27/02/2026

NewsEvents At the Threshold of Lent: Archbishop Nikitas in Eastbourne



On Sunday 22 February 2026, His Eminence Archbishop Nikitas of Thyateira and Great Britain presided at Matins and celebrated the Divine Liturgy at the Church of SS Panteleimon and Theodore of Tyron in Eastbourne. The Revd Presbyter Dimitrios Mamouchas and the Revd Archdeacon George Tsourous concelebrated with the Archbishop.

Preaching on the Gospel reading (Matthew 6:14–21), the Archbishop reflected on the deep meaning of Great Lent, which the Church places before us as a sacred opportunity for repentance and renewal. Drawing from the Lord’s words on forgiveness, fasting, and heavenly treasure, His Eminence reminded the faithful that forgiveness is not an optional extra for the Christian life – and neither is forgetting. We cannot truly forgive while secretly keeping a file open in our minds, ready to be reissued at the next irritation. The Gospel calls us to something deeper:

a clean beginning. If we desire God’s mercy, we must first open our hearts to others. Lent, therefore, begins not with diet, but with reconciliation.

He emphasised that fasting is not an outward display but an inward transformation. The Lord calls us to fast without hypocrisy, to cleanse the heart rather than merely alter the menu. True fasting is accompanied by prayer, humility, and philanthropy. His Eminence encouraged the faithful to take practical steps during this holy season: to increase their reading of Holy Scripture, to deepen their prayer life, to attend the services of the Church more frequently, and to seek peace both within themselves and with those around them. Lent is an opportunity for reconciliation with God, our sisters, brother and ourselves.

He also urged the faithful to set aside something each day during the Fast – whether financially – so that at the end of the season they might offer a meaningful gift to those in need. In this way, we lay up treasures not on earth, but in heaven, as the Gospel teaches.

At the conclusion of the Divine Liturgy, His Eminence also elevated Biser Stoyanov and Andrian Grigoriu to the Order of Readers.

A warm community meal followed, giving parishioners and visitors the opportunity to spend time with the Archbishop and one another in fellowship, as the Church now enters the sacred journey toward Holy and Great Lent.

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