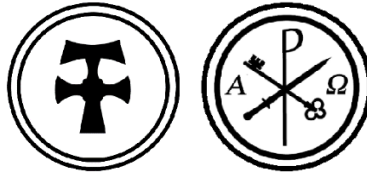


Monastery of St. Antony and St. Cuthbert  
The Brotherhood of the Glorious Apostles Peter and Paul



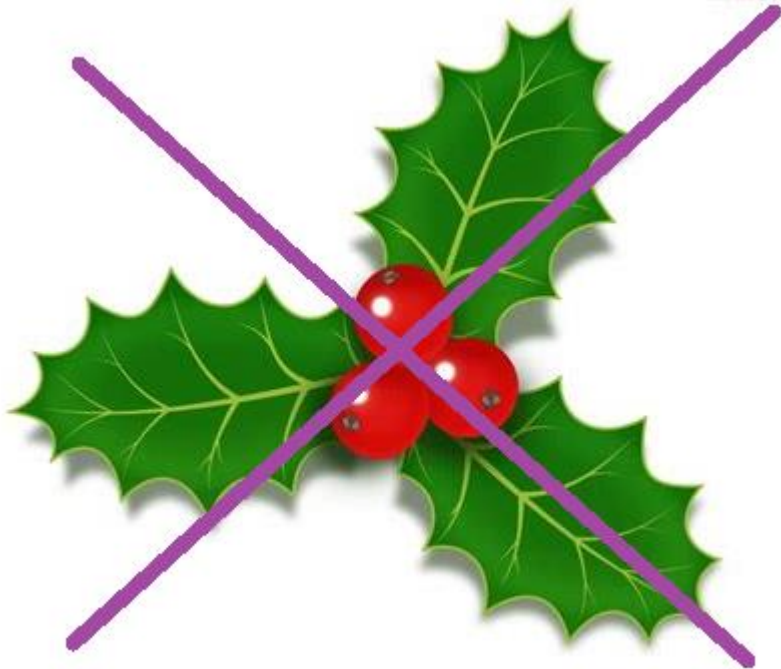
November 2020

**From Fr. Philip:**

This month we begin our journey towards the Nativity. HUZZAH!

It appears to be no secret that I LOVE Christmas!

But...



November 15<sup>th</sup> is the start of the Nativity **FAST**. In our culture the run up to Christmas has become one hugely long festival of gluttony and self-indulgence. Most years it is all too easy to find Christmas parties anytime from October onwards, the shops are usually full of Christmas music, the shops are filled with Christmas food with “best before dates” well before the Feast begins.

Come December 25<sup>th</sup> in the evening people say to me “I’m glad it’s all over!” One friend takes down her tree on 26<sup>th</sup> (having had it up since October), the radio a couple of years ago on 25<sup>th</sup> at about 4pm (I was on my way from one Christmas service to another) said “now that Christmas had ended...”

The **FEAST** of the Nativity begins after Vespers on Christmas Eve. It then carries on at least until Theophany and in many households until February 2<sup>nd</sup> (the Presentation of our Lord in the Temple).

## So how can you prepare?



If you have an Orthodox calendar you will see that we have a relaxed fast until 11<sup>th</sup> December after which it is stricter. There are plenty of on-line calendars, so you have no excuse.

This year you are unlikely to be invited to office/ works etc. parties, so you don't need to worry about finding excuses this time. (I know of parishes that have Christmas parties in the fast!)

What about making an Orthodox Advent Calendar or an Orthodox Advent Tree? Starting from the bottom of your tree you add icons each day that are suitable (print out and stick them on card) until you reach the top branch on Christmas Even with the Nativity Icon and after Church add the Bethlehem Star to the top.



What about phoning a different friend or relative each day from 15<sup>th</sup> November to 25<sup>th</sup> December to wish them “Seasons Greetings”. Or write/email each day in the same way? Try not to be surprised if they are delighted to hear from you.



What about giving a food or clothing gift to a food/clothing bank each day? There are LOTS of hungry, homeless, or poor people in our midst.

