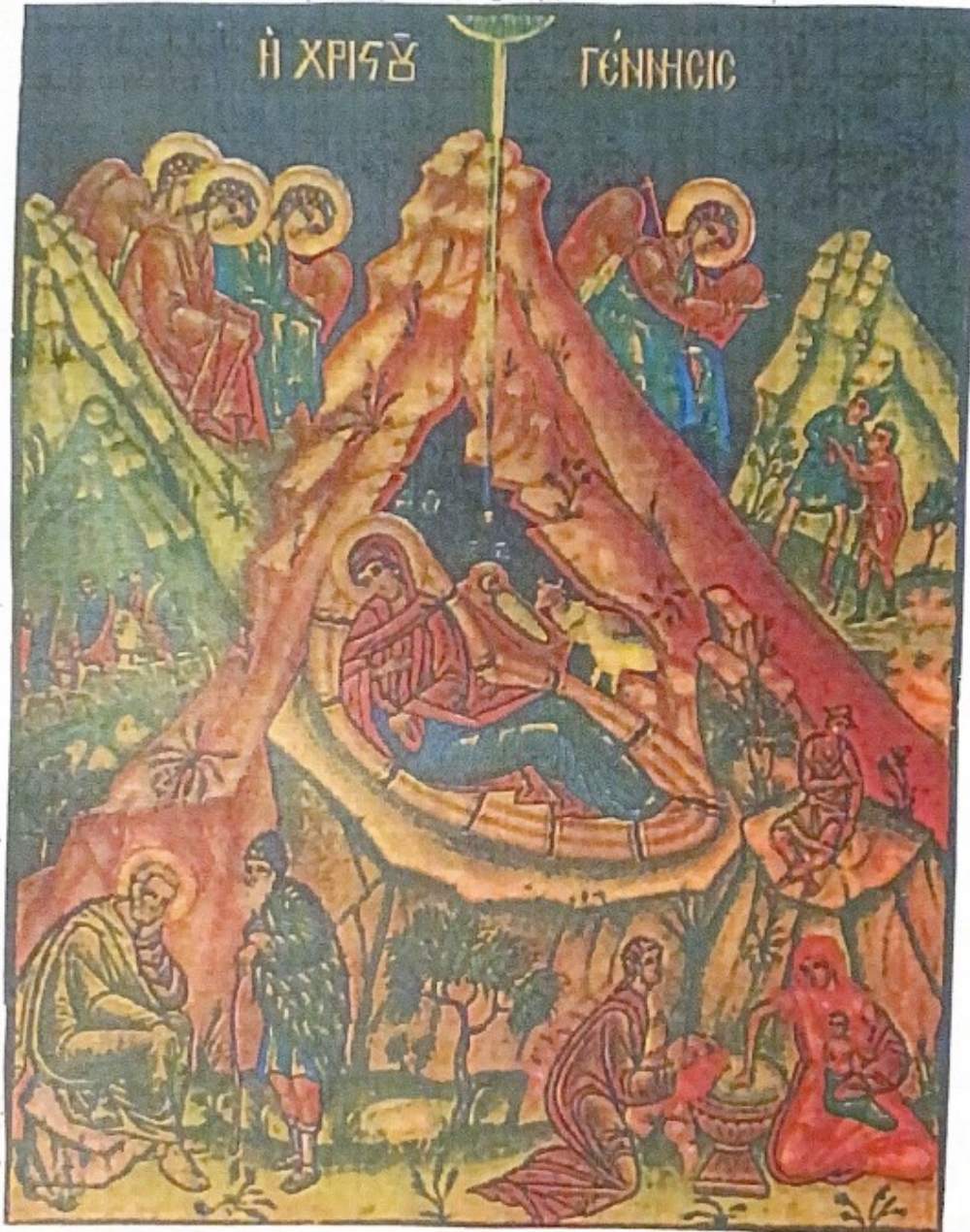


ST FURSEY'S ORTHODOX CHRISTIAN COMMUNITY AND PARISH,
ST. FURSEY'S ORTHODOX CHRISTIAN PARISH CHURCH.
YARMOUTH ROAD, STALHAM. NR12 9PG.

