

# Orthodox Parish of St Helen of Colchester

Antiochian Archdiocese of the BI & Ireland  
NEWSLETTER 220 MAY 2015



**WEEKDAYS  
AT ST HELEN'S**  
*Holy Liturgy at 9.30 am  
on the following days*

**Wednesday 6 May**  
Mid-Feast of Pentecost

**Friday 15 May**  
St Pachomius the Great

**Thursday 21 May**  
ASCENSION DAY, and  
SS CONSTANTINE & HELEN

**Wednesday 27 May**  
St Bede the Venerable

## Christ is gone from us physically but is still with us spiritually

**Y**es, Christ has left us physically—that is what the feast of the Ascension of Christ teaches us. But spiritually he is still with us—that is what the feast of Pentecost teaches us.

So we have not been left alone. Christ spreading the joy of the risen Christ was lifted up into heaven, leaving his around them.

disciples with the promise that he would send them his own Spirit, who would enter their very souls and lift them already into the Kingdom of Heaven.

The promise that he would be with them always, came into effect on the day of Pentecost.

It all came true with a mighty bang. The disciples had been turned from the weak, fearful men they were immediately after the Crucifixion, into men full of joy that their cause - of life itself, of Jesus Christ himself - had defeated death and sin, sickness and trouble: he had risen from the dead, "conquering Death by death, and upon those in the tombs bestowing life".

Now forty days later their Master leaves them, but they wait cheerfully, joyfully, for "the promise of the Father" to be fulfilled.

That promise came true another ten days later. See them now, in their new strength and power, preaching, teaching, healing,

And that of course is true for his followers who are also their followers. If we are open to him, he enters our lives, for most perhaps very quietly, for some perhaps with a great bang, and we become witnesses to his grace and joy.

Ascension Day, the day of departure bodily from this world is a day filled with joy and glory.

This year, Ascension falls on the feast of SS Constantine and Helen. This means that our special Parish feast gets rather overshadowed by one of the Twelve Great Feasts, common to all Christians.

But it gives us, on Thursday 21 May, special reason to give thanks to our Lord and God Jesus Christ for all he is, and for all he does, for us.

To him be all glory, all might and all majesty, now and for ever and ever. Amen.

**Father Alexander**



## HIS EMINENCE METROPOLITAN IGNATIUS OF FRANCE AND WESTERN EUROPE

comes to London in May to ordain two former members of this Parish:

- Deacon Jacob (Paul) Brighton-Cross to the Holy Priesthood, to serve in the Mission of All Saints, Basildon, and
- Reader Alexander Haig to the Diaconate, to serve on detached service, mainly in the Moscow Patriarchate Parish of SS Peter and Paul, Portsmouth (not as previously announced in Winchester).

The ordinations will take place on **Sunday 10 May** in **St George's Antiochian Cathedral** in Albany Street, close to Regents Park. The Holy Liturgy begins at **10.00 am**.

A coach is going from Colchester (Stuart House in St Peters Street). Cost is £20 per adult, £15 for students, but nobody will be refused for paying less: please ask!

The previous day, at St Botolph's, Bishopsgate, His Eminence will ordain **Deacon Emmanuel Kahn** as Priest (for Stockport), and **Subdeacon Filip Lommaert** as Deacon (for Athelhampton, Dorset). Many years to them all!



**HOLY LITURGY**  
CLACTON  
Saturday  
23 May  
10.00 am  
Note date

### SUNDAY 10 MAY

No Liturgy at St Helen's, but Reader Andreas will serve  
**Hours & Typica at 10.30 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**

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

Rdr Alexander Haig Jnr, on detached service

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>

*(At St James Anglican Church, Beatrice Rd, Clacton-on-sea CO15 1LE*

*Divine Liturgy: usually third Saturday 10.00 am*



# Three splendid Holy Places to pray

Orthodox faithful love to go on pilgrimage, either to places associated with a particular Saint or especially to their relics. Sadly, in Britain we have few relics left: nearly all were destroyed at the Protestant Reformation. But we still have lots of places associated with the many Orthodox Saints of this country. In May and June this year there are three Orthodox Pilgrimages we can join in Essex and Suffolk.



**BARKING** is on the western edge of the old county of Essex, just 8 miles from the City of London. There **St Erkenwald, later Bishop of London**, founded a Monastery in the 7th century for his sister **St Ethelburga**. Numbers of other Saints including St Hildelitha are linked to Barking Abbey. The picture here shows the ruins of the mediaeval church, now a lovely park. **Saturday 16 May 12.30—4.30 pm**. There will be prayers, and a talk given by Fr Philip Hall from Lincoln parish. Bring a packed lunch. Drinks available.