What about offering to help in your parish with the special cleaning, decorating, and preparing the Church for the Nativity? (Be careful about this – the usual team will likely die of shock).

What about deciding to volunteer for some local charity? (Lots to choose from.)

What about being nice to the person in the shop, behind the till, to the bus driver, to the office worker or to your next-door neighbour?

What about volunteering to baby sit your friend’s children while they have a few moments away from their little cherubs?



What about making your Christmas presents this year? Jams, marmalades, chutneys, decorations, wines, cordials, knitted blankets, baby clothes, a manger scene and so on.

What about trying to smile from time to time?

If all else fails, you could resort to reading the scriptures and prayer. (Yes, I am teasing you.)



## The Monastery Shop.

### Shop



12" Candles



33 Knot Handmade Prayer Rope



50 Knot Handmade Prayer Rope



Altar Candles (Pack of 10)

We are pleased to offer you:

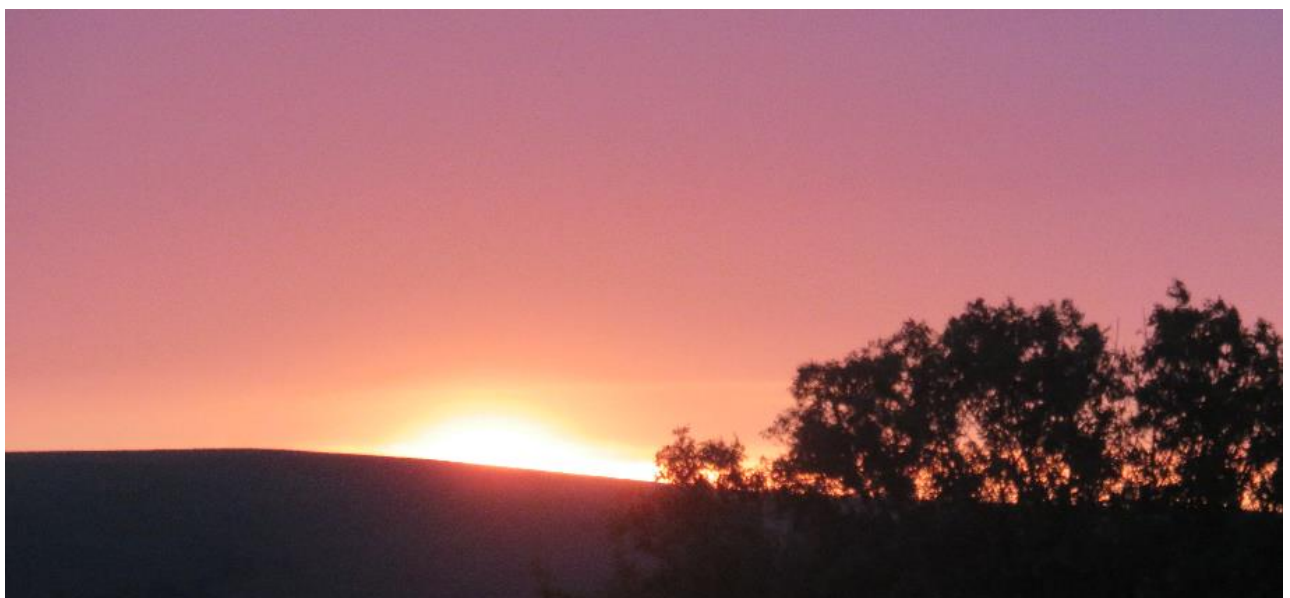
- Candles: votive and altar.
- Prayer ropes (two sorts – but you can ask for something specific and we will give you a quote.)
- There will soon be more products on offer.
- Keep an eye on this as there will be more things coming soon.

All the prices are on our website:

<https://www.orthodoxmonastery.co.uk/shop/>

If you can support us like this, it will help us to be more self-sufficient and improve the monastery.

If you can help us learn to make / produce things we will be delighted for you to come and help us.



## **Guests:**



We can open to healthy guests who are happy to follow the COVID-19 rules and to one household at a time. The rules are followed rigidly.

