

20/03/2025

3rd Lenten Vespers with a Talk in the Holy Diocese of Adelaide



With the blessing of His Eminence Archbishop Makarios, the Holy Diocese of Adelaide continued with its mono-ecclesial celebration of Sunday night Lenten Vespers for Sunday 16th of March 2025. This week's Vespers was held at the Church of St Nectarios, Croydon Park, and was well attended by clergy and laity alike.

A particular feature of this Sunday's Vespers was a talk after the service, given by His Grace Bishop Silouan of Adelaide. It was entitled "The Lenten Toolkit: how to spiritually prepare ourselves for the Lenten period and Easter," and the talk (including its topic) was an initiative of the St Stephen's Central Youth of the Diocese of Adelaide - a sure sign and testimony of the spiritual eagerness of the youth of the Diocese, which His Grace was extremely happy to oblige. The youth in turn honoured His Grace's commitment with their support through their attendance.



After conveying the blessings of His Eminence, His Grace summarised the feeling of Lent with one word in particular: Joy. He insisted that this period should be full of joy at what is to come, and not lamentation for having to abstain from certain foods. He also emphasised (quoting the Fathers of the Church) the fact that true fasting must not include only abstinence from foods, but also from other worldly entanglements - in particular, the passions of the soul that often stir within us like pride, anger, and vainglory. He urged us all to strive in our fast with humility, for it is through humility that the passions are crushed.



After the service, the Parish Priest Fr Panagiotis Kouvoussis invited everyone to the hall next door for a light Lenten meal. The food was lovingly prepared and served by the wonderful ladies of St Nectarios Philoptochos (which pleasingly included a number of younger members in the late teens and twenties), and most of those present for the service stayed behind to enjoy it. It was a wonderful evening and a great spiritual boost for the faithful as they continue on their Lenten journey.

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