

HODOS

THE WAY

Monthly Newsletter of the Diocese of UK-Europe and Africa
of the Malankara (Indian) Orthodox Syrian Church

Volume 1, Issue 9

September 2024

**THE GREATEST
AMONG YOU
MUST BE A SERVANT.**

MATTHEW 23:11

DIOCESAN DAY celebrated

As in the previous year, the Diocese of UK-Europe and Africa celebrated Diocesan Day on the second Sunday after the Feast of the Exaltation of the Holy Cross (Sleebea Perunnal). This year, it fell on Sunday, 15 September 2024. The day is significant for members of the Diocese to pray for its continued growth and well-being. This year, it coincided with the anniversary of the establishment of the Catholicate in India, celebrated annually on 15 September. Diocesan Metropolitan hoisted the Church flag at Liverpool St. Thomas Indian Orthodox Church.



Diocesan Metropolitan HE Abraham Mar Stephanos exhorted that, despite the complexities and challenges faced by the Church in this period, we must remember that the Church is not just a human institution but the Bride of Christ. It is through the Church that we find salvation, for we belong to it and are baptized into it. The love of Christ is witnessed and experienced through the Church. He reminded everyone that we must acknowledge with gratitude and reverence the divine providence that has safeguarded the Church through the ages. He encouraged continued prayers for justice, peace, truth, and unity.

Diocesan Secretary, Fr. Varghese T Mathew, reminded everyone that the deadlines for Catholicate Day collection and Diocesan Day collection to be received in the Diocesan account were 31 October 2024 and 31 December 2024, respectively.

HODOS – The Way

“... whoever exalts himself will be humbled, and whoever humbles himself will be exalted.”
- St. Matthew 23:12

It is stunning how Christ's last public message was a scathing denunciation of false religion and hypocrisy, holding nothing back! According to Biblical history, the teachings of the Pharisees and the Scribes described a true model of how one ought to lead their life. Jesus himself tells his followers to practice and observe whatever they say. However, these Pharisees and Scribes fell short in how they themselves practiced what they preached. Jesus calls them fools, snakes, vipers, blind guides, and at least seven different times, hypocrites.

This may prompt a moment of self-reflection. Do we resemble these Pharisees and Scribes in our daily lives? Are we perfect in speaking about goodness and humanity but fall short when it is required of us in our daily actions? We all seek to be appreciated and honored by others. But, to be a good Christian in practice means becoming a servant to others. This is not to be misunderstood as domestic help, but rather a servant is one who places others' priorities above his own and works sincerely for them.

Is this *the way* we live our lives? Let us be humble. Let us imitate Christ, who humbled Himself. In this, truly, we shall be exalted in the presence of God.

- The Editor

BLESS TO BE BLESSED

+ Abraham Stephanos

1 PETER 3:9

**DO NOT REPAY EVIL WITH EVIL
OR INSULT WITH INSULT.
ON THE CONTRARY,
REPAY EVIL WITH BLESSING,
BECAUSE TO THIS YOU WERE
CALLED SO THAT YOU MAY
INHERIT A BLESSING.**

It is indeed a profound gift and blessing to be prayed for. We deeply cherish those who lift us up in their prayers. Chapters 17 and 18 of the Gospel according to St. John present one of the most beautiful prayers ever recorded—the prayer of our Lord and Savior Jesus Christ himself. In this passage, God the Son prays to God the Father for us—the children of God—interceding on our behalf. Yet, this should prompt us to reflect on an important question. While we yearn for prayers and blessings from others, do we also pray for others with the same fervor? Are we actively ensuring that we are blessing others, just as we seek to be blessed?

Unfortunately, as humanity drifts from the image and likeness of God, we often fall prey to wrongdoing, sometimes without even realizing it. Hurtful words can flow easily, causing harm, sometimes more deeply than physical actions. In today's world, such unkindness has become so normalized that people frequently don't even acknowledge its wrongness. This perpetuates a cycle of bitterness, where hurt is met with more hurt, often escalating in intensity. Some retaliate overtly, while others harbor resentment in secrecy. Yet, this desire for revenge, deeply ingrained in human nature, was profoundly redefined by Jesus Christ more than 2000 years ago. Sadly, even now, many still respond to evil

with evil, further entrenching themselves in sin rather than seeking healing and reconciliation.