COMMUNITY PROGRAMME

Cruity

DECEMBER 2021



The Nativity of Christ (December 25th)

Troparion

THY Nativity, O Christ our God, hath revealed to the world the Light of wisdom: for in it those who worshipped the stars were taught by a star to adore thee, the Sun of Righteousness, and to know thee, the Dayspring from on high. Glory be to thee. O Lord.

SERVICES AT THE PARISH CHURCH IN DECEMBER.

Sat Dec 4 th	Vespers <u>4pm</u> – (St Barbara VM)
Sun Dec 5 th	24 th Sunday After Pentecost Divine Liturgy <u>09:30am.</u> (Commemoration of St Nicholas 345)
Thurs Dec 9 th	Conception of the Most Holy Theotokos by Righteous Anna. Divine Liturgy 9:30am.
Sat Dec 11 th	Vespers <u>4pm</u> (St David the Stylite).
Sun Dec 12 th	25 th Sunday after Pentecost Sunday of the Holy Forefathers (St Spyridon the Wonderworker). Divine Liturgy 9:30am.
Sat Dec 18 th	Saturday before the Nativity of Christ. Vespers <u>4pm.</u>
Sun Dec 19 th	26 th Sunday after Pentecost. (Commemoration of the Righteous Who Please God from Adam & Joseph the Beloved. Divine Liturgy <u>9:30am.</u>
Thurs Dec 23 rd	Royal Hours for the Nativity 3 rd Hour <u>9am</u> 6 th Hour 12 noon. Vespers for the Nativity <u>4pm.</u>
Fri Dec 24 th	Eve of the Nativity Divine Liturgy of the Nativity <u>9:30am.</u>
Sat Dec 25 th	Vespers <u>4pm.</u>
Sun Dec 26 th	Sunday after the Nativity. Commemoration of St Joseph Betrothed and St James the, Brother, of God. Liturgy of St James <u>9:30am.</u>

**BRITISH ORTHODOX SAINTS
COMMEMORATED IN
DECEMBER.**

- 03 Birinus, Apostle of Wessex
Lucius, King in Britain*
Sola, Hermit*)
- 07 Diuna, Bishop and Missionary
- 08 Budoc, Celtic Missionary
Gunthild of Wimborne, Virgin
- 09 Ethelgiva, Abbess of Shaftesbury
Wolfeius, Hermit
- 12 Agatha of Wimborne, Virgin
- 13 Edburgh of Lyminge, Virgin
Edburgh, Abbess of Minster-in-Thanel
- 14 Hibald, Abbot
- 15 Offa, King of Essex, Monk
- 18 Winebald, Abbot and Missionary
- 23 Frithebert, Bishop of Hexham
- 25 Alburgh of Wilton, Nun
- 30 Egwin, Bishop of Worcester

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



COMMUNITY NEWS & NOTICES

THANKS ARE DUE:

Many thanks are due to the members of the community for the help they have given during the past year.

Andrew	As Church Warden and help with the newsletters.
Anne	For typing the newsletters.
Sub Deacon David	For his help in services and as Secretary of the Trustees Meetings.
Photini	For her help as a Trustee and with Gift Aid.
Sue	For her help as a Trustee and for Safeguarding issues.
Ralph	For his work as a Trustee and practical advice.
Joe	For his work as a Trustee and help in services and admin jobs.
Reader William	For his help in services and for admin jobs and with Icon making.
Isaac	For all his practical help on the church and in the grounds.
God Bless You All!	

THE BISHOP VISITS ON SATURDAY 27 NOVEMBER 2021

ORDINATIONS: Metropolitan Silouan, will visit on Saturday 27 November 2021, to carryout the ordinations of David to the position

Subject:

MODERN DAY SLAVERY DRAFT for DECEMBER NEWSLETTER

MODERN DAY SLAVERY

I have managed to raise £34.50p by selling plants jigsaw and kindling . And spilt monies between our fundraising for BAKHITA HOUSE for woman and girls and babies born to the House and My ROTARY CLUB OF INNOVATION for their POLIO+ A/C

So I sent on behalf of ST FURSEYS ORTHODOX COMMUNITY £17.25p.

