

The Orthodox Parish of St Martin and St Helen

Charity number: 1192469

Antiochian Orthodox Christian Archdiocese of the British Isles & Ireland

HE Metropolitan Silouan Oner



Father Alexander's 30th Ordination Anniversary

Sunday the 27th of September was a special day in the parish: the thirtieth anniversary of Archpriest Father Alexander Haig's ordination to the Holy Priesthood in Paris in 1996 by Metropolitan Gabriel of blessed memory. Father Archimandrite Paulinus Heggs travelled to Colchester to celebrate with Father Mark, with Father Alexander joining them in the holy altar. Before the dismissal a memorial was served for Father Alexander Haig Jr, who reposed in the Lord three months ago: may his memory be eternal! After the liturgy a

parish lunch was served to celebrate the thirty years of Father's Orthodox priesthood, with many delicious contributions from members of the parish.

Father Alexander has achieved so much, with God's help, in building up the community in Colchester and beyond, touching the lives of so many through his dedicated and faithful priesthood. In this time of growth, with new people coming all the time, it is important to recognise the years of sacrifice and service which have done so much to bring about the thriving and expanding parish we have today. It was good to mark this anniversary, to celebrate with so many old and new friends and to observe the beautiful Orthodox tradition of remembering our departed loved ones. Glory to God for all things. **-Fr Mark**



Roof Repairs: Listed Building Consent Granted

At last we have been granted our Listed Building Consent by Colchester City Council for the much-needed repairs to the roof. We hope the work can begin before winter. We know that St Martin's is home to at least one species of bat, and we have commissioned the appropriate ecological surveys, which will in part determine what work we can do where and when. We are working with Bakers of Danbury, our new architects

Duncan Clarke & Beckett, and the Daniel Conal Partnership, who will oversee health and safety on the site while the work is ongoing. Please keep this project in your prayers: a sound roof is essential and takes priority over everything else, for obvious reasons.

Saturday of Souls for St Demetrios: Saturday 24 October

We will serve the Divine Liturgy for the Saturday of Souls in anticipation of the Feast of St Demetrios on Monday the 26th of October. The Saturday liturgy will take place at 9:30am at St Martin's Church. Please do bring kolliva and the names of any Orthodox reposed.



OYP Conference

Over the August Bank Holiday, Father Mark attended as a speaker the Orthodox Young Professionals of Great Britain & Ireland conference at Milton Abbey in Dorset. The theme of the conference was 'Be Still', and there was worship in the beautiful old Abbey. It was a blessing to celebrate with my brothers in Christ Fr Boniface Carroll and Fr Deacon Ephraim Haddad. Amongst the speakers was the Mother Superior, Mother Helen, of the Annunciation of the Theotokos Convent in Oxfordshire, a new monastic community established with the blessing of Bishop Irenei (ROCOR).

It was a joy to meet Mother Helen and Sister Constantina and hear about their life and work. These

islands desperately need more monasteries, and they would be grateful for your support: www.annunciationorthodoxconventuk.com



The Church Council and AGM

Many people may wonder about the work of the Church Council and why we have an Annual General Meeting, so here is a short explanation. Our parish is a registered UK charity and as such we are required to follow various rules. We must have a document known as a constitution, which sets out what our charity does, who our key people are, and many other details. We are also required to appoint officers called trustees, who are responsible for ensuring our aims are being met, our duties performed and our resources used properly. Once a year the rules stipulate that we must have an Annual General Meeting. The primary purpose of a charity

Annual General Meeting (AGM) is to provide trustees with an opportunity to explain their management of the charity to members, and to allow members to ask questions before voting on any business items.

Key activities include:

- **Accountability:** presenting and approving the annual accounts, the trustees' annual report and other financial statements.
- **Governance:** electing or re-appointing trustees, officers and auditors (or independent

examiners).

- **Decision making:** voting on significant matters such as changes to the constitution, amalgamations, or winding up the charity.
- **Engagement:** providing a forum for members to discuss the charity's strategic direction, achievements and challenges.

Our trustees together form our Church Council, which meets several times a year to discuss ongoing issues and matters such as finance, safeguarding and facilities. As we approach our next AGM, I ask you to consider prayerfully whether you might volunteer to become a trustee. A full and more detailed explanation of the role would of course be given. Aside from being an opportunity to help shape the future of our parish, having a church council of active and dedicated trustees is one of the key ways, with God's help, that we keep the parish in good spiritual health and functioning properly as an organisation. It is in fact a vital service to God and His Holy Church.

Orthodox Parish of St Martin & St Helen

October 2026 Services

Thursday 1 October	Hours & Divine Liturgy: The Protection of Our Most Holy Lady the Theotokos & Ever-Virgin Mary 8:10am St Helen's Chapel
Saturday 3 October	Great Vespers 4:30pm St Martin's Church
Sunday 4 October	Matins & Divine Liturgy 9:30am St Martin's Church
Wednesday 7 October	Hours & Divine Liturgy: Martyr Princess Osyth 8:10am St Helen's Chapel
Saturday 10 October	Great Vespers 4:30pm St Martin's Church
Sunday 11 October	Matins & Divine Liturgy 9:30 St Martin's Church
Saturday 17 October	Great Vespers 4:30pm St Martin's Church
Sunday 18 October	Matins & Divine Liturgy 9:30 St Martin's Church
Saturday 24 October	St Demetrios Commemoration of the Dead: Hours and Divine Liturgy 9:30am St Martin's Church. Great Vespers 4:30pm St Martin's Church
Sunday 25 October	Matins & Divine Liturgy 9:30 St Martin's Church
Monday 26 October	Hours & Divine Liturgy: Holy Martyr Demetrios of Thessalonika 8:10am St Helen's Chapel
Saturday 31 October	Great Vespers 4:30pm St Martin's Church
Sunday 1 November	Matins & Divine Liturgy 9:30 St Martin's Church
+Confessions on Saturday evenings after Great Vespers or by appointment.+	

2026 Fasting Calendar

LEGEND:
Abstain from meat, dairy, eggs, fish, olive oil, wine
Abstain from meat, dairy, eggs, fish, olive oil
Abstain from meat, dairy, eggs, fish
Abstain from meat, dairy, eggs
Abstain from meat

Note: On the day of a parish's patronal feast, fish, wine and oil are allowed if it falls on a fasting day.

January						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

When fasting, please consult your spiritual father for guidance.



STANDING ORDER FORM

To My Bank Manager:

Bank Name	
Bank Address	
Bank Account Number	
Bank Sort Code	

Please Pay:

Payee Bank Name	BARCLAYS BANK
Payee Account Name	The Orthodox Parish of St Helen of Colchester
Payee Sort Code	20-22-67
Payee Account Number	50349364
Payment Amount	
Payment Frequency	
First Payment Date	
Please Quote Ref:	XP-Giving

My Details:

Name	
Address	
Signature	

The Orthodox Parish of St Martin and St Helen, Colchester

(registered charity number: 1192469)

Gift Aid Declaration

Please treat as Gift Aid donations all qualifying gifts of money made (tick ALL relevant boxes)

☐ today ☐ in the past 4 years ☐ in the future

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by The Church from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

By completing this form you confirm:

"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 in that tax year it is my responsibility to pay any difference."

Title	Forename or initials*	Middle name or initials	Surname*
Address*			
Signature:			
Date:			

***Please note that the details marked with * are mandatory.**

Please notify the Parish Treasurer if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at a higher rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HMRC to adjust your tax code.

giftaid it