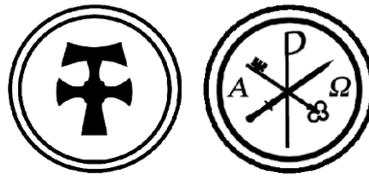


Monastery of St. Antony and St. Cuthbert

The Brotherhood of the Glorious Apostles Peter and Paul



April 2019

From Fr. Philip:

It is Great Lent as I write this and the services are longer, rich in content, full of movement (did I know I had a muscle there?) and are designed to throw yourself back into yourself.

The weather here has been snowing, pelting down with rain, gentle showers, brilliant sunshine, huge windstorms and absolute quietness and peace. During Lent you can expect your inner self to have similar changes of temperment from raging against any imposition to absolute peace. This is normal. Ignore how you feel: it isn't important, don't obsess about fasting or anything that will deflect you from concentrating on following Jesus Christ. (To be clear I am NOT suggesting that you shouldn't fast!). Keep everything you do secret, even from those who are nearest to you. Ask the Lord to lead you and be prepared to follow Him on the Way.

I really like what someone wrote to me at the beginning of Lent:

“As we enter Great Lent I’m always full of hope – and always buffeted by temptations. If you’re going to pray for me, pray for me being realistic not romantic. Not a dreamer but a doer on our journey...”

Developments:

Website:



When did you last visit our website? <https://www.orthodoxmonastery.co.uk/>

How about trying it out now? You will find it full of up to date things about the Monastery and more pictures and events at which to look.



Youtube:

Also Youtube?

<https://www.youtube.com/channel/UCfWMaefJYqFEZkYiK2WmeEw/videos>

On the Youtube site (called Archimandrite Philip) you will find all sorts of videos including teaching sermons which go back several years.

When you arrive at the site you may like to notice that under the video is the following:



If you click on Subscribe you will be able to find the site again without difficulty by looking at the list on the right hand side of your screen.

You will notice that the subscribe button will change again to:



Which shows that you have subscribed. Now there is something new! You see the little bell? If you click on this you will be informed when I put anything new on the site.

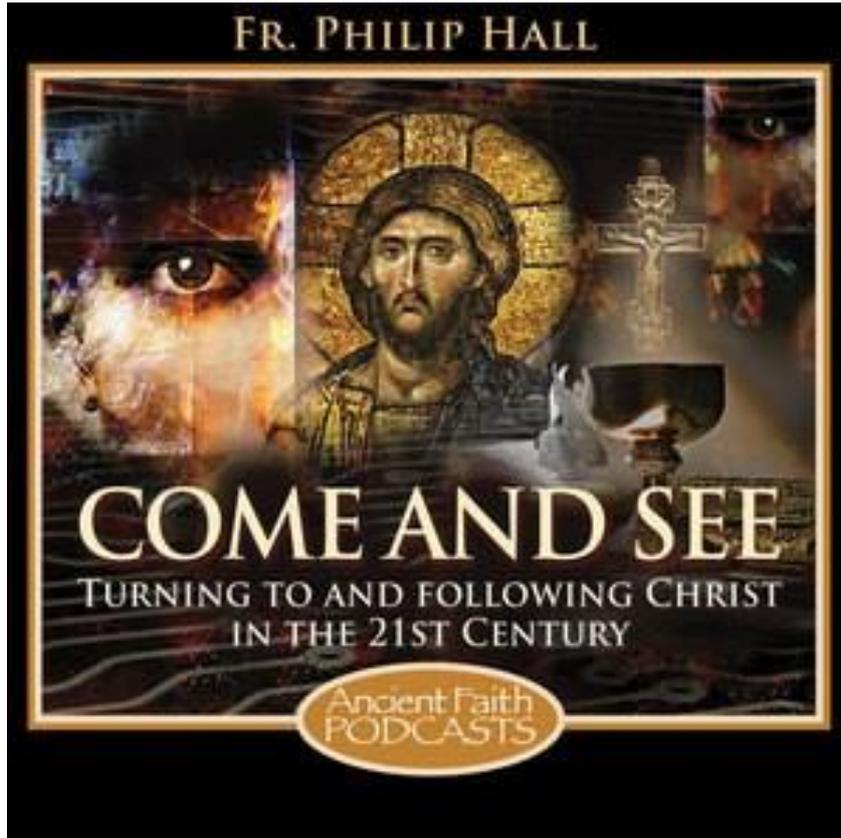
If after any amount of time you get sick of the site it is just as easy to switch off the notifications and to unsubscribe.



