

+ Holy Orthodoxy: the Faith for all the human race +

## Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Deanery of the UK & Ireland

NEWSLETTER 180

OCTOBER 2011



### WEEKDAY LITURGIES AT ST HELEN'S, 9.30 AM

Friday 7 October

HOLY MARTYR OSYTH, QUEEN OF ESSEX

Tuesday 18 October

HOLY APOSTLE & EVANGELIST LUKE

Wednesday 26 October

GREAT MARTYR DEMETRIUS THE MYRRH-FLOWING

# In Greece again, feeding from our cultural and spiritual roots

We have just had a week in Greece. It was both spiritually and culturally refreshing, for the roots of any European lie partly in Greek soil.

Modern western culture may be partially, largely, sieved through Latin culture, but its debt to the civilisation of the Greeks is enormous.

Similarly - and not entirely separably - the roots of western Christianity lie in Greek and Orthodox soil.

That may be an oversimplification, but I think there is truth in it. So to go to Greece is partly to rediscover yourself. Even if modern Greece is neither classical Greece, nor even Byzantine Greece, yet it has direct descent of language and culture.

For a western Orthodox it is entering a land where Orthodoxy is entirely natural, part of the air one breathes, a real contrast to a modern western Christian or secularist land (though it is not so much of a contrast to the culture and religion one experiences in a Celtic or Anglo-Saxon setting). One may indeed criticise modern Greek culture and religion, yet in some ways it may still be closer to that Byzantine ideal of a Christian state and community than ours in the west.

Of course, Khouria Hilary and I were there primarily to participate in the wedding of two of our dear friends and fellow-worshippers - see the picture. Michael Kampouridis has worshipped with us at St Helen's for many years now - he first came for part of his first degree, and is now completing his PhD. Nicole-Suning Wang came for her PhD more recently. She was baptised in Athens only at Holy Pascha this year, but they have been close for a long time.

We were delighted to be with them on this special occasion. I was honoured to officiate at the betrothal, the first part of the service, but was glad that I was not one of the three Priests who had to survive, with them, massive showers of hard rice at the Dance of Isaias: I witnessed the wincing of all parties during it!

Afterwards we enjoyed the reception at a restaurant—excellent food and Greek dancing, and the company not only of our own David Davies but also of Mary Phillips and her husband and her sister Helen, daughters of Fr Andrew of St John of Shanghai parish, and of three others of our student-friends.

Students form an important and refreshing part of our congregation at St Helen's, and we met other former students away from the wedding.

In Athens Evdokia Salapata ably guided us round, and we stayed three nights with Lambros Psomas and Dareen Al-Hannat who, having studied here seven years ago, have married and settled at Ancient Corinth (there we saw the spot where St Paul had spoken). We much enjoyed their hospitality and company, and made a pilgrimage to St George's Monastery outside Corinth. Lambros, by the way, is shortly to begin studies for a PhD under Dr Andreas Andreopoulos at Winchester, though coming to England only when necessary.

Our only upset was to be pick-pocketed on the Metro. We ascribe to the Greek culture and religion, not the theft, but the generous and caring response of many people to our need, including that of the police!

God bless Greece in her present problems!  
God bless you all!

Father Alexander



Saturday 29 October at the University of Essex

### SPREADING THE WORD, 1611-2011

### 400 YEARS OF THE KING JAMES BIBLE

A Study Day on the famous English "Authorised Version" of the Holy Bible, which helped shape English language and culture  
10.00 am - 5.30 pm

Students & Staff of the University free, Public £10. Take a picnic lunch.  
This is an interesting-looking day, no doubt mainly from a language and cultural point of view, but the repercussions of it all remain with us to this day. Short, bite-size presentations. You should book a place in advance. Full details on the Porch notice-board.

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

The Parish of St Helen is Registered Charity No. 1134418

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

Churchwardens: David Davies 01-473-745-167 Dusan Radunovic 01-206-710-073

At St James Anglican Church, Beatrice Rd, Clacton-on-sea

Divine Liturgy: usually third Saturday 10.00 am

At St Basil's Catholic Church, Luncies Rd, Timberlog Lane, Basildon

Divine Liturgy: usually first Saturday

Contact: Paul Brighton-Cross 01-702-305-527 orthodox.basildon@hotmail.co.uk

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

#### HOLY LITURGY

BASILDON  
1 October  
11.00 am

CLACTON  
15 October  
10.00 am



## Here and There

**CHURCH COUNCIL:** There will be a meeting of the Council on Sunday 2 October at 1.00 pm.

**STOKE-ON-TRENT:** It is good to hear that the parish of St Michael, Audley has blossomed into two churches and congregations. St Michael's itself will in future be cared for by Fr GEORGE ROBINSON. The parish has now taken on Holy Resurrection Church, a redundant Anglican building in Dresden, on the other side of Stoke and much nearer the home of Fr SAMUEL CARTER, the Parish Priest: he will now serve there. They have their first service in the new building on 2 October, and we wish them well. God bless them and reward their faith and devotion!

**NATIONAL HERITAGE DAY** (on 11 and 12 September) was again a great success in terms of numbers coming into St Helen's and experiencing just a little of Holy Orthodoxy, as well as getting a better understanding of the story of St Helen and her Chapel. On its two days I reckon we had 180 or 200 visitors. I was grateful to Reader Andreas, Sylvia Lefley, Andrew Knock, and Khouria Hilary for helping with receiving visitors. This introducing of people to the possibility of Orthodoxy is, I believe, a most valuable opportunity.



