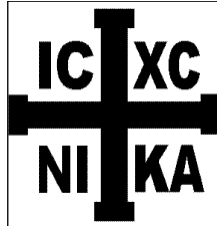


Orthodox Parish of St Helen of Colchester

*Antiochian Orthodox Christian
Archdiocese of the British Isles and Ireland
Metropolitan: His Eminence Archbishop Silouan*
NEWSLETTER 230 APRIL 2016



WEEKDAY SERVICES AT ST HELEN'S
WEDNESDAYS 6, 13, 20 APRIL Holy Presanctified Liturgy
FRIDAYS 1, 8, 15 APRIL Akathist of the Theotokos

GREAT AND HOLY WEEK

FRIDAY, 22 APRIL
Great Vespers of Lazarus Saturday 6.00 pm

LAZARUS SATURDAY, 23 APRIL
Holy Liturgy of St John 9.30 am
Great Vespers 4.30 pm

PALM SUNDAY, ENTRY INTO JERUSALEM, 24 APRIL
Mattins, with Blessing of Palms 9.45 am
Holy Liturgy of St John 10.30 am

GREAT & HOLY MONDAY, 25 APRIL
Bridegroom Mattins 6.00 pm

GREAT & HOLY TUESDAY, 26 APRIL
Bridegroom Mattins 6.00 pm

GREAT & HOLY WEDNESDAY, 27 APRIL
Holy Anointing 6.00 pm

GREAT & HOLY THURSDAY, 28 APRIL
Gt Vespers & Holy Liturgy of St Basil 9.30 am
Mattins of the Twelve Gospels 6.00 pm

GREAT & HOLY FRIDAY, 29 APRIL
Royal Hours 8.30 am
Great Vespers & Deposition 3.00 pm
Mattins & Burial Procession 6.00 pm

GREAT & HOLY SATURDAY, 30 APRIL
Gt Vespers & Holy Liturgy of St Basil 9.30 am
Reading of Acts 10.30pm
Midnight Office 11.30 pm

HOLY PASCHA, 1 MAY
Resurrection Procession & Mattins 12 midnight
Holy Liturgy of St John 1.00 am (till 2.15)
No late morning Liturgy, nor Lunch
Paschal Vespers 3.00 pm

CONFESSIONS: After any service or by arrangement
GIFTS FOR FLOWERS: Khouria Hilary will receive donations
EPITAPHION FLOWERS: Women & girls invited to prepare the Epitaphion on Holy Friday 9.30 am.

“No Cross, No Crown”

Did you know that these words are the official motto of the Borough of Colchester? No? - not surprising, since very few seem to be aware of it. Even the Borough itself never uses it, as far as I have ever seen.

This is perhaps to be expected in this “post-Christian” British society, with its disregard for Christian values, its agnostic or even atheistic approach to the problems of social life.

Yet Colchester—Britain itself—is actually founded upon the Christian faith.

Look at the way that St Helen stands high above us on the Town Hall, how the town has so many beautiful and ancient churches - even if several are now “redundant”.

No Cross, No Crown means that the only way to my true salvation is by personally accepting the way of suffering, the way of the Cross, as the way to the deep joy, hope, and peace which we call eternal life.

The Crucifixion of Christ leads us not to the dead-end of Death, but through that *Death to Life, Salvation and ultimate meaning.*



Enter this year, dear Friends, as fully as you are able into the services of Great and Holy Week. Some people may even be able to take holidays from work to participate as fully as possible.

Attend just as many as you possibly can, and discover the truth that deep participation in them does effectively lead us to the Resurrection of Christ in Holy Pascha. You won't regret it!

Enjoy Holy Week, not in a superficial way, but with the lasting and deep joy of Christ - and God bless you in doing it!

