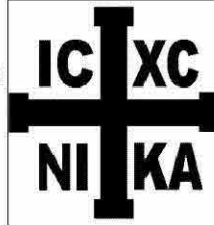


+ Holy Orthodoxy: a glorious Faith, ever-old, ever-new! +

Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Christian
Archdiocese of the British Isles and Ireland
Metropolitan: His Eminence Archbishop Silouan
NEWSLETTER 231 MAY 2016



Christ brings the Resurrection life to us all

When Christ rose from the dead on Holy Pascha it was not just for himself alone. "In Christ shall *all* be made alive," says St Paul.

This means that *you and I* are changed by the events of that Easter night.

We receive a new life: a completely new slant on all life and death affects *us and the whole of existence*.

Our life and our death are transformed. In as far as we, still in this world, live our life in Christ, we share the life of eternity.

Father Alexander



GREAT AND HOLY WEEK

GREAT & HOLY WEDNESDAY, 27 APRIL

Holy Anointing 6.00 pm

GREAT & HOLY THURSDAY, 28 APRIL

Gt Vespers & Holy Liturgy of St Basil 9.30 am

Mattins of the Twelve Gospels 6.00 pm

GREAT & HOLY FRIDAY, 29 APRIL

Royal Hours 8.30 am

Great Vespers & Deposition 3.00 pm

Mattins & Burial Procession 6.00 pm

GREAT & HOLY SATURDAY, 30 APRIL

Gt Vespers & Holy Liturgy of St Basil 9.30 am

Reading of Acts 10.30pm

Midnight Office 11.30 pm

HOLY PASCHA, 1 MAY

Resurrection Procession & Mattins 12 midnight

Holy Liturgy of St John 1.00 am (till 2.15)

No late morning Liturgy, nor Lunch

Paschal Vespers 3.00 pm

BRIGHT FRIDAY, LIFE-GIVING SPRING, 6 May

Holy Liturgy & Blessing of Water 9.30 am

CONFESSIONS: After any service or by arrangement
GIFTS FOR FLOWERS: Khouria Hilary will receive donations
EPITAPHION FLOWERS: Women & girls invited to prepare the Epitaphion on Holy Friday 9.30 am.

Church Giving Sunday Fr Philip Hall's visit was a very happy occasion and resulted in commitments which will give a total income of over £5000 per year, including Gift Aid. Thank you to all who committed themselves. Now we must address worshippers who were unable to get to church here that Sunday and encourage them to consider this method of giving.

Archbishop celebrates our Patronal Feast with us—book the weekend 20-22 May

His Eminence Metropolitan Silouan will serve the Holy Liturgy for SS Constantine & Helen on Saturday 21 May here in Colchester, and again on the Sunday. Sayedna did make a very brief visit here just a few days after his enthronement, but this will be his first formal visit to this Parish. A *provisional* programme is set out right: watch out for alterations.

PROVISIONAL PROGRAMME FOR ARCHBISHOP'S VISIT

FRIDAY 20 MAY - Eve of Feast

5.00 pm Reception of His Eminence & Vespers
Dinner for Church Leaders

SATURDAY 21 MAY - Feast of SS Constantine & Helen

10.30 am Hierarchical Holy Liturgy

Affresco Lunch for all - offers of foods (including national foods) to George Harrison (07-869-488-842)

5.00 pm Vespers

Sunday 22 May - Fourth Sunday of Pascha

10.30 am Hierarchical Holy Liturgy

Refreshments & "Ask the Archbishop" session



SS Constantine & Helen are usually venerated together in the Orthodox Church, but in the West St Helen was generally venerated on her own. In the Western tradition both were claimed as British, born in Colchester. 21 May is Constantine's date of repose, in 327. As Helen receives little mention in the services of 21 May, we in this Parish keep both this day, and also her day of Repose, 18 August - probably in 329.

HOLY LITURGY
CLACTON
Saturday
28 May
10.00 am
(Note date)

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 Balkierne 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, 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

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

The Parish of St Helen is 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



The People Column

KLIO GEORGIU was a deeply religious woman. Following many years in North London, she lived in Colchester for over ten years, in a granny annexe next to her daughter. So we got to know and love her here. Latterly, it is true, she had become 'difficult' for her family, but her devotion to Christ never wavered. She had become very much a pillar of this Parish, and loved to receive the Holy Gifts right to the end. She died in Colchester Hospital. Her **Funeral** is on Holy Tuesday at St Mary's, Wood Green, with burial at New Southgate, but her **Forty-Day Memorial** will be here in St Helen's on 22 May. We shall miss her very much. Our deepest sympathy to **MARY** and **NIGEL MORRIS**, who provided devoted care for her over the years, to **COSTAS, SAVVOS** and **DOROS**, to all the grand-children, and to her sister. Memory eternal!