Peter's powerful exhortation to “bless to be blessed” (1 Pet 3:9) serves as a timeless reminder that we are called to live differently. Jesus Christ's high priestly prayer demonstrates that our sense of belonging must transcend the secular world. We are not meant to root ourselves in the temporary, but to seek spiritual goals, embracing the promise of eternal life. This promise is not a mere myth but a reality understood through faith. When we focus solely on earthly revenge or grievances, we stray from our divine purpose and lose sight of the eternal goal set before us.

Retaliation, in many ways, is a form of escapism—an avoidance of the higher calling we are meant to pursue. To bless others, rather than curse them, is to embrace a radical shift in perspective. Only by choosing to bless can we experience the fullness of life in Christ, actively participating in the world without being consumed by its trials. Though we live in a tangible, often harsh world, we must remember that our true identity is in Christ. We are baptized into His life and bear the seal of Holy Chrismation. Through the sacraments, especially the Holy Communion, we receive God's grace and are reminded of Christ's incomparable love, which should inspire and guide our every action.

*Only by choosing to bless
can we experience
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To truly continue Christ's mission on earth, we must strive to be a blessing to all. We must guard against living in practical atheism, where our faith is professed in words but fails to manifest in deeds. Likewise, we must remain vigilant against the temptations of materialism, ensuring that our focus on the temporal does not overshadow our spiritual nourishment. By living in the joy of Christ's salvation, we gain a renewed and transformative perspective on life. When we detach ourselves from worldly concerns, we can finally embrace the pure joy that comes from God. In doing so, we fulfill our calling to bless others, shining as beacons of Christ's love. Let us be ready, with our lamps lit, to bless and be blessed, as we strive to be true disciples of Christ.



The “Not-So-Popularly-Known” Saints remembered in October

During the month of October, the Malankara Orthodox Church commemorates the memory of several saints, martyrs, and Church Fathers. Some, like St. Luke the Evangelist (October 18) and Yeldho Baselios (Kothamangalam Bava) (October 03), are well-known and widely venerated. Others, though less known, have also made significant contributions to the growth of Orthodoxy over the centuries.

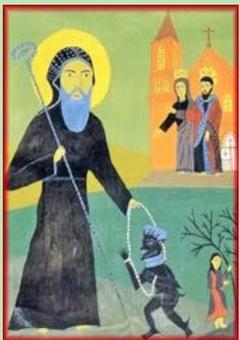


Mar Addai of Edessa (01 October)

According to Eastern Christian tradition, Addai (or Thaddeus) of Edessa was born in Edessa (modern-day Şanlıurfa, Turkey). He encountered the teachings of John the Baptist in Jerusalem and was baptized, later becoming a follower of Jesus. As one of the seventy disciples sent by Jesus to preach the Good News (Luke 10), Addai ministered

in Mesopotamia, Syria, Persia, Beirut, and Edessa, founding churches and ordaining priests. Eusebius of Caesarea (*Historia Ecclesiastica*, I, xiii) records that Addai was sent by St. Thomas to Edessa to heal King Abgar V. After converting the king and many others, he established the foundation for the Syriac liturgy known as the "Liturgy of Addai and Mari," used by the Assyrian Church of the East (Chaldean).

Mar Abahai the Elect (01 October) Mar Abahai, an ascetic, saint, and martyr, was born in Mardin, Turkey, in the mid-4th century AD. He renounced worldly wealth, gave all his possessions to the poor, and pursued a life of monasticism. He founded the Monastery of Ladders near Mardin, which later became known as "Abahai's Monastery." Mar Abahai served as the Bishop of Nicaea for 32 years and is commemorated in the Fifth Diptych (Thubdein). He defended the Nicene faith and was a close friend of Emperor Theodosius II. Mar Abahai lived to the age of 110 and died in 455 A.D., with over 1,400 priests attending his funeral.



