

**Orthodox Parish of  
St Helen of Colchester**  
*Antiochian Orthodox Deanery of the UK & Ireland*  
**NEWSLETTER 201**      **SEPTEMBER 2013**



**SEPTEMBER SERVICES AT ST HELEN'S**

*This is the full programme of services for September*

Sunday	1 Sep	9.45 am	Mattins
		10.30 am	Holy Liturgy
Sunday	8 Sep	10.30 am	Hours and Typika
Saturday	14 Sep	4.30 pm	Great Vespers
Sunday	15 Sep	10.30 am	Holy Liturgy & Elevation of the Cross
Saturday	21 Sep	4.30 pm	Great Vespers
Sunday	22 Sep	9.45 am	Mattins
		10.30 am	Holy Liturgy
		4.30 pm	Holy Baptism -Hannah Ahmet
Thursday	26 Sep	9.30 am	Holy Liturgy
Saturday	28 Sep	4.30 pm	Great Vespers
Sunday	29 Sep	9.45 am	Mattins
		10.30 am	Holy Liturgy

**Symbol of hope....**

A cross is the simplest of symbols used in writing. It is so simple to write that (in Britain at least) it is or was used by those unable to sign their name (it would then be certified by somebody who *could* write). Such a signature was taken as binding for the future.

This so-common symbol, then, is used by us Christians to denote the most sacred action of the Crucifixion of the God-Man Jesus Christ.

What we would call The Most Important Event in history uses the most basic symbol.

Our religion is often like this in its use of symbols: natural phenomena such as water, light, smell; man-made phenomena such as bread and wine - all are used by our Faith as effective symbols of some far greater, deeper, realities.

The Cross on which Christ died was thrown into a cave or pit by the Romans after the death of the Lord.

Three hundred years later it was found in that cave by, according to tradition, St Helen. She brought it out and sent it to her son St Constantine, Emperor of Rome.

The Cross was of course of total importance from the very beginning of Christianity. But in the early period it



was less public (as the Faith itself was). Then with its finding and the Peace of the Church it really 'took off' as the symbol of our Faith.

The September visit of HIS BEATITUDE THE PATRIARCH to his people in Britain, of which some of you had heard, has, alas, been cancelled, or at least postponed *sine die* - without any word of when he will come. We are all very disappointed.

We Christians had long drawn it on ourselves. Now it appeared on our church buildings, and people began to paint it on their houses. That most simple and obvious sign came to represent Christianity for all people, as it still does.

The Cross still has power. Let it often be in your hand and on your body. There is such strength in all our Christian symbols.

*Father Alexander*

**Dialogue in Serbia with the Anglicans**

Another round of the Dialogue between the Orthodox Churches and the Anglican Communion takes place 4-11 September in Novi Sad, Serbia.

I have again the rather daunting task of representing the Holy Church of Antioch amongst all the theologians. We shall be dealing with the first draft of a Report on the subject of 'Christian anthropology' - what, according to Christianity, being a human exactly is.

This means that there will be no Liturgy at St Helen's on **Sunday 9 September**, but Reader Andreas will serve **Hours and Typika at 10.30 am**. No Vespers the evening before.

Khouria Hilary will be at home while I am away.

**HAVE YOU SENT IN YOUR DETAILS?**

- **names, family, telephone, &c, &c?** Thanks to those who have done so already: I am able to build up my office system again, after losing my Filofax.

**DAY OF ANTIOCHIAN SOLIDARITY**

**Sunday 15<sup>th</sup> September**  
**In support of humanitarian relief in the sad land of Syria.**

- There will be a collection in church for the work on 15 Sept.
- Those who cannot be present, may hand in or send gifts by post.

**PLEASE BE GENEROUS IN YOUR GIVING**

**National Heritage Day, 14 & 15 September**

On these days many buildings will be open around the town, more for local people than tourists. We will be open (as always) on Saturday morning and Saturday and Sunday afternoons. I expect to be present all or very much of the time, but am grateful to have someone with me to help receive the many visitors who will come. It is a valuable occasion: we welcome people and tell them about the history and tradition of the Chapel—and introduce many of them to the Orthodox Faith.