You can also catch videos on Ancient Faith Radio. (I hope you've found AFR already! <https://www.ancientfaith.com/>)



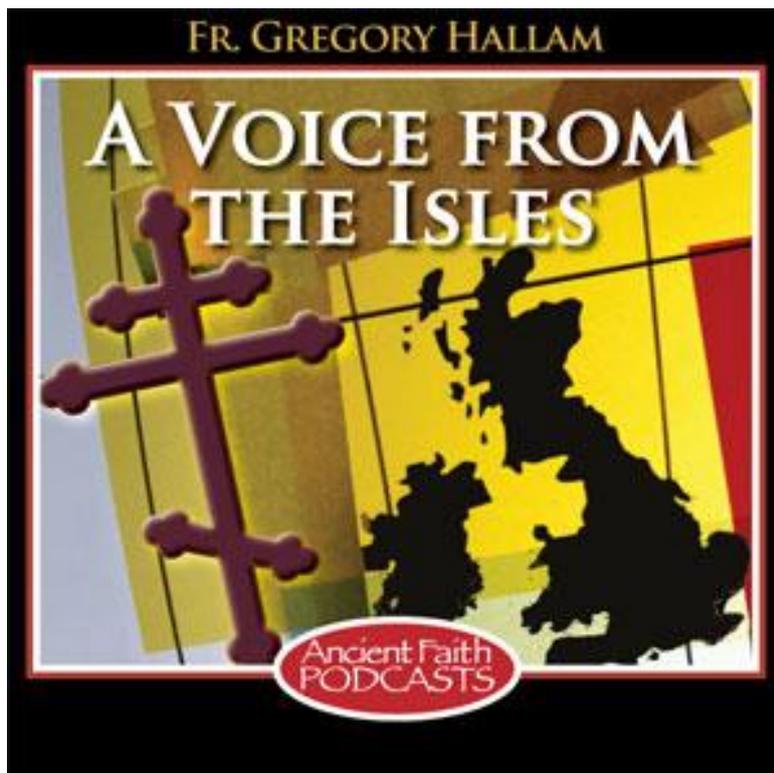
You'll find us here: <https://www.ancientfaith.com/podcasts/comeandsee>



This is nice and easy to use and you'll be able to check out (as an American would say) 132 and growing podcasts.

Explore the site – you can set the radio to Music or Talk. I recommend both.

Whilst you are there you should look out for Fr. Gregory's Podcasts:



He has 502 for you to learn from. There are dozens of others which you should also find useful including meditations on the daily readings.

Caravan:



We have a new way that you can spend some time with us! A generous donation of a 3 berth caravan means that we can accommodate three more people. We are naming it after St. Bede and it will be ready to stay in by April. It may be particularly useful for a group of friends or a small family. It is having electricity brought to it.

Environment:

The pond has been filling up with amorous toads. They make plenty of croaking. The toads have drawn herons. In the pond are sticklebacks which will also take out chunks of a toad's flesh. Hopefully snakes are not far off. Poor things!

We are also being given cuttings... yes please if you have any to spare! There is lots of wilderness but by the house will be a garden.



More bugs to look at!



Muntjac.



Badger.



Hare.

One of the things you can see in these pictures is the plastic sheeting that was put down to protect the trees when they were tiny. These need to be removed now. If you come to the Monastery you may find yourself volunteering for this job.

Coming to stay:

We are starting to limit the number of visitors staying overnight. It has been hectic here on occasion.

Also if you stay please remember that this is a monastery. You need to be quiet, sober in dress and behaviour, silent during silent times. You should never enter a room in which you are not staying. There is no place for alcohol or your own music and it is a good idea to turn off your mobile phone on arrival. If you let people know that you are not available they'll be quite happy not to phone you!

In March and during Holy Week we are now full. We have some VERY limited space during Lent: just days here and there. We can manage day visitors more easily. Phone or email well ahead please. If you would like to visit us then you may like to consider staying at one of these places:

The Bridges Inn, Ratlinghope <http://thebridgespub.co.uk/>

This place has some simple, clean and comfortable accommodation for individuals but also does group bookings.

The Crown Inn, Wentnor. <https://www.crowninnwentnor.co.uk/> This one has only four rooms – one of which is pet friendly. All four rooms are beautiful.

Both offer good service and clean, simple rooms with good food. If you make use of either of these places (for a meal, for example, please let them know why you are visiting and say so on Trip Advisor as this helps with the local economy.)

Please note:

It is an expectation that **all** visitors take part in **all** the services for the duration of their stay. It is welcomed if you can help with catering, cooking and ground work, singing, chanting, serving, sewing, mending, building, advice *etc.* We hope that during your stay you will feel you are a member of our community.

Meanwhile please keep us in your prayers!

[Fr. Philip.](#)

Support:

Us supporting you:

Send us requests for prayer.

1. We are happy to remember people in our prayers, in the proskimide, artoklasias (lytias) and so on.
2. Come and stay to join us in prayer and our life for a few days.

You supporting us:

There are several ways to support the Monastery:

1. Please pray for us: Fr. Philip, Novice Deiniol, Novice Nectarios.
2. Through making use of our industries:
 - a. We create websites (please see the websites for the Antiochian Archdiocesan, the Cathedral, for Lincoln, Worcester and Manchester parishes. (Please check our website for developments).
 - b. We have a small Emporium which will gradually sell more things (please check the website).
 - c. We will gradually add to these industries.
3. Through giving us good ideas!
4. Through direct giving. See below. You can find details on the website but also by making donations to our charity: THE STIPERSTONES TRUST Registered charity number: 1077603.

