

+ Orthodoxy—the faith that began with Christ and his Apostles and continues till the end of time +

Orthodox Parish of St Helen of Colchester

Antiochian Archdiocese of the BI & Ireland
NEWSLETTER 211 JULY-AUGUST 2014



May I die in the holy faith in Christ, and be received like Mary Theotokos into the gates of heaven.....

The feast of the Dormition of the Mother of God falls on 15 August, and is one of the Twelve Great Feasts of the Church. It commemorates her death or repose or falling asleep.

It is a lovely scene, where the Blessed Lady lies down to sleep in the Lord, and her Son and Lord comes to claim her soul for heaven. Surrounded by the holy Apostles, gathered from the ends of the earth - all their places of mission-work - she quietly gives up her soul to Christ, and he takes it, just as she had taken him and held him in her arms as a new Baby.

What is not shown in the icon is that her body was then taken to the Garden of Gethsemane, where she was buried in a cave deep down into the rock - you can visit the place to this day.

Nor is it shown that a week later St Thomas visited her grave and found it empty: her body as well as her soul had been taken to heaven!

These ancient traditions can seem strange, but they simply promise what will happen to *all* who believe in Christ, have faith in him.

You and I, simple believers in him, have the promise that when we die our souls will be taken to the glory of Heaven, and then at the end of time, our soul will be reunited with our body - a transfigured and glorified body. Mary's experience will be ours too.

What a wonderful future you and I can anticipate!

Father Alexander



WEEKDAYS
9.30 am HOLY LITURGY
TUESDAY 22 JULY
Holy Myrrh-bearer
Mary Magdalene
FRIDAY 15 AUGUST
Dormition of the
Holy Mother of God

Repose of St Helen
The summer feast of
our Patron
Sunday 17 August

10.30 am Holy Liturgy

12.30 pm Parish Picnic

2.00 pm approx. Veneration of the Relic

Picnic on the green if fine. Bring your own food and come to share with others. Drinks and cake provided.

The summer feast is properly on 18 August, the date St Helen died, aged over 80, probably in the year 329. It was in either 'Old Rome' or 'New Rome', i.e. Constantinople. Western tradition was that she was born in Colchester about 250, and built our Chapel. She appears to have been buried in Old Rome.



The icon here is the original sketch for the first Parish icon by Eleni Stellaki of Athens, which will be on display for veneration again on the feast. It is a small, portable icon because in those days (1996-2000) we worshipped in the Co-operative Funeral Chapel and had to move our items in and out of the church every week.

Paul Brighton-Cross becoming "Deacon Jacob" at Doncaster in May 2014, at the hand of Metropolitan Ignatius of France, to serve in Basildon. He was received into the Church in St Helen's Chapel in 2008. Many Years to Fr Jacob, Diakonissa Susanna and Lucy!



First Archdiocesan Conference—with no sign of any Archbishop!

Well, there may not have been a new Bishop present for our meeting—but I think that most people present probably enjoyed it. I and Khouria Hilary attended, with Margaret and Alex, and George and Theodora Harrison.

It took place at the Christian Conference Centre at Swanwick in Derbyshire, a lovely site with a chapel very agreeable for Orthodox worship. They also have good 'en suite' rooms and serve excellent food.

There were talks by various of the clergy on what is needed in the Diocese and lots of discussion in groups, which seems an inevitable part of such gatherings these days.

Of course they were all a bit in the air, for no decisions could be made since the new Bishop could come in and change everything again!

We now hope our new Bishop will be appointed at the very beginning of July, just after this Newsletter appears. If that happens I will announce it in church and by email.

HOLY LITURGY
CLACTON
Saturday
19 July
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 Balkeme 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: 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 Eml: parishpriest@orthodoxcolchester.org.uk
Rdr Andreas Moran, 6 Woodlands, Welshwood Park CO4 3JA Tel: 01-206-865-697

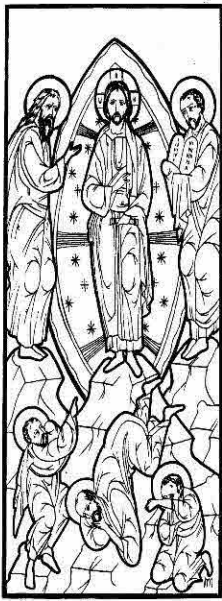
Rdr Alexander Haig Jr, detached service in Winchester parish

Churchwardens: David Davies 01-473-745-167 Dusan Radunovic 01-206-710-073

The Parish of St Helen is Registered Charity No. 1134418

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

(St James Anglican Church, Beatrice Rd, Clacton-on-sea CO15 1LE
Divine Liturgy: usually third Saturday 10.00 am



THE HOLY TRANSFIGURATION OF OUR LORD JESUS CHRIST
We all like things that are 'transformed' - we get a new lounge suite and it 'transforms' our sitting room. Or a young man with old problems is 'transformed' by getting married and having children. We are *thrilled* by it all.

