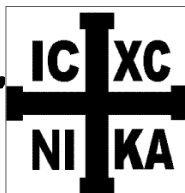


You can help us cut costs by receiving your Newsletter by email: see below

Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Deanery of the UK & Ireland
NEWSLETTER 165
MAY 2010



Costs go up : help us save on this Newsletter

This Newsletter costs up to about 50 p to send out to you - copying, envelope and stamp. I post about 250 copies every month. Its total cost to the Parish is now £120.00 per month; 11 editions, £1320 per year. A lot of money!

This worthwhile expenditure, for the Newsletter has, I believe, a definite pastoral, evangelistic, and teaching value. I dare to hope many would miss it if it stopped.

It brings together the circle of those Orthodox and friends who worship here regularly, and also a much wider circle of

Orthodox and friends who have some sort of attachment here, even if only a rather tenuous one - perhaps only through a friendship over the years - but with whom it is valuable for us to keep in touch.

I do try to prune the list from time to time, though always with regret. Nevertheless, it is a lot of money, and prices go up each year.

Distribution is also a problem. It is all done by me (and Royal Mail!), sometimes with help from my family. It must be folded, put in an envelope, sealed, labelled, stamped.

All the time I am looking for ways of simplifying and stream-lining the process - e.g. we used to have to put separate address and return address labels, until CHRIS, my son-in-law, made a way for the return address to be included on your label, saving quite a lot of work.

(The return address is important for those on the edge of our Church community, mainly younger people, that we should keep in our circle, but do not attend very much, and move off without telling me. If there is a return address I may get it back, and can stop sending it.)

Some can help reduce the bill

Even distribution to regular attenders at St Helen's has its difficulties. Some people want me to save by not putting their Newsletter in an envelope or not posting it if they are not in church this particular week: however, that would make further problems.

Some generous gifts from you and others finance the publication.

Nowadays of course there is another option: email!

A few of our readers already receive it by email. You perhaps like receiving documents in this way. You are happy to print it out yourself, or you read it on the computer screen and save paper.

Others may like to try this way: please let me know you are willing to receive it by email.

This will save at least the cost of the postage, now £3.52 per year for each of most of our readers, and of course we can reduce the number we need to print, and the slog of mailing it all out. Every recipient on line will save us in total £5.50.

On the other hand, some people with computers still do not like to read such an item on the computer. I number myself among these, though it is true I am gradually getting more used to the method.

But for these people I am happy, and I hope the Parish is happy, to send it out in the conventional way. So do not feel unreasonably pressurised.

I am pleased to receive an email (orthodox.colchester@ntlworld.com) from anyone who does like the 'modern' email method, simply stating, 'Please send Newsletter by email only,' and giving your name and email address.

This will please you, save the Parish a good sum, and save me a deal of work. As I have now reached my dotage, I am glad of that, and thank you.

So shall all be winner!

• Some of our readers, I think, now attend the new Russian parish in Colchester, and no longer need this Newsletter: please let me know this, and save this Parish an expense.



PARISH FEAST
SS Constantine and Helen
Friday 21 May
9.30 am Holy Liturgy

Holy Pentecost, Sunday after 21 May
Sunday 23 May
9.45 am Mattins
10.30 am Holy Liturgy
12 noon Mayor's Visit on Taking Office
Cllr Sonia Lewis, with her husband Keith, will pay her respects to the Patron of our Borough
12.30 pm Parish Picnic Lunch
On the green beside the Chapel: bring & share
Approx 1.30 pm Short Service to St Helen

◀ This icon of our Saints hangs in the Mayor's Parlour in Colchester Town Hall, with a copy of our St Helen

The merry month of May...

The month of May is upon us, and indeed it is merry. Not only is a difficult winter finally banished by the glories of spring, but in the Church, we have some lovely feasts which renew our spirits in Christ.

First (8 May) is the Holy Apostle John the Theologian, who teaches us so much in his Gospel and the Epistles (Letters). He shows us that the One we see in the other Gospels is the Word of God himself, second Person of the Holy Trinity, made flesh before our very eyes - or before the eyes of the first Disciples at least. He reveals to us the thoughts and attitudes of Christ when on earth.

Two days later (10) is St Simon Zelotes, whom the Greek tradition tells us was the Apostle of Britain, the one who first brought the Holy Orthodox Faith to these shores.

Then we have the Ascension of Christ (13 May this year). This beautiful feast has captured Christians' hearts from the earliest times, and inspired great writing about the glory of the Saviour: the way he has in effect taken us to heaven already; prepared for us a place in glory; promised to come again and collect us; and while visibly leaving us, yet, in his Spirit, with us always until the end of time.

The following Friday (21) is our

special feast, SS Constantine and Helen - in Western tradition, both of them born here in our city, with St Helen having built the very building we worship in. Though that may not be factual, yet it shows us the depth of the love of the people of Colchester for the mother and the son, and their pride in them.