Mar Malke (01 October) Born in Qulezmo (Klyzma), Egypt, in 222 A.D., Mar Malke was the son of Yuhanon and Rafka, the sister of St. Augin. From a young age, Malke displayed great wisdom, knowledge, and piety. At age 11, he chose a monastic life, traveling to the Monastery of St. Augin in Mount Izlo (Southeast Turkey) with his friend Elishcha. After years of ascetic living, Malke was ordained

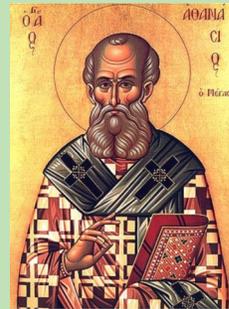
a priest by Bishop Yakob of Nisibis. He performed numerous miracles and eventually founded the Monastery of Mar Malke in Beth Kadishe, Tur Abdin. He passed away at 93 in 315 A.D. and was buried in his monastery.



Saints Sergius and Bacchus (07 October)

Saints Sergius and Bacchus, Roman army officers and devout Christians, were martyred in 303 A.D. under Emperor Maximian. Their refusal to worship the pagan god Jupiter

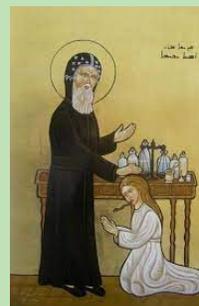
led to their persecution. After being humiliated by being dressed in women's clothing and paraded through the streets, they were sent to Resafa (modern-day Syria), where Bacchus was scourged to death. Sergius was forced to walk with boards nailed to his feet before being beheaded. Their veneration began as early as the 4th century A.D., and Emperor Justinian I renamed the city of Resafa to Sergiopolis in their honor.



Athanasius of Alexandria (14 October)

Athanasius, a prominent theologian and bishop of Alexandria, was born in 298 A.D. He declared himself a Christian at a young age and wrote his influential treatise *On the Incarnation* before the age of 20, defending the divinity of Christ against the Arian heresy. As a deacon, he attended the First

Council of Nicea (325 A.D.), where he played a pivotal role in drafting the Nicene Creed. Athanasius served as the 20th Patriarch of Alexandria for 45 years, despite spending 16 years in exile. He is credited with establishing the 27-book canon of the New Testament and introducing the forty-day Lent to Greek Churches in Egypt. Athanasius died in 373 A.D., and his relics are now preserved in St. Mark Coptic Orthodox Cathedral in Cairo, Egypt.



Mar Osio (15 October)

Mar Osio (Ossyo) was born to Christian parents in Farfa (modern-day Central Italy) at the beginning of the 4th century A.D. Despite his parents' desire for him to marry, he chose a life of asceticism and traveled to Jerusalem, Mount Sinai, and eventually the Kafra desert (modern-day Libya), where he became a disciple of St. Dimet.

Ordained a priest, Osio became renowned for his prayerful life, missionary work, and miracles, converting thousands and healing the sick. He passed away in 377 A.D. His name, Osio, means 'doctor' in Syriac and 'holy' or 'venerable' in Greek.

BEING ONE IN CHRIST



St. Paul, in Galatians 3:28, speaks about being "one in Christ." Generally, Christians may feel that the title "Christian" alone is enough to unite all who believe in

Christ and achieve this state of unity. However, this understanding is limited. Becoming one in Christ entails significant spiritual responsibilities that go far beyond a nominal Christian life. Over time, the essence of Christianity has become diluted in many areas of life. A lifestyle that accepts ungodly and unchristian actions under the label of "personal freedom" has clouded the human conscience, blinding it to what it truly means to be a Christian.

