

**Orthodox Parish of
St Helen of Colchester**
Antiochian Orthodox Deanery of the UK & Ireland
NEWSLETTER 189 **JULY-AUGUST 2012**



Services in St Helen's Chapel		
Fri 13 Jul	St Mildred of Minster	Holy Liturgy 9.30 am
Fri 27 Jul	Gt Martyr Panteleimon	Holy Liturgy 9.30 am
Sun 5 Aug	Transfiguration (tr)	Holy Liturgy 10.30 am
Sun 12 Aug	Pentecost 10	Typica 10.30 am Rdr Andreas
Sun 19 Aug	Dormition (tr)	Holy Liturgy 10.30 am
Fri 24 Aug	St Kosmas of Aetolia	Holy Liturgy 9.30 am
Wed 29 Aug	Beheading of St John	Holy Liturgy 9.30 am

Fall asleep in peace, Mary: wake up with Christ!

Some people fall asleep as soon as their head hits the pillow. Others go off shortly. Others take a long, long time to drop off.

The same is true of dying, which is only a form of going to sleep. Some people, when they feel the time has come, let themselves go quickly.

Others struggle to hold on. Some of us oldies will recall the drawn-out death of the great Winston Churchill nearly fifty years ago. He held on and held on, and kept the country, indeed the world, on edge for days and days.

When he did die - the great hero of the British nation for his leadership in World War II - there was great feeling of gratitude for the past and loss for the future.

They gave him a magnificent funeral - St Paul's Cathedral, a procession for his body on a launch up the Thames to Waterloo, a train journey to burial in Oxfordshire.

One of the great things we pray for is a calm and peaceful and indeed holy death.

I wonder how I shall go, when my time comes - calmly, prayerfully, lovingly, unobtrusively, I hope. But I did always say that I would rather like a River funeral procession like Churchill's!

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When Mary fell asleep, died (*dormition* comes from the Latin word for *falling asleep* - compare *dormitory*), the Apostles came from the ends of the earth, from all the places where they had gone to preach the Faith.

Christ had taken her dear soul, and they gathered around her body. They buried her in a tomb in the garden of Gethsemane,

HOLY LITURGY
BASILDON Saturday 7 July 10.30 am
CLACTON Saturday 21 July 10.00 am <i>No Liturgy in either place in August</i>

where Christ had gone so often with his disciples.

Thomas however was not with the other Apostles.

When he arrived, he asked to visit her body in the great cave where she had been laid.

They opened the Tomb - and there was no body there! Christ had come and taken her body to reunite it with her soul, that she might reign with him in the glory of heaven!

You can still visit that Tomb in Jerusalem - the cave is an Orthodox church.

So that Tomb is empty too, like Christ's. Mary had fallen asleep safely in the arms of her Son Jesus Christ our God, and she had woken up in the glory of heaven, taken there by Christ.

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The icon shows her falling asleep. It does not show her being taken to heaven, which is definite Orthodox teaching, but treated as a quiet, 'background' belief. (Orthodox icons have indeed been painted of it, but probably under western influence, which has treated it somewhat more openly.)

What it does do is to give us the assurance that when time shall end, we who believe and trust in Christ as Mary did will also be reunited - our dead body with our living soul - and taken to reign with him in glory.

Fall asleep in death quietly and calmly, prayerfully and joyfully (Safe in the arms of Jesus, as the Evangelicals say), and we too shall wake up with him.

God bless you all, and give you confidence in the face of death, for Christ has conquered death and hell!

Father Alexander



'SAFE IN THE ARMS OF JESUS' - The Icon of the Dormition of the Holy Mother of God shows Christ receiving her soul. She is surrounded by the Apostles, gathered from their work all over the world to be with her at the end.

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
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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

CALLING FOR GIFTS OF FOOD

Colchester Foodbank is struggling at the moment, with greatly increased demand. They need food, including long-life milk, cereal, fruit juice, and sugar (ideally 1 kg bags). Gifts in the box in church.

St Helen's Newsletter: Making it worthwhile

This Newsletter is sometimes a bit of a slog, I can tell you. It is never far from my mind, gets attention through every month (except July), particularly towards the end of the month.

What makes it worthwhile is occasionally to receive a letter like this lovely one from a Bulgarian lady living in Colchester.

Dear Father Alexander,

Thank you for the monthly updates you have been sending to all of us over the years.

Some of us are not often with you in the

church due to various reasons but nevertheless follow the events from afar.

Your newsletter is something I enjoy getting through the post and gives me the opportunity to be part of a community although invisible for it.

I am sending you some stamps. Hope this helps a bit. Thank you....

Thank you for that, dear writer. I do believe the Newsletter, for all the time and cost involved, has its place and value in keeping our Orthodox people together, focused on Christ our God.



His Eminence John (Yohunna) of Europe was born in Lattakia on the sea-coast of Syria. He was Dean of the theological seminary at Balamand, Abbot of St George's Monastery, and Assistant Bishop to His Beatitude Patriarch Ignatius IV of Antioch for some years before coming to Europe. In that time he visited Britain and in fact first served the Holy Liturgy here in St Helen's in 2001. He became the second Archbishop in 2008. His Diocese is composed mainly of Arabs from Lebanon and Syria, and is especially strong in Germany. St George's Cathedral in London is close to Regents Park. The Antiochian Deanery of Britain and Ireland, composed mainly of converts, was established in 1995.

Here and There

THE OLYMPIC TORCH will pass through Colchester High Street about 7.30 am on Friday 6 July. Local churches have been asked to help. St Helen's will be open.

TRANSFIGURATION and DORMITION: There not be a liturgy in St Helen's on either feast-day. Transfiguration will be observed on the day before, Dormition on the Sunday following.