The Sunday (23) is Holy Pentecost, the day of the Holy Trinity, when the third Person of the Trinity, the Holy Spirit, was poured out on the Church of Christ, so that we could all worship God in the power of the Spirit. We shall keep our Parish Feast that day.

Lastly, the following Sunday (30) is the splendid feast of All Saints, when we celebrate all the Holy Ones of the Holy Church of Christ down the ages, and find in them our friends, examples, and inspirers, who support us with their prayers.

We have a lot to make merry for this month, not with wine and strong drink, but in the power of God's Holy Spirit (see Acts 2.15).

Enjoy it! **Father Alexander**

HOLY LITURGY

ST FURSEY'S
Sat 1 May 9.30 am

UNIVERSITY
Sat 8 May 10.00 am

CLACTON
Sat 22 May 10.00 am

How to receive the Holy Gifts

- ◆ Before you reach the Priest, cross yourself.
- ◆ Cross your arms on your breast 'as angel's wings', or - if you are unsteady - place your hands lightly on the arms of the assistants. It may be a help to give your name to the Priest.
- ◆ Hold your head up, slightly backward, and mouth open.
- ◆ Close your mouth on the Spoon to help as the Body can stick.
- ◆ Dry your lips quickly on the Communion cloth.
- ◆ Some like to kiss the Holy Chalice, a happy Russian custom.
- ◆ Do not jerk away, avoid knocking the Chalice or Priest's hand.

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 Balcerne 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: Mattins 9.45 am (or Hours 10.15 am), Divine Liturgy 10.30 am

Confessions: Saturday 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: orthodox.colchester@ntlworld.com
Rdx Stephen Weston, 111 Neville Rd, Sutton, Stalham NR12 9RR Tel: 01-692-580-552

The Parish of St Helen is Registered Charity No. 1134418

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

St Fursey's Chapel, 111 Neville Rd,
Sutton, near Stalham, Norfolk
Divine Liturgy: usually first Saturday 9.30 am

At St James Anglican Church,
Beatrice Rd, Clacton-on-sea
Divine Liturgy: usually third Saturday 10.00 am

At University of Essex Chaplaincy Centre: Divine Liturgy: one Saturday per term 10.00 am

The People Column

COUNCILLOR SONIA LEWIS, new Mayor of Colchester, who represents Lexden, is no stranger to the Dutch Quarter: her husband Keith runs his old family building business 'Barbers' from the other side of our next-door cemetery. I think Keith was born in the house there and they used to live there. He does jobs for us from time to time. We congratulate Mrs Lewis on her election. On our Parish Feast, at the end of the Holy Liturgy, we shall welcome them both for the traditional Mayoral visit to St Helen on taking office.

READER ANTONY & DELIA BARDSLEY live in Bungay, right in the north of Suffolk. They have now decided that it would be better for them to attach themselves to the new ROCOR Orthodox church at nearby Mettingham, where Fr ANDREW BOND is Deacon, and so will not be coming here for the future. While this is understandable, we shall miss them, especially as we had confidence that in time Antony would become our assistant Priest here. We still hope to see them from time to time.

ONE HUNDRED YEARS OLD! Congratulations to ELIZABETH PAVLOU of Clacton, who celebrated her hundredth birthday in April. She has been living with her daughter and son-in-law GEORGINA and PETER SERGHIOU until very recently, and is now being cared for in a home, where I took her the Holy Gifts a few days before. -The two lamps in front of Christ and the Theotokos in St Helen's, by the way, were given in memory of her late husband PETROS.

CONGRATULATIONS to new Priest EVGENY SELENSKY of Ipswich: a few years ago he and his family worshipped here quite often. Just before Pascha he was ordained Priest in the Moscow Patriarchate, to serve at both Ennismore Gardens and in Manchester. Seeing he still has a full-time secular job, we hope he will not be overdoing it!

HIEROMONK ATHANASIOS, a dear and long-standing friend of this Parish, has had to move to a cottage in Lawford at Manningtree. Unfortunately, this has occurred at the same time as a deterioration in his health. His illness has returned and he has a new method of treatment, which it is hoped will give him a good number of years more among us. His valuable but enormous work of producing *Orthodox Outlook* magazine is well-known, but even more valuable is his prayerful witness as an Orthodox monk and hermit. Please remember him in your prayers. Many years, Master!

FAMILY REUNION: The HAIG Family had a happy reunion in St Thomas Week, the week after St Thomas Sunday. This was appropriate since the youngest member is our young grandson THOMAS from Newcastle-on-Tyne. The highlight of the brief but enjoyable occasion was a sunny-day trip to Harwich to see the always fascinating water and harbour and boats, and to have a fine fish lunch at The Pier Hotel.

A Word from a Modern Spiritual Father

It is impossible to escape affliction in this world, but the man who is given over to the will of God bears affliction easily, aware of it but putting his trust in the Lord, and so his afflictions pass.