**BRADWELL-ON-SEA** is on the opposite edge, the eastern sea-board of Essex. There **St Cedd, the Apostle of Essex**, built this impressive chapel in 654, now standing alone on the sea-wall. It became the centre for the evangelisation of the East Saxons, and roots for the life of the Church in these parts grew strong here, one of the oldest Christian buildings England. St Cedd died in the Monastery he founded at Lastingham up in Yorkshire. Monks from here went to be with him—and all died there, except one boy! **Bank Holiday Monday 25 May, 2.00 pm**. A service will be sung to St Cedd, followed at 3.30 pm by refreshments at the nearby Othona Community. This Pilgrimage is organised by Mettingham parish.



**IKEN** is a remote church near the east coast of Suffolk. **St Botolph** settled here in 654, to live the monastic life and fight with demons. The mediaeval church is set above a large creek stretching inland from the sea, and is distinguished by having a thatched roof. Inside, there is a part of a Saxon Cross, perhaps dating to the time of the Saint. **Saturday 27 June 12 noon**. There will be an Akathist to St Botolph. This also is organised by Mettingham parish.



**This icon of SS Constantine & Helen is a prized possession of the Borough of Colchester, and is kept in the Mayor's Parlour.**

Their joint feast of course is 21 May. This year that day is also Ascension Day, a major feast of the Church. So we shan't be able to celebrate it properly this time.

But I am sure we are all delighted that we have the patronage of Empress St Helen, who did so much for the Christian Church in the fourth century, and who gave birth to and brought up the celebrated Emperor St Constantine the Great.

The ancient tradition that they were both born in Colchester and that St Helen herself built our church, St Helen's Chapel, is not well known in the West or the East, but was certainly believed for very many centuries.

Still she stands guard over Colchester from the top of the Town Hall, and the Mayor wears her icon on a gold disk on the chain of office.

## A Word from the Fathers: St Augustine of Hippo (+430)

*Today Jesus Christ our Lord went up to heaven: let our hearts go up with him.*

*Listen to the words of St Paul: 'If you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.'*

*Just as he ascended without leaving us, so too we are already with him in heaven, although his promises have not yet been fulfilled in our bodies.*

*Christ is now raised above the heavens; but he still experiences on earth whatever sufferings we his members feel. He showed that this is true when he called out from heaven: 'Saul, Saul,*

*why do you persecute me?' And: 'I was thirsty and you gave me drink.'*

*Why then do we not exert ourselves on earth so as to be happy with him already in heaven through the faith, hope and charity which unite us with him?*

*Christ, while in heaven, is also with us; and we, while on earth, are also with him. He is with us in his godhead and his power and his love; and we, though we cannot be with in godhead as he is with us, can be with him in our love, our love for him....*

*He came down from heaven, then, in mercy; and it is he alone who has ascended, since we are in him through grace.*

## MAY DAYS

Fri 1	S Asaph, Bishop in North Wales
Sat 2	S Athanasius the Great, Abp of Alexandria
Sun 3	<b>Pascha 4, The Paralysed Man</b>
Mon 4	Virgin-Martyr Pelagia of Tarsus
Tue 5	Great Martyr Irene of Thessalonica New Martyr Ephraim the Newly-Revealed
Wed 6	<b>Mid-Feast of Pentecost</b>
Thu 7	S John of Beverley, Bishop of York
Fri 8	<b>H Apostle &amp; Evangelist John the Theologian</b>
Sat 9	Translation of Relics of S Nicholas to Bari
Sun 10	<b>Pascha 5, The Samaritan Woman, Apostle Simon Zelotes, Apostle of Britain</b>
Mon 11	SS Cyril & Methodius, Apostles to the Slavs
Tue 12	S Aethelheard, Archbishop of Canterbury
Fri 15	S Pachomius the Great
Sat 16	S Brendan the Voyager, Abbot of Clonfert
Sun 17	<b>Pascha 6, The Blind Man</b>
Tue 19	S Dunstan, Archbishop of Canterbury S Alcuin of York
Thu 21	<b>ASCENSION OF CHRIST</b> <b>SS CONSTANTINE &amp; HELEN</b>
Sun 24	<b>Pascha 7, Fathers of the First Ecumenical Council</b> <b>S Vincent of Lerins</b>
Mon 25	<b>Third Finding of Head of S John the Baptist</b>
Tue 26	S Augustine, first Archbishop of Canterbury, Evangelizer of the English
Wed 27	<b>S Bede the Venerable</b>
Sun 31	<b>HOLY PENTECOST</b>

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