

+ Christ has trampled down Death by Death—He is risen from the dead +

**Orthodox Parish of
St Helen of Colchester**
Antiochian Orthodox Deanery of the UK & Ireland
NEWSLETTER 198



Pascha means spring is here!

Spring was late this year. Winter went on and on, didn't it. This year there will hardly be any spring before the summer.

As a result, everything we expect with spring has been late too, causing problems and set-backs for gardeners, farmers and the tourist industry. No doubt some will have been pleased, some crops will be better, but many not so.

And it has been darkest just before dawn, to change the analogy.

+ + +

I suppose that the teaching of our Faith is a bit like that. The Crucifixion was the very depths of winter, or the very darkest hour before light. The disciples must have been very depressed and disorientated.

Then suddenly spring arrived with the Resurrection, the sun arose, darkness was dispelled. No wonder the disciples were put off-balance, and took time to believe in full.

Yet with hindsight the Church sees the *glory* of the Crucifixion. The Cross for us is no defeat at all. The glory of God shines in and through the Cross.

This unity of the Cross and Resurrection is true for all Christians,

GREAT AND HOLY WEEK

Note time of weekday evening services: 6.00 pm

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)
<i>No late morning Liturgy</i>	
Parish Lunch ("Bring & Share")	1.00 pm
Paschal Vespers	approx. 3.00 pm

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

WEEKDAY LITURGIES AT 9.30 AM

Friday 10 May, Bright Friday, Life-giving Source
Tuesday 21 May, SS CONSTANTINE & HELEN
Wednesday 29 May, Mid-feast of Pentecost

BARKING PILGRIMAGE Bright Saturday, 11 May

Barking is in East London, some 8 miles this side of the City. Transport from Colchester: sign list on the noticeboard. Do sign up and come. Depart 10.00 am. Return about 6.00 pm. Bring packed lunch. Drinks available.

12.00 Service to the Saints & Sprinkling with Holy Water	2.00 Talk	3.00 Vespers, Artoclasia, & Anointing with Oil
1.00 Picnic Lunch	3.30 Tea	

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.



Christ is risen from the dead,
Trampling down Death by death,
And upon those in the tombs bestowing life.
The Paschal Troparion (Dismissal Hymn or Apolytikion)

I wish you a happy and glorious Pascha.
Father Alexander

Russian concert in St John's Russian Church, Military Road

The Hermitage male-voice Choir from St Petersburg sing religious and folk music on **Monday 6 May at 7.00 pm.** £10 entrance.

A Paschal Symphony

The Easter season is a rich one: the themes of the Sundays are a rich compilation, exploring not only the obvious one of the Resurrection itself but also, for example, themes of light and water and Spirit—the last day of the

season is after all the day of Pentecost. One of my favourite feasts in the year is the Mid-Feast of Pentecost (this year 29 May), the midway-point of the Fifty Days between Easter and Pentecost. Not found in the western calendar, it marks the tipping point between emphasis on the Resurrection of Christ and emphasis on the giving of the Spirit of the Resurrection to us, Christ's sinful followers.

HOLY LITURGY
CLACTON
Saturday
18 May
10.00 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 Balkeine 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*

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

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 CV15 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

The People Column

ARCHBISHOP PAUL KIDNAPPED: The Greek Orthodox Archbishop of Aleppo has been kidnapped in the sad conflict in Syria, along with the Syrian Orthodox Archbishop. Their driver was tragically killed. Archbishop Paul is well-known to us in Colchester, and served the Holy Liturgy here in 2001. He is the brother of our new Patriarch. I had the privilege of taking him to Walsingham, and our son ALEX was later his guest in Aleppo. Please remember them in your prayers, and pray for peace in that war-torn country.

THREE BAPTISED TOGETHER: ATHENA CHRISTOU (7 months), second daughter of Chris and Danielle, was baptised recently, together with her cousins GEORGIA (5) and JACK (nearly 2), children of Angela CHRISTOU and Mark TAYLOR, who live in Chingford. It was a happy occasion, and we congratulate them all.

ANOTHER BAPTISED recently was JAMES GUIRGUIS, first child of Karim and Mihaela, whom we married here in 2011. Congratulations to them!

TODOR KARAMANSKI, from Bulgaria, has lived in Taylor Court close to St Helen's for several years. Though he spoke very little English, he was always a pleasure to meet and exchange comments with. Sadly he has died, aged 65. Our deepest sympathy to his wife STEKFKA DIPCHIKOVA, to his step-son DIYAN ATMADJOV of Abbey Field, and to all the family. Memory eternal!

ROMAN GAVRILOV: His sad death, at 41,

was reported last month. Because he died in the Chelmsford area, his funeral was the responsibility of that Council, and I want to report how kind and helpful they were in burying our dear friend in Colchester where he had felt at home for some years, and with an Orthodox service. We were able to bring his mother from Latvia and to have the funeral in St Helen's, and I thank all those who made donations to our "Roman" fund. The funeral was really wonderful when you consider he had been living on the streets (in extreme weather sleeping in St Helen's) for years. Some 30 people attended, including Fr ANDREW PHILLIPS of St John's Church, and Fr ANTHONY from the Monastery. Clearly many were rather fond of him. —Roman's mother VALENTINA GAVRILOVA, had previously asked to be received into the Orthodox Church, and on the Sunday after the funeral I had the pleasure of receiving her by Holy Chrismation with the name Elena, and with ELENA KANAAR from Clacton as godmother. The Kanaars and KAREN BOUTILLIER of Stock were generous in accommodating her and looking after her. Luckings, the Chelmsford funeral directors, must also be thanked for their great help.

