

**Orthodox Parish of
St Helen of Colchester**
Antiochian Orthodox Deanery of the UK & Ireland
NEWSLETTER 188



JUNE 2012

HOLY LITURGY IN COLCHESTER, 9.30 AM

**Tuesday 5 June,
Third Day of the Trinity, Hieromartyr Boniface of Crediton**
**Friday 22 June,
St Alban, Protomartyr of Britain**
**Friday 29 June,
SS Peter and Paul, Leaders of the Apostles**



Archbishop John addresses the Swanwick conference - Father Samir (St George's Cathedral, London) and Bishop Ephraim at the front.

Discipleship Today: Deanery Conference Report

The 2012 Conference took place on Monday-Wednesday 31 April-2 May, at Swanwick, a Christian conference centre in Derbyshire. The Parish was represented by Fr ALEXANDER and Kh HILARY, and Rdr PAUL BRIGHTON-CROSS.

Our Archbishop, Metropolitan JOHN, was able to attend this year, together with Bp EPHRAIM, and we had the great blessing of an Hierarchical Divine Liturgy.

The theme of this year's Conference was 'Discipleship Today'. We were well served by speakers (mostly from outside the Deanery) who offered us practical advice, spiritual guidance and much to consider:

- Bp EPHRAIM delivered Metropolitan JOHN's paper on 'The Disciple and Spiritual Guidance';
- MIRIAM CRADDOCK (*Souroz*) discerned many practical ways in which we all - but, especially the laity, and in particular women - can become better servants and disciples of our Lord;
- Archpriest STEPHEN PLATT (*Souroz*) offered inspiration from the lives of such near-contemporary holy ones as St Matrona of Moscow, St Nicholas Planas, St Seraphim of Sarov, and St Maria (Skobtsova);
- Archpriest STEPHEN MAXFIELD (*Thyateira*) contemplated the origins and nature of discipleship;
- The canonical and patristic underpinnings were examined by BONIFACE CARROLL (*St Botolph's parish*).

Audio-visual recordings of the addresses are being made available on the deanery website (<http://www.antiochian-orthodox.co.uk/>).

What came across strongly and continually throughout the Conference is that the call to discipleship in Christ is not only addressed to monastics or Priests but is for all. Discipleship is, in fact, the very life we were born for.

Paul Brighton-Cross

We congratulate Rdr PAUL who was recommended for ordination to the Diaconate by the Axios Committee, meeting at the Conference.

Pentecost - gifts prepared for you

Pentecost may seem something that happened a long time ago. But it is indeed highly relevant to you and me today.

The Holy Spirit, given in all his fullness on that extraordinary day is the very same Holy Spirit given to each of us in our Holy Baptism and Chrismation.

So God himself, God the Holy Trinity enters our life, making a home in us.

Pentecost happened to the Mother of God, the Apostles, and the other men and women in that Upper Room. It happens to each of us in Chrismation.

So what we need to do, is to discover the God who already dwells in our hearts. For Christians he is not a distant God. He comes to us and abides in us, as he did in those early disciples.

Take advantage, dear Friends, of this abiding presence of God in your hearts. Though the Spirit of God is in every man, the world does not have him in his fullness as the Church and Christians do.

He is poured out on us, and will strengthen us and support us. He will build us up. He will bless in times of plenty, and satisfy in times of need.

That is a God who really cares!

Father Alexander

HOLY LITURGY

**BASILDON
Saturday
2 June
10.30 am**

**CLACTON
Saturday
16 June
10.00 am**



Pentecost: Flames of God's presence and power - God's Spirit - alight on the heads of the Apostles, as they gather around the Mother of God in prayer (see Acts 1.14 & 2.1-4), and fill them with the life of the Holy Trinity. The Apostles surround 'King Cosmos', the world created by God but until now living outside God's Kingdom.

St Martin's The Parish Council decided that we cannot make any higher offer than we have made, but will leave the matter open until 31 Aug, in case the Churches Conservation Trust decide to reconsider - which isn't likely.