Making donations:

If you'd like to support what we are doing financially that would be lovely – but please do not feel that you “must”. We DO need money and we are already finding that we

need to expand the monastery as more people are asking to stay and space is very limited.

We also need lots of things (we have far too much of some things already) but we need new paths, concrete, cement, wood, more cells, a larger church (the current one gets very cramped), and a good plumber, the boiler maintained, new water heaters (some of them here don't work and it is cold) We also need to eat, and we need to feed our guests!

The best way you can help us with these things is by setting up a small monthly Standing Order. This is very easy. If you have Internet Banking it is five minutes work. Otherwise you could complete the attached form and send it to your Bank Manager. We will spend your money VERY carefully and be delighted to show you what we are doing in person.

To make this easy I have included a Standing Order Form at the end of the Newsletter.

You may also consider completing a Gift Aid form too. This increases your gift by 25% (so £1 becomes £1.25)

Address and Contacts:

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01588 650571

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info@orthodoxmonastery.co.uk

Fr.Philip@gmx.com

OUR JOURNEY TO PASCHA! 2019

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 17th		<i>TRIODION WEEKS</i> Publican and the Pharisee Reading: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Trust in God, not yourself! Ask for His help before every task this week!
Normal Fast Week FEBRUARY 24th		The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Use up/freeze meats this week.
Meatfare MARCH 3rd FAREWELL TO MEAT TODAY		The Last Judgment Reading: 1 Corinthians 8: 8-9: 2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 10th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Reading: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 17th		<i>GREAT FAST BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 24th		ST GREGORY PALAMAS Reading: Hebrews 1:10-2:3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 31st		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHAI</i> Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1	Wear your cross to church and kiss the cross each morning with a bowl!
4th Sunday of Lent APRIL 7th		ST JOHN of the LADDER Reading: Hebrews: 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 14th		ST MARY of EGYPT Reading: Hebrews 9: 11-14 & Heb 2:11-18 Gospel: Mark 10: 32-45 & LK 1:24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 21st GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Reading: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 26th		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 28th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1: 1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Standing Order Form.

To the Manager

Bank Address:

I/we hereby authorise and request you to debit my/our

Account Name*	
---------------	--

Account Details

Sort Code	Account Number	Amount	Frequency
			Monthly

Beginning date	End date:
/ /	/ /

And credit

The Stiperstones Trust, Lloyds Bank, Pride Hill, Shrewsbury. SY1 1DG

Sort Code: 30-97-62	Account: 02291524
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Quoting reference: The Stiperstones Trust

Signed:	Date:
Name in Block Capitals:	

* Please ensure that the actual name on/of the account is included in this box so that we can accurately match your payment to our records.

Please print this page off and send it to your Bank Manager.

Gift Aid:

1. Title: _____

Name: _____

Address: _____

Postcode: _____

Tel/ mobile: _____ Email: _____

2. If you are a UK taxpayer, please tick the box below to join the Gift Aid scheme. Doing so will mean that we can claim up to 25p extra for every £1 you give, at no additional cost to you!

Yes, I am a UK taxpayer. Please treat all donations I make to The Stiperstones Trust as Gift Aid donations until further notice. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations to charities and Community amateur sports clubs (CASCs) in that tax year, it is my responsibility to pay any difference. The Stiperstones Trust will claim 25p on every £1 donated. Please let us know if you want to cancel the declaration, change your name and/ or address or no longer pay enough tax on your income and/or capital gains.

Signed:

Date:

Please print off this page and send it to: The Stiperstones Trust, EDGE VIEW, BIRDS BARN LANE, WOLVERLEY, KIDDERMINSTER, DY11 5SG

Gift Aid Information When the Stiperstones Trust receives a donation from a UK taxpayer, we are entitled to claim an amount of tax (calculated at the basic rate of income tax in that year) paid on that donation. Once you have given your permission for us to do this on your behalf (by filling in this Gift Aid form), there is no need for you to do anything else. All that is required is that you must be a taxpayer and that you would have paid or will pay enough Income and/or Capital Gains Tax to cover all the Gift Aid claimed on all your donations to all charities and Community amateur sports clubs in that tax year. Please note that it is your responsibility to pay any difference. The amount of tax we claim will be 25% of the total value of your donations in that tax year. Furthermore, if you are a higher taxpayer, you are also entitled to claim the difference between the basic rate which we will claim and the amount of tax you have actually paid. For further details on how you can do this, please contact your tax office. If your tax situation changes and your gifts will no longer be eligible for the Gift Aid scheme, please contact us and we will amend your record accordingly.



St. Mary of Egypt.

Icon from the Chapel wall in St. Antony and Guthlac.

Troparion (Tone 8)

The image of God was truly preserved in you, O mother, For you took up the Cross and followed Christ. By so doing, you taught us to disregard the flesh, for it passes away; But to care instead for the soul, since it is immortal. Therefore your spirit, O holy Mother Mary, rejoices with the Angels.

Kontakion (Tone 3)

Having been a sinful woman, You became through repentance a Bride of

Christ.

Having attained angelic life,

You defeated demons with the weapon of the Cross;

Therefore, O most glorious Mary you are a Bride of the Kingdom!