

# Orthodox Parish of St Helen of Colchester

British Antiochian Orthodox Deanery  
NEWSLETTER 90 JULY 2003



## July and August in St Helen's

Holy Liturgy on weekdays, all at 9.30 am

Tuesday 8 July	Kazan Icon
Thursday 17 July	Gt Martyr Margaret (Marina)
Tuesday 22 July	St Mary Magdalene
Friday 1 August	Procession of the Cross
Wednesday 6 August	Holy Transfiguration
Friday 15 August	Dormition of the Mother of God

## Transfiguration: Promise for you & for me ....

Onto the Holy Mount - Tabor in the north of Palestine, west of the Sea of Galilee - Jesus took just three of his Disciples, Peter, James, and John, his 'inner circle'.

This was after he had spent some three years teaching the Twelve and all the disciples, preaching to the people, and performing miracles.

Now, just before he turns towards Jerusalem for his Passion, Death and Resurrection, he displays himself to them in secret. His inner glory, the glory of God, shines out upon them and overwhelms them, as you see in the icon. He is transfigured before them, and his light shines on them also.

With him appear Moses on the right, and Elias (Elijah) on the left. They signify the Law and the Prophets of the Old Testament or Covenant, which is now fulfilled in Christ who is himself the New Covenant.

This beautiful, wonderful, moving moment teaches much about the person of Christ and his relation with us, his creation. It shows the true nature of Christ (his Godhead): we never see it on this earth except by faith, but shall see it unclouded in heaven.

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The Transfiguration also shows something about ourselves, about our human nature. The word is the Greek word *metamorphosis* - and St Paul tells us that we shall *all* be *changed* - the same word - when Christ comes again. We shall be changed *from glory to glory*.

What a wonderful, reassuring promise this is for the Christian! That I do not have to carry into heaven my so wearisome and sinful self - I am to be *changed, metamorphosed*: both my body and soul are to be *transfigured* as Christ was *transfigured*.

I shall lay down my body in the earth and it will be corrupted. But out of that same body - as out of a seed of wheat grows the corn - will grow a *changed* body and soul, *the same but renewed*.

That is the promise, the promise of salvation, of fulfilment in Christ. What glory on the Holy Mount! What glory for us, when Christ comes again to reclaim us as his own! **Father Alexander**



For all  
parishioners  
and friends

## Orthodox Pilgrimage to Walsingham

Tuesday 29 July

Join us for a Pilgrimage to 'England's Nazareth', the Shrine in Norfolk to the Holy Mother of God. It goes back to a vision of her to the Lady Richeldis 1000 years ago.

After centuries of neglect, Anglicans and Catholics again honour her in that beautiful mediaeval village. In the past, Orthodox faithful often joined in with the Anglicans. Now they are beginning to make specifically Orthodox pilgrimages.

There are three Orthodox churches:

- 1 The Church of St Seraphim, in the old railway station;
- 2 The Chapel of the Mother of God of the Lifegiving Spring, in the Anglican Shrine;
- 3 The Church of the Holy Transfiguration in Gt Walsingham.

There is plenty to see as a tourist, but it is as a place of prayer and peace that it is famed. It is good that Orthodox people want to go there on pilgrimage, to honour the Mother of God, and to ask her prayers for their needs.

### Provisional Programme

9.00 am	Depart Colchester in separate cars
12 noon	At St Seraphim's: Sixth Hour, Talk on Walsingham Bring a Picnic Lunch
1.45 pm	At The Lifegiving Spring: Service of Intercession
4.00 pm	At Holy Transfiguration: Vespers
6.00 pm	Depart Walsingham
8.00 pm	Reach Colchester

There will be time for strolls in the village, visiting the various religious and other shops, and for tea before we leave.

Please sign up on the list in church. It's in the school holidays, so you can bring the children - and Granny too! Offers of seats in cars needed, please.