When the Mother of God stood at the foot of the Cross, the depth of her grief was *inconceivable*, for she loved her Son more than anyone can imagine. And we know that the greater the love, the greater the suffering. By the laws of human nature the Mother of God could not possibly have borne her affliction but she submitted herself to the will of God, and the Holy Spirit sustained her and gave her strength to bear the affliction.

And later, after the Ascension of the Lord, she came to be a great comfort to all God's people in their distress.

St Silouan the Athonite (1866-1938)



It seems that the Antiochian community in Paris has now completely left St Stephen's Greek Cathedral in the centre of Paris after some 25 years - I was ordained there in 1996. They had borrowed it every Saturday evening.

Recently they negotiated with the local Catholic bishop for a church building in Vaucresson in the western suburbs. It is pictured here. The first service was on Palm Sunday.

It is good to hear that the new church is dedicated to St Helen!

Here and There

METAL DETECTORS: I am delighted to have been asked to give a talk about St Helen's early in May to no less than the association of metal detectors of Colchester!

ROMANIANS IN EASTERN ENGLAND: The Romanian Church is establishing more parishes in our region. We hear that they have started parishes in both Norwich and Cambridge. This is very good in many ways, but it could mean that already-established parishes of other jurisdictions in those places will suffer, just as we at St Helen's have suffered by the establishment of a Russian parish in Colchester. It could also adversely affect the spreading of the Holy Orthodox Faith among English people, if parishes become increasingly defined as being for particular ethnicities, rather than there being one church for all Orthodox of all nationalities, as we have always been. We shall see what happens.

EPISCOPAL ASSEMBLY: It is good to hear that the new Assembly of all Orthodox Bishops in the Region of Great Britain and Ireland will meet on 21 June for the first time. Our Archbishop will be there. This is a first step towards forming an Orthodox Church for the region. It is happening throughout the world on the orders of the Patriarchs of the world-wide Orthodox Churches, and is potentially one of the most important events in the modern history of the Orthodox Church—eventually it will allow daughter Churches to become Churches independent of their parent bodies.

HOLY WEEK AND PASCHA again proved a happy occasion. It was good to see PAUL and SUSANNA BRIGHTON-CROSS all the way from Southend again—their first getting to church here since Susanna's serious operation just before Christmas. Also, unexpectedly, came COSTA and MARIAN GEORGIADES from much further - from Rutland! Our thanks must be recorded to all those singers, servers, cleaners, egg-decorators, and flower-arrangers, etc who made the Week such a wonderfully inspiring one. Numbers were down a little, probably owing to the second Orthodox church here.

CATHOLICS AND ORTHODOX: I have been involved in the arrangement of a day at Roman Catholic Heythrop College in London to study the position of relations between Catholics and Orthodox fifteen years after Pope John Paul II issued his Letter *Orientalis Lumen* ('Light from the East') on the subject. Metropolitan KALLISTOS is among the speakers on 15 May. I do find that most of the interest in the subject is on the RC side, but it should prove a useful and stimulating day.

MAY DAYS

Sun	2	Pascha 5, The Samaritan Woman, H Patriarchs of Constantinople, S Athanasius the Great
Tue	4	Virgin-Martyr Pelagia of Tarsus, S Monica, mother of S Augustine of Hippo
Wed	5	Great Martyr Irene of Thessalonica New Martyr Ephraim the Newly-revealed
Thu	6	S Job, Wonderworker of Pochaev
Fri	7	S John of Beverley, Bishop of York
Sat	8	H Apostle & Evangelist John the Theologian
Sun	9	Pascha 6, The Blind Man, Translation of Relics of S Nicholas from Myra to Bari, Martyr Christopher
Mon	10	H Apostle Simon Zelotes, Apostle to Britain
Tue	11	Holy Equal-to-Apostles Cyril & Methodius, First Teachers of the Slavs
Wed	12	Leave-taking of Pascha, Forefeast of Ascension, S Aethelheard of Louth, Abp of Canterbury
Thu	13	Ascension of Christ
Sat	15	S Pachomius the Great
Sun	16	Pascha 7, Fathers of the First Ecumenical Council
Wed	19	S Dunstan, Abp of Canterbury, S Alcuin of York
Fri	21	SS Constantine and Helen, Patronal Feast
Sat	22	Memorial Saturday
Sun	23	HOLY PENTECOST, Parish Feast
Mon	24	Day of the Spirit
Tue	25	Third Day of the Trinity, Third Finding of the Head of S John the Baptist
Wed	26	S Augustine of Canterbury
Thu	27	S Bede the Venerable
Fri	28	S Germain, Bishop of Paris
Sun	30	Pentecost 1, All Saints
Mon	31	Beginning of the Apostles' Fast

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



The earliest Seal of the Borough of Colchester, 1190, showing St Helen sitting on a throne, with the Holy Cross in her right hand, the Holy Nails in her left, and a rhyming Latin inscription around her, Colchester gives birth to Helen, whom the Cross makes glorious.