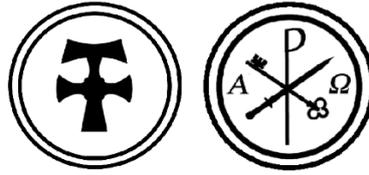


Monastery of St. Antony and St. Cuthbert

The Brotherhood of the Glorious Apostles Peter and Paul



August 2019

From Fr. Philip:

Isaiah 51:6: Lift up your eyes to the heavens and look on the earth beneath. For the heavens will vanish away like smoke, the earth will grow old like a garment, and those who dwell in it will die in like manner; but My salvation will be forever, and My righteousness will not be abolished.

Monastery:



This is a place of prayer. It is wonderful to see people walking off the hills and become awed by being here. They say things like “there is something about this place!” If you live here it is easy to be absorbed by the routine and forget to notice that it is different from elsewhere. If you go away, however, in no time the noise, frenetic rushing about, the feeling of being lost make one want to return fast.

We are hoping to begin a programme of painting the monastery. It is about 20 years since the main house rooms were painted and the colours have faded and in parts become very worn and dirty. If you feel you'd like to contribute labour to this that would be great. It will be a fairly big job as each room will need to be redecorated starting with a full and careful washdown first. The paint for the main house is a special breathable paint. This is necessary as the walls are quite porous and the damp must be allowed to leave the rooms.

As mentioned last time, each of the bedrooms in the main house now have blackout blinds. This is helping to get rid of excess light, so guests feel like sleeping at (the very early) night. We go to bed at about 8pm (so please resist the temptation to phone after then!).

The cell in St. Caedmon's Wood also has curtains, electricity and a bed and table so is guest ready now. St John the Almsgiver has new curtains and the chapel has blackouts that will help to prevent the sun bleaching the new Altar covers.

Weather: One advantage of being so high was that when everyone else was moaning about being too hot it was LOVELY up here! On the hottest day the grass was cut, weeds taken out, lots of sorting went on and the sun shone all day. The norm, of course, is that it is cold and wet up here so this was a nice change.

Garden: Plants given by Sue, Marinela, Helen, Angela, Eleni and Elli are growing well at last. The flower bed round the belfry looks lovely as the plants begin to grow into each other. Thank you! There is plenty of room for other plants should you have any cuttings spare.



Environment:

The geese all flew off one morning, the tadpoles are busy morphing into frogs and toads, there are lots of newt-poles and there are countless nesting birds. The herons continue to reduce the amphibian population.

As we go to orthros in the morning the air is full of bats and as we leave after the first hour the air is full of birdsong. In between these times there is lots of human chanting, singing and recitation. At night the process is reversed.



The woods continue to recover. It is amazing how quickly this is happening. The whole site has suffered huge soil erosion in the past (and the main field in front of the monastery continues to do so) so we will gradually be putting in measures to conserve soil and prevent erosion.





The muntjac continue to nibble at low lying branches but their damage doesn't warrant any concern.

You too can become a Mammoth!



In the autumn some chainsaw work will need to be done to thin out some areas and to pollard and coppice certain trees. Should you have a chainsaw and be good at this and have the time it would be good to hear from you. Not so long-ago Mammoths walked these hills. In their absence humans must do their work. Mammoths opened rides and glades in woodland which created

diversity and renewed trees by effectively coppicing them. This hasn't happened here for a long time so there is a lot of work to be done.

Coming to stay:

You should consider if you really need to bring mobile/smart phones with you to the monastery. Could you not manage a few days without it? It is wonderful to be able to leave the world behind for a few hours or days and its intrusion here does nothing for creating a peacefilled space.

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.
2. Through giving us good ideas!
3. 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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Shropshire

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07847 866978

www.orthodoxmonastery.co.uk

info@orthodoxmonastery.co.uk

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Standing Order Form.

To the Manager

Bank Address:

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

Account Name*	
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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.