True Christianity is a life lived under the 'Veil of Spirituality', which shields the soul from the darkness of evil and deepens the discernment of good and evil. The spiritual eye is widened when darkness is kept at a distance. Conversely, the 'veil of the world'—woven from undue luxury, extravagant leisure, comfort, lust, greed, gluttony, selfishness, and endless physical pleasures—clouds the real world of divinity, closing the inner eyes. When this worldly veil takes over, the sight of divine things becomes impossible and, eventually, irrelevant. It creates a spiritual vacuum, and the evil spirit is always searching for such unoccupied spaces to fill. A conscience that is aware of its own shortcomings and spiritual failures will recognise the need for repentance, which leads to purification. Purification is a prerequisite to becoming a meaningful Christian and, thus, to becoming one with Christ. When Christians become one with Christ individually, they naturally become one in Christ as a community.

A conscience that is aware of its own shortcomings and spiritual failures will recognize the need for repentance, which leads to purification.

A life that is fully materialistic and immersed in impurity is prohibited for Christians. Unfortunately, many Christians today show more interest in such lifestyles. Christianity is

founded on love, which offers freedom—a byproduct of love. When this freedom is used wisely and in line with divine principles, spirituality takes root. However, when freedom is treated as a birthright to indulge in bodily desires, it rejects spirituality. Holiness in life is essential to becoming one with Christ.

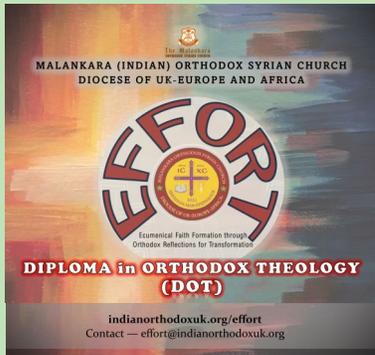


All children born into the same family are one in essence (except for their physical differences) because they share the same parents, bloodline, heritage, principles, values, and the family's wealth and honor. However, if one child strays from this cherished lineage and mingles with those from corrupt backgrounds, they cease to be one with the family and become prodigal. To share in this oneness, all children must maintain the common thread of the family throughout their lives. Similarly, to become one in Christ, Christians must reflect the attributes of Jesus Christ, whose lineage is the common thread of Christendom. When someone strays from this thread, they become prodigal. Therefore, it is essential to embody and maintain the character and conduct of Jesus Christ in our lives to be one in Him.

Living in Christ is an exalted state in which this world becomes merely a resting place on the journey toward eternity. The comforts of this world lose their appeal to a person who is truly in Christ.

- Jacob Muringayil, London

DIPLOMA IN ORTHODOX THEOLOGY (DOT) Launch and Induction held.



The Diploma in Orthodox Theology (DOT), an academic program under the EFFORT (Ecumenical Faith Formation through Orthodox Reflections for Transformation) initiative of the Diocese of UK-Europe and Africa of the Malankara Orthodox Syrian Church was launched on Wednesday 25 September 2024 in an online meeting chaired by the Diocesan Metropolitan H.E. Abraham Mar Stephanos.

The official inauguration was done by Professor Emeritus and Orthodox Theologian Rev. Fr. Dr. KM George, who also delivered the key-note address on the occasion, reminding everyone that Christian life is a life of continuous learning.

Diocesan Secretary Fr. Varghese T. Mathew, Director Dr. Elizabeth Joy and Dean of Studies Fr. Dr. Anish John also spoke on the occasion. The program will cover 6 Modules including Scriptural studies, classical languages, Sacramental Theology, Patristics, etc. over a period of 2 years. Lectures are scheduled to commence on 30 September 2024.

The EFFORT initiative was inaugurated by Catholicos and Malankara Metropolitan HH Moran Mar Baselios Marthoma Mathews III In June 2024 at the Malankara Orthodox Sangamam.



