



## Meet your local Saints

A series on the Orthodox Saints of the Colchester area

### 2. Holy Bishop Erkenwald

The capital of the ancient kingdom of the East Saxons was indeed London, and in Orthodox times the Bishop of London (seat at St Paul's, of course) was the Bishop of the East Saxons—this remained so during Catholic and Anglican times until the late 19th century.

One of the 7th century Bishops was Erkenwald, who probably came of a noble, or even the royal, family of the East Angles. A gentle and humble man, much loved, he was consecrated by St Theodore of Canterbury.

Colchester is said to have been not much inhabited by Saxons until later on, and perhaps British people still lived here - the British had not abandoned London to the Saxons until some seventy years before.

But doubtless St Erkenwald knew Colchester. He would see the great Roman ruins still standing in some glory - the temple and the theatre into which our own little church was later built.

He was a Monk and had founded Chertsey Monastery up the Thames on the Surrey side, probably then under East Saxon control.

He founded a women's Monastery at Barking, here in Essex itself for his sister Ethelburga.

Being only a few miles from London, Barking received royal patronage. It became an important place in later years, right into the Middle Ages.

St Erkenwald in fact died at Barking. Miracles were reported and he was much venerated until his relics were destroyed at the Reformation. He was nicknamed The Light of London, such was his influence.

His was the most important tomb in Old St Paul's. He died in 693. Feast: 30 April.

### A Word from a modern Spiritual Father

With the [Jesus] prayer man becomes like a child. It brings him back to the simplicity and innocence that Adam had in Paradise before the fall.

With the prayer one acquires blessed, holy dispassion. Through the prayer you sanctify the place you are sitting and the work you are doing.

Prayer arranges all things. It enables you to walk on water. It eliminates distances between you and others. It changes the

through remaining Anglican. Our deepest sympathy to him on the sad death of his wife MONICA, whom of course we also knew. Memory eternal!

**FAMILY RECEIVED INTO ORTHODOXY:** I did forecast but have not reported that the LAWRENCE family of Lexden did indeed receive Holy Chrismation - on Palm Sunday - and are now full members of the Orthodox Church. In some ways this has not been an easy transition for them, but it is good to have them all with us now: PETER and HELEN (Hazel), RUTH, JOHN (Ian), and JOANNA (Jane). Many years!

**HOLY MARRIAGE:** Remember in your prayers ALEX HAIG and MIHAELA COCEA, who will be married on **Saturday 25 July** in St Andrew's Greek Cathedral, Kentish Town, at 1.30 pm. Metropolitan KALLISTOS, who has known Alex all his life, will marry them.

**BAPTISED:** Congratulations to baby GEORGE, son of COSTA PIERIDES and BERNADETTE of Sible Hedingham, baptised in May. With three older sisters and a brother, he will get plenty of attention. Many years!

**ANOTHER PhD!** Congratulations to GHISSEH SARKO, from Latakia in Syria, who has been studying here, and worshipping with us, for a good few years now. She has now been awarded her Doctorate.



## Here and There

**BATH LECTURE:** I recently gave a lecture on **Priesthood, a Pearl of Great Price**, at Holy Trinity Anglican Church, Queen Square, Bath, where I served 1978-89. We had a wonderful welcome; it was great to see old friends and places in that lovely *World Heritage* city. Though addressed to the current Anglican situation and about a particular priest who served there, the lecture does have something of wider interest. Copies are available in the Porch, if you would like to read it.

**'BLESS MY CONTAINER-SHIP':** I can hold up my head among the best of them now! I can ask my priestly colleagues: "How many container-ships have you blessed?!" - I was recently asked to bless a container-ship which was to dock at Felixstowe, owned by Greek Cypriot ANDREAS PAPATHOMAS. He felt it right to have it blessed - many Greeks wish to have the blessing of God on their business. So off I went one morning recently, got my ID card at the Docks Police Station, and found the ship. I duly blessed it from the bridge, and then went down and down and down, blessing it floor by floor as far as the engine room. It was all a bit of an adventure! It was arranged by the owner's assistant CHRISTOS KOTTAS, who heard of me through his friends, DINO and CHAROULA SYMEONIDOU of Chelmsford. *How's this for 'clergy one-upmanship'?!*

### Fellowship of St Alban & St Sergius

- The local branch will have a **Pilgrimage to the Monastery** on **SATURDAY 8 AUGUST**, meeting there at 11.00 am. You are welcome to join them for a tour of the Monastery and a couple of spiritual talks. Take a packed lunch.
- There will be a **Pilgrimage to St Helen's Chapel**

