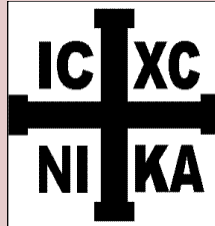


Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland

Metropolitan: His Eminence Archbishop Silouan

NEWSLETTER 233 JULY-AUGUST 2016



SPECIAL DAYS AT ST HELEN'S

Wednesday 20 July

HOLY PROPHET ELIAS
Divine Liturgy 9.30 am &
Memorial for Fr Athanasius

Saturday 6 August

HOLY TRANSFIGURATION OF CHRIST
Divine Liturgy 9.30 am

Sunday 14 August (Parish Observation)

DORMITION OF THE MOTHER OF GOD
Divine Liturgy 10.30 am
(no service on 15 August)

Thursday 18 August

REPOSE OF ST HELEN OUR PATRON
Divine Liturgy 9.30 am

Tuesday 30 August

ST ALEXANDER, PATRIARCH OF CONSTANTINOPLE
Divine Liturgy 9.30 am

Grand Finale of the Twelve Feasts...



Twelfth of the Twelve Feasts of the Church, the Dormition of the Theotokos on 15 August takes up the rear of the procession of days that guide us through the year.

The Church year starts on 1 September, the first feast is the Nativity of the Theotokos on 8 September.

So on Dormition we come full circle. The Birth of Mary gets the year started. Her Falling Asleep rounds it off.

But it does not just round it off.

The Dormition truly becomes the great *climax* of the year.

For everything leads up to this moment, and it is intended to lead us, each one of us, to an awareness that all our life leads on to our death, to our falling asleep in the Lord, as it did for Holy Mary.

She lived her life perfectly in accordance with the will of her God and Saviour, and that God and Saviour took flesh in her womb. Her whole existence was to be a life of obedience to the Will of God.

The result of her obedience, her holiness of life, was that - as we see in the icon of her Dormition - Christ himself came to carry away her soul to his Kingdom.

Then, a week after her death (more properly, her Falling Asleep in the Lord), Thomas came and testified before the Apostles that her body was no

longer in the Tomb in Gethsemane, but had been taken to heaven to be reunited with her soul.

And that is what will happen to us, every believer:

- we must die;
- Christ will take our soul to himself; and,
- at the end of Time, he will re-unite soul and body - but glorified, transfigured - in the glory of the kingdom of heaven.

What then happened to Mary, the dear Mother of God, will happen to us too.

That is a marvellous promise, which gives hope for ourselves and for our loved ones and for all who die in Christ.

To him be the glory, to the Father, the Son and the Holy Spirit! God bless you all!

Father Alexander

We shall observe the feast on Sunday 14 August.



PETROS PETRIKKOS (above with the Metropolitan in May) will be present at St Helen's for the last time on 10 July, just before receiving his degree at the University. A faithful altar-server throughout his three years here, he has performed his duties modestly and efficiently. We thank him for his service and will miss him very much, as he returns to Cyprus: we ask God's blessing on him for the future and hope to hear from him from time to time. Many years!

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 Balkeine 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

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

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

Rdr Martin Grah, 16 Mill St, Military Rd CO1 2AH Tel: 07-702-579-743

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

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 CO15 1LE

Divine Liturgy: usually third Saturday of month 10.00 am

Repose of St Helen

SUMMER PARISH FEAST

Thursday 18 August

Holy Liturgy 9.30 am
Watch for details

PETROS SERGHIOU from Clacton is having to go off to the United States in the summer for a ten-week course of treatment, not available here. We wish him God's blessing, a successful treatment, and a happy return. Peter was married in St Helen's, and his wife and three children were baptised here. Please remember him in your prayers.

HOLY LITURGY CLACTON Saturday 16 July 10.00 am NB None in August

PHOTOS OF ARCHBISHOP'S VISIT: Ruth Lawrence studied photography at A level and put her training to excellent use for the visit, for which we are most grateful. She has prepared a DVD with 184 lovely pictures, on sale @ £3.00 for church funds. View a few of them on the porch board, or 36 of them via the news report on the Diocesan website: <http://www.antiochian-orthodox.co.uk/events/the-metropolitan-visits-st-helen-colchester/>

2016 Diocesan Conference rated a great success

The conference at lovely Swanwick Conference Centre in Derbyshire in May, was immediately after the visit of the Archbishop to Colchester.

His Eminence was of course present, and talked with many of the faithful, as well as speaking publicly of his concerns for the Diocese. He also served the Holy Liturgy, concelebrating with most of the clergy.

The theme was "Lights of Antioch", all about Saints who originated in our Mother Church in Syria. Talks were given by various of our own clergy on five Antiochian Saints - St Ignatius the God-bearer, St John Chrysostom, St Ephraim the Syrian, St John of Damascus, and St Raphael of Brooklyn.

(Surprisingly and sadly, there was almost no mention during the whole conference of St Theodore of Tarsus,

who was actually a real and special link between Antioch and Britain in the seventh century. While he is completely forgotten in Syria, he had an enormous impact on the life of the Church in Britain. As far as I know, he remains Patron of our Archdiocese.)

It was good for clergy and laity to mix, and talk and pray together. It was good to have with us Nicholas Chapman, much involved in getting things going in the early years of the Deanery, and now working in America at the publishing department of Holy Trinity Monastery at Jordanville.