**St Osyth is our local Martyr here in Colchester. Queen of Essex, she gave up the glory and founded a Monastery for women near Clacton, at the spot then called Chich, but now called St Osyth. The Monastery was on the site of the present parish church of SS Peter and Paul (not on the site of the mediaeval Priory opposite). There she led the holy life with her Nuns. In about the year 700, Danish pirates sailed up the creek, robbed the Monastery, and slaughtered St Osyth and her Nuns. Various fanciful stories later grew up about her, including one that she was a Virgin-Martyr, but that is false as she had a son, also a Saint, St Offa. King of Essex. There will be a Holy Liturgy here on her feast, Friday 7 October.**

*Holy Martyr Osyth, pray to God for us!*



**HIS GRACE BISHOP EPHRAIM** after his consecration by His Beatitude Patriarch Ignatius IV of Antioch, left. The Patriarch may not look it, by the way, but he is ninety years old. The ceremony took place in Damascus. Bishop Ephraim will serve as an Assistant Bishop in Europe. He is young (33 years) and enthusiastic, and studied for a doctorate in Theology in Athens. He will live in Cologne, and surely play a great and life-enhancing role in the Archdiocese of Europe, along with the other new assistants, Bishop Ignatius and Bishop Hanna, all working throughout the Archdiocese. Meanwhile, we pray for Archbishop John, recovering from a broken leg in Lebanon, likely to be out of commission for three months.

### *A Word from the Fathers*

*St Maximus the Confessor (+662) writes on the place we give God in our lives*

Charity is a good disposition of the soul, according to which one prefers no creature to the knowledge of God.

It is impossible to attain a lasting possession of this charity if one has any attachment to earthly things.

He who loves God prefers knowledge of him to all things made by him, and by desire ceaselessly devotes himself to it.

If all things have been made by God and for God, he is nobler than all the

things made by him. He who deserts God, the incomparably nobler, and devotes himself to inferior things shows that he prefers, before God, the things made by him.

He that loves me, says the Lord, will keep my commandments; and this is my commandment, that you love one another.

He therefore who does not love his neighbour does not keep the commandment. Nor is he that does not keep the commandment able to love the Lord.

## The People Column

**REV DR JOHN TURNER:** Fr John lives at Frinton and has been a great friend of our Parish ever since we started in 1996. He recently celebrated his Diamond Jubilee as an Anglican Priest with a Eucharist and lunch at St Botolph's Church near Liverpool Street Station - that church is also the base of an Antiochian Orthodox parish. He serves there every week when on his visit to academic London libraries. I was delighted to be able to be present and to congratulate him in person. Many years!

**MOTHER THEKLA** was well-known from having cooperated with Sir John Tavener on arranging texts for him to set to music, including *The Protecting Veil* and *Song of Athene*, performed at Princess Diana's funeral. She died in August aged 93, having been a nun for many years. Sadly I never met her personally, though we tried to call at her Monastery on the moors near Whitby in Yorkshire some years ago—but could not reach it beyond the locked and barred gate: she valued her privacy. Later she sent an apology that we had not been able to call, and she liked to receive our Newsletter every month. For several years now she has been looked after by the Anglican Whitby Sisters in their Infirmary. One suspects she could be a difficult woman, but she had made enormous contributions to the life of modern English-speaking Orthodoxy, and English cultural life, and I mourn her passing. Eternal memory!



The Church celebrates the Fathers of all the Seven Councils of the Church through the year, and of the Seventh on the Sunday after 11 October. They met in deliberation to give expression to the Truth of the Gospel and to dissipate heresy. They believed they were expressing the mind of the Apostles and Saints before them and of Christ himself. The Church in its life since the Councils (the first was in 325, the Seventh in 787) ratifies their teaching. And, believing that Truth, we find our salvation in Christ. Glory to God!

### OCTOBER DAYS

Sat 1	Protection of the Holy Mother of God S Romanus the Melodist
Sun 2	<b>Pentecost 16,</b> Hieromartyr Cyprian & Virgin-Martyr Justina
Mon 3	Hieromartyr Dionysius the Areopagite, Bp of Athens
Tue 4	Hieromartyr Hierotheus, Bishop of Athens
Thu 6	Holy Apostle Thomas
Fri 7	<b>Holy Martyr Osyth, Queen of Essex and Nun</b> Virgin-Martyr Pelagia of Tarsus
Sun 9	<b>Pentecost 17,</b> Apostle James, Son of Alphaeus
Tue 11	Holy Apostle Philip of the Seventy, the Deacon, S Ethelburga, first Abbess of Barking
Wed 12	S Wilfred, Bishop of York, S Simeon the New Theologian
Fri 14	S Paraskeva the Younger, whose relics are at Iasi
Sun 16	<b>Pentecost 18,</b> <b>Commemoration of the Fathers of the 7th Council</b>
Mon 17	Monk Martyr Andrew of Crete
Tue 18	Holy Apostle and Evangelist Luke
Wed 19	S John of Kronstadt, S Frideswide of Oxford
Thu 20	S Gerasimus the New Ascetic of Cephalonia
Fri 21	S Christodoulos of Patmos
Sun 23	<b>Pentecost 19,</b> Apostle James, Brother of the Lord
Wed 26	Great Martyr Demetrius the Myrrh-flowing
Sat 29	S Demetrius Commemoration of the Departed
Sun 30	<b>Pentecost 20</b>

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