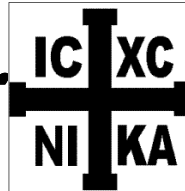


+ Christ is risen from the dead, and has trampled down death by death +

Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Deanery of the UK & Ireland
NEWSLETTER 164

APRIL 2010



FRIDAY 23 APRIL
GLORIOUS GREAT MARTYR,
VICTORY-BEARER AND WONDERWORKER
ST GEORGE
PATRON OF ENGLAND
DIVINE LITURGY 9.30 AM
ROSES WILL BE BLESSED AND DISTRIBUTED

Mid-feast of Pentecost
Wednesday 28 April 9.30 am Divine Liturgy

GREAT AND HOLY WEEK

Lazarus Saturday, 27 March	
Holy Liturgy of St John	9.30 am
Great Vespers	4.30 pm
Palm Sunday, Entry of Christ into Jerusalem, 28 March	
Mattins, with Blessing of Palms	9.45 am
Holy Liturgy of St John	10.30 am
Great & Holy Monday, 29 March	
Bridegroom Mattins	7.00 pm
Great & Holy Tuesday, 30 March	
Bridegroom Mattins	7.00 pm
Great & Holy Wednesday, 31 March	
Holy Anointing	7.00 pm
Great & Holy Thursday, 1 April	
Vespers & Holy Liturgy of St Basil	9.30 am
Mattins of the Twelve Gospels	7.00 pm
Great & Holy Friday, 2 April	
Royal Hours	9.00 am
Vespers & Deposition	3.00 pm
Mattins & Burial Procession	7.00 pm
Great & Holy Saturday, 3 April	
Vespers & Holy Liturgy of St Basil	9.30 am
Reading of Acts	10.30 pm
Midnight Office	11.30 pm
HOLY PASCHA, 4 April	
Resurrection Procession & Mattins	12 midnight
Holy Liturgy	1.00 am (till 2.15)
<i>No late morning Liturgy</i>	
Parish Lunch ("Bring & Share")	1.00 pm
Paschal Vespers	approx. 3.00 pm

CONFESSIONS after any service or by arrangement
GIFTS FOR FLOWERS to SANJA RADUNOVIC or HELEN LAWRENCE
EPITAPHION FLOWERS: women & girls invited 9.30 am Holy Friday

Ἄγιος Ἀνάστη - Ἀληθῶς Ἀνάστη



A very holy and happy Pascha to you all

This feast is so important that we keep a 'little Easter' every Sunday!

- ♦ The Resurrection is the fundamental fact of the Christian Faith: everything else depends on it.
- ♦ Belief in the Raising Again of Christ is the thing that makes us Christians.
- ♦ We base our belief on the witness of the Apostles: they assure us that they saw him dead, and they saw him alive again.
- ♦ We test that out in our daily lives.
- ♦ And find it true.

The Power of the Resurrection...

Look at Christ in the Icon of the Resurrection - perhaps more accurately referred to as the Descent of Christ into Hades. In the Icon he is a figure of power.

The Christ who dies on the Cross on Holy Friday, and who rises again on Easter Day, is no weak-looking man such as he is often portrayed in western art.

Rather, he clearly has Power. Even as he goes to the Cross you can see it. Certainly it is clear as he rises again.

He has strength: look and see how he drags up Adam and Eve out of death. How he stamps on the covers of the tombs, which are thrown aside and set Cross-like. How he strides forward to rescue those he came to save.

Perhaps in his death you do see the weakness of mankind - though the strength of God is also seen even there in the Cross and in his death. For it is always Christ in control of the situation - not the Priests, not Pilate. In the Resurrection that followed three days later, there is no doubt that this Man is our God. His Power, made perfect in weakness, is fully shown forth.

This Power of the Resurrection is unique to Christ - but only in a sense. For one of the wonderful things about our holy religion is that Christ shares his Power, his

Resurrection Power, with us.

So we are to look to the Power displayed in the Resurrection, and find in it Power for ourselves, for

our daily Christian living.

Do not let your Christian life be a matter that you get on and lead it on your own, with just a nod to Christ and his life on a Sunday and when you feel like it.

Let your daily Christian life be lived looking at the Resurrection of Christ, and receiving the Power displayed there for your daily life. That is what Christians have been trying to do for all the years since the Resurrection.

They have been finding this Power as a reality in their lives. In the strength of it they have gone out to battle with giants. In

the strength of it they overcome demons. In this Power they have lived lives of Christ-like integrity and strength.

I love that cry the Priest gives in the Holy Liturgy - in Antiochian and Greek practice, though not in Russian - before the last singing of Holy God, 'Dynamis! With strength!'