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: parishpriest@orthodoxcolchester.org.uk

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

Rdr Alexander Haig Jr, detached service in Winchester parish

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 CC15 1LE
Divine Liturgy: usually third Saturday 10.00 am (Clacton Community)

At St Agnes Chapel, 18 St Agnes Road, Noak Hill, Billericay, CM12 9UR
Divine Liturgy: usually first Saturday 10.30 am (Basildon Community)
Rdr 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

Strangers & Pilgrims....

For the third Orthodox Pilgrimage to the Saints of Barking the turn-out from Colchester was disappointingly small, but we duly met up with the London Pilgrims, organised by Margaret Haig. (One had come from Weymouth, Dorset, Fr Ian Wallis from Lewes and others from various places.)

Some had started with prayers in the Chapel of the Abbey's Founder, St Erkenwald, in St Paul's Cathedral, and had walked, sailed on the Thames and used the train, bearing a banner. One had walked all the way.

As in previous years, we sang Mattins and Vespers in the Abbey Ruins, served by Fr Alexander Tefft of St Botolph's Antiochian Parish, and our Fr Alexander. It was a joyful moment at lunch when the latter was able to present to our kind hosts at St Margaret's Church a mounted copy of the Saints of Barking Icon.

Before we started I had walked through the street market to post a letter, and was struck by the multi-national character of Barking. The native East-enders were outnumbered by people from Asia, Africa and all parts of Europe.

In his talk to us after lunch Fr Alexander Tefft reminded us that the early English founders of the Abbey (themselves only a few generations from invaders from Germany) were aided and blessed by at least two foreign immigrants: St Hildelith, the spiritual Mother of St Ethelburga and herself the second Abbess, who had come from France; and St Theodore, a Greek from Tarsus via Athens, Constantinople and Rome, who as Archbishop of Canterbury consecrated St Erkenwald as Bishop of London.

The Saints are not mere figures from history, but our companions and guides, living in Christ, as we are in His Holy Orthodox Church.

Paul Lansley

O most glorious Saints of God, who rendered Barking most illustrious! Though your grace-filled relics have been taken from us, yet do ye send down grace from paradise upon those who honour you. Entreat Christ, that He grant unto all of us peace and great mercy.



St Boniface, from Crediton, Devon, was schooled at Exeter. He became a monk at Nursling near Southampton, and eventually a missionary to Holland and Germany, where he organised the Church. In 754, at a great age, he was martyred in Friesland. He is buried at Fulda in Germany. *Feast-day, 5 June.*

Here and There

PILGRIMAGE TO ST BOTOLPH: On Saturday **30 June** there will be a Pilgrimage to **Iken**, off the A12 in mid-Suffolk, where St Botolph founded his Monastery in the 7th century. It is being organised by Deacon Andrew Bond of Mettingham parish. The delightful church is isolated on a promontory above the river. Do come. Contact us for details.

PILGRIMAGE TO ST BONIFACE: A Northampton parish is organising a pilgrimage to Brixworth, near the A14. Unusually for England, there is, in the fine Saxon 'basilica' church, an actual Holy Relic to venerate - of St Boniface, see above. The pilgrimage is on **9 June**. See notice.

OUR CHURCHWARDENS & STEWARDS now sport a badge to distinguish them. Churchwardens are the leading lay people of the parish with responsibilities in its whole life. Stewards have responsibility for welcoming and guiding people, giving out things, etc.

ST JOHN AMBULANCE has a university student section called LINKS. The Parish has sent a donation for First Aid training equipment to LINKS in the University of Essex.

ORTHODOX FAMILY CAMP: 3-6 August 2012 in Powys, in Wales. Details in the Porch.

ORTHODOX YOUTH CAMP runs from 24 July to 2 August. It's worth booking early, as (after the vandalism and fire-losses there) the number of places is restricted this year.