The Transfiguration was similarly *thrilling*. He was 'transformed' before his chosen three disciples, Peter, James and John.

He was already glorious, but on the holy mountain in Galilee, Mount Tabor, he was transfigured, transformed. All of a sudden the glory of his Godhead appeared. Because he sums up the whole Old Testament, Elias (Elijah) the Prophet of God and Moses the Law-giver of God, appeared with him.

The disciples would have had him stay there like that, with them there also. But he knew he had work to do - he had to (apparently) *lose* his glory by going to the Cross, though St John's Gospel shows clearly that - for those who have faith - his *glory* was shown precisely in the *humiliation* of the Cross.

So they descended to the plain again and he took up the work that he alone could do. He picked up the sins of mankind - your sins and mine - and carried them to that Cross.

There he paid the ransom for our salvation, and brought us

Here and There

ARCHIMANDRITE NICODEMOS

ANAGNOSTOPOULOS is a Priest Monk from Greece, under the direct authority of the Ecumenical Patriarch in Constantinople. He is presently living in Upminster, near to London, and is kindly going to serve the Holy Liturgy here on Sundays 3 and 10 August. I am sure you will welcome him warmly.

HOLY DOORS AND ICONOSTASIS: The lovely new oak Holy Doors by MIKE ROUSE of Clacton are demanding new and original icons. I am delighted to say that MIHAL MOROSAN (in Suceava, Romania), whose fine work I first saw in the Holy Land thirty or more years ago, has agreed to paint them for us. He has also agreed to paint the four main icons for the iconostasis, and we will be discussing this shortly. All this leads us on to renew the woodwork of the iconostasis itself, and Clacton Mike is willing to work on this as well. It is going to cost considerable sums of money. I have already received several gifts, large and small, for which I am most grateful, but it will be wonderful if others can add their own gifts to these.

A Word from the Fathers

St John of Damascus (645-749)

The vices of the soul are much worse than the passions of the body, both in the actions they produce and in the punishments they incur.

I do not know why, but most people overlook this fact.

They treat drunkenness, unchastity, adultery, theft and all such vices with great concern, avoiding them or punishing them as something whose very appearance is loathsome to most men.

But the passions of the soul are much worse and much more serious than bodily passions.

These passions of the soul are envy, anger, hatred, insensitivity, greed—which, according to the Apostle, is the root of all evil—and all vices of a similar nature.

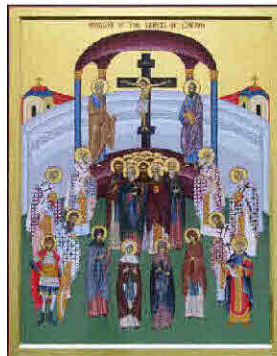
Food Parcels

Khouria Hilary writes:

We are very grateful for the food bags for the Colchester Food Bank that people bring in and leave in the box in the church porch. They get passed on to the collection point quickly, and are always well received. It is sad that in a country that, even now, seems comparatively prosperous, such help is needed for many in the community.

Thank you to all who give.

In the icon of the Saints of London, St Sebbi is the figure at the bottom right. A copy of the icon is in our church.



St Sebbi, King of the East Saxons

St Sebbi's feast falls on 29 August.

That is also the much bigger feast of the Beheading of St John, so sadly he receives little notice on that day.

In the seventh century the land of the East Saxons) covered not only Essex, but also the whole of Greater London north of the Thames.

Sebbi seems to have ruled the western part, possibly west of the river Lea, while his nephew or cousin, Sighere (who married St Osyth) ruled the eastern part. Possibly they both acknowledged the king of Mercia as overlord.