That's the word: 'Power!' - and from that Greek word of course comes the English word 'dynamite'.

Yes, we do find Power in Christ. We just have to open ourselves to it by looking to Christ, the Risen Christ. In him we shall find Power, dynamite!

Christ is risen!

Father Alexander

HOLY LITURGY

ST FURSEY'S
Saturday 10 April
9.30 am

CLACTON
Saturday 17 April
10.00 am

St Helen's Chapel, Maidenburgh St, High St

St Helen's is 200m. down behind the George Hotel in the High Street, but accessible from there only on foot. By car: leave Middleborough Roundabout (between dual carriageways Westway and Balkeine Hill), to Northgate; go straight along St Peter Street to Castle Park; continue round, up into Maidenburgh Street. Nunns Road NCP is the nearest car park.

Saturday: Great Vespers usually 4.30 pm (check before coming)
Sunday: Mattins 9.45 am (or Hours 10.15 am), Divine Liturgy 10.30 am

Confessions: Saturday after Vespers, or by arrangement
Holy Marriage, Baptism, Funerals, Memorials etc: by arrangement

Parish Priest: **Father Alexander (Alistair) Haig**

17 Maidenburgh Street, Colchester CO1 1UB

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Rdr Stephen Weston, 111 Neville Rd, Sutton, Stalham NR12 9RR Tel: 01-692-580-552
Rdr Antony Bardsley, 22 Upper Olland St, Bungay NR35 1BH Tel: 01-986-895-760

The Orthodox Parish is now Registered Charity No. 1134418
Parish Website: <http://www.orthodoxcolchester.org.uk>

St Fursey's Chapel, 111 Neville Rd,
Sutton, near Stalham, Norfolk
Divine Liturgy: usually first Saturday 9.30 am

At St James Anglican Church,
Beatrice Rd, Clacton-on-sea
Divine Liturgy: usually third Saturday 10.00 am

At University of Essex Chaplaincy Centre: Divine Liturgy: one Saturday per term 10.00 am

The Communists thought they knew a thing or two

The Lecture Hall reflected the glory of Russia. The magnificent decoration, the gilded mirrors, the chandeliers sparkled with pride, and made a setting in harmony with the importance of the occasion.

The eminent and elite people gathered proudly to hear the wonderful speaker sent from Moscow. His speech would be full of wonders, and he would attack with the mighty force of his tongue and convince his audience of the correctness of his beliefs.

He knew that his speech, like his appearance, needed to be assertive and strong. He was known in the country for his intelligence, for his powers, for his quick mind. He was very gifted and famous, and his education was equal to his brain. He started:

"Comrades, there is no God! We all agree to that – don't we?" Voices came, feeble and unsure:

"Da, da, there is no God."

That was enough to make the Lecturer's face shine at this response. He talked for a long time, and when he finished he said:

"Does anybody want to say anything?"

A very old man in a suit on which time had left its mark got up, and with a trembling voice said:

"Christ is risen!"

And like thunder many voices in the Hall answered:

"He is risen indeed!"

Irina Alexia Zangli Lansley

Church Roll

With this *Newsletter* the Church Council sends you a Church Roll form. If you have not already done so, please complete it and send it to Paul Lansley, our Council Secretary. You can complete it if you:

- ♦ are Orthodox,
- ♦ normally worship at St Helen's, St Fursey's or at our Liturgy at Clacton, and
- ♦ are over sixteen years of age.

If a family needs more copies, photocopy it yourselves or ask for more.

Gift Aid

This Parish is now a Registered Charity (No. 1134418) A subcommittee of the Council is working out procedures for people to make their gifts to the Church via the Gift Aid scheme. This is the way the Government encourages us to give to charity. On every £1.00 you give to the Church we can regain something like 20p or 25p in tax. This will make a substantial difference to our income.

Bureaucratic? Yes, it is. But unfortunately it is the way we are all forced to live these days, not least the Church as an institution.

Meet your local Saints

A series on the Orthodox Saints of the Colchester area

4. St Theonas

St Theonas deserves to be better known, the last *British* Archbishop of London, before the *English* took over the city in the late sixth century. Unsurprisingly not known in English tradition, the Welsh kept his memory alive. Geoffrey of Monmouth says Theonas and the Archbishop of York fled to the safety of Wales taking with them the relics of the Saints, to stop their falling into the hands of the barbarians, the English then being pagan. We are told that, before being in London, Theonas had been Bishop of Gloucester, though the dates given cast doubt on complete accuracy. Presumably the British had remained in London while all around the English (Saxons) were taking over, but eventually could stand it no longer. Theonas fled to Wales perhaps in 586, only some ten years before Augustine arrived to begin the conversion of the English, and another seven before Mellitus became Bishop for the converted Saxons. An irony of history!

