theotokos & Ever Virgin Vespers 4pm
Sun October 29 th	21 st Sunday after Pentecost. Divine Liturgy 9:30am. (The Protection of Our Lady)

Daily Services in St Fursey's Chapel (Neville Road) Sutton

In addition to the services at the Parish Church there will be our usual daily services in St Fursey's Chapel, Neville Road, Sutton. 3rd Hour at 9am with reading from the Fathers. Monday and Friday (Tuesday & Thursday at the parish church).

Community News & Notices

Ongoing work at the Parish Church.

North Norfolk District Council Building Control Department, gave us permission to use the Parish Church for public worship from Christmas 2022 on a temporary basis, pending the supply of a Certificate from the electrician who worked on the church. This has been very difficult to obtain as electricians do not like to certify the work of other electricians. Having approached seven electricians I have finally found James who has agreed to check the electrics; some minor corrections need to be done and all being well we shall be able to supply the Certificate from James by the Council's deadline of 21st September. James is also going to put in place the chandelier which Russell kindly donated and also renew the electric power to the garages. Many thanks to James (Norman).

25th Anniversary of Our Dedication

A pilgrimage to Burgh Castle, the site of St Fursey's monastery is planned for Saturday September 30th with the Liturgy for the Dedication on Sunday October 1st. The actual day is Tuesday October 3rd. St Dionysius Day. For the services we use the same Troparia (prayers) used at the consecration of the Church of the Holy Sepulchre in Jerusalem in 335.

THE ART OF PRAYER

An Orthodox Anthology

Compiled by

IGUMEN CHARITON
OF VALAMO

Translated by

E. KADLOUBOVSKY
and
E. M. PALMER

Edited with an Introduction by
TIMOTHY WARE

REMEMBRANCE OF GOD

Secret converse with the Lord

Everywhere and always God is with us, near to us and in us. But we are not always with Him, since we do not remember Him; and because we do not remember Him we allow ourselves many things which we would not permit if we did remember. Take upon yourself this task—to make a habit of such recollection.

Make yourself a rule always to be with the Lord, keeping your mind in your heart, and do not let your thoughts wander; as often as they stray, turn them back again and keep them at home in the closet of your heart, and delight in converse with the Lord.

THEOPHAN THE RECLUSE

Become a real man

The more firmly you are established in the recollection of God—in mentally standing before God in your heart—the more quiet will your thoughts become and the less will they wander. Inner order and success in prayer go together.

In this way our spirit is restored to its just rights. When it is so re-established, there will begin an active and vital transformation of soul and body, and of outer relationships, until they are finally cleansed. And you will become a real man.

THEOPHAN THE RECLUSE

Remembrance in the heart and in the head

When remembrance of God lives in the heart and there maintains the fear of Him, then all goes well; but when this remembrance grows weak or is kept only in the head, then all goes astray.

THEOPHAN THE RECLUSE

Be still and silent

I have often reminded you, my dear sister, about the remembrance of God, and now I tell you again: unless you work and sweat to impress on your heart and mind this awe-inspiring Name, you keep silence in vain, you sing in vain, you fast in vain, you watch in vain. In short, all a nun's work will be useless without this activity, without recollection of God. This is the beginning of silence for the Lord's sake, and it is also the end. This most desirable Name is the soul of stillness and silence. By calling it to mind we gain joy and gladness, forgiveness of sins and a wealth of virtues. Few have been able to find this most glorious Name, save only in stillness and silence. Man can attain it in no other way, even with great effort. Therefore, knowing the power of this advice, I entreat you for the love of Christ always to be still and silent, since these virtues enrich remembrance of God within us.

THEOPHAN THE RECLUSE

A swift entry to Paradise

When you establish yourself in the inner man by the remembrance of God, then Christ the Lord will enter and dwell within you. The two things go together.

And here is a sign for you, by which you can be certain that this glorious work has begun within you: you will experience a certain feeling of warmth towards the Lord. If you fulfil everything prescribed, then this feeling will soon begin to appear more and more often, and in time will become continuous. This feeling is sweet and beatific, and from its first appearance it stimulates us to desire and seek it, lest it leave the heart: for in it is Paradise.