**Walsingham: Place of Prayer, Place of Joy**

### St Helen's Chapel, Maidenburgh St, High St, Colchester

The church lies down behind the George Hotel in the High Street  
Driving down the High Street, take second turning left and then second turning right  
Car Parking (Sat, Sun, weekday evenings): Oyster Court, close by in St Helen's Lane

Saturday: Great Vespers usually 4.30 pm (check before coming)

Sunday: Mattins or Hours 9.45 am; Divine Liturgy 10.30 am

Confessions: Saturday after Vespers, or by arrangement

Holy Marriage, Baptism, Funerals, Memorials etc: by arrangement

### St Fursey's Chapel, 111 Neville Rd, Sutton, Norfolk

Divine Liturgy: one weekday per month 10.00 am

### At St James Anglican Church, Clacton-on-sea

Divine Liturgy: usually third Saturday of month 10.00 am

### At the University of Essex, Colchester

Divine Liturgy: one Saturday per term 10.00 am

Parish Priest: **Father Alexander Haig**

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Parish Web Site:

<http://homepage.ntlworld.com/orthodox.colchester>

### Holy Liturgy

#### ST FURSEY'S

Friday 5 July  
10.00 am  
None in August

#### CLACTON

Saturday 19 July  
10.00 am  
None in August



## Calling Orthodox Young People...

THE ORTHODOX YOUTH CAMP, organised yearly by the Archdiocese of Thyateira, but open to all Orthodox young people, is a most impressive affair, and now takes place near Welshpool in mid-Wales. This year it will run 21 July - 1 August, and the full cost is £140.

It is for ages 9-13 and 14-16, this year with also a senior camp for 17-20 year-olds. Our children have attended in the past as youngsters and leaders, and have always found it really great.

Many Orthodox youngsters live in small Orthodox communities: here they live the Orthodox life together. There are plenty of games and plenty of learning - candle-making, icon-mounting, the Faith itself - plus barbeques and camp fires, plays, games, concerts etc.

## Parish Email List

I have started a List of those in the Parish who have addresses.

If you have an email address, would you please forward it to me?

[orthodox.colchester@ntlworld.com](mailto:orthodox.colchester@ntlworld.com)

The primary language is English and there are daily prayers, and Vespers and Holy Liturgy in camp. On the Sunday they attend the Liturgy at the local Orthodox church.

If any of our youngsters would like to go, please speak with me quickly, as I understand it is nearly full. None need not go on grounds of cost: bursaries are available to those who need them. Speak with me without delay therefore if interested.

Internet: consult [www.goybcamp.org.uk](http://www.goybcamp.org.uk)



THE DORMITION OF THE THEOTOKOS marks the end of her life on earth - her falling asleep [Latin: *Dormitio*], her death to this world. In Greek it is called the *Koimesis*.

In the West, and sometimes in the East, the feast is known as the **Assumption** - when Mary was taken to heaven.

It is a glorious feast, celebrating the occasion, according to tradition, that the Apostles gathered for her funeral and buried her in the tomb in the Garden of Gethsemane. Next day they found her body gone, taken by Christ to heaven.

But in heaven she lives and intercedes for us, her children in Christ.

## Here and There

**ST FURSEY'S:** For the first half of the year we have been experimenting with having the Holy Liturgy on a weekday. From July we return to the first Saturday of the month (normally). There will be no Liturgy in August, as the community will attend the Parish Feast at Walsingham on the Sunday before Holy Transfiguration.

**'BEST BOSS IN BRITAIN':** Congratulations to EMMA BRANDON, who worships with us sometimes at St Fursey's. She is a Sister at Hellesdon Hospital in Norwich, and has been awarded this national title after nomination by her assistants. It is great to hear of an Orthodox woman in such an impressive role. Her husband is GUS MULINDER, and her mother RUTH BRANDON.

**SICK:** Our prayers for RUTH BRANDON in St Fursey's community, and ARIS ARISTODIMOU in Colchester, both of whom are seriously ill.

**RECEIVED INTO THE CHURCH:** Welcome to PAUL LANSLEY, chrismated at Oxford by His Grace BISHOP KALLISTOS in June. He received the Holy Gifts for the first time on Sunday 22 June in St Helen's. His has been a long journey of course to the fullness of Holy Orthodoxy. We congratulate him. I have asked him to contribute his story to the next issue of this Newsletter.

**DORMITION FAST:** The Fast before the Feast of the Holy Dormition always begins on 1 August - which is also the feast of the Procession of the Holy Cross.

**SAD FAREWELLS** to the GEORGIADIS/CLARK family. I had the joy of marrying COSTA

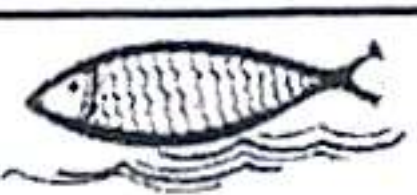
## CHRISTIAN SOLIDARITY WORLDWIDE

This organisation supports persecuted Christians around the world. Baroness Cox, Deputy Leader of the House of Lords, is its founder. She will speak of its work at this open meeting.