SUNDAY SCHOOL — DIOCESAN TALENT EVENT

The Diocesan Talent Event - 2024 was hosted by the Manchester St George Indian Orthodox Church was held on Saturday 21 September 2024 at East Didsbury, Manchester. Following unit-level and regional-level competitions, the Diocesan event witnessed 210 children from 28 Parishes across UK and Ireland participate. The event was inaugurated by Diocesan Metropolitan HE Abraham Mar Stephanos. Events were held across two stages and covered Elocution, Solo Song, Group Song and Quiz for 4 different age categories, namely Sub Juniors, Juniors, Intermediate and Seniors. Dublin St Thomas Indian Orthodox Church was crowned overall Champions with a tally of 21 points. This is the third time consecutively as overall champions for Dublin St. Thomas. The second place was shared between Maidstone (East Kent) St Peter's and St Paul's Indian Orthodox church and London St Gregorios Indian Orthodox Cathedral with 18 points each. Stoke-on-Trent St John the Baptist Indian Orthodox Church achieved the third place with a tally of 11 points.



MMVS IRISH REGIONAL CONFERENCE HELD

The first regional conference of the Irish Zone (Republic of Ireland & Northern Ireland) of the Marth Mariam Vanitha Samajam (MMVS) was held at Dublin on Saturday 07 September 2024. The Conference hosted by the Dublin St. Thomas Indian Orthodox Church was attended by over 80 MMVS members from all over the Irish region. The theme of the Conference "Look into Christ" (Hebrews 12:2) was presented by Diocesan metropolitan HE Abraham Mar Stephanos. Classes were also led by Rev. Fr. T. George. Fr. Eldhos Babu, Fr. Joshua Poovathoor, MMVS General Secretary Mrs. Ruby Denin, Regional Secretary Mrs. Rajee Shaji, Treasurer Mrs. Lini Kurian and Dublin MMVS Secretary Mrs. Laly Mathews also spoke at the event.



MOSES24

(Malankara orthodox Spiritual Empowerment Summit)
First OCYM Conference in mainland Europe

The first OCYM Conference in mainland Europe was held in Zurich Switzerland from Friday 27 to Sunday 29 September 2024. Over 40 participants from several countries gathered for a weekend of worship, Bible study, reflections, debates and discussions. The theme of the summit, hosted by the Switzerland St. Gregorios IOC OCYM Unit was based upon Isaiah 2:5 "Come, let us walk in the light of God". Diocesan Metropolitan HE Abraham Mar Stephanos inaugurated the event and led the classes and discussions. Former principal of the Kottayam Orthodox Theological Seminary Rev. Fr. Dr. Reji Mathews, who led the classes and debates as a resource person also celebrated holy Qurbana on Sunday. Diocesan Secretary Rev. Fr. Varghese T. Mathew was also present to extend felicitations of the Diocese. Diocesan OCYM General Secretary Mr. Rajin V. Paulose, along with the representatives of the Switzerland OCYM coordinated the three day event. Being the first ever event of this type in the region, it also provided the opportunity for the participants from across Europe to connect with one another and share.



CORNER STONE laid at DUBLIN ST. THOMAS INDIAN ORTHODOX CHURCH

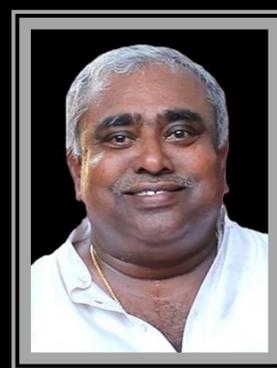
The Laying of the Corner Stone of the Dublin St. Thomas Indian Orthodox Church was held on Sunday 08 September 2024 at 5pm by Diocesan Metropolitan HE Abraham Mar Stephanos. The Church premises situated at Palmerstown in the city of Dublin becomes the first property where a blessed corner stone is laid for a Church of the Malankara Orthodox Syrian Church in the Republic of Ireland. The Building Committee along with the Directors as well as several members of the Parish participated in the prayers. The ground breaking of the site was earlier done by Catholicos and Malankara Metropolitan HH Moran Mar Baselios Marthoma Mathews III during his Apostolic visit in June 2024.