DR NARGIS MIKHAEL: Congratulations to Nargis on gaining her PhD in business studies. She has worshipped happily with us for her years of research here, and as the Church of Antioch permits Coptic lay people to communicate with us when cut off from their own Church, she has been a frequent communicant with us. Now she seeks a job!



ST HELEN'S CHAPEL was, according to British tradition, built by St Helen as her own place of worship. This may not be considered factual, but belief in it must be the reason it has survived since at least the 10th century - even through the long period of 460 years when it was not used for its proper purpose, but as a house, school, etc. Colchester's citizens loved it and preserved it surely because they thought it built by her. They imagined her coming to church as a young woman and then later with her little boy Constantine in her hand. The link is a romantic and emotional one, but this gives a certain delightful element. It became an Orthodox temple in 2000—but

be warned: it is not our property and our lease runs out in 2016. There is a good chance we may be allowed to retain it, but that is by no means certain. But we can certainly think - perhaps again romantically and emotionally - that it was originally an Orthodox church, because built before the Great Schism, and that its first worshippers were Orthodox just like us, and its first Priests were Orthodox Priests.

A Word from the Fathers - St Asterius, Bishop of Amasea (+ 410)

O Night brighter than day;
O Night brighter than the sun;
O Night whiter than snow;
O Night more brilliant than torches;
O Night more delightful than paradise;
O Night which knows not darkness;
O Night which has banished sleep;
O Night which has taught us to join vigil with angels;
O Night terror of demons;
O Night most desirable in the year;
O Night of torch-bearing of the bridegroom in the Church;
O Night mother of the newly baptised;
O Night when the devil slept and was stripped;
O Night in which the Inheritor brought the beneficiaries into their inheritance,
 An inheritance without end.



Here and There

TEENAGERS need a home and support, both of which things are lacking for numbers of them. Are you interested in helping? Essex County Council brings teens and helpers together. *Literature is available in the Porch.*

ORTHODOX CONFERENCE FOR ALL: The Fellowship of St John the Baptist organise a couple of days at Swanwick conference centre yearly in Derbyshire. It is always stimulating and enjoyable. This year the speakers will be Metropolitan JONAH from the USA and Fr ZACHARIAS from the Monastery. Would you like to come, Friday 12 - Sunday 14 July?

FASTING IN PASCHAL-TIDE: According to the Holy Synod of Antioch, following a very ancient tradition, there is no fasting on Wednesdays and Fridays from Pascha until the eve of Ascension. (Greeks and Russians renew fasting after Bright Week.)

FLOWERS: SIMONA FILON has a lot on her plate at the moment - nursing, studying, children - and would like to give up as our Flower organiser. It is not really a big-big a job. We do not need flowers every week, but for special days, with flowers laid around the special icon and the icon on the central stand. Would anyone like to volunteer for the job?

ORTHODOX YOUTH CAMP: The Camp near Shrewsbury (Shropshire) this year is 18-26 August. Details www.govgbcamp.org.uk, or contact ZOE BATES (07816-859-81, info@govgbcamp.org.uk). All parents should try to send their 9-16s to camp, which the youngsters vastly enjoy and profit from. Finance is available from the Parish on request.

WINCHESTER PARISH is now up and running, in the Romanian diocese. Greek Fr ANDREAS ANDREPOULOS is Parish Priest and ALEXANDER HAIG Junior is Reader. We pray for God's blessing on it.

MAY DAYS

Wed 1	Great & Holy Wednesday
Thu 2	Great & Holy Thursday, S Athanasius the Great
Fri 3	Great & Holy Friday
Sat 4	Great & Holy Saturday,
Sun 5	HOLY PASCHA
Mon 6	Bright Monday
Tue 7	Bright Tuesday, Holy Apostle & Evangelist Mark, Holy Martyrs Raphael, Nicholas & Irene of Lesbos, S John of Beverley, Bishop of York
Wed 8	Bright Wednesday Holy Apostle & Evangelist John the Theologian
Thu 9	Bright Thursday, Martyr Christopher of Lycia, Translation of Relics of S Nicholas of Myra
Fri 10	Bright Friday, Life-giving Spring of the Theotokos
Sat 11	Bright Saturday, SS Cyril & Methodius, Apostles to the Slavs
Sun 12	Pascha 2, S Thomas Sunday, S Ethelheard, Archbishop of Canterbury
Tue 14	Joyful Commemoration of the Departed
Wed 15	S Pachomius the Great
Thu 16	S Brendan the Voyager, Abbot of Clonfert
Fri 17	S Euphrosyne of Moscow
Sun 19	Pascha 3, Holy Myrrh-bearing Women, S Alcuin of York, S Dunstan of Canterbury
Tue 21	SS Constantine & Helen
Fri 24	S Vincent of Lerins
Sat 25	3rd Finding of the Head of S John the Forerunner, S Aldhelm, Bishop of Sherborne
Sun 26	Pascha 4, The Paralysed Man, S Augustine of Canterbury
Mon 27	S Bede the Venerable
Wed 29	Mid-feast of Pentecost

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