**Eld Lane Baptist Church  
Thursday 3 July at 8.00 pm.**

(formerly Buller) and MARION (Maria) in the Co-op Chapel three years ago, and of receiving into the Church Marion and her four children. Now the family home moves to Stamford, Lincs, while ANTHONY plans to go off to University in Portsmouth and ALEXANDER to the RAF. We shall miss them all, including STEPHANIE (Christina) and JONATHAN (John). All members of the family have made their mark on the life of the parish. We shall hope to see them occasionally, of course. God bless them all in these new steps of their Orthodox Christian life. Many years!

**HELP FOR THE ORTHODOX OF IRAQ:** The Deanery Fund has sent over £3000 to assist our Orthodox brothers and sisters at this time, including over £200 from this Parish. ■ There is a young Englishman from our Antiochian London parish (St Botolph's, by Liverpool Street Station) working in Iraq at the moment. JIM ROBERTS is a Territorial Army soldier and an Arabic speaker.



The fish has always been a sacred sign to Christians. The Greek word, *ichthys*, gives the initials of Jesus Christ, God's Son, Saviour.

There will be no Newsletter in August

## A Word from the Fathers

St Cyprian (c.200-258) on THE LORD'S PRAYER

in reliance on his own innocence (for no one is innocent), but prayed, humbly confessing his

Moreover, let not the worshipper, dearly beloved brethren, forget the manner in which the tax-gatherer prayed in the Temple with the Pharisee. Not with eyes presumptuously raised to heaven, not with hands proudly held aloft, but beating upon his breast and testifying to the sins therein enclosed, he implored help from the Divine mercy.

And while the Pharisee was self-contented, it was granted rather to this other man who thus prayed to be sanctified, inasmuch as he place his hope of salvation, not

sins. And he who pardons the humble heard his prayer. Thus the Lord sets forth in his Gospel, and says, ...[Luke 18.10 ff].

These things, dearly beloved brethren, we learn from the sacred reading. And now, after we have learnt *how* we ought to enter upon prayer, let us learn also *what* we are to pray, the Lord being our Teacher. 'After this manner,' said he, 'pray ye: Our Father...'

- to be continued

## JULY & AUGUST DAYS

### JULY

- Tue 1 H Unmercenaries Cosmas & Damian
- Wed 2 Placing of Honourable Robe of Theotokos at Blachernae
- Sat 5 S Athanasius of Mt Athos
- Sun 6 **Pentecost 3, All Saints of Britain, New Martyrs of Greece**
- Mon 7 Great Martyr Cyriaca
- Tue 8 Kazan Icon of Holy Theotokos
- Fri 11 Great Martyr Euphemia
- Sun 13 **Pentecost 4, Fathers of 4th Council**
- Tue 15 Holy Equal to the Apostles Vladimir, Enlightener of the Russian Land
- Thu 17 Great Martyr Margaret (Marina) Holy Passion-Bearers Nicholas etc
- Fri 15 Holy Martyr Grand Duchess Elizabeth
- Sat 19 Uncovering of Relics of S Seraphim
- Sun 20 **Pentecost 5, H Prophet Elias (Elijah)**
- Tue 22 H Myrrhbearer Mary Magdalene
- Fri 25 Dormition of S Anna, Mo of Theotokos
- Sat 26 Martyr Parasceve of Rome
- Sun 27 **Pentecost 6, Gt Martyr Panteleimon**

### AUGUST

- Fri 1 Procession of Lifegiving Cross
- Sat 2 Translation of Relics of S Stephen
- Sun 3 **Pentecost 7**
- Wed 6 **Holy Transfiguration of Christ**
- Sat 9 Holy Apostle Matthias
- Sun 10 **Pentecost 8**
- Wed 13 S Tikhon the Wonderworker
- Fri 15 **Dormition of the Holy Theotokos**
- Sun 17 **Pentecost 9**
- Sun 24 **Pentecost 10, New Hieromartyr Kosmas of Aetolia**
- Fri 29 **Beheading of S John the Baptist**
- Sat 30 S Sebba, King of the East Saxons
- Sun 31 **Pentecost 11, Placing of Cincture of Holy Theotokos**

A full list of the month's feasts and fasts is available on request