Please email [Fr.Philip@gmx.com](mailto:Fr.Philip@gmx.com) to ask to stay. Please have several dates in mind as the dates are filling up. It is worth booking well ahead.

## **Proskimide names:**

You are always welcome to send us names for the Proskimide, for memorials and for general prayers. The best way is to email/ Text or write.

We make no charge of course! However, we do welcome your prayers for us.

## **LIVE STREAM:**

<https://www.youtube.com/channel/UCfWMAefJYqFEZkYiK2WmeEw/videos>

Or look for “**Archimandrite Philip**” on YouTube

**We are continuing to live stream some services from the Monastery and from Lincoln.**

**If they are from the monastery they will be as follows:**

**5.00pm Saturday: Ninth hour and Great Vespers **These are not priest led****

**7.30am Sunday: Matins. (There is a sermon from Fr. Philip at 10am)**

**Feast days:**

**5.00pm: Great Vespers (with Litia and Artoklasia)**

**5.00am: Midnight Hour, Matins and Divine Liturgy**

**Weekdays: 10am “Ten at Ten” Ten minutes or so of Live Bible Study at Ten O’clock**

**From Lincoln they will be as follows:**

**10am Sunday: Divine Liturgy**

### **Environment:**

The winter birds are arriving now, the owls are making their usual din, the deer are barking, Roger the Rooster and his flock are looking good in his winter plumage. The leaves are dropping fast having turned lovely shades of russet. The ponies are wearing their winter coats and are running about playing in the paddock as I write (it is windy, and they become excitable in the wind).

There are potatoes, Jerusalem artichokes, some spinach, and apples still to harvest. The sweetcorn is possibly ready but will not be up to much having spent all summer struggling. There are fruit bushes that need transplanting and a very few raspberries to pluck.

We have repaired some fences but there are more to be maintained (we have had the odd pregnant cow visit, but they are easily persuaded to go back to their own homes.)

## **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:**

We understand that times are hard and may well become much harder. If you can support what we are doing financially that would be very welcome – but please do not feel that you “must”. We DO need money and we will need to expand the monastery as more people are asking to stay and space is limited: realistically we are full.

We also need to build new paths, cells, a larger church (the current one gets very cramped), heating that works, we also need to eat, and we will need to feed our guests once we reopen.

The best way you can help us with these things is by setting up a small monthly Standing Order. This is extremely 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](http://www.orthodoxmonastery.co.uk)

[info@orthodoxmonastery.co.uk](mailto:info@orthodoxmonastery.co.uk)

[Fr.Philip@gmx.com](mailto: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
---------------------	-------------------

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: Br. Deiniol, The Stiperstones Trust, Gift Aid, The Monastery, Pontesbury, SY5 0SJ**

**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.

## **What else do we need?**

### **You might have just what we are looking for!**

- Orthodox Theological Books (we are hoping to extend the Library) in English
- Service Books
- Incense making equipment
- Charcoal making equipment
- Soap Making equipment
- Trailer for the 4x4
- Building materials and tools
- Fencing materials (Fence posts, pig wire, chicken wire etc.)
- Timber (treated and untreated) for building both inside and out.
- Paint (White emulsion and whitewash)
- Electric wire (both outside and inside wire)
- Wellington boots
- Post hole digger
- post hammer

**In most cases we won't be able to collect these things (unless you live nearby ...) but it may give you an excuse to come and visit!**

### **We also need your expertise once the lock down ends:**

#### **Can you:**

- Catalogue books
- Build paths,
- Lay concrete,
- Put up walls (the lean-to needs to be weatherproofed).
- Put up internal walls and plaster,
- Unblock locked doors,
- Put up fences,
- Do carpentry,
- Build new buildings

**If you can ... let us know please!**

### Other News:

Br. Deiniol has returned to the monastery after a short period away. There are currently four of us staying here for more than a month. Some of us are considered permanent and some for a prolonged stay.

The libraries are being catalogued. Soon this catalogue will be on-line which means that you would be able to come here and consult books in which you may be interested.







Autumn Colours.











The Boys (Buster, Ted and Sage)







Prayer Spaces