The People Column

ZACHARIAS ANASTASIADES, formerly a well-known greengrocer in Harwich, has died, aged 69. Father to STATHOS (Dedham) and ANDREE RACE (Harwich), he had three grandchildren. He was brother to NINA ELEFTHERIADES formerly of Dovercourt, now returned to Cyprus. I have known Zach, though not intimately, for many years and will miss him. He had had his problems, but was well-loved and respected, as could be seen from the large number at the service in St Nicholas Church, which I took by kind permission of the Vicar. Eternal memory!

IACOV RADUNOVIC, our Churchwarden's son, has been baptised - by His Grace Bishop PORFIRIOS at Kovilj Monastery. He has also met his Granny in Belgrade for the first time, which was doubtless a pleasure all round. Our congratulations to Iacov: Many Years!

EMILY MARIA BUDUNA, daughter to Vladut and Amalia, was our first baptism in the new community at Basildon, so has a place in our history. Congratulations!

ELENA ALEXANDRA ZAMFIR was baptised in St Helen's. Her parents are Viorel and Viorica of Artillery Street. Congratulations to her too!

Archbishop launches a new Order:

The Order of St John Chrysestom

A way to serve Christ with your money

His Eminence has established this Order throughout the Archdiocese of Europe, to strengthen its presently parlous financial state.

All who have a little more money than most are encouraged to consider joining the Order.

Commitment comes in three ranks:

- **Members** give €500 annually
- **Knights/Dames** give €2,500 annually
- **K/D Commanders** give €5,000 or more annually

YOU can be a member of the Order. If you have the ability to donate that sort of money, you are warmly encouraged to do so. A booklet has been published and is available in church.

It should be noted that the Order is not supporting (except indirectly) the finances of the Deanery: these are separate. The Parish supports the Deanery and the Archdiocese. The Deanery supports the Archdiocese.

A Word from the Fathers: The moisture of the Holy Spirit makes us fruitful in God's service

When the Lord gave to the disciples power to confer rebirth into the life of God, he said: 'Go, make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.'

He promised through his prophets that he would pour out this Spirit in the last times on his servants and handmaidens so that they would prophesy.

And so the Spirit came down upon the Son of God, who became the Son of man and with him became accustomed to dwell in the human race and to abide in God's creation, within men, working the Father's

will among them and making their old natures new with the newness of Christ....

The Lord promised to send us the Holy Spirit to make us fit for God's purposes.

Just as dry flour cannot coalesce into a lump of dough, still less a loaf, without moisture, so too we, being many, could not become one in Christ Jesus without the water which comes from heaven.

And just as dry soil cannot bear fruit unless it receives moisture, so we, who to begin with are dry wood, can never bear the fruit of life unless the rain from heaven falls upon our wills. *St Irenaeus of Lyons (+200)*

JUNE DAYS

Fri 1	S Justin Martyr the Philosopher
Sat 2	Memorial Saturday
Sun 3	HOLY PENTECOST
Mon 4	Day of the Holy Spirit
Tue 5	Day of the Trinity, Hieromartyr Boniface of Crediton
Sat 9	S Columba of Iona, S Cyril of Alexandria
Sun 10	Pentecost 1, All Saints
Mon 11	H Apostles Bartholomew & Barnabas <i>Beginning of the Apostles' Fast</i>
Thu 14	S Justin Popovic of Celije
Fri 15	S Lazarus, Prince of Serbia
Sat 16	S Tychon, Bishop of Amathus in Cyprus
Sun 17	Pentecost 2, All Saints of Britain, S Botolph of Iken
Tue 19	H Apostle Jude, the Brother of the Lord
Wed 20	S Nicholas Cabasilas
Fri 22	S Alban, Protomartyr of Britain
Sat 23	S Etheldreda of Ely, S Mark of Ephesus
Sun 24	Pentecost 3, Nativity of S John the Baptist
Tue 26	S David of Thessalonica
Fri 29	H Leaders of the Apostles Peter and Paul
Sat 30	Synaxis of the H Twelve Apostles

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