VICTOR-STEVEN EFFIANG, aged two, was baptised in April. He was almost perfect throughout the ceremony: a brave little chap. Last year I baptised another two-year-old who was perfect, and I am having to revise my ideas about two-year-olds at Baptism: could it be that is the *best* age, rather than, as I considered, the most *problematic*?! Our congratulations anyway to Victor and his parents and brother **MARK-ANTONY**. Many years!

Here and There

DIOCESAN CONFERENCE: The first Conference with our new Archbishop takes place immediately after his visit here—Monday 23-Wednesday 25 May at a Christian conference centre in Derbyshire. Five of us from the Parish will attend. It has the theme of *Lights from Antioch*, dealing with some of the Antiochian Saints. Should be good!

CHURCH COUNCIL: The next meeting is on Sunday 29 May at 1.00 pm.

BUILDINGS COMMITTEE: The next meeting is on 8 May. At the time of writing there is some

frustration in the Committee, as we are not getting any replies from either the Churches Conservation Trust (re St Martin's) or the Chelmsford Anglican Diocese (re St Helen's).

ST ELIZABETH SISTERS will have a stall here at the Lunch on the Saturday (21 May) of the Archbishop's visit. Bring some money to buy their goods: it goes towards financing their excellent social work in Minsk.

ORTHODOX YOUTH FESTIVAL: This is for young adults, and this year's is 26-28 May, as usual at Ilam, a remote spot in beautiful Derbyshire, close to the well of St Bertram. It seems they always

have a good time, with interesting speakers. Details, **MARTIN GROB**.

HOLY WATER is always available in church in the vat on the table at the front of church. Help yourself: bring a bottle to take some home, and keep it in your icon corner to sprinkle yourself or other people or things as an act of blessing. There will be a blessing of water after the Liturgy on the feast of the Mother of God, the Life-giving Spring, which is always on Bright Friday the Friday after Holy Pascha.

The Barking Pilgrimage

in honour of St Erkenwald, St Ethelburga & all the Saints of Barking.



**Saturday 14 May
12 noon—4.30 pm
Paracesis, Talk, Vespers**

Barking is a few miles this side of central London. The Monastery was dedicated 1350 years ago, and lasted 900 years until the 16th century destruction of all monasteries. There are the evocative ruins of the (later) building. It's always spiritually refreshing, in honour of our special Saints in a fine setting. Come, pray with us. *This year we go in any cars available.* **Can you help?** *Bring a picnic. Tea available.*

After Easter Night: A Word from the Fathers

The Sabbath, in the inactivity of death, is now at an end. It has manifested its grace to our eyes, our ears and our heart through all these things which the feast has accomplished in us - in our eyes, our ears, and our joyful heart.

What have we seen? A light like a cloud of fire of the candles burning during the night. All night our ears have resounded with psalms, hymns, and spiritual chants.

It was like a river of joy running through our ears to our soul and filling us with blessed hopes. And our heart, delighted by what we heard and saw, was

marked with ineffable joy, conducting us by means of the visible spectacle to the invisible.

...Since then this night is aglow with lights, and mingles the brightness of its lights with the first rays of the dawn, making one day with no interval of darkness, let us reflect, brethren, on the prophecy that says: *This is the day which the Lord has made.*

This proposes to us nothing difficult or hard, but joy, happiness, rejoicing, as it goes on to say, *Let us rejoice and be glad in it.* O wonderful instructions! O sweet order!

St Gregory of Nyssa (+394)

MAY DAYS

Sun	1	HOLY PASCHA
Mon	2	Bright Monday S Athanasius the Great, Abp of Alexandria
Tue	3	Bright Tuesday Martyrs Raphael, Nicolas & Irene of Lesbos
Wed	4	Bright Wednesday , Virgin-Martyr Pelagia of Tarsus
Thu	5	Bright Thursday , Gt Martyr Irene of Thessaloniki
Fri	6	Bright Friday , Life-giving Spring of the Theotokos
Sat	7	Bright Saturday , S John of Beverley, Bp of York
Sun	8	Pascha 2, S Thomas Sunday, Holy Apostle John the Theologian
Mon	9	Translation of Relics of S Nicolas to Bari Martyr Christopher of Lycia
Tue	10	Joyful Commemoration of the Dead Apostle Simon the Zealot, Apostle of Britain
Wed	11	SS Cyril & Methodius, First Teachers of the Slavs
Thu	12	S Ethelheard of Louth, Abp of Canterbury
Sun	15	Pascha 3, The Myrrh-bearing Women
Mon	16	S Brendan the Voyager, Abbot of Clonfert
Thu	19	S Alcuin of York, S Dunstan of Canterbury
Sat	21	H Equal to the Apostles Constantine & Helen
Sun	22	Pascha 4, The Paralysed Man
Wed	25	Mid-feast of Pentecost 3rd Finding of Head of S John the Baptist
Thu	26	S Augustine of Canterbury, Apostle of the English
Sun	29	Pascha 5, The Samaritan Woman

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