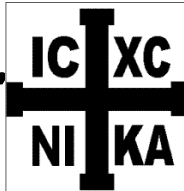


# Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Deanery of the UK & Ireland  
NEWSLETTER 167 JULY-AUGUST 2010



## An ORTHODOX DAY at BEESTON ST LAWRENCE

Northfolk

**SATURDAY 14 AUGUST**  
the Saturday after the feast of St Lawrence and before the Dormition of the Mother of God

- 12 noon Service to St Lawrence
- 12.30 pm Picnic Lunch
- 1.30 pm Talk (opportunity for questions)
- "Orthodoxy: a faith for today"
- 2.30 pm Great Vespers
- 3.30 pm Finish

Beeston St Lawrence, pictured above, is a very pretty and ancient church with one of those famous Norfolk round towers, dating from the 8th or 9th centuries. It lies north of Norwich and Wroxham, prominently above the Stalham road. Sadly not now used for regular Anglican worship, the people of St Fursey's Orthodox community at Sutton near Stalham have lovingly prayed there on several occasions, and Reader Stephen organises today's Pilgrimage. Father Alexander will give the talk.

This will be a day to honour the Mother of God, the day before her Dormition, and the lovely Martyr Archdeacon Lawrence a few days after his feast, and to learn more about the Holy Orthodox Christian Faith.

*Come and join us. Bring your lunch. All are welcome, Orthodox or friends.*

### Good-bye, Alex and Ela:

#### thanks for everything!

Alex and Mihaela Haig are moving away. They leave us at the end of July to live near Bristol, where Mihaela has secured a post as a researcher in the University of the West of England, and Alex will be teaching in a school.

I am grateful for all that Alex has done for this Parish over the almost-fifteen years since we founded the Parish.

I am sure that you also are grateful. Perhaps this is the end of an era. We are delighted that for the past year Ela has been his help-meet. We wish them well.

Of course, Khouria HILARY and I will miss them even more, but that's the way life is, as they say - and they will back at the end of August anyway....!

### HOLY LITURGY

ST FURSEY'S  
Saturday 3 July  
9.30 am

CLACTON  
Saturday 17 July  
10.00 am

No Liturgy in either church in August

### St Martin's Church

No news yet: please pray for the church to be granted to us, either to buy or (preferably at first) to lease.

We believe it will be:

- ♦ good for us, needing the bigger building, with more opportunities;
- ♦ good for St Martin's itself, being used for its original and proper purpose - worship.

### JULY-AUGUST AT ST HELEN'S

Wed 7 Jul	Great Martyr Kyriaki	9.30 am Holy Liturgy
Thu 15 Jul	St Vladimir of Kiev	9.30 am Holy Liturgy
Tue 20	H Prophet Elias (Elijah)	9.30 am Holy Liturgy
Tue 27 Jul	Gt Martyr Panteleimon	9.30 am Holy Liturgy
Sun 1 Aug	Pentecost 10	10.30 am Hours & Typica
Fri 6 Aug	Transfiguration	9.30 am Holy Liturgy
Tue 10 Aug	Martyr Lawrence	9.30 am Holy Liturgy
Sun 15 Aug	Dormition of Theotokos	10.30 am Holy Liturgy
Wed 18 Aug	Repose of St Helen	9.30 am Holy Liturgy
Tue 24 Aug	St Kosmas of Aetolia	9.30 am Holy Liturgy
Sat 28 Aug	Sing a Song to the Lord	11.00 am Music Workshop
Sun 29 Aug	Beheading of St John	10.30 am Holy Liturgy
Sun 5 Sep	Pentecost 15	10.30 am Hours & Typica

Sundays not given above: Holy Liturgy 10.30 am

No Vespers in St Helen's on Saturdays 10, 24, 31 Jul, 14, 21 Aug, 4 Sep

## St Helen has her second feast...

St Helen is of course celebrated everywhere in Orthodoxy on 21 May. But that is with her son St Constantine the Great, who died on that day in 327. Naturally he overshadows her in that feast, so she gets little mention.

We in this Parish do wish to praise her as his mother, since Constantine is so important in the history of the Church (and indeed of the world).

But we also wish to give her her full due:

- as the finder of the Holy Cross;
- as the builder of sacred temples in the Holy Land and possibly here in Colchester;
- and above all as a woman of devotion to Christ and of holiness in him.

Therefore, in addition to the celebrations of 21 May, we here observe the anniversary of her Repose on 18 August 329.

For the Orthodox Christian a Saint is not a person who lived centuries ago in another society and context. For us, St Helen is our contemporary: she lives with us now, prays for our town and for our Parish, sets us an example of perseverance in the Faith, watches over us in every moment of joy and sorrow.

This year her feast, 18 August, is a Wednesday, so we shall have Holy Liturgy at 9.30 am and invite you to attend if you possibly can.

Afterwards there will be a little celebration. We will also commemorate her on the following Sunday, with a special service in her honour.

St Helen, pray to God for us!

Father Alexander



Receive this NEWSLETTER by EMAIL - save Parish funds a considerable sum of money. Just send your email address to tell us you will have it that way. Thanks to those who have done this already.