The guests made a card of thanks. Before Covid and building the church I use to put it on the wall of the chapel at Fr Stephens

So I think the contents of what as been written is so very much a honour to have since the house opened some years ago for us to have been a part of helping woman to be made not only safe that have been rescued some from the worst kind of SLAVERY ..All had been trafficked in to this country.

But given a chance of a new life without fear.

142 Woman from 44 countries AGES 15 to 70 yrs 12 Babies 1 cat called MARLEY!!!

They can continue their support to help woman continue their journey towards Independence.

They have 3 woman at college and 3 going to English classes

2 previous guests are at university.

During COVID they had 3 Babies born and they are all doing well considering the circumstances.

The card was signed from guests staff and Marley!

Please remember this important House and the guests and all the people that support this wonderful House in your Prayers and thoughts this christmas.

Wishing all the readers a Happy and lovely Christmas

CO-ORDINATOR

Pat Hinkins RAGAS MEMBER (Rotary e Club of Innovation1080)

ST FURSEYS ORTHODOX COMMUNITY (Action Against Child Slavery)

Supporters of ROTARY ACTION GROUP AGAINST SLAVERY. www.ragas.online

MODERN DAY SLAVERY HELPLINE 08000 121 700

Vespers

On Lord, I have cried, *eight stichera are sung:*

TONE TWO

(by Germanos)

Come, let us greatly rejoice in the Lord as we tell of this present mystery. The middle wall of partition has been destroyed; the flaming sword turns back, the cherubim withdraw from the tree of life, and I partake of the delight of Paradise from which I was cast out through disobedience. For the express Image of the Father,¹ the Imprint of His eternity, takes the form of a servant, and without undergoing change He comes forth from a Mother who knew not wedlock. For what He was, He has remained, true God: and what He was not, He has taken upon Himself, becoming man through love for mankind. Unto Him let us cry aloud: God born of a Virgin, have mercy upon us (*twice*).

of Deacon, Reader William to the position of Subdeacon and for Joseph's ordination as Reader.

CHRISMATION

Isaac's Chrismation will take place on Sunday 28 November 2021.

Bible Study

This takes place on Thursday evenings 7pm and we are studying St Matthew's Gospel. It is good to have such a keen group! Refreshments approximately 8pm and Compline 8:30pm.

Market Stall

This has not materialised as hoped but God willing, we will be able to have a stall outside the Church from the spring.

Building Our Parish Church

Many thanks to the builders, Alan, Tony and Tony junior for the splendid job they are doing of our beautiful new church. As I write on November 15th there are some more jobs to be done, decorations, floor covering, lighting and tidying up outside in the car park but we hope to be able to use it for the Nativity Liturgy! Praise God.

God Bless you all

Father Stephen

Obedience

In speaking of Christ's humility, Saint Paul said that Jesus was obedient to God His Father "unto death, even death on a cross." (Philippians 2:8) In truth, Jesus obeyed God in all that He did.

For I have come down from heaven, not to do my will, but the will of Him who sent me. And this is the will of Him who sent me, that I should lose nothing of all that He has given me, but raise it up on the last day. (John 6:38-39)

All that Jesus has and is, He has received from God the Father. From all eternity, the Son has listened to the Father in order to do His work and to accomplish His will. The will of God is that the Son should become a man, take up the sins of the world and die in the flesh in order to raise the dead that "nothing would be lost." Jesus has accomplished this in divine and perfect obedience, giving the example to all.

My father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as Thou wilt . . . if this cannot pass until I drink it, Thy will be done. (Matthew 26:39, 42)

There is no degradation in obedience to God, nothing shameful or demeaning. On the contrary, to do the will of God is glory and life. It is the highest dignity of man, his greatest joy and delight. (Cf. Psalm 119) It is the way of perfection for all, even for the man Jesus Himself.

