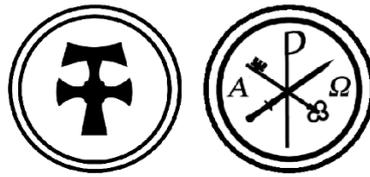


Monastery of St. Antony and St. Cuthbert
The Brotherhood of the Glorious Apostles Peter and Paul



May 2019

From Fr. Philip:

Christ is risen!



More pictures on p 8 - 11

And now is the time to feast!

It is well worth looking at your daily menus during the Paschal season and choosing to have some treat each day. We've spent a long time in fasting but this is the season of feasting. Try to find things as well as food to feast on:

- Feast on the pleasure of spending time with your family and friends. Give them the second-best part of your day, your week, this month (the best must be reserved for God but He will repay your family by giving them the best of you). Feast on their presence! Find some way new of showing your love each day, week and month. Thank God for a finding something new about your family each day. (Have you noticed the way parents are thrilled by the first smiles, words and steps of their children but forget to take delight in them as time goes by?)
- Feast yourself on the creation – so full of new life right now! Take yourself into nature and revel in His creation. Thank the Creator for some beautiful new discovery each day.
- Feast yourself on learning new things. Become a first responder, a first aider, a youth leader, a server, a choir member, or something else that serves the community. Sign up for a theological course (there are plenty but why not try E-Quip (<http://www.equip-orthodox.com/>) or the Cambridge Course (<https://www.iocs.cam.ac.uk/>) or the Midlands Theological Course (<http://www.thyateira.org.uk/tmes/>) ?
- Feast on prayer! There are lots of beautiful Paschal services to pray and learn.
- Feast yourself on the Scriptures! One chapter a day (it will take up 5 minutes of your time).
- Feast on the Sacraments! Take yourself to Church... work at understanding and being moved by the services.
- Feast on doing new things! Walk, climb, fly, knit, juggle ...
- You can find other things to feast upon – look for God's hand in all that you experience.

Environment:

The monastery is full of life now:

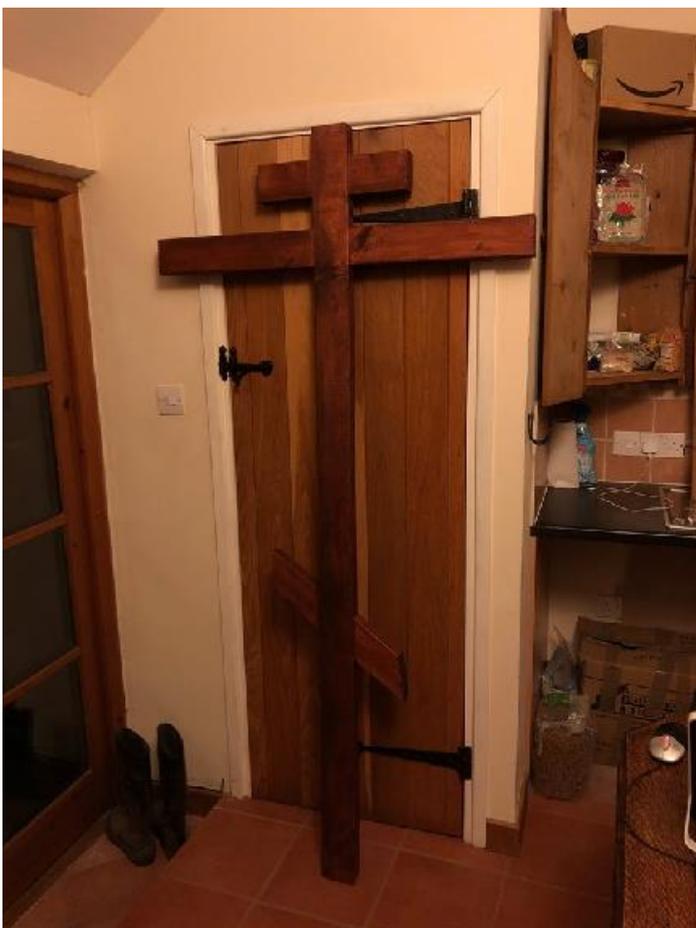
Voles,	magpie,	dunnock,
wood and field mice,	blue, great, coal, marsh and long tailed tits,	pied wagtail,
moles,	goldcrest,	chaffinch,
badgers,	wren,	bullfinch,
muntjak deer,	treecreeper,	siskin,
roe deer,	nuthatch,	redpoll,
hares.	green and greater spotted woodpecker,	crossbill,
Cuckoo,		chiffchaff,

linnet,	jay,	curlew,
robin,	tawny owl,	wood pigeon,
blackbird,	buzzard,	swallow
song and mistle thrush,	red kite,	Toads and their tadpoles,
fieldfare,	sparrow hawk,	frogs and their tadpoles,
meadow pipit,	kestrel,	there are said to be newts in the pond.
skylark,	heron,	Minnnows,
stonechat,	Canada goose (and 6 goslings),	sticklebacks.
carrion crow,	pheasant,	
raven,		

If anyone would like to come and do a full ecological survey then PLEASE DO! The Shropshire Wildlife Trust is doing a survey in June.

You can see short films of the hare and muntjac here:
<https://www.youtube.com/watch?v=v9AADkuLsK4> and
<https://www.youtube.com/watch?v=YfJh0vHWa9E>

Our New Cross for Great and Holy Friday:



Vegetable Plots: A limited number of vegetables are now coming up and haven't yet been eaten by the deer or hare! Potatoes, onions, rhubarb, leeks, garlic are all growing outside, and the tiny greenhouse is growing tomatoes, cucumbers, lettuce and radishes. OK: so not very exciting but a start!

Coming to stay:

Numbers of visitors have to be limited or we are finding that the numbers coming detract from the reason why the visitors want to come.

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!

Please call ahead even if you are planning only to drop in for a couple of minutes as this helps us to plan our day and be available to you. You can also book these places to stay nearby:

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:

The Monastery

Pontesbury

Shropshire

SY5 0SJ

07847 866978

www.orthodoxmonastery.co.uk

info@orthodoxmonastery.co.uk

Fr.Philip@gmx.com

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.



“Christ is risen!” Atgyfododd
Crist! Χριστὸς ἀνέστη! Хри́сто́сь
воскрéсе! Hristos a înviat!
Kristus prisikélè! المسيح قام!
ΠιΧριστος ἀΐτωνΎ! Kristus
Tenestwal!





