

# + Holy Orthodoxy: a demanding Faith, preparing us for heaven +

**Orthodox Parish of  
St Helen of Colchester**  
*Antiochian Orthodox Deanery of the UK & Ireland*  
**NEWSLETTER 191**



**OCTOBER 2012**

## SERVICES IN ST HELEN'S CHAPEL

**SUNDAY 7 OCTOBER**

PENTECOST 18

HOLY MARTYR OSYTH OF CHICH, QUEEN OF ESSEX  
Mattins 9.45 am Holy Liturgy 10.30 am

**SUNDAY 14 OCTOBER**

PENTECOST 19

Mattins 9.45 am Holy Liturgy 10.30 am

**SUNDAY 21 OCTOBER**

PENTECOST 20

Mattins 9.45 am Holy Liturgy 10.30 am

**FRIDAY 28 OCTOBER**

GREAT MARTYR DEMETRIUS THE MYRRH-GUSHER  
Hours 9.15 am Holy Liturgy 9.30 am

**SUNDAY 28 OCTOBER**

PENTECOST 21

Mattins 9.45 am Holy Liturgy 10.30 am

## We talked and we talked...

**Y**es, we talked and we talked at Chester, at the meeting of the International Dialogue between Orthodox and Anglicans, for seven whole days! - Perhaps that's all we *can* do nowadays, with our fear that Anglicans are slipping further and further away from us. There is certainly now no, even distant, thought of a union with them, as once was the hope.

But we did talk about important things, about how you and I - and every man, woman, and child - are made in the image and likeness of God. How we have lost the *likeness* to God through our sin, but how the *image* of God remains in absolutely every one.

This implies that every human being is to be treated with the utmost respect. It leads on to requiring respect for those with whom we disagree about, say, religion, on to care for the unborn child, the dying, the despairing, to honourable treatment of those in prison, the poor, and so on...

A final report will not be issued for another two or three years, an improvement on the last report we issued in 2007 - that one took some 17 years! The hope is that it will help the two Christian communities develop their thinking in a way that is truly and deeply Christian.

**I can't honestly say that we spent every minute of the week talking.**

One day we were in fact entertained by the Bishop of St Asaph, a former secretary of our Dialogue. He took us out in a bus, visiting: *Wrexham* church, buzzing with life as an education centre; nearby, fine *Gresford* church, where they provided us a good lunch; Holywell, where we not only prayed at *St Winifred's Well* but were met by the RC Bishop, who brought out the relic of the Saint (7th cent., her icon left) for us to venerate; *St Asaph Cathedral* for lovely Choral Evensong in English and Welsh; and the *Bishop's House* for a fine supper.



We also attended Chester Cathedral for Sunday Eucharist, and - on the Nativity of the Theotokos - St Barbara's Orthodox Church for Hierarchical Liturgy, where it was good to meet Fr Pancratios and Presbytera Anna again. There Metropolitan Kallistos celebrated with Metropolitan Chrysostomos of Kition, Cyprus and Archbishop Elisey from Ennismore Gardens. Archbishop Nifon of Targoviste, Romania was in the congregation.

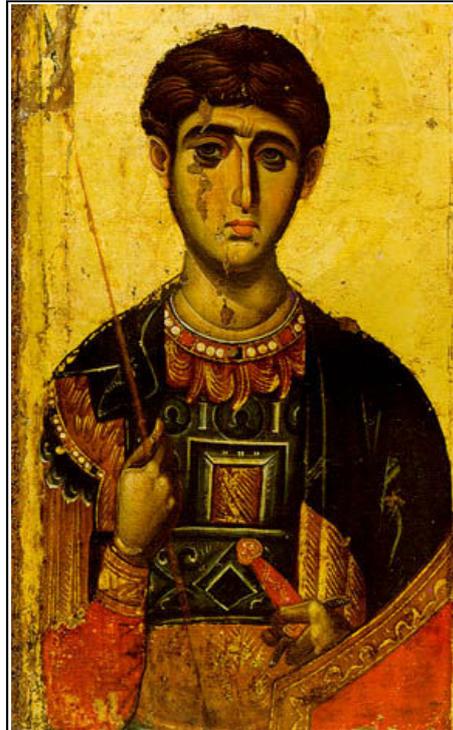
Housed in the University of Chester (instead of, as planned, St Deiniol's or Gladstone's Library) we were very pleased with the food, but less pleased with the rooms and especially their water supply.