PLACING OF THE SASH OF THE MOTHER OF GOD

**BANK HOLIDAY MONDAY, 31 AUGUST**

**Metropolitan KALLISTOS will serve the Holy Liturgy at 10.00 am**

*Please bring a contribution for the meal*  
**Directions for finding the Hermitage available**

## JULY DAYS

F: Fast - Allowances: f fish; w wine; o oil

Wed	1	SS Cosmas & Damian at Rome	F-w
Thu	2	Placing of Robe at Blachernae S Stephen the Great of Moldavia	
Fri	3	S Germanus, Bp of Man	F
Sat	4	S Andrew Rublev, S Andrew of Crete	
Sun	5	<b>Pentecost 4, S Athanasius of Athos</b>	
Mon	6	S Sexburga, Abbess of Ely	
Tue	7	Gt Martyr Kyriaki, S Hedda Bp of Winchester	
Wed	8	Appearance of Kazan Icon	F-w
Thu	9	Hieromartyr Pancratius in Sicily	
Fri	10	S Antony of the Kiev Caves	F
Sat	11	Great Martyr Euphemia the All-praised	
Sun	12	<b>Pentecost 5</b>	
Mon	13	Synaxis of Archangel Gabriel, S Mildred, Abbess of Minster, Kent	
Tue	14	Apostle Aquila of the Seventy	
Wed	15	S Vladimir, Enlightener of Rus	F-w
Thu	16	Martyr Helier of Jersey	
Fri	17	Great Martyr Margaret (Marina), Passion-Bearers Nicholas & Alexandra, & family	F-w
Sat	18	Martyrs Gd Duchess Elizabeth & Nun Barbara	
Sun	19	<b>Pentecost 6, Fathers of 4th Council</b>	
Mon	20	H Prophet Elias (Elijah), New Martyr Maria Skobtsova	
Tue	21	Martyr Victor of Marseilles	
Wed	22	Holy Myrrh-bearer Mary Magdalene	F-w
Thu	23	Holy Prophet Ezekiel	
Fri	24	Martyr Christina of Tyre, SS Boris & Gleb	F
Sat	25	Dormition of Righteous Anna	
Sun	26	<b>Pentecost 7, Martyr Parasceva of Rome</b>	
Mon	27	Great Martyr & Healer Panteleimon	
Tue	28	S Samson Bp of Dol, S Irene of Chrysovalantou	F
Wed	29	S Olaf, King of Norway	F
Thu	30	Apostle Silas of the Seventy	
Fri	31	S Joseph of Arimathea, S Germanus of Auxerre	F

## AUGUST DAYS

Sat	1	Beginning of Dormition Fast Procession of the H Cross, Maccabean Martyrs	F-w
Sun	2	<b>Pentecost 8, S Basil of Moscow, Fool-for-Christ</b>	F-w
Mon	3	Holy Myrrh-bearer Salome	F
Tue	4	Seven Youths of Ephesus	F
Wed	5	S Oswald, King & Martyr	F
Thu	6	<b>Holy Transfiguration of Christ</b>	F
Fri	7	S Pimen the Faster of the Kiev Caves	F-w
Sat	8	S Gregory of Sinai	F-w
Sun	9	<b>Pentecost 9, Apostle Matthias</b>	F-w
Mon	10	Martyr & Archdeacon Lawrence of Rome	F
Tue	11	Virgin Martyr Suzanna of Rome	F
Wed	12	S Muredagh, Bishop of Killala	F
Thu	13	Martyr Hippolytus of Rome	F
Fri	14	Holy Prophet Micah	F
Sat	15	[Dormition]	
Sun	16	<b>Pentecost 10, Dormition of the Theotokos</b>	
Mon	17	Martyr Myron of Cyzicus	
Tue	18	<b>Repose of S Helen, Equal to the Apostles</b>	
Wed	19	S Pitirim, Bishop of Perm	F-w
Thu	20	H Prophet Samuel, S Oswin, King & Martyr	F-w
Fri	21	Holy Patriarchs Abraham, Isaac & Jacob	
Sat	22	S Symphorian of Autun	
Sun	23	<b>Pentecost 11, S Irenaeus of Lyons</b>	
Mon	24	Repose of Hieromartyr Kosmas of Aetolia	
Tue	25	Apostle Timothy of the 70, Bishop of Crete	
Wed	26	Martyrs Adrian & Natalia of Nicomedia	F
Thu	27	S Hosius of Cordova, Gt Martyr Phanourios	
Fri	28	S Moses the Black, S Augustine of Hippo	F
Sat	29	Reposing of S John the Baptist & Forerunner	F