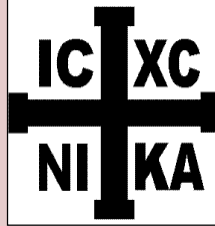


**Orthodox Parish of  
St Helen of Colchester**

*Antiochian Orthodox Christian Archdiocese  
of the British Isles and Ireland  
Metropolitan: His Eminence Archbishop Silouan*  
**NEWSLETTER 241      APRIL 2017**



**He has trampled down my death**

**C**hrist's conquest of death and hell and sin and of everything that is evil is the very heart of the meaning of Holy Week and Holy Pascha.

He suffers beatings and insults - he who (unlike ourselves) deserves none of that. He suffers Death, who is the very Giver of Life.

And he enters Hell itself, takes Life into the centre of Death. As you see in the icon of the Descent into Hell (or Hades) he goes into the depths of our human experience of evil, stretching out his hands to Adam and Eve (i.e. to all mankind). He lifts them up.

Notice their clothes and their haloes: they are now transfigured, made holy by his actions.

In this way is brought about the salvation of all mankind - by the action of Christ himself, not by our self-justification, which we could never achieve.

See also that this conquest is not only for some philosophical "all mankind".

This conquest is also precisely, practically, for me.

**Christ's conquest of death and sin and evil and pain is for everyone of us individually and corporately - for every "me" in the world, in past history**



**and in the future.**

*Christ is risen from the dead, trampling down Death by death, and upon those in the tombs bestowing life.*

That "trampling down" was not just "for everyone" but also "for me".

**That is why "Alleluia" can be my song at Holy Pascha - and every day of every month of every year.**

**God fill you with all the joy of the Resurrection.**

**Father Alexander**



**APRIL AT ST HELEN'S**

**Wednesday 5 April**

**9.30 am      Liturgy of Presanctified**

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**HOLY & GREAT WEEK**

**Lazarus Saturday, 8 April**

**4.30 pm      Great Vespers**

**Palm Sunday, 9 April**

**9.45 am      Mattins & Palm Blessing**

**10.30 am      Liturgy of St John**

**Holy Monday, 10 April**

**6.00 pm      Bridegroom Mattins**

**Holy Tuesday, 11 April**

**6.00 pm      Bridegroom Mattins**

**Holy Wednesday, 12 April**

**6.00 pm      Holy Anointing**

**Holy Thursday, 13 April**

**9.30 am      Liturgy of St Basil**

**6.00 pm      Twelve Gospels**

**Holy Friday, 14 April**

**3.00 pm      Vespers & Deposition**

**6.00 pm      Mattins & Procession**

**Holy Saturday, 15 April**

**9.30 am      Liturgy of St Basil**

**10.30 pm      Acts of the Apostles**

**11.30 pm      Midnight Office**

**HOLY PASCHA, 16 April**

**12 midnt      Procession & Mattins**

**1.00 am      Liturgy of St John**

**3.00 pm      Agape Vespers**

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**Confessions    after any service  
                         or by appointment**

**Flowers to decorate the Epitaphion:  
Women & girls invited to prepare it  
on Holy Friday at 9.30 am.  
Gifts of cash for flowers invited.**

**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, Holy Baptism, Funerals, Memorials etc: by arrangement  
Children of St Helen (Pre-school & Primary): 1st Saturday 11.00 am*

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

17 Maidenburgh Street, Colchester CO1 1UB

Tel: 01-206-530-530    Mob: 07-947-047-201    Eml: parishpriest@orthodoxcolchester.org.uk

Reader **Andreas Moran**, 6 Woodlands, Welshwood Park CO4 3JA Tel: 01-206-865-697

Reader & Sacristan **Martin Gröb**, 21 Alexandra Road CO3 3DF Tel: 07-702-579-743

Churchwardens: **David Davies** 01-473-745-167    **Dusan Radunovic** 01-206-762-553

Children of St Helen: **Sanja Radunovic** 01-206-762-553    **Silvia Lefley** 01-206-835-715

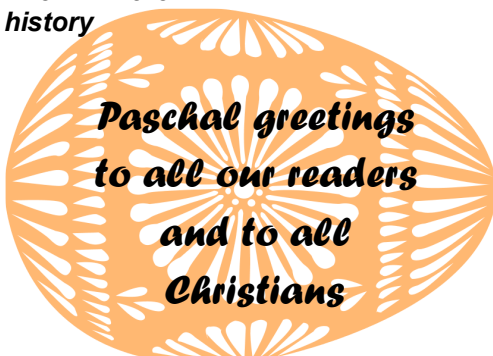
**Orthodox Parish of St Helen    Registered Charity No. 1134418**

**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 1EE**  
Divine Liturgy: usually third Saturday of month 10.00 am

**CLACTON  
HOLY  
LITURGY  
Saturday  
22 April  
Bright  
Saturday  
10.00 am  
Note date**



**Paschal greetings  
to all our readers  
and to all  
Christians**



## Here and There

**FATHER PAULINUS HEGGS** has recently been ordained Priest to serve in Norwich Prison and St Fursey's in Norfolk. Previously he was Deacon in Lincoln Parish. I am delighted to say that Sayedna SILOUAN has blessed him to come and assist me here with the demanding services on Holy Thursday—this will be a great help to me, and I am grateful to him for being willing to come.