Father Alexander

“GIVING TO THE CHURCH”

ARCHIMANDRITE PHILIP HALL (LINCOLN) visits us
Saturday–Sunday 9-10 April

to explain his own parish's Thanksgiving Project, and to show how our regular Giving will help not only our Parish and Diocese financially, but also *ourselves spiritually.*

- **Saturday 3 pm**
Leading the Way: a session for our Church Council
A Powerpoint presentation in the house.
Church Councillors are asked to make this a priority.
- **Sunday 10.30 am**
Church Giving and me: a spiritual discipline.
An address in church after Holy Liturgy, with coffee & biscuits and opportunity for questions & answers.

HOLY LITURGY
CLACTON
Saturday
16 April
Saturday of the Akathist
10.00 am

All our worshippers are warmly invited to make this an *occasion* in their diary and to attend this important Sunday session. This will not be a long one, but it is likely to mould the future of this Parish.

What about our church building?

Our present position is that we wish to renew our lease of St Helen's Chapel after September. The possible acquisition of St Martin's, with installation of heating, is proving difficult, partly as we find it difficult to get information from its owners. Our new Archbishop has given his blessing for our projected plans. If they go ahead, there will have to be an Appeal for funds. Our Buildings Committee is working on all this. Information from Jon-Theodore Kanaar, its Chairman.

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 Balkerne Hill), to Northgate; go straight along St Peter's Street to Castle Park; continue round the bend, up into Maidenburgh Street. The nearest car park is Nunns Road NCP, off St Peter's Street.

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 5 pm, 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
Tel: 01-206-530-530 Mob: 07-947-047-201 Email: parishpriest@orthodoxcolchester.org.uk
Rdr Andreas Moran, 6 Woodlands, Welshwood Park CO4 3JA Tel: 01-206-865-697
Churchwardens: David Davies 01-473-745-167 Dusan Radunovic 01-206-762-553
The Parish of St Helen is Registered Charity No. 1134418
Bank account: Sort Code 20-22-67 Account No. 50349364
Parish Website: http://www.orthodoxcolchester.org.uk

At St James Anglican Church, Beatrice Rd, Clacton-on-sea CC15 1LE
Divine Liturgy: usually third Saturday of month 10.00 am

The People Column

BAPTISED: Congratulations to the following little ones, baptised here recently:

- **Edward Leonte**, son of Cezar and Otilia of Highwoods.
- **David Harry Guirguis**, son of Karim and Mihaela of Lexden.

A PARTY OF RUSSIAN VISITORS from Kazakhstan was delighted to make a pilgrimage to St Helen's recently. They came from London after a visit to the Monastery, and reverently venerated both our Relic of St Helen and our Relic of the True Cross, leaving a generous donation. It is really lovely to welcome *tourists*, but even better when genuine *pilgrims* arrive.



His Eminence Metropolitan Silouan (centre), with Metropolitan Saba of Hauran, Fr Seraphim, and his mother, paid an unexpected and very short visit to St Helen's within a few days of his Enthronement. He writes: 'I was very glad to be in this blessed parish.' He has now said he will come for the feast of St Constantine & St Helen 20-22 May (see below).

Here and There

SAYING THE PRAYER FOR ST HELEN'S CHAPEL? - Please do so. It was printed in last month's *Newsletter*, and is available in that place on our website, or on a card from church. We are saying it together at the end of services in church: use it also frequently at home, along with (in Lent) the Prayer of St Ephraim, which also is available on a card.