Although He was a Son, He learned obedience through what He suffered, and being made perfect He became the source of salvation to all who obey Him. (Hebrews 5:8-9)

Disobedience to God and His Son Jesus Christ is the source of all sin. Refusal to submit to God in all things is the cause of all sorrow and death. Those who hear the Gospel and fail to enter into the eternal rest of God,

do so only "because of disobedience." (Hebrews 5:6, Cf. Deuteronomy 4:29-31)

In the Orthodox spiritual tradition, obedience is a basic virtue: obedience to the Lord, to the Gospel, to the Church (Matthew 18:17), to the leaders of the Church (Hebrews 13:7), to one's parents and elders, to "every ordinance of man" (1 Peter 2:13, Romans 13:1), "to one another out of reverence for Christ." (Ephesians 6:21) There is no spiritual life without obedience, no freedom or liberation from sinful passions and lusts. To submit to God's discipline in all of its human forms, is the only way to obtain "the glorious liberty of the children of God." (Romans 8:21) God disciplines us as His children out of His great love for us. "He disciplines us for our good, that we might share His holiness." (Cf. Hebrews 12:3-11) Our obedience to God's commandments and discipline is the exclusive sign of our love for Him and His Son.

He who has my commandments and keeps them, he it is who loves me; and he who loves me will be loved by my Father, and I will love him and manifest myself to him. (. . .) If a man loves me, he will keep my word, and my Father will love him, and we will come and make our home with him. He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me. (John 14:21-24)

Humility

In the Orthodox tradition, humility has often been called the "mother of all virtues," and pride has been named "the cause of all sin." The wise and honest person is the one who is humble.

Pride goes before destruction, and a haughty spirit before a fall.

It is better to be of a lowly spirit with the poor, than to divide the spoils with the proud.

A man's pride will bring him low, but he who is lowly in spirit will retain honor. (Proverbs 16:18, 16:19, 29:23)

According to the Gospel, in the Song of the Virgin, the Lord scatters the proud in the imagination of their hearts and exalts those who are humble and meek. (Cf. Luke 1:51-52) This is the exact teaching of Jesus.

For everyone who exalts himself will be humbled, and he who humbles himself will be exalted. (Luke 14:11, 18:14, Proverbs 3:34)

Humility does not mean degradation or remorse. It does not mean effecting some sort of demeaning external behavior. It does not mean considering oneself as the most vile and loathsome of creatures. Christ Himself was humble and He did not do this. God Himself, according to the spiritual tradition of the Church, has perfect humility, and He certainly does not act in this way.

Genuine humility means to see reality as it actually is in God. It means to know oneself and others as known by God — a power, according to Saint Isaac, greater than that of raising the dead! The humble lay aside all vanity and conceit in the service of the least of God's creatures, and to consider no good act as beneath one's dignity and honor. Humility is to know oneself, without the grace of God, as dust, sinful and dead.

God is humble because He cares about the least: the birds in the air, the grass in the fields, the worst of sinners. (Cf. Matthew 6:25-30) Christ is humble because He associates with the lowly, becoming the slave of all in taking on Himself the sins of the world.

If I then, your Lord and Master have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do as I have done to you. (John 13:14-15)

You know that the rulers of the pagans lord it over them, and their great men exercise authority over them. It shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be your slave; even as the Son of Man came not to be served, but to serve, and to give His life as a ransom for many. (Matthew 20:25-28)

All Christians are to follow the example of Christ in His divine humility. Saint Paul teaches:

Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not to his own interests, but also to the interests of others. Have this mind among yourselves, which you have in Christ Jesus, who though He was in the form of God, did not count equality with God a thing to be grasped, but emptied Himself, taking the form of a servant, being born in the likeness of men. And being found in human form He humbled Himself and became obedient unto death, even death on a cross. Therefore God has highly exalted Him and bestowed on Him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus is Lord, to the glory of God the Father. (Philippians 2:3-11)

The exaltation of Jesus as a man depended entirely on His self-emptying humility. True greatness, divine greatness, is the ability to be the least and to the least with the absolute certitude that it is externally and divinely important, that it is an imitation of God Himself.

True humility for the sinful man is to know that indeed, according to one's own possibilities and gifts, each one is truly the first and greatest of sinners (Cf. I Timothy 1:15), for each one has sinned in his own way "like no other man." (Saint Andrew of Crete, (7th c.), *Penitential Canon*) The truly humble person is the one who, confessing his sins, is "faithful over little," and doing so, is exalted by the Lord and is "set over much." Only such a person will "enter into the joy of his Master." (Matthew 25:14-23, Luke 19:17)

SELECTED LIVES OF THE SAINTS.