BASILDON: Negotiations are proceeding with regard to our using All Saints'

A Word from the Fathers: The Transfiguration

Peter in ecstasy said, 'Lord it is good for us to be here.' - Yes, indeed, Peter, it is good for us to be here with Jesus and to remain here for ever. What is more blessed, what more sublime, what more exalted than to be with God, to be shaped to his likeness, to dwell in the light? Since each one of us has God within him and is transfigured into his divine image, let us cry out in joy, 'It is good for us to be here.' For here all is light, and joy, and happiness, and bliss. Here the heart is at rest, in peace, serene. Here we behold Christ our God. Here he comes to dwell, with the Father, and as he enters he says, Today salvation has come to this house. *St Anastasius of Sinai (7th century)*

Church, off Pound Lane, North Benfleet on the eastern edge of town. It is a delightful spot, but the building needs some work done on it. The building itself will not be our responsibility.

ORTHODOX INSTITUTE BLESSED: It is good to hear that the Cambridge Institute has now received the official recognition and blessing of the new Pan-Orthodox Bishops' Assembly of Great Britain and Ireland. This gives the Institute, which is over ten years old now, a definite place in the life of the whole Orthodox community of Britain and Ireland. Congratulations to it! May it receive more blessings from God as it seeks to serve the Orthodox cause in these Islands. Several of our members have benefitted from its courses over the years. There are posters and leaflets in the Porch.

BARKING PILGRIMAGE: A report of the recent pilgrimage appeared in our last Newsletter. We made a gift to thank the Anglican parish for their hospitality and presented them with an icon of the Saints of Barking. The Secretary of the Anglican parish has written:

...I am writing to thank you very much for the donation to church funds...Many thanks also for your gift of the icon which has been much admired and is sure to become a talking point as well.

The People Column

MOVED HOME to Romania are BOGDAN and CLAUDIA ASANDEI, with their lovely children ANNA-MARIA and WILLIAM, and Claudia's mother ANNA. We shall miss them, especially at Clacton, where they have lived. Bogdan, a local pharmacist, will in fact not leave until the end of the year.

DOROTHY TANNER has moved into a residential home, Colonia Court in St Andrew's Avenue. We pray she settles quickly and happily there.

BRENDA AMOR has lived opposite St Helen's Chapel for many years. With her late, dear, husband FRED, she has been very good to the Parish by keeping an eye on the church and by locking and unlocking it when we have been absent. Now she has moved into the almshouses at Winsley Square, in Old Heath Road. We thank her for her care of, and interest in, St Helen's, and wish her Many Years in her new home.

JULY-AUGUST DAYS

Sun 1	Pentecost 4, Wonderworkers Cosmas & Damian
Mon 2	S Stephen the Great, Prince of Moldavia
Tue 3	S John of Moscow, Fool-for-Christ
Wed 4	S Andrew Rublev, S Andrew, Archbishop of Crete
Thu 5	S Athanasius, Founder of the Great Lavra on Athos
Fri 6	S Sexburga, Abbess of Ely
Sat 7	Gt Martyr Kyriaki, S Hedda, Bp of the West Saxons
Sun 8	Pentecost 5
Wed 11	Great Martyr Euphemia the All-praised
Thu 12	S Veronica who was healed by Christ
Fri 13	Synaxis of Archangel Gabriel, S Mildred, Abbess of Minster
Sun 15	Pentecost 6, Fathers of the Fourth Council, H Prince Vladimir, Enlightener of the Rus
Tue 17	Gt Martyr Margaret (Marina) of Antioch-in-Pisidia, Passion-bearers Nicholas & Alexandra & family
Wed 18	Martyrs Gd Duchess Elizabeth & Nun Barbara
Thu 19	SS Stephen, King of Serbia & his mother Militsa
Fri 20	H Prophet Elias (Elijah), New Martyr Maria Skobtsova
Sun 22	Pentecost 7, H Myrrh-bearer Mary Magdalene
Tue 24	Martyr Christina of Tyre
Wed 25	Dormition of Righteous Anna, Mother of Theotokos
Thu 26	Martyr Paraskeva of Rome
Fri 27	Great Martyr & Healer Panteleimon
Sat 28	S Samson of Dol, S Irene of Chrysovalantou
Sun 29	Pentecost 8
Tue 31	S Joseph of Arimathea
August	
Wed 1	Beginning of Dormition Fast
Wed 1	Procession of the Wood of the Life-giving Cross Seven Maccabean Martyrs, S Cennydd (Kenneth)
Sun 5	Pentecost 9, Forefeast of Transfiguration
Mon 6	Holy Transfiguration of Christ
Thu 9	Holy Apostle Matthias
Fri 10	Holy Martyr and Archdeacon Lawrence of Rome
Sun 12	Pentecost 10
Mon 13	S Tikhon the Wonderworker
Wed 15	Dormition of the Mother of God
Thu 16	S Gerasimus of Cephalonia
Sat 18	S John, Abbot of Rila
Sun 19	Pentecost 11, Afterfeast of Dormition
Mon 20	Holy Prophet Samuel, S Oswin, King & Martyr
Thu 23	S Irenaeus, Bishop of Lyons
Fri 24	Repose of New Hieromartyr Kosmas of Aetolia
Sun 26	Pentecost 12
Mon 27	Newly-revealed Gt Martyr Phanourius of Rhodes
Tue 28	S Moses the Black, S Augustine, Bishop of Hippo
Wed 29	Beheading of S John the Forerunner, S Sebbi, King of the East Saxons
Thu 30	S Alexander, Patriarch of Constantinople
Fri 31	Placing of Cincture of Theotokos in Chalkoprateia, Hieromartyr Cyprian, Bishop of Carthage, S Aidan, Bishop of Lindisfarne

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