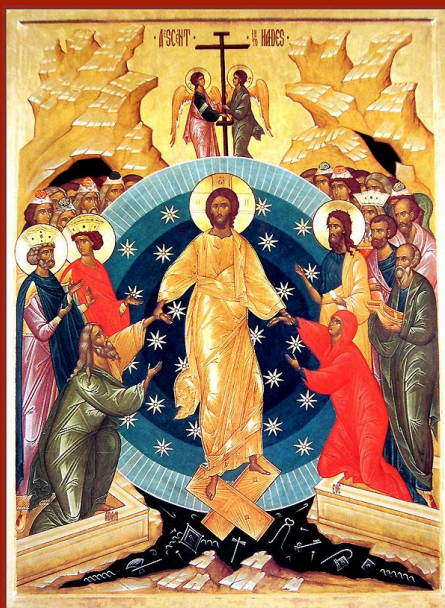


# THE ORTHODOX PARISH OF ST MARTIN & ST HELEN

Newsletter: April 2025 | Antiochian Orthodox Christian Archdiocese of the British Isles & Ireland | *HE Metropolitan Silouan Oner*



**Holy Pascha - The Resurrection of Our Lord & Saviour Jesus Christ**  
On the morning of Holy Pascha, it is the tradition of the church that the beautiful, joyful and hope filled catechetical sermon of St John Chrysostom be read out. In contrast to the more cross centred (stavro-centric) emphasis in Western Christianity at Easter, this wonderful sermon distills the quintessential Orthodox teaching on this feast of feasts. That is, Christ's defeat of death. Death, our ancient and outrageous enemy is literally destroyed by Christ's saving and voluntary passion and death on the cross. By His descent into hades and Glorious Resurrection, our salvation from death is not some far off future reward for a life of dry morality and mere rule keeping, but is a reality now, today! Our Orthodox life of prayer, fasting, mercy and service is how we actively consent to and cooperate with this new cosmic reality; this precious act of love by the Creator toward the created. St John writes in his homily: "If any have tarried even until the eleventh hour, let him, also, be not alarmed at his tardiness; for the Lord, who is jealous of his honor, will accept the last even as the first". Let this sink in! It is never too late; never! We only need to turn now, today, this minute, in our brokenness and sins, and cry out to our Dear Lord Jesus to save us from drowning, from death. Just do it, dear ones! Christ is risen! *Father Mark*

## News & Views

### Baptisms and Chrismations

On Sunday March 30 we received by Holy Baptism, **Matthew Lockwood and James (Iakovos) Holliday** and the following Sunday, 6 April by Holy Chrismation **Joshua Sijuwade and Kamila Nachajova**. We welcome our newly illumined and dear brothers and sisters home to the Orthodox Church and to our ever expanding Orthodox family. Catechesis will pause while the new intake gathers and will resume in the summer. **May the Lord grant them many years!**



The Prayer of Absolution at Holy Chrismation

## Funeral of Our Dear Friend Ronald (Michael) Cole



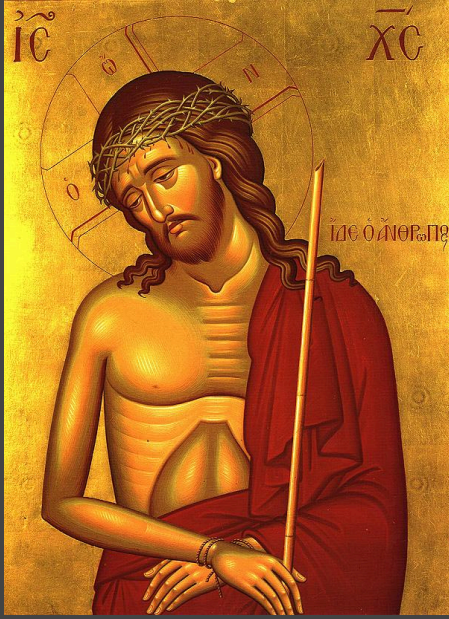
Ronald (Michael) Cole  
September 1936 - February 2025

**On March 20** many friends came to the funeral of our dear departed friend Ronald (Michael) Cole, beloved husband of Artemis and devoted father and brother. Michael and his family have a decades long association with the monastic Community of St John the Baptist at Tolleshunt Knights and we were blessed by that community's kind help and support at the funeral service in St Martin's Church. **Our heartfelt thanks go to The Very Reverend Father Archimandrite Igumen Peter for his blessing on our cooperative efforts and to the sisters for their help and beautiful singing in the choir. The burial took place afterwards at Colchester Cemetery. We will miss Michael very much indeed. May his memory be eternal!**