COMMENDATION

Rev. Fr. Saji C. John awarded Doctorate.

Rev. Fr. Saji C. John Anish John (Vicar, Glasgow St. Gregorios IOC) successfully defended his Doctoral Thesis, titled "Effectiveness of intervention among youth with substance use disorder" at the Martin Luther Christian University at Meghalaya, India. He is currently in charge of the Diocese's Counselling programs such as the Premarital Counselling. The Diocese wholeheartedly congratulates Rev. Fr. Dr. Saji C. John for his achievements.



Jaison Poovathoor (63)
 (father of Rev. Fr. Joshua (Calvin) Poovathoor)
 Poovathoor House
 Lisburn, Northern Ireland
 Friday 27 September 2024

*Offering our deepest condolences,
 we pray that the Holy Spirit receive him in heavenly glories
 and strengthen and comfort the bereaved family.*

*Make them stand at
 Your right hand
 On that day
 Your glory dawns.*



VIDYARAMBH 2024



On 17 September, 2024, the OCYM of the Diocese successfully hosted the Vidyarambh event, celebrating the achievements of students who completed

their Leaving Certificate, A-Levels, and Scottish Highers/Advanced Highers. In a heartfelt gathering via Zoom, students, families, and Church members joined in the presence of H.G. Abraham Mar Stephanos, Metropolitan of the Diocese, to pray for the youth as they embarked on their new academic journeys.

The event provided a space to honour the hard work of these young individuals and to offer blessings for their future endeavours. It was a time of reflection, celebration, and encouragement as the community came together in unity and faith. The event concluded with a message of hope, urging the youth to pursue their goals with courage and dedication.

CATHOLICATE ONLINE MEDIA

Inaugurating the new official online channel of the Malankara orthodox Syrian Church—"Catholicate Online Media", Catholicos and Malankara Metropolitan HH Baselios Marthoma Mathews III released the logo. Priest Trustee Rev. Fr. Saji Thomas Amayil, Lay Trustee Mr. Rony Varghese, Association Secretary Adv. Biju Oommen and Church PRO Rev. John Abraham Konat Reesh CorEpiscopa were present.



Metropolitan Stephanos felicitates

Malankara Marthoma Syrian Church UK Europe Africa Diocese Inauguration

Expressing his felicitations at the inauguration of the Diocese of UK Europe and Africa, the 14th and newest diocese of the Malankara Marthoma Syrian Church, Metropolitan HE Abraham Mar Stephanos commended the ministry of the Marthoma Church thus far. Reflecting upon Hebrews 13:1,2, he reminded all to continue in affection whilst never forgetting our hospitality to strangers, pointing out that through this, there are reflections in the Holy Scriptures that even angels were entertained. He assured that it was essential for the Churches to work together in ministry. Quoting St. John Chrysostum, he said "The one who said this is my body is the same who said I was hungry and you did not feed me". This is a great reminder that we need to bring a balance between the Liturgy and the liturgy after the Liturgy. He concluded by congratulating and wishing the very best to the new Metropolitan of the Diocese Dr. Joseph mar Ivanios. The inauguration was held on 29 September 2024 at Birmingham by the Marthoma Church head Most Rev. Dr. Theodosius Mar Thoma Metropolitan.



Dr. Theodosius Mar Thoma Metropolitan.

CHOIR COMPETITION
Tribute to Late H.G. Dr. Thomas mar Makarios

MESTHOOSO SEASON 3
THE BANQUET
LIVE MUSIC | 2024

NOV 30 SATURDAY
MADE ON CALENDAR

OCYM LIVERPOOL

TOGETHER WE CAN MAKE A DIFFERENCE

STEM CELL DONOR REGISTRATION

- Anyone aged 17-55
- Anyone in general good health
- Simple 3 min cheek swab

CHARITY FOOD FEST

- Wide variety of Indian snacks and baked goods
- All proceeds will be donated for Stem Cell related treatments

When: Sunday 6th October 2024, 12-3pm
Where: St Thomas Indian Orthodox Church Liverpool, L12 7JU