**OPEN DOOR COLCHESTER** helps people in difficulties - the homeless, those in poverty, etc. It is based at the Baptist Church in Eld Lane and does fine work in the name of Christ. We have recently sent a gift of £100 from the Parish, and in return received a nice thank-you letter (displayed in the Porch). They add: "We are committed to befriending and providing help and support to everyone who comes through our doors. We see at least 40 people each day."

**CHILDREN IN APRIL:** The Children of St Helen will meet at 11.00 am on 8 April, the second Sunday rather than the first.

**MARY MORRIS** retires from her position as a primary teacher at the end of this term. We wish her a long and happy retirement. *I am very grateful that she has agreed to take a new role in teaching our Children of St Helen.*

### BAPTISED RECENTLY:

Welcome into Christ's Church:

- Alexander Florinel, son of Jan & Simona CIOBANU (Ipswich)
- Lilly Anne, daughter of Alin & Elena LUPASCU (Stanway)
- Ioanna Victoria, daughter of Ionel & Paula BALUTA (Harwich Rd)
- Ilan Andrei, son of Flavius & Alina MARGARINT (Morant Rd)

May they all be blessed and grow up in the life of Christ. Many years!

**THE MIRACULOUS KIRSK ICON** of the Mother of God spends its time going round the world of the Russian Church Outside Russia and it returned to St John of San Francisco church here in Colchester recently. A number of St

Helen's people heard of its coming and were able to venerate it.

**MONTHLY CALENDAR:** If you are trying to live your life close to Holy Church, it is good to know what Saints' days fall today and tomorrow, and to know the Fasting rules for the days ahead. Our own calendar called **Feasts and Fasts** is a useful aid to daily Christian living, just one sheet of information. It appears monthly and can be collected from the hanging fitment over the candle box. Do take a copy every month: one thing you can learn is about the local British and Irish Saints.

**CHURCH COUNCIL:** The following were elected at the Annual Meeting: Khouria Hilary, David Davies, Dusan Radunovic, Mary Morris, Teodor Petica, Theodora Ford, Kalisthene Aristodimou, Reader Martin Gröb, George Harrison, Paul Lansley, Kakia Chatsiou. The Parish Priest is Chairman *ex officio*. Reader Andreas did not wish to stand this time. Theodora was re-elected Electoral Roll Officer, and Dusan Child Protection Officer. Churchwardens are appointed at the first Council meeting, which will be on *Sunday 2 April* (not as earlier announced). An official Parish Report 2017, together with the 2016 Accounts, was prepared by David and a copy is available to consult on the Porch table.

**ARCHIMANDRITE ATHANASIOS LEDWICH** was a close friend of our Parish, sadly dying nearly six years ago in St Helena Hospice. He told his story in a book published in America in 1995 called *Coming Home: Why Protestant Clergy are becoming Orthodox*. We have recently been given a copy: it is available to borrow from our Lending Library.

**ST MARTIN'S** has been offered to us at a much reduced price, and (in my personal opinion) in a generally acceptable way. The Church Council, advised by the Buildings Committee, now has difficult decisions to make. Let us pray that the right moves may be made, for the future good of our Parish.



**ST GEORGE, GREAT MARTYR AND VICTORY-BEARER**, has long been honoured throughout East and West, and has been Patron of England for many centuries. He was martyred in about 303 AD, in the Great Persecution under Emperor Diocletian. The excellent story of his killing the dragon is rather late, but he certainly existed and had a cult from within a few years of his glorious death. He was buried in Lydda in Palestine. He died on 23 April, which was Great and Holy Friday that year. His feast therefore always falls around Easter-time - this year on St Thomas Sunday, a week after Holy Pascha.

**OUR CHURCH GIVING SUNDAY** falls on the fourth Sunday of Lent - the first was last year, when Archimandrite Philip Hall gave his time to explain the principles of Committed Giving, which increases our income, especially if we Gift Aid, when the Parish receives our tax back. Details from Treasurer David Davies.

### APRIL DAYS

Sun	2	Lent 5, S Mary of Egypt
Sat	8	Lazarus Saturday
Sun	9	Entry of Christ into Jerusalem (Palm Sunday)
Mon	10	Gt & Holy Monday
Tue	11	Gt & Holy Tuesday
Wed	12	Gt & Holy Wednesday
Thu	13	Gt & Holy Thursday
Fri	14	Gt & Holy Friday
Sat	15	Gt & Holy Saturday
Sun	16	HOLY PASCHA
Fri	21	Bright Friday, Life-giving Spring
Sun	23	Pascha 2, S Thomas Sunday Gt Martyr George the Victory-bearer
Tue	25	Joyful Commemoration of the Dead, Apostle & Evangelist Mark
Sun	30	Pascha 3, H Myrrh-bearers, S Erkenwald, Bishop of London (of East Saxons)

A FULLER LIST OF THE MONTH'S FEASTS AND FASTS IS AVAILABLE

### *A Word from the Fathers: St Melito, Bishop of Sardis (+ c.180)*

*Though Lord, he became man. He suffered for those who were suffering, he was bound for the captive, judged for the condemned, buried for the one who was buried. He rose from the dead and cried out: 'Who shall contend with me? Let him stand up to face me. I have freed the condemned, brought the dead to life, raised up the*

*buried. Who will speak against me?'*

*'I am the Christ,' he says. 'It is I who destroyed death, who triumphed over the enemy, who trampled Hades underfoot, who bound the strong one, and snatched man away to the heights of heaven; I am the Christ.'*