Alex and Ela after their wedding, exactly a year ago as they move away.

### 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 Balcerne 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 Sreet, Colchester CO1 1UB

Tel: 01-206-530-530 Mob: 07-947-047-201 Eml: orthodox.colchester@ntlworld.com  
Rdr Stephen Weston, 111 Neville Rd, Sutton, Stalham NR12 9RR Tel: 01-692-580-552

The Parish of St Helen is Registered Charity No. 1134418

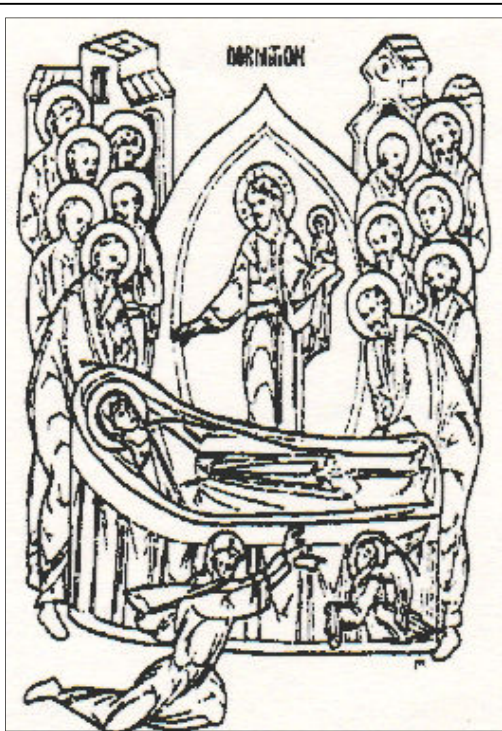
Parish Website: <http://www.orthodoxcolchester.org.uk>

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 Holy Dormition

**The Dormition of the Mother of God is one of the Twelve Great Feasts of the Church. It brings all the others to a grand finale.**

It is sometimes called the Falling Asleep or Repose, or occasionally the Assumption (the RCs prefer that title)

The feast is not only about Mary with all her holiness and devotion to Christ her Son and God. It is also about *you (sinner that you are now) and your destiny*. It is the Christian teaching about the end of all things. About what this sad world is leading to - the glory of God.

Contemplate the icon for a moment. Mary has come to the end of her life, cared for by St John the Theologian, for they were given to each other by Christ on the Holy Cross.

Now, the previously scattered Apostles have come together in Jerusalem to mourn. They bury her body in her Tomb in Gethsemane - you can visit it today, descending the many broad steps to the cave.

**But Christ has taken her soul - her life itself - to himself, wrapping it in swaddling bands to guard it, as she took his precious little Body to herself when she gave him human birth, and wrapped it in bands.**

So *you too* will die, but *your life itself, your soul*, will not return with your body to the dust. It will be taken by Christ, and preserved until reunited with your body at the general resurrection.

That is the difference between you and Mary. She has experienced already what we will wait for until Christ comes again.

After her burial, St Thomas, who was not present, comes to inspect—and finds that *her body is not there*. The resurrection of her body, its reuniting with her soul, has already taken place - ahead of the general resurrection at the end of the time, for which you and I will have to wait.

This very ancient belief about her is a true part of the Holy Orthodox Faith. To some it may seem a little strange, but it is just the promise of what will happen to *you* when Christ comes again.

**Hey! - the glory that is hers, waits for you and me too! The divine light, the light of the presence of God, is to be yours and mine! What a hopeful and happy and joyful religion is the Holy Orthodox Faith!**

*The Dormition Feast falls on 15 August.*

## Here and There

**ZENA SERGHIU**, daughter to **PETER** and **GEORGINA** of Clacton, married **GEORGE DIAKOU** in Cyprus at the end of May. We wish them God's blessing.

**A GIFT TO OUR CHURCH:** Our thanks to the anonymous person who left not only two pots of flowers in church, but also two glass lamps, for which we shall have to find a place—though that is not so easy in our small church! I went into church and just found them there, one day in May. God bless you, whoever you are!

**PAN-ORTHODOX CONFERENCE:** **Khouria HILARY** and I, **ALEX** and **MARGARET**, are attending the two-night conference of the Orthodox Fellowship of St John the Baptist at Swanwick in Derbyshire at the end of July. Our Archbishop **JOHN** will be there to serve the Holy Liturgy on Sunday morning; there will be Priests and lay people from all over Britain and Ireland, and all jurisdictions. OSJB organises these bigger conferences every three years - a valuable way to bring together representatives of the whole Orthodox community in the British Isles.

**EPISCOPAL ASSEMBLY:** The new Assembly of all Orthodox Bishops in the British Isles had its first meeting on Monday 21 June under the chairmanship of Greek Archbishop **GREGORIOS**. These new Assemblies are being set up world-wide on the orders of the mother Churches in the homelands of Orthodoxy. They are intended to be the first step towards a united Orthodox Church in each region of the world. A communiqué is available in church or on the internet.

