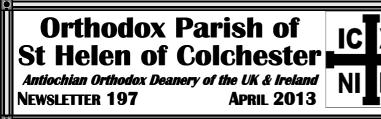
Holy Orthodoxy: a Faith from the past, for the future +++ **++**+



The Call to Holiness a call to you and me

Invision of the second seco true during the period of the Great Fast, in English often called Lent (which really means Spring).

Lent is a good time to try again to in a warm car - where pilgrimages in practise holiness. It is a permanent call to us, yet we slip away from it so easily. Lent gives the chance to tighten up again, to renew our prayers, to renew our church-going, to renew our whole life in Christ.

One thing to do in Lent is to read more of the lives of the Saints. Saint and holy mean the same thing-the Greek word hagios. The Saint is the one who is holy. The Saints inspire us to follow the same path to holiness.

In a sense Saints follow the one path to holiness in Christ. But in another sense they all follow their own individual path to holiness. Every Christian, every human being but it was too cold to stay long with the

is unique. Saints come in many different sizes and packages.

Recently we visited our Caroline in Newcastle and her family - as many of you know, grandchildren are a blessing and pleasure.

We made little pilgrimages in honour of two Saints, Bede the Venerable and Oswald the King and Martyr.

St Paul's, Jarrow was Bede's Monastery at the end of the seventh century and the beginning of the eighth. I have written of that before. It is a powerful place, for you worship between the very walls within which Bede himself worshipped. He is now buried in the great Durham Cathedral-sadly the Anglicans don't let you get to the actual relics, but it is wonderful to be close.

St Oswald, whose head is said to be buried with St Bede in Durham, is different from Bede. Bede was a devout monk who hardly strayed from his Monastery. Oswald was a devout king and warrior. We did not get to Durham but we did get to the place where St Oswald had his victory over the British at the lonely spot called Heavenfield, around the famous Roman wall built by Emperor Hadrian.

HOLY LITURGY CLACTON Saturday 20 April 10.00 am

It was a cold and nasty day, but perhaps а pilgrimage is best in those conditions. Pilgrimage is so easy for us so I encourage you to today - we popped along seek holiness, in Christ,

the past required much effort.

We parked on the road beside a large Cross erected to remind pilgrims that St Oswald had there erected a Cross and prayed to the Christian God with his men, rather like St Constantine outside Rome centuries before, then going successfully into battle.

We climbed the path to the bleak brow of the hill, crossing the line of the Wall (it has disappeared at that point) through the wet and dirty field, to the mediaeval church there.

On a fine day we might have looked around and admired the views around the lovely Northumberland countryside,

> children. So we looked at the little exhibition, said some brief prayers, and soon returned to the car to look for some lunch. Oswald is rightly admired for his devotion to our Holy Faith. He was a new convert, early on in the conversion of the English people. With all the enthusiasm of a convert he led his people to Christ, interpreting for his people the

words of the Bishop St Aidan. But here is a remarkable thing. Cad-

wallon, leader of Oswald's British enemies at Heavenfield, also was a Christian. These Christian British were the ancestors of the people we call Welshmen, and they were fighting to defend their own country, then being overrun by the Saxon or English invaders.

Do you see that Christians and Saints can be quite different from each other? All follow Christ, but they also follow their own personal calling.

Both King Oswald and King Cadwallon felt they were doing their duty following Christ, defending the rights of their peoples, respectively the English and the British (Welsh).