**Planned Giving:** Please consider making a regular commitment to give a set amount of money to the parish each month. The money we take in collection on Sunday mornings is of course a great help, but we need to be able to plan for the future, and this is possible only if we are able to base our plans on a stable and regular income. It is easy to set up a direct debit for a set amount, please speak to our treasurer Reader Nick for advice on how to do this, or simply use the details overleaf. Things we need to plan for include: building maintenance, utilities, clergy expenses, housekeeping supplies and more! Ask in your prayers for God to guide your giving!

**SERVICES OF HOLY AND GREAT  
WEEK AND HOLY PASCHA**

*'Behold the bridegroom comes at midnight, and blessed is the servant whom he shall find watching; and again, unworthy is the servant whom He shall find heedless.'* Troparion of Bridegroom Matins



**Great and Holy Monday: Bridegroom Matins (sung in anticipation of Holy Tuesday) 6pm.**

**Great and Holy Tuesday: Bridegroom Matins (sung in anticipation of Holy Wednesday) 6pm.**

**Great and Holy Wednesday: Service of Holy Anointing, 6pm.**

**Great and Holy Thursday: Vespertal Liturgy of St Basil 9:30am The Twelve Passion Gospels 6pm.**

**Great and Holy Friday: Women and girls invited to decorate bier/epitaphios with flowers 9:00am Vespers & Deposition 12pm | Matins (Lamentations) & Procession 6pm.**

**Great and Holy Saturday: Vespertal Liturgy of St Basil 9:30am | Acts of the Apostles & Midnight Office from 10pm.**

**Holy Pascha - The Resurrection of Our Lord & Saviour Jesus Christ**

**Holy Liturgy 1am | Agape Vespers 4.30pm**



**Iconostasis Update: Work on the icons of the 12 Feasts is nearing its conclusion. Our iconographer, Sophronia is working flat out to finish them in time for Holy Pascha. Much depends on how well the varnishing process goes - a notoriously temperamental substance! Please ask in your prayers that the work may proceed without trouble, to the Glory of God, and that Sophronia is given the strength and patience she needs to complete this great task. Glory to God!**



**Confessions:** Father Alexander will no longer hear confessions after Great Vespers on Saturdays. Father Mark will now pick up this duty instead. Father Alexander is, however, still willing to hear confessions by appointment only. Please contact him directly to arrange.

**Memorials:** It is helpful if you let Father Mark know in advance if you wish to bring koliva and have a memorial served in church. There are certain days in the years when it is not permitted to serve memorials (for example, any of the Feasts of the Lord). Please check in advance!

We are grateful to those continuing to support our church by regular or occasional gifts; may God bless you. Bank details:  
Orthodox Parish of St Martin & St Helen:  
Registered Charity No: 1192469 IBAN:  
GB05BUKB20226780219819 Sort Code:  
20-22-67 Account No: 50349364 Appeal  
Account No: 80219819



**Regular Service Times:**

**Saturdays:** Great Vespers 4:30pm

**Sundays:** Matins & Holy Liturgy from 9:30am

**Weekend** services ALL at St Martins. **Additional (weekday)** services usually at St Helen's Chapel unless otherwise stated.

St Helen's Chapel is open daily for prayer and pilgrimage.

**St Martin's Church, West Stockwell Street, CO1 1HN**

**St Helen's Chapel, Maidenburgh Street, CO1 1UB.**

Both temples are off Colchester High Street, but accessible from there only on foot. Nearest car park NCP: Nunns Road, CO1 1EJ.

**Confessions:** Saturdays 5pm, after Vespers or by arrangement. **Holy Marriage, Holy Baptism, Funerals, Memorials etc:** by arrangement.

**Parish Priest: Father Mark Shillaker** Mobile: 07917 161 295 | Email: [inquiries@orthodoxcolchester.org.uk](mailto:inquiries@orthodoxcolchester.org.uk) **The Very Reverend Father**

**Archpriest Alexander Haig (retired)** parish website: [orthodoxcolchester.org.uk](http://orthodoxcolchester.org.uk)