**OUR DEAN** **Fr GREGORY HALLAM** in Manchester was made Archpriest by our Archbishop recently. Many years, Father!

**Fr PAUL TOTTEN** has been ordained Priest to serve with **Fr IRENAEUS** in the Belfast parish. Many years!

**KURSK ICON:** This miracle-working icon travels the world. It has just been in England, and some of us venerated it at St John's Church, and some at Joy of All Who Sorrow Church at Mettingham.


### Memorials: Memory Eternal !

**ELDER SOPHRONY**, Founder of the Monastery of St John the Baptist in 1959, has his 17th anniversary on 11 July. There will probably be a service for him at the Monastery on either Saturday morning 10 July or Sunday afternoon 11 July.

**ELDER SYMEON** who came to the Monastery with Father Sophrony, has the first anniversary of his death on 20 August. There will probably be a Holy Liturgy for him there on the day at 7 or 8 am.

**ARCHPRIEST MICHAEL HARPER:** A service will be offered for our first Dean (who died in January) in St George's Cathedral on Saturday 21 August at 12 noon. It will take note of his work outside the Orthodox Church, as well as of course his 15 years in the Church. All are invited.

### A Music Workshop at St Helen's

**" Sing unto the Lord all the Earth ! " (Ps 95)** 

- ◆ Wonder why the choir sings certain things in the regular services?
- ◆ Like to sing but feel you do not know enough about how it works?

**Singers and non-singers alike are invited to a workshop on the services (Holy Liturgy, Vespers and Matins)**

**Saturday 28 August  
11.00 am – 5.00 pm**

Come and find out more about these beautiful services. We will sing together and make a joyful noise!

Fish and chip lunch (donations invited)  
Details available on a flyer from mid-July  
Please confirm your attendance by signing the list in church, emailing, or phoning.

Day arranged by

**TOM CARTER - MARGARET HAIG - ALEX HAIG**

### JULY DAYS

Thu 1	Wonderworking Unmercenary Cosmas & Damian
Fri 2	Placing of Robe of Theotokos at Blachernae S John of Shanghai & San Francisco
Sun 4	<b>Pentecost 6, S Andrew of Crete, S Andrew Rublev</b>
Mon 5	S Athanasius, Founder of the Gt Lavra, Athos
Wed 7	Gt Martyr Kyriaki, S Hedda, Bp of the West Saxons
Thu 8	Appearance of the Kazan Icon of the Theotokos
Sun 11	<b>Pentecost 7, Gt Martyr Euphemia the All-praised S Olga, Princess of Russia</b>
Mon 12	S Veronica, who was healed by Christ
Tue 13	Synaxis of Archangel Gabriel, S Mildred of Minster
Thu 15	Gt Prince Vladimir, Enlightener of Rus, S Swithun, Bishop of Winchester
Sat 17	Gt Martyr Margaret (Marina) of Antioch, Passion-bearers Nicholas & Alexandra & family
Sun 18	<b>Pentecost 8, Fathers of the 4th Council, Martyrs Gd Duchess Elizabeth &amp; Nun Barbara</b>
Mon 19	Uncovering of relics of S Seraphim S Stephen, King of Serbia & his mother S Militsa
Tue 20	<b>H Prophet Elias (Elijah),</b> New Martyr Nun Maria (Skobtsova) & companions
Thu 22	<b>H Equal-to-the-Apostles Mary Magdalene</b>
Sun 25	<b>Pentecost 9, Dormition of Righteous Anna</b>
Mon 26	Martyr Paraskeva of Rome
Tue 27	Gt Martyr & Healer Panteleimon
Wed 28	S Samson of Dol, S Irene of Chrysovalantou
Sat 31	S Joseph of Arimathea, S Germanus of Auxerre

### AUGUST DAYS

Sun 1	<b>Pentecost 10, Procession of the Cross, Seven Maccabean Martyrs &amp; their mother Solomonia</b>
Mon 2	Transln of Relics of S Stephen to Constantinople
Thu 5	Martyr Oswald the King
Fri 6	Transfiguration of Our Lord
Sun 8	<b>Pentecost 11</b>
Mon 9	H Apostle Matthias
Tue 10	Martyr & Archdeacon Lawrence of Rome
Fri 13	S Tikhon Wonderworker of Zadonsk
Sun 15	<b>Pentecost 12, Dormition of the H Theotokos</b>
Mon 16	Transln of Icon 'Not Made with Hands'
Wed 18	<b>Repose of S Helen Equal to the Apostles</b>
Sun 22	<b>Pentecost 13, Sunday after St Helen</b>
Mon 23	S Irenaeus, Bishop of Lyons
Tue 24	Repose of S Kosmas of Aetolia
Sat 28	S Moses the Black
Sun 29	<b>Pentecost 14, Beheading of S John the Foreunner, S Sebbi, King of the East Saxons</b>
Mon 30	S Alexander, Patriarch of Constantinople
Tue 31	Placing of Sash of the Theotokos in Chalkoprateria, S Aidan of Lindisfarne, S Eanswythe of Folkestone

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