MALANKARA ORTHODOX SYRIAN CHURCH
DIOCESE OF UK-EUROPE-AFRICA

For Registration
WhatsApp
+447587351426

Online one day program

October 26-10-2024 Saturday

PRE-MARITAL COUNSELLING

Coordinator
Fr Saji John, PhD Counseling Psychologist

DATES TO NOTE — OCTOBER 2024

- 03** (Thursday) - 339th Memorial of St. Yeldho Mar Baselios (Kothamangalam Bava) **EVOKE24** (Berlin, Germany)
- 06** (Sunday) - Fourth Sunday after the Feast of the Exaltation of the Holy Cross
Seminary Day
- 11-13** (Fri to Sun) **Annual Orthodox Youth Conference** (Wales)
- 12** (Saturday) - 169th Memorial of Metropolitan (Cheppad) Philipose Mar Dionysius IV
- 13** (Sunday) - Fifth Sunday after the Feast of the Exaltation of the Holy Cross
- 18** (Friday) - Feast of Evangelist St. Luke
- 19** (Saturday) - **MMVS Annual Conference** (Birmingham)
AMOSS Annual Conference (Birmingham)
- 20** (Sunday) - Sixth Sunday after the Feast of the Exaltation of the Holy Cross
EnChristo Online Series (on ZOOM) — 5pm BST/6pm CET, SAST
- 22** (Tuesday) - 260th Memorial of Baselios Shakarulla Maphriana
Feast of Apostle St. James, Son of Alphaeus
- 24** (Thursday) - 7th Memorial of Metropolitan Zachariah Mar Theophilus (Thadaagam)
- 27** (Sunday) - Seventh Sunday after the Feast of the Exaltation of the Holy Cross

A One-Day Conference



EMPOWERMENT VIA ORTHODOX KNOWLEDGE & EXPERIENCE

3 OCTOBER, 2024 at BERLIN

THEME OF THE YEAR

HOLISTIC SPIRITUALITY:
ADDRESSING SPIRITUAL & MENTAL HEALTH IN DIASPORA

"May the God of peace himself sanctify you entirely,"
1 Thessalonians 5:23

MALANKARA (INDIAN) ORTHODOX CHURCH
DIOCESE OF UK, EUROPE & AFRICA



MMVS Annual Conference 2024
Theme: Look into Christ
Hebrews 12:2

19TH OCTOBER

HOSTED BY
ST. STEPHEN'S IOC BIRMINGHAM

Diocese of UK Europe and Africa

YOUTH CONFERENCE

October 11-13 2024

AOYC 2024

Kingswood colomendy,
loggerheads, near mold,
wales, CH7 5LB

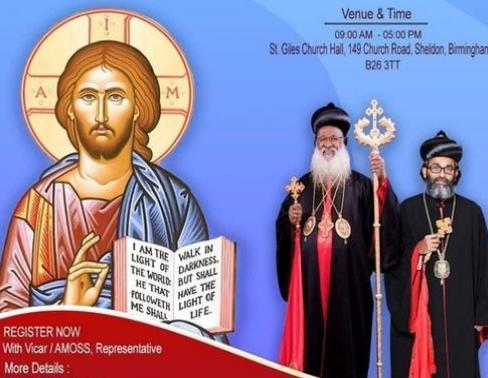


AMOSS
AKHILA MALANKARA SUSRUSHAKA SANGAM

Malankara Orthodox Syrian Church
Diocese of UK, Europe & Africa
ANNUAL CONFERENCE 2024

SATURDAY 19TH OCTOBER 2024

Venue & Time
09:00 AM - 05:00 PM
St. Giles Church Hall, 149 Church Road, Sheldon, Birmingham
B26 3TT



REGISTER NOW
With Vicar / AMOSS, Representative
More Details:
Rev. Fr. Binoy Joshua



Department of Communications
Diocese of UK-Europe and Africa
Indian (Malankara) Orthodox Church

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