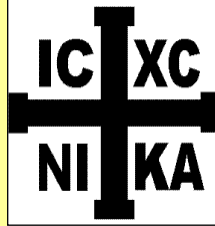


## Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Christian Archdiocese  
of the British Isles and Ireland  
Metropolitan: His Eminence Archbishop Silouan  
NEWSLETTER 276 JULY-AUGUST 2020



### Announced rules for services changed since last Sunday!

The ever-changing rules affect us directly, and the Archbishop regrets the people cannot receive the Holy Gifts at the Liturgy. He promises to reopen the Holy Gifts to them just as soon as permitted by Government regulations.

### St Martin's - new development

The Churches Conservation Trust has agreed to let us have use of St Martin's as soon as can be arranged (for a charge of £5,000 for six months), until the purchase is finally achieved—which has been delayed by the pandemic. If the purchase is agreed earlier we will get an appropriate refund.

This will be help to us in these difficult days as we can obviously get more "distanced" people in St Martin's than in St Helen's.

I hope that this may happen quickly. I am not entirely happy about having to pay out additional money to use it, since the arrangements could have been dealt with a year ago.

However, it will be a joy to move in there, even with some present restrictions. I am grateful to Project Manager MARK for achieving this, and am sure you will be too.

God bless you all, and your families, in these continuing difficult days.

*Father Alexander*

### St Helen's Appeal for St Martin's THE APPEAL REMAINS OPEN

We are grateful for those who are continuing to support us in our attempt to restore St Martin's as a Temple suitable for Orthodox worship

**Thank you and God bless you!**



The feast of the Dormition appears at first sight to be a festival glorifying the Mother of God. Well it does do that, but it tells us further, about ourselves and our own destiny. Blessed Mary died, was received by her Divine Son, and taken to the place prepared for her in heaven.

Christ took her to heaven soon after her death (repose, dormition). The only difference is that it will happen to us, to every faithful Christian, at the last day.

So the glory that is Holy Mary's is yours too, if you remain faithful and pure, or at least repentant. *From glory to glory...*

EVERY SUNDAY IN JULY & AUGUST  
at St Helen's Chapel  
or, if we are allowed its use, at St Martin's Church  
(St Martin's will allow us to be at a slightly greater distance from each other in these pandemic times)  
10.15 am Hours 10.30 am Divine Liturgy  
Arrangements can of course change quickly under present circumstances: watch out for further news

Please note:

- When the Liturgy is at St Helen's, the people will need to stand outside the building. You must distance yourselves apart from others (or in household groups)
- No kissing or touching of icons, crosses, vestments, priest's hand, etc
- For now, Holy Communion will be received only by the Priest.
- The Liturgy will entirely in speaking voice—no singing or chanting
- When the Priest anoints he will wear a facemask: so must the person
- At the end, bow to the Priest's hand-cross, and take a piece of Antidoron yourself
- If uncertain about time or place, you can check beforehand
- The two temples are only some 200 metres apart from each other. St Martin's is in West Stockwell Street: from St Helen's go to the other end of St Helen's Lane, turn left and immediately right: you are close beside St Martin's
- There is now no access to the Dutch Quarter for vehicles from the High Street—all vehicles must now come via St Peter's Street. St Martin's is close to the West Stockwell pedestrian passage-way to the NCP car park, behind Fenwicks department store

**DORMITION OF THE MOTHER OF GOD: This will be observed on SUNDAY 16 AUGUST. Holy Liturgy at 10.30 am.**

**REPOSE OF ST HELEN: If permitted, on TUESDAY 18 AUGUST there will be Holy Liturgy at 9.30 am. At the moment this will be the only weekday Liturgy during July-August.**

### St Helen's Chapel, Maidenburgh St, High St co1 1UB

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.

Nearest car-park NCP Nunns Rd. Very little street parking available.

**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): normally first Saturday 3.15 pm

**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: George Harrison 07-869-488-842**

**Churchwardens: Dusan Radunovic 01-206-762-553, Jon Kanaar 01-255-431-975**  
**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**  
**IBAN: GB05BUKB20226780219819 Bank Account Sort Code: 20-22-67**  
**Bank Account No: 50349364 Appeal Account No: 80219819**

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

**Appeal Website:** <http://orthodoxcolchesterappeal.org.uk>

## Here and There

**NEW ANTIOCHIAN MISSION** in the south of England. Good wishes to Fr ALEXANDER JUNIOR, on the establishment of a new parish centred on Eastleigh, Hampshire, which lies behind Southampton. He began setting it up a few months ago, which of course has not proved the best time to start anything! But now it has received a title: *The Parish of the Twelve Apostles*, and their feast-day is 30 June, the day after St Peter and St Paul. We wish them every success, by God's blessing. **FR ALEXANDER**, Khouria ELA, and **ALEXANDER III** will in fact be visiting us here in Colchester for the Holy Liturgy on Sunday 16 August.

**ST MARTIN'S TROPARION & KONTAKION** have already been around here for a while and we are using them at the Holy Liturgy in addition to the St Helen's set, ready for our position in the future. I am grateful to MARGARET for now setting them to lovely Serbian tones for use in our parish, and you will soon get to

know them as they become insistent parts of our Parish life in the future. You will be helped in learning them by the fact that we already use one of the tunes for the Christmas Troparion. Margaret has recorded them and produced them with text and music. Copies are available to take home and learn on your own. On request I will send you an email copy with the recording.