Five of us from this parish attended, and we all seemed to enjoy it and found it stimulating. Hearing our Archbishop again also reinforced what he had said here in the parish.

The food, I thought, was good too!

"Thank you for being open, keeping the church open for every crying soul like mine. God bless us all!"

A recent, anonymous, note left in church

Father Athanasius: fifth anniversary

Archimandrite Athanasius (Ledwich) was a much-loved Monk who lived in or near Colchester for some years, until he died on 20 July 2011 - appropriately, the feast of St Elias (Elijah) the Prophet. Irish, a former Anglican clergyman, he was tonsured on the Holy Mountain at Vatopedi, receiving the Great Schema not long before he died.

There will be a Memorial for him at his grave in Lawford churchyard on Saturday 16 July at 11.30 am. Unfortunately I am unable to attend as it is a 'Clacton' day, but some who knew him may wish to take part in it - take a picnic.

- He was often with us at St Helen's, and there will also be a Memorial for him in St Helen's on Wednesday 20 July itself, after the Holy Liturgy.

St Stephen the Great of Hungary, commemorated 16 August.



Technically not the first Christian king of Hungary (his father Geza was that), he was yet the first to show any deep commitment or devotion to Christ and his Holy Church and is considered Founder of the Christian nation of Hungary. He died in 1038.

This St Stephen is to be distinguished from both St Stephen the Great of Moldavia or Romania (died 1504) and St Stephen of Serbia (died 1331). Being the first in time of the three, and all being from neighbouring and interlinked countries was he perhaps the original the others were named after?

JULY-AUGUST DAYS

Fri	1	Wonderworkers Cosmas & Damian of Rome
Sat	2	Honourable Robe of Theotokos at Blachernae
Sun	3	Pentecost 2, All Saints of Britain
Mon	4	S Andrew, Archbishop of Crete, S Andrew Rublev
Tue	5	S Athanasius of the Great Lavra on Mount Athos
Thu	7	Great Martyr Kyriaki
Fri	8	Great Martyr Prokopios of Caesarea in Palestine
Sun	10	Pentecost 3
Mon	11	Great Martyr Euphemia the All-praised
Wed	13	Synaxis of Archangel Gabriel, S Mildred of Minster
Fri	15	H Equal-to-the-Apostles Vladimir, Enlightener of Rus, S Swithun the Wonderworker, Bishop of Winchester
Sun	17	Pentecost 4, Great Martyr Margaret (Marina), Passion-bearers Nicolas & Alexandra & family
Mon	18	Martyrs Grand Duchess Elizabeth & Nun Barbara
Tue	19	Uncovering of Relics of S Seraphim of Sarov
Wed	20	Holy Glorious Prophet Elias (Elijah)
Fri	22	Holy Myrrh-bearer Mary Magdalene
Sun	24	Pentecost 5, Passion-bearers Boris & Gleb
Mon	25	Dormition of R Anna, mother of the Theotokos
Tue	26	Martyr Paraskevi of Rome
Wed	27	Great Martyr & Healer Panteleimon
Sun	31	Pentecost 6, S Joseph of Arimathea
August		<i>Apostles Fast 1-14 August</i>
Mon	1	Procession of the Life-giving Cross of the Lord, Seven Maccabean Martyrs
Fri	5	S Oswald, King of Northumbria & Martyr
Sat	6	Holy Transfiguration of Christ
Sun	7	Pentecost 7
Tue	9	Holy Apostle Matthias
Wed	10	Holy Martyr & Archdeacon Lawrence of Rome
Sat	13	S Tikhon, Bp of Voronezh, Wonderworker of Zadonsk
Sun	14	Pentecost 8, Parish observance of Dormition
Mon	15	[Dormition of the Holy Theotokos]
Tue	16	Translation of Icon Not Made by Hands S Stephen the Great, of Hungary
Thu	18	Repose of S Helen, Patron of this parish
Sun	21	Pentecost 9, H Patriarchs Abraham, Isaac, Jacob
Tue	23	S Irenaeus, Bishop of Lyons
Sun	28	Pentecost 10, S Moses the Black of Scetis
Mon	29	Beheading of S John the Forerunner & Baptist
Tue	30	S Alexander of Constantinople
Wed	31	Placing of Cincture of the Theotokos

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

Although the whole of sacred scripture breathes the spirit of God's grace, this is especially true of that delightful book, the book of the psalms.

When Moses related the deeds of the fathers he did so in a plain straightforward narrative. But when he led the people through the Red Sea and saw King Pharaoh drowned with his army, he lifted his mind to more exalted things (since he had just accomplished a feat beyond his own powers) and he sang a triumphal song to God.

And Mary too took her timbrel and urged on the other women, saying: 'Sing to the Lord, for he has triumphed gloriously; the horse and the rider he has thrown into the sea.'

A Word from the Fathers

History instructs, the law disciplines, prophecy foretells, correction shows us our faults, and morality suggests what should be done. But in the book of the psalms there is something more than all of this, and at the same time a sort of medicine for man's spiritual health.

Whoever reads the psalms finds a special remedy to cure the wounds caused by his own passions. Whoever is keen to read the psalms will find in them a sort of gymnasium for the use of all souls, a sort of stadium of virtue, where different sorts of exercise are set out before him, from which he can choose the best suited to train him to win his crown.

St Ambrose, Bishop of Milan (339-397)