Do you wish to enter this Paradise as quickly as possible? Here, then, is what you must do. When you pray, do not end your prayer without having aroused in your heart some feeling towards God, whether it be reverence, or devotion, or thanksgiving, or glorification, or humility and contrition, or hope and trust. Also when after prayer you begin to read, do not finish reading without having felt in your heart the truth of what you read. These two feelings—the one inspired by prayer, the other by reading—mutually warm one another; and if you pay attention to yourself, they will keep you under their influence during the whole day. Take pains to practise these two methods exactly and you will see for yourself what will happen.

THEOPHAN THE RECLUSE

Unceasing remembrance is a gift from God

Remembrance of God is something that God Himself grafts upon the soul. But the soul must also force itself to persevere and to toil. Work, making every effort to attain the unceasing remembrance of God. And God, seeing how fervently you desire it, will give you this constant recollection of Himself.

THEOPHAN THE RECLUSE

Frequent prostrations

All the time from waking to sleeping, walk in the remembrance of the omnipresence of God, having always in mind that the Lord sees you and assesses every movement of your thoughts and heart. For this purpose pray with the Jesus Prayer unceasingly, and, frequently approaching the icons, bow down or prostrate yourself according to the movement and demands of your heart. Thus during the whole day your time will be frequently interrupted by these prostrations, and will be passed in the unceasing thought of God and in performance of the Jesus Prayer, during every kind of occupation.

THEOPHAN THE RECLUSE

REMEMBRANCE OF GOD

The thought of God and the Jesus Prayer

It is possible to replace the thought of God by the Jesus Prayer, but where is the necessity for this when they are one and the same? The thought of God is the keeping in mind—without any deliberately imposed concept—of some truth such as the Incarnation, the death on the Cross, the Resurrection, God's omnipresence, or others.

THEOPHAN THE RECLUSE

God's nearness and presence in the heart

Seek and ye shall find. But what is one to seek? A conscious and living communion with the Lord. This is given by the grace of God, but it is also essential that we ourselves should work, that we ourselves should come to meet Him. How? By always remembering God, who is near the heart and even present within it. To succeed in this remembrance it is advisable to accustom oneself to the continual repetition of the Jesus Prayer, 'Lord Jesus Christ, Son of God, have mercy upon me', holding in mind the thought of God's nearness, His presence in the heart. But it must also be understood that in itself the Jesus Prayer is only an outer oral prayer; inner prayer is to stand before the Lord, continually crying out to Him without words.

By this means remembrance of God will be established in the mind, and the countenance of God will be in your soul like the sun. If you put something cold in the sun it begins to grow warm, and in the same way your soul will be warmed by the remembrance of God, who is the spiritual sun. What follows on from this will presently appear.

Your first task is to acquire the habit of repeating the Jesus Prayer unceasingly. So begin: and continually repeat and repeat, but all the time keep before you the thought of our Lord. And herein lies everything.

THEOPHAN THE RECLUSE

OPEN DAY REPORT

The weather was not very kind to us on Friday September 1st for the open day; so we had to have the stalls inside. We were very pleased to welcome our supporters, (some old some new) and £97 was raised on the day. The cost of running the church (Insurance, heating, lighting, water, repayment of loan and payment to the Archdiocese are considerable to the money received helps).

THURSDAY BIBLE STUDY

The Thursday evening Bible study has resumed. We meet in the priests' room at the Parish Church at 7pm. The Letter of St James the Lord's Brother will be studied using the Orthodox Study Bible and Commentary. Do come along if you can.

Metropolitan Silouan visits November 25th – 26th. Please remember him in your prayers.

Every Blessing to our Readers

Father Stephen

PS: Please Note my new Telephone No: 01692 581849

MODERN DAY SLAVERY

For some years St Fursey's as supported this orphanage in very rural Zambia I have received a Newsletter for Summer 2023

OVERFLOWING WITH HOPE!

In June Neil Starling and Dennis Webb of The Falconer Trust spent 2 wks at the Falconer Home.

They found the children happy and healthy and very excited to see them arrive.

There are currently 56 children in the home.

Ranging from Babies to teenagers.

If you would like to read the Newsletter look up THE FALCONER TRUST Website

www.thefalconertrust.org.uk

Plus a New DVD from the June Visit can also be obtained which can be dispatched to you.

Please remember this home and all the children and staff in your prayers.

Neil can also do talks for church groups or clubs.

PAT HINKINS PHF

Member of ROTARY ACTION GROUP AGAINST SLAVERY