BUDOC (Buoc, Beuzec) (6th century). Celtic saint, patron of Budock and Budoc Vean (Cornwall) and St. Budeaux (Devon). Budoc was honoured also in Pembrokeshire (Dyfed) in and near Steynton; to him was dedicated a Tironian monastery at Pill in 1200. An Oxford church (near the castle) was also dedicated to Budoc; it may well have been of pre-Conquest date.

Budoc is also venerated in Brittany: The 9th-century Life of *Winwaloe describes him as a teacher living in the island of Laureá. The Life of *Maglorius, written c.900, and the 11th-century Chronicle of Dol, make him Maglorius' successor as bishop of Dol. He is the local saint of Plourin, where his relics are still preserved. There is a cult and no place-names at Dol, but place-names without a cult in Cornouaille. Whether this Breton bishop is the same as the abbot venerated in Pembrokeshire and Cornwall it is impossible to determine. The date of the Breton feast (9 December) is sufficiently close to the Exeter martyrology entry to favour an identification; it is a curious fact also that Budock faces St. Mawes across Falmouth harbour, while *Mawes was abbot of an island monastery in Brittany close to that of Budoc. The main centres of the cult(s) of Budoc are all close to the sea.

The most picturesque legend of Budoc concerns his birth at sea in a barrel. His mother Azenor had been falsely accused of infidelity to her husband by her jealous stepmother who had her thrown pregnant into the English Channel in a barrel. Fortified by visions of *Brigid she reached Ireland and became the washer-woman of the monastery of Beau Port, near Waterford, where her son was brought up. This story is derived from Greek mythology; with other late accretions it has done nothing to help unravel the tangled skeins of this saint's life and cult. Feast: 8 December; Glastonbury claimed to possess a relic.

ALBURGA (d. c.810), foundress of Wilton nunnery. Half-sister of Egbert, king of Wessex and widow of Wolstan, called Earl of Wiltshire. Alburga is said to have changed her husband's foundation canons at Wilton into a nunnery, which she entered and where she died. Feast: 25 December.

W. Dugdale, *Monasticon*, II. 315; Stanton, pp. 607-8.

OFFA OF ESSEX (d. c.709), king. Son of Sighere, king of the East Saxons, and of *Osith, Offa became king c.707, and was, according to *Bede, a lovable, handsome, and popular prince. But in 709 he left 'his wife, his lands, his kinsmen and his fatherland for Christ', abdicated, went to Rome where he was tonsured, and died a monk soon afterwards. His betrothal to Cyneswith, daughter of Penda of Mercia, claimed by Florence of Worcester and William of Malmesbury, is chronologically impossible. It must also be remembered that at this period the abdication and tonsuring of kings was sometimes the result of palace revolutions both in Gaul and in Britain. No record of an official cult of Offa has survived; Stanton assigns his feast to 15 December.

Bede, *H.E.*, v. 19; *G.R.*, I. 99; *G.P.*, p. 317; Florence of Worcester, I. 46-7; Stanton, pp. 600-1.

DIUMA (Dimma) (d. 658), bishop of the Middle Angles and Mercians. Of Irish origin, Diuma was one of the four priests sent by *Finan, bishop of Lindisfarne, to evangelize Mercia after the baptism of Peada, son of Penda c.652. The others were *Cedd, Betti, and Adda, of whom nothing is known. Their apostolate in Mercia, according to *Bede, was most successful. When Penda died in 654, the Christian King Oswiu of Northumbria ruled Mercia for a few years; during this time Diuma was consecrated bishop by Finan over the peoples of the Mercians and Middle Angles. It seems that he worked mainly among the latter and died in a district called *Infepingum*. The 11th-century Anglo-Saxon saints' list (*R.P.S.*) says that he lies buried at Charlbury (Oxon.); the form of his name led to a belief that Dimma (Diuma) was a woman. Feast 7 December.

Bede, *H.E.*, II. 21; *R.P.S.*

FRITHEBERT, bishop of Hexham 734-66. The successor of *Acca, he is also mentioned as the administrator of Lindisfarne while its bishop, Cynwulf, was in prison. No other details are known of his life. His bones were discovered at Hexham in 1154. Feast: 23 December.

J. Raine, *Memorials of Hexham Abbey*, I (S.S., 1864), pp. 199-200; *D.C.B.*, II. 566.

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