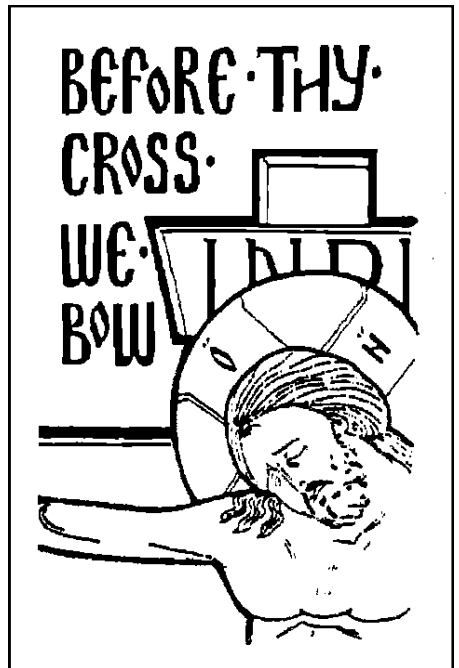
CONFESSION IS GOOD FOR YOU! All Orthodox Christians should go to confession at least before Pascha every year. When you do that you have a feeling of contentment that you have done your duty, but (more important) a sense of freedom from your past sins, and the ability to step out into the future just that little bit closer to the God of Truth and Love. You can come to Confession after any service before or during Great Week, or at any time by appointment. Afterwards, you should receive the Holy Gifts as soon as possible.

THE GREAT AND HOLY COUNCIL will be the first Council of all Orthodox Bishops since the Seventh Council in 787 AD, they say. It meets in Crete 16-27 June, and in fact it will only be *representative* Bishops from each Orthodox

Our new Archbishop's feast-day visit to St Helen's We are now planning exactly what we should do for our special day. Please note the dates in your diary now and make a special effort to be here as much as possible that weekend. Watch for the programme in next month's *Newsletter*.

Church. (Actually of course no Council of the Church can ever have had *all* the Bishops together.) Pray that God's Holy Spirit will draw all the Bishops together and give them a united understanding of, and response to, the many problems facing Christ's Church in the 21st century.

CHURCH LIBRARY: Our Library needs someone to organise it! There is great potential. For someone who enjoys reading, and wishes to encourage others in the congregation also to read about our Holy Orthodox Faith, in its various aspects—teaching, liturgical and ascetic life, history, travel, cooking, etc—there is a marvellous opportunity to serve Christ and his people. It needs a certain amount of reorganising and systematising, so that we know where books have gone and do not lose them. And it could do with a little advertising and popularising. Any offers of help, please? Once organised, it should not be too arduous a role.



A Word from the Fathers

Today he who hung the earth upon the waters is hung upon the Cross.

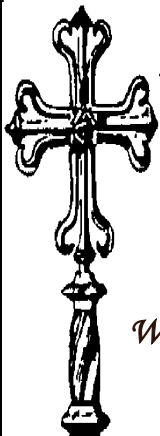
He who is King of the angels is arrayed in a crown of thorns.

He who wraps the heaven in clouds is wrapped in the purple of mockery.

The Bridegroom of the Church is transfixed with nails.

The Son of the Virgin is pierced with a spear.

We venerate thy Passion, O Christ; Show us also thy glorious Resurrection.



Mattins of Holy Friday (Service of the Twelve Gospels), Antiphon 15

APRIL DAYS

- | | | |
|------------|--------------|---|
| Fri | 1 | S Agilbert, Bishop of Dorchester & later Paris |
| Sat | 2 | Saturday of Souls |
| Sun | 3 | Lent 3, Veneration of the Cross |
| Sat | 9 | Sat of Souls, Hieromartyr Theodore of Crowland |
| Sun | 10 | Lent 4, S John Climacus |
| Mon | 11 | S Guthlac, Hermit of Crowland |
| Wed | 13 | S Martin the Confessor, Pope of Rome |
| Sat | 16 | Saturday of Akathist |
| Sun | 17 | Lent 5, S Mary of Egypt |
| Tue | 19 | Hieromartyr Alphege, Archbishop of Canterbury |
| Sat | 23 | Lazarus Saturday,
Great Martyr George, Patron of England |
| Sun | 24 | Entry of our Lord into Jerusalem, Palm Sunday |
| Mon | 25 | Holy Monday, Holy Apostle & Evangelist Mark |
| Tue | 26 | Holy Tuesday |
| Wed | 27 | Holy Wednesday |
| Thu | 28 | Holy Thursday |
| Fri | 29 | Holy Friday |
| Sat | 30 | Holy Saturday |
| Sun | 1 May | HOLY PASCHA |

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