Chester is a lovely city with a well-maintained city wall (let Colchester learn from its example!). The fine Cathedral has the (alas, empty) shrine of its Saint Werburga (died 706).

It also has some nice pubs, whose patrons fell back amazed at the group of odd-looking Bishops and Clergy who drank outside in the warm evening air: on one such evening I found myself appropriately sipping outside "Alexander's Jazz Bar"!

**But it was a serious, demanding and fruitful week, showing that Anglicans and Orthodox - sadly at present unlikely to be united - can at least agree on some important aspects of the Christian Faith. May Christ our God bring us, at least in his time, into Unity in his Truth.**

**Father Alexander**



## The Holy Myrrh-gusher of Greece

An odd title for a Saint - 'Myrrh-gusher' or 'Myrrh-flowing'. We venerate St Demetrius as a 'Great Martyr' during the Great Persecution under Diocletian. As a young civil governor at Thessalonica, northern Greece, he bravely witnessed for Christ before the eastern Emperor Galerius (Maximian), and was executed on 26 October 306. He had loved to teach his faith to the young and he particularly inspired Nestor, who also suffered martyrdom. Demetrius is one of the most popular Saints among the Greeks. He is the 'myrrh-gusher' because after his death his tomb produced a flowing of healing myrrh. He remains enshrined in the basilica built over his tomb. Our own icon of the Saint is a lovely original. We have Holy Liturgy that day at 9.30 am.

## 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**

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

Rdr Alexander Haig Jnr, 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 CV15 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

### HOLY LITURGY

**BASILDON**

**Saturday**

**13 October**

**(NB date)**

**10.30 am**

**CLACTON**

**Saturday**

**20 October**

**10.00 am**

## Making Music in Montenegro

— Margaret Haig on her recent visit

For a week in August, I travelled with the pan-Orthodox Mosaic choir to Montenegro, at the invitation of Fr Boban, Deacon Vlado and the good people of Nikšić.

In fact, some of the group who hosted us have been to Colchester on a visit to the UK some years ago and visited St Helen's Church.

We performed in three of our own concerts, and contributed to a fourth at the monastery of Morača, which was celebrating its 760<sup>th</sup> anniversary.

While our singing exploits were memorable, I want to share an example of the faithfulness of the people we stayed with and met.

The monastery at Župa, dedicated to St Luke and which also holds a relic of him, was desecrated during Soviet times, the Church used as a barn and a concrete Soviet memorial erected outside the gate to stamp their authority. But this wonderful women's monastery is now thriving again, and the Church is restored.

Over 20 nuns are at the monastery, raising funds for improvements through their workshops alongside their prayer lives, including the aim of installing central heating (a real necessity in the harsh winters in Montenegro). They make prayer ropes, paint icons and make vestments amongst other crafts.

We spent such a short time there, and yet it felt like a place of prayer, a place of welcome and a place of growth and strength, much like our experiences of Montenegro as a whole.

St Basil of Ostrog, St Simeon of Dajbabe, St Peter of Cetinje and all the saints of Montenegro pray to God for us!



This lovely icon of St Basil of Ostrog, the great Saint of Montenegro mentioned in this article, was generously presented to us a few years ago by Montenegrin pilgrims to St Helen.

## The People Column

**GREAT-GREAT-UNCLE:** I am proud (perhaps rather ridiculously!) to have become, I think, rather venerable. My great-nephew DANIEL LAWSON was married a few years ago, and his wife ANNA has just presented him with a son, JOSEPH. Not so many of us g-g's about! I congratulate the parents, who live in Bristol where Dan is a scientist in the University, on their achievement, and pray God's blessing on their little lad. - Of course, I recognise that you, my readers, will all be sniggering behind your hand, *Father must be very old then....!*  
**IAIN GOLDSMITH** generally works in far countries and until recently has been in Donetsk, Ukraine. Now he has married a lady there, NATALIE, but has moved his work on into Central Asia! Our negotiator over St Martin's, locally he has moved to Harwich. We congratulate the couple and wish them, Many Years.