WEEKDAYS AT ST HELEN'S THIS MONTH

PRE-SANCTIFIED HOLY LITURGY Wednesdays 3, 10, 17, 24 April 9.30 am AKATHIST OF THE MOTHER OF GOD Fridays 5, 12, 19 April 6.00 pm

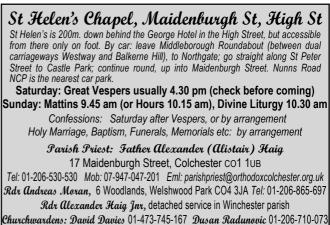
GREAT AND HOLY WEEK

All services in St Helen's Chapel	
Note time of weekday evening services: 6.00 pm	
Lazarus Saturday, 27 April	
Holy Liturgy of St John	9.30 am
Great Vespers	4.30 pm
Palm Sunday, Entry of Christ into Jerusalem, 28 April	
Mattins, with Blessing of Palms	9.45 am
Holy Liturgy of St John	10.30 am
Great & Holy Monday, 29 April	
Bridegroom Mattins	6.00 pm
Great & Holy Tuesday, 30 April	
Bridegroom Mattins	6.00 pm
Great & Holy Wednesday, 1 May	
Holy Anointing	6.00 pm
Great & Holy Thursday, 2 May	
Vespers & Holy Liturgy of St Basil	9.30 am
Mattins of the Twelve Gospels	6.00 pm
Great & Holy Friday, 3 May	
Royal Hours	9.00 am
Vespers & Deposition	3.00 pm
Mattins & Burial Procession	6.00 pm
Great & Holy Saturday, 4 May	
Vespers & Holy Liturgy of St Basil	9.30 am
Reading of Acts	10.30 pm
Midnight Office	11.30 pm
HOLY PASCHA, 5 May	
Resurrection Procession & Mattins	12 midnight
Holy Liturgy of St John	1.00 am (till 2.15)
No late morning Liturgy	
Parish Lunch ("Bring & Share")	1.00 pm
Paschal Vespers	approx. 3.00 pm
CONFESSIONS: After any service or by arrangement	

CONFESSIONS: After any service or by arrangement GIFTS FOR FLOWERS: To Simona Filon or Khouria Hilary **EPITAPHION FLOWERS: Women & girls invited to prepare** the Epitaphion 9.30 am Holy Friday

and to find your own personal Way to Christ. It is a rich and beautiful Way. God will bless you in your pilgrimage of life.

Father Alexander



The Parish of St Helen is Registered Charity No. 1134418 Parish Website: http://www.orthodoxcolchester.org.uk

At St James Anglican Church, Beatrice Rd, Clacton-on-sea CO15 1LE Divine Liturgy: usually third Saturday 10.00 am (Clacton Community)

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

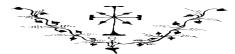




Above: Barking 2011, Frs Alexander Haig & Alexander Tefft (St Botolph's) at VespersBARKING PILGRIMAGEBright Saturday, 11 May12.00Service & Sprinkling1.00 Picnic Lunch2.00Talk3.00 Vespers, Artoclasia, AnointingBarking is in East London, some 8 miles this side of the City. There will be

transport from Colchester. Do sign up and come.

The Saints of Barking are from the Orthodox period of British history, before the Schism between East and West. Most lived in the 7th century.



Our Roman goes to God....

Roman Gavrilov lived rough on the streets of Colchester for several years, occasionally going elsewhere for

a short while. Aged 42, he was a Latvian, e t h n i c a I J y Russian, had been married, and had two sons growing up, but had not seen them for some years. He was alone in many ways, though his dear mother did what abe acuid



what she could for him from home.

We had known him since he first came to Colchester. He was a devout Orthodox Christian — though when he got excessively devout you knew he had been excessively drinking!

He became something of a son to me, and it grieved me (as many others) that there was so little we could do for him. Demon drink had him in its power: he could or would not break away.

But, drunk or sober, he would hug me and say, "You are my father, my only father." He would venerate the icons in church, especially St Helen, and always asked my prayers and blessing, often several times! I always assured him I did indeed pray for him, every night. He very much needed to feel cared for and loved. For three winters I let him sleep in St Helen's for the months of the bad weather.

We always hoped that something miraculous would intervene, but alas! it did not. Theodora Ford nobly took him in at one point. Recently Karen Laboutotiller did the same and I sincerely praise her for what she accomplished with him: things had looked a little more hopeful recently. Thankfully, he did not die alone, but at her home in Stock, near Chelmsford, with her at his side.