Sebbi was a pious Christian man: St Bede says he was better suited to being a bishop than a king. He is reputed to have made the original foundation of Westminster Abbey.

The bishop of the East Saxons through much of Sebbi's reign was St Erkenwald, and latterly Waldhere. The Archbishop of Canterbury for most of the time was St Theodore of Tarsus.

After thirty years as king, failing in health, his wife at last gave her permission for him to abdicate and become a monk at Westminster himself.

He prepared himself for death with the help of Bishop Waldhere, died in 694, and as a king was buried in old St Paul's Cathedral.

The People Column

WELCOME HOME: The LAWRENCE family were re-admitted to the Orthodox Church in June by Holy Chrismation - JOANNA (Jane), JOHN (Ian), RUTH, HELEN (Hazel), and PETER. We are glad to have them back among us. It was moving to hear them express their commitment, and to feel the prayers of the whole Church of Christ surround them in solidarity and confidence. Their existing godparents are Deacon JACOB and Diakonissa SUSANNA, and their added godparents are Churchwarden DUSAN and SANJA RADUNOVIC. Many years of peace and joy in the Holy Orthodox Church to them!

MARTIN GRÖB also was received into the Church in June, by Chrismation. A Hungarian, living and working in Ipswich, he is Tamas (Thomas) to everybody else, but has appropriately taken the name of dear St Martin of Tours, who also was from Hungary (at that time - the 4th century - the Roman province of Pannonia). His godfather is PAUL LANSLEY. Many years, Martin, new brother in Christ!

JULY DAYS

Tue 1	Unmercenaries Cosmas & Damian
Wed 2	Placing of Robe of Theotokos at Blachernae S John of Shanghai & San Francisco
Fri 4	S Andrew, Archbishop of Crete S Andrew Rublev
Sat 5	S Athanasius of Athos, Founder of Gt Lavra
Sun 6	Pentecost 4, Virgin-Martyr Lucy
Mon 7	Gt Martyr Kyriaki, S Hedda Bp of West Saxons
Tue 8	Appearance of the Kazan Icon of Theotokos S Edgar the King the Peaceable
Fri 11	Great Martyr Euphemia the All-praised
Sat 12	S Veronica who was healed by Christ
Sun 13	Pentecost 13, Fathers of the Fourth Council Synaxis of the Archangel Gabriel S Mildred, Abbess of Minster in Kent
Tue 15	S Vladimir, Enlightener of Rus S Swithin, Bishop of Winchester
Thu 17	Gt Martyr Margaret (Marina) of Antioch Passion-bearers Nicolas & Alexandra & family
Fri 18	Martyrs Gd Duchess Elizabeth & Nun Barbara
Sat 19	Uncovering of Relics of S Seraphim S Stephen of Serbia & mother S Militsa
Sun 20	Pentecost 6, H Prophet Elias (Elijah) New Martyr Maria Skobtsova of Paris
Tue 22	H Myrrh-bearer Mary Magdalene
Fri 25	Dormition of Righteous Anna
Sat 26	Martyr Parasceva of Rome
Sun 27	Pentecost 7, Gt Martyr & Healer Panteleimon
Wed 30	Apostle Silas of the Seventy
Thu 31	S Joseph of Arimathea

AUGUST DAYS

Fri 1	Procession of the Wood of the Life-giving Cross Seven Maccabean Martyrs
Sun 3	Pentecost 8
Tue 5	S Oswald, King of Northumbria & Martyr
Wed 6	Holy Transfiguration of Christ
Sat 9	H Apostle Matthias
Sun 10	Pentecost 10, Martyr & Archdeacon Lawrence of Rome
Fri 15	DORMITION OF HOLY THEOTOKOS
Sun 17	Pentecost 10, Repose of S Helen our Patron (observance from tomorrow)
Sat 23	S Irenaeus, Bishop of Lyons
Sun 24	Pentecost 11, Repose of Hieromartyr Kosmas of Aetolia
Wed 27	Newly-revealed Martyr Phanurios of Rhodes
Thu 28	S Moses the Black of Scete, S Augustine, Bishop of Hippo
Fri 29	Beheading of S John the Baptist S Sebbi, King of the East Saxons
Sat 30	S Alexander, Patriarch of Constantinople
Sun 31	Pentecost 12, Placing of the Cincture in Chalkoprataia S Aidan, Bishop of Lindisfarne

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