### Church Bread - more home bakers needed

Our bakers have diminished in number, and Khouria Hilary has been left almost alone. Can any people who enjoy home baking volunteer to make Church breads, please? - Training can be given if necessary, and of course we can supply the necessary seal for marking the bread. Our thanks to two ladies at Clacton for stepping in recently to help. Please do offer if you can: it is a great privilege and blessing to produce and offer the bread that becomes indeed the very Body of Christ.

## Here and There

### CHURCHES TOGETHER IN CENTRAL COLCHESTER:

There is uncertainty about the need for this body, which brings together clergy and lay representatives from most of the town centre churches. There are now other bodies which bring people together, and some people are feeling that the time for CTCC is now passed. You are invited to a meeting on **Monday 8 Oct** at 7.30 for 7.45 in St James' School, Guildford Road to discuss whether to close it down or to attempt to revive it. Our official representative is MARY MORRIS, and you can either contact her or attend the meeting yourself if you have particular views. Even if it is disbanded the Ministers Fraternal will continue, which means there will remain official lines of communication between the churches here.

**ST ALBAN & ST SERGIUS:** The local Fellowship meeting planned for 9 October is cancelled.

**NEWSLETTER:** After a thank-you from two readers but non-attenders in successive months I have been delighted and grateful to hear from a worshipper here, who writes:

Thank you for the latest newsletter. I would like to join with the non-orthodox reader in saying how informative and enjoyable the newsletter is. I always look forward to reading it and come away informed and a bit wiser every time. Please don't give up, your efforts are much appreciated!

Thank you indeed for that, dear Reader.

## New year at the University of Essex

The year at our local and prestigious University starts as usual with an introductory week at the beginning of October.

The arrangements in the Orthodox Chaplaincy are as follows.

- On **Wednesday evening, 3 October**, I hope to be at the Chaplaincy Centre for the open evening Buffet, for students of all faiths.
- Then on **Saturday 6 October** comes the Freshers Fair when I plan to be at the Chaplaincy stand, usually in Square 3, from 12 till 3.30. Unfortunately, it gets placed quite close to the extremely noisy and intrusive music loudspeakers.
- These are both great opportunities to make contact with as many of the new Orthodox students as possible.
- I plan to be at the Chaplaincy Centre **most Wednesday evenings** in the first term for Orthodox Hour at 7.00 pm, when people who want to come and see me can come along for talk and short prayers.
- The Holy Liturgy this term will be on **Saturday 24 November** at 10.00 am.
- A **leaflet** for students will be available at the Chaplaincy Centre and in St Helen's. It gives various bits of information that Orthodox students need to know.

### A Word from the Spiritual Fathers

It is sometimes well during prayer to say a few words of our own, breathing fervent faith and love to the Lord. Yes, let us not always converse with God in the words of others, not always remain children in faith and hope; we must also show our own mind, indite a good matter from our own heart also. Moreover, we grow too much accustomed to the words of others and grow cold in prayer. And how pleasing to the Lord this lisping of our own is, coming directly from a believing, loving, and thankful heart.

St John of Kronstadt (d. 1908)

### OCTOBER DAYS

Mon 1	Protection of the Most Holy Theotokos
Wed 3	Hieromartyr Dionysius the Areopagite, Bp of Athens
Fri 5	S Peter & c, Metropolitans of Moscow & All Russia
Sat 6	Holy Apostle Thomas
Sun 7	<b>Pentecost 18, Holy Martyr Osyth, Queen of Essex</b>
Mon 8	Virgin-Martyr Pelagia of Antioch
Tue 9	Holy Apostle James, son of Alphaeus
Wed 10	S Paulinus, Bishop of York
Thu 11	Apostle Philip of the Seventy, one of the 7 Deacons S Ethelburga of Barking
Fri 12	S Simeon the New Theologian, S John of Riga
Sun 14	<b>Pentecost 19, Fathers of Seventh Council, S Paraskeva the Younger, whose relics are at Iasi</b>
Tue 16	Appearance of Archangel Michael at Mont S Michel
Thu 18	Holy Apostle and Evangelist Luke
Fri 19	S John of Kronstadt, S Frideswide of Oxford
Sat 20	S Gerasimus the New Ascetic of Cephalonia
Sun 21	<b>Pentecost 20</b>
Tue 23	Holy Apostle James, the Brother of the Lord
Fri 26	Holy Great Martyr Demetrius the Myrrh-gusher
Sun 28	<b>Pentecost 21</b>
Mon 29	Martyr Anastasia the Roman

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