St Theonas, pray to God for us!



This powerful icon of St George the Great Martyr is by Photios Kontoglou, the great master who renewed icon painting in Greece between the Wars (d 1965). It has been my companion for very many years. We keep his feast as Patron of England on 23 April with Holy Liturgy at 9.30. I plan to bless and distribute roses on this occasion.

Here and There

HARROW is a north-western suburb of London. I was born there - in North Harrow, to be exact, on the edge of Pinner. I spent the first ten years of my life there - in the same street that, I discover, much later on ANDROULA GEORGIU lived in (some of you know her: she worships at the Monastery). So, for reasons of sentiment, I have long kept an eye on the Greek church in Harrow, St Panteleimon's, and now watch with interest as they currently build a fine, Byzantine-style, church: I hope to visit it when completed. Preparing for the new building, it seems they have been having a clear-out, and, via Androula, I have received a gift of a small pile of nice saucers for St Helen's. So if you see me slurping coffee out of a nice white saucer with a red border, you will know I am just returning to my childhood!

Join us for the **Parish Paschal Lunch** on Easter Day at 1.00 pm Bring food for yourselves and some to share. No charge. Enjoy meat (especially lamb), eggs, cream, etc. Depending on numbers attending, in the house or at Castlegate Centre. Let us know you are coming.

The Pilgrimage to Barking

The Pilgrimage to the Saints of Barking went well. Up to thirty people came, including the determined SUZANNA BRIGTON-CROSS, well supported by PAUL and LUCY. It was good to have them with us again, for the first time since her illness. To St Helen's people were added two from St Fursey's, two from Hertfordshire, one from Reading, and FR ANTHONY from the Monastery.

We celebrated both Mattins and Vespers in the Abbey ruins, close to the site of St Ethelburga's shrine, and the people were sprinkled after Mattins and anointed after Vespers. It was a fine day but with a cold wind, though on our backs.

We had a guided tour of both St Margaret's church, with the remains of its seventh-century Cross, and the Chapel in the Curfew Gatehouse with its possibly Saxon Holy Rood. In church there was a talk on the Saints.

A *Pilgrimage Souvenir Leaflet* was produced (still available), with the service especially composed for the occasion by Reader ISAAC LAMBERTSEN in America.

We had a warm welcome from lay representatives of St Margaret's CofE parish.

This was almost certainly the first Orthodox Pilgrimage to Barking, and I have not heard of other pilgrimages there, though surely it is such a holy place that they must take place from time to time.

The suggestion was made that this might be an annual event - an Orthodox pilgrimage for London and the South-east.



A Word from the Fathers

Now is the time when the blessed light of Christ sheds its rays; the pure rays of the pure Spirit rise and the heavenly treasures of divine glory are opened up. Night's darkness and obscurity have been swallowed up, and the dense blackness eclipsed. Life has been extended to every creature and all things are diffused in brightness.

The dawn of dawn ascends over the earth and *he who was before the morning star* (Ps 109.2) and before the other stars, the mighty Christ, immortal and mighty, sheds light brighter than the sun on the universe.

For us, his faithful, he has initiated a bright new day, long, eternal, and inextinguishable: it is the mystical Pasch....O Pasch, common feast of the world: you proclaim to the earth the Father's will for the universe. You are the divine dawning of Christ on the earth.

Formerly attributed to St Hippolytus of Rome (+235)

APRIL DAYS

Thu 1	Great & Holy Thursday
Fri 2	Great & Holy Friday
Sat 3	Great & Holy Saturday
Sun 4	HOLY PASCHA
Mon 5	Bright Monday
Tue 6	Bright Tuesday
Wed 7	Bright Wednesday
Thu 8	Bright Thursday
Fri 9	Bright Friday, Life-giving Spring of the Theotokos
Sat 10	Bright Saturday
Sun 11	Pascha 2, S Thomas Sunday
Tue 13	Joyful Commemoration of the Departed
Sun 18	Pascha 3, H Myrrh-bearing Women
Fri 23	Gt Martyr George, Patron of England
Sat 24	S Mellitus, Archbishop of Canterbury
Sun 25	Pascha 4, The Paralysed Man, H Apostle Mark the Evangelist
Wed 28	Mid-Feast of Pentecost
Thu 29	S Basil, Bishop of Ostrog in Montenegro
Fri 30	H Apostle James, son of Zebedee, S Erkenwald, Bp of London, Founder of Barking

A fuller list of the month's Feasts and Fasts is available on request