**ST SOPHRONY OF ESSEX:** I have been reading *Letters to his Family* by our newly-glorified local Saint and finding them very interesting. I find some of his books rather hard going, but these letters to his sisters in Russia fill in his great love for his family and his humanity. For example, it is interesting to read him in the 1970s talking of his old age and thinking that he did not have long to live - but in fact he did not die for another fifteen or twenty years, in 1993! When he did come to die he predicted it, and it was a just a day or so after his newly-built tomb was ready in the crypt, and Mother Elizabeth followed him just a few days after.



Remember in your prayers His Eminence Archbishop Paul of Aleppo, kidnapped in April 2013 along with the Syriac Archbishop and still missing. He visited us here in St Helen's and served the Holy Liturgy. This photo was taken in 2009 in Paris. His brother is His Beatitude Patriarch John X of Antioch. It is possible of course that he has been killed, but apparently there is no proof one way or the other.

### *A Word from the Fathers: Supplicatory Canon of the Theotokos*

**O** undefiled, untainted, uncorrupted, most pure, chaste Virgin, Thou Bride of God and Sovereign Lady, who didst unite the Word of God to mankind through thy most glorious birth giving, and hast linked the apostate nature of our race with the heavenly; who art the only hope of the hopeless, and the helper of the struggling, the ever-ready protection of them that hasten unto thee, and the refuge of all Christians:

Do not shrink with loathing from me a sinner, defiled, who with polluted thoughts, words, and deeds have made myself utterly unprofitable, and through slothfulness of mind have become a slave to the pleasures of life.

But as the Mother of God Who loveth mankind, show thy love for mankind and mercifully have compassion upon me a sinner and prodigal, and accept my supplication, which is offered to thee out of my defiled mouth; and making use of thy motherly boldness, entreat thy Son and our Master and Lord that He may be pleased to open for me the bowels of His lovingkindness and graciousness to mankind, and,

disregarding my numberless offences, will turn me back to repentance, and show me to be a tried worker of His precepts.

And be thou ever present unto me as merciful, compassionate and well disposed; in the present life be thou a fervent intercessor and helper, repelling the assaults of adversaries and guiding me to salvation, and at the time of my departure taking care of my miserable soul, and driving far away from it the dark countenances of the evil demons; lastly, at the dreadful day of judgment delivering me from torment eternal and showing me to be an heir of the ineffable glory of thy Son and our God.

All of this may I attain, O my Sovereign Lady, most holy Theotokos, in virtue of thine intercession and protection, through the grace and love to mankind of thine only begotten Son, our Lord and God and Saviour, Jesus Christ, to Whom is due all glory, honour and worship, together with His unoriginate Father, and His Most Holy and good and life-creating Spirit, now and ever, and unto ages of ages. Amen.

### JULY-AUGUST DAYS

Wed	1	SS Cosmas & Damian, Martyrs at Rome
Thu	2	Robe of the Theotokos at Blachernae S Stephen the Great, of Moldavia S John of Shanghai & San Francisco
<b>Sun</b>	<b>5</b>	<b>Pentecost 4</b> , S Athanasius of Athos
Tue	7	Great Martyr Kyriaki
Wed	8	Great Martyr Prokopi of Caesarea
Sat	11	Great Martyr Euphemia the All-praised
<b>Sun</b>	<b>12</b>	<b>Pentecost 5</b> , S Veronica who was healed by Christ
Mon	13	Synaxis of the Archangel Gabriel S Mildred, Abbess of Minster-in-Thanel
Wed	15	Great Prince Vladimir, Enlightener of Rus
Fri	17	Great Martyr Margaret (Marina) of Antioch Passion Bearers Nicholas & Alexandra
Sat	18	Martyrs Gd Duchess Elizabeth & Barbara
<b>Sun</b>	<b>19</b>	<b>Pentecost 6</b> , S Stephen of Serbia
Mon	20	Holy Prophet Elias (Elijah) New Martyr Maria (Skobtsova) of Paris
Wed	22	Holy Myrrh-bearer Mary Magdalene
Fri	24	Martyr Christina of Tyre
Sat	25	Dormition of Righteous Anna
<b>Sun</b>	<b>26</b>	<b>Pentecost 7</b> , Martyr Paraskevi of Rome
Mon	27	Great Martyr & Healer Panteleimon
Tue	28	S Samson of Dol, S Irene of Chrysovalantou
<b>August</b>		
Sat	1	Procession of Wood of the Cross, Beginning of Fast of the Dormition
<b>Sun</b>	<b>2</b>	<b>Pentecost 8</b> , Transl of Relics of S Stephen
Thu	6	<b>Transfiguration of our Lord</b>
<b>Sun</b>	<b>9</b>	<b>Pentecost 9</b> , Apostle Matthias
Thu	13	S Tikhon, Wonderworker of Russia
<b>Sun</b>	<b>16</b>	<b>Pentecost 10</b> <b>DORMITION OF THE MOTHER OF GOD</b> (Parish observance)
Tue	18	<b>REPOSE OF S HELEN OUR PATRON</b>
<b>Sun</b>	<b>23</b>	<b>Pentecost 11</b> , S Irenaeus of Lyons
Mon	24	S Kosmas of Aetolia
Thu	27	Newly-revealed Gt Martyr Phanourios of Rhodes
Sat	29	Beheading of S John the Forerunner
<b>Sun</b>	<b>30</b>	<b>Pentecost 12</b> , S Alexander, Patriarch of Constantinople
Mon	31	S Aidan, Bishop of Lindisfarne