The funeral is not arranged at the time of writing: I hope it will be at St Helen's in mid-April. He will have a "Council" burial. Please contact us for more information.

Memory eternal, beloved Roman!

The People Column

DAVID POPESCU: Welcome into the Church of God little David Nicholas, son to Marian and Cristina of Canterbury Rd in Colchester. He was baptised in March. Many years!

ALEXIA AHMET: Amy Louise Ahmet of Clacton became Alexia on her baptism in March, aged eight. We were delighted to welcome her into the Church, and wish her Many Years!

MARIA (LESLIE) CARTER of Frinton had to have a few days in a home at Thorrington recently, but is now safely returned to her home, where she manages magnificently on her own, with some care, at the age of 93. While at the home she had Holy Communion with her old friend and godmother Alexia Lansley and Paul present.

DOROTHY (DOREEN) TANNER has been living at Colonia Court for some months, but is now moving to another BUPA home in Clacton, in the same road she lived in as a child. She will now be part of our Clacton congregation. We wish her well there and hope she settles quickly and happily in her home town.

A Word from the Fathers

The royal banners forward go; The Cross shines forth in mystic glow; Where he in flesh, our flesh who made, Our sentence bore, our ransom paid.

O Tree of beauty, Tree of light! O Tree with royal purple dight! Elect on whose triumphal breast Those holy limbs should find their rest.

On whose dear arms, so widely flung, The weight of this world's ransom hung: The price of humankind to pay, And spoil the spoiler of his prey.

O Cross, our one reliance, hail! So may thy power with us avail To give new virtue to the saint, And pardon to the penitent.

St Venantius Fortunatus, 530-609

Here and There

PARISH COUNCIL: The Council meets on Sunday 14 April at 1.00 pm. The members are Fr Alexander *Chairman* (ex-officio), Khouria Hilary, David Davies *Churchwarden & Treasurer*, Mary Morris, Dushan Radunovic *Churchwarden*, Teodor Petica, Theodora Ford *Secretary*, Reader Andreas Moran.

BAKERS, SINGERS, SERVERS, SEWERS, SACRISTAN are still needed. Volunteers are invited to offer themselves to serve the Lord and this Parish in any of these ways.

LENT SERVICES: We mark Lent at St Helen's by two services:

- the Liturgy of the Presanctified on Wednesday mornings at 9.30 am, and,
- the Akathist of the Mother of God on Friday evenings at 6.00 pm.

Both are very beautiful occasions, and you are strongly encouraged to put them into your weekly programme of preparation for Holy Pascha if you are free.



HOLY GREAT MARTYR GEORGE, Patron of England, has always been a favourite Saint in Orthodoxy. We honour him as Victorybearer and Wonder-worker. He gave his life for Christ in the Great Persecution at the beginning of the fourth century. Within fifty years of his death a great church had been built over his tomb in Lydda, Palestine. He was known in Orthodox times in Britain but came to wider veneration in the fourteenth century when the king built a fine and great temple to him in Windsor Castle itself. The Chapel remains today in the Queen's home, and is open to the public. The fine twentiethcentury icon above is by the celebrated Greek iconographer Kontaglou. Feast: 23 April.

APRIL DAYS

- Mon 1 S Agilbert of Dorchester & Paris
- Thu 4 S Zosimas of Palestine
- Sat 6 S Methodius, Enlightener of the Slavs
- Sun 7 Lent 3, Veneration of the Cross
- Thu 11 S Guthlac, Hermit of Crowland
- Sun 14 Lent 4, S John Climacus
- Fri 19 Hieromartyr Alphege, Archbishop of Canterbury
- Sun 21 Lent 5, S Mary of Egypt
- Tue 23 Great Martyr George, Patron of England
- Thu 25 Holy Apostle & Evangelist Mark
- Sat 27 Lazarus Saturday
- Sun 28 Entry of Our Lord into Jerusalem, Palm Sunday
- Mon 29 Great & Holy Monday Tue 30 Great & Holy Tuesday

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