**Any volunteers to help, please?**

**CLACTON**

Saturday  
21 Sept  
10.00 am  
HOLY LITURGY

Sunday  
29 Sept  
3.30 pm  
HOLY MARRIAGE  
(PETER SERGHIOU  
& HANNAH AHMET)

**An anonymous teenager left this thoughtful and touching note in church recently:**

*To the church,  
I came in here looking for solitude and peace of mind. For a long time I have felt I have lost my connection with God. In your church I felt safe and I sensed that God was looking upon me again. I could have written in the visitors' book but I wanted you to know how truly grateful I am to you for keeping your church open to me during this difficult time.*

*Best wishes, anon (17 yrs old)*

**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**  
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 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 CO15 1LE  
Divine Liturgy: usually third Saturday 10.00 am

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



## Former head of OCA a pilgrim to St Helen

Metropolitan Jonah, recently head of the Orthodox Church of America for a short period, gave a lecture at the St John the Baptist conference at Swanwick in Derbyshire in July. He then came for a few days at the Monastery. While in Essex he came to visit St Helen's and to venerate the Holy Relic. It was a privilege and pleasure to have him here in our church.

### STELIOS PAPA-CONSTANTINOU

has been studying for a Master's degree for a year, and leaves us shortly on completing his studies. He returns to Cyprus and his work there. We are very grateful for his help on the Altar these past few months and wish him well for the future.

**ATHANASIOS DIMISIORIS** has finished his Bachelor's degree and has now gone on to study for a Master's at the London School of Economics. Half-Greek, half-Austrian, he has been a regular attendee at worship here for four years: we shall miss him and wish him well.

**NARGIS MAKHAIEL**, a Coptic Christian, has also been a regular worshipper here for several years doing her PhD. Being cut off from her own Church, she has been allowed to receive the Holy Mysteries with us, and has been very much part of our community. She has returned home to Egypt to work: we shall miss her too.

**ANASTASSIOS KOTTAS** - 'Tassos' as we call him - has gained his PhD too, and we congratulate him. We are not after all losing him: he is staying here to research.

**PETER AND MARIA SMITH** were married here in July. Peter is from Ipswich, and like many of us, a convert to Orthodoxy. Maria, though Spanish, is a life-long Orthodox. We congratulate them on their marriage, which was a lovely occasion. Those present included not only family members, but clergy Fr ANTONY BARDSLEY and Deacon ANDREW BOND from Mettingham in Suffolk, and Deacon ANDREI LOSSKY from Paris. Peter is now a probation officer in Colchester, and he and Maria will live at Wivenhoe. We wish them all happiness and Many Years!

## The People Column

### TRAUDI MOROSAN

visited St Helen's

recently, coming from Romania for her son MIHAIL's graduation. We stayed with her and her husband, iconographer MIHAI, in Suceava last autumn. It was good to see her again.

**SILVIA AND DAVID LEFLEY** have had a little girl, MARY-ANNE HELEN, the fruit of much prayer, and by the time you read this, it will have been a delight to have baptised her here. Congratulations to all!

### MICHAEL

**KAMPOURIDIS** was back in Colchester recently. It was good to have him worship with us one Sunday. He and NICOLE now live in Chatham in Kent, where he teaches at the 'Universities at Medway'.

**VLAD GHITA**, the Romanian student who helped so much on the Altar around Holy Week and Pascha, has secured a place on a four-year course in the Faculty of Theology in the University of Bucharest. *Every Sunday morning*, he writes, *I go to the Holy Liturgy and sing alongside with other young people*. We wish him well as he grows in knowledge and understanding of our holy Faith.

## Here and There

**I NEED YOUR HELP!** At times there are plenty of people to run the everyday life of the church. At other times there is a shortage. There is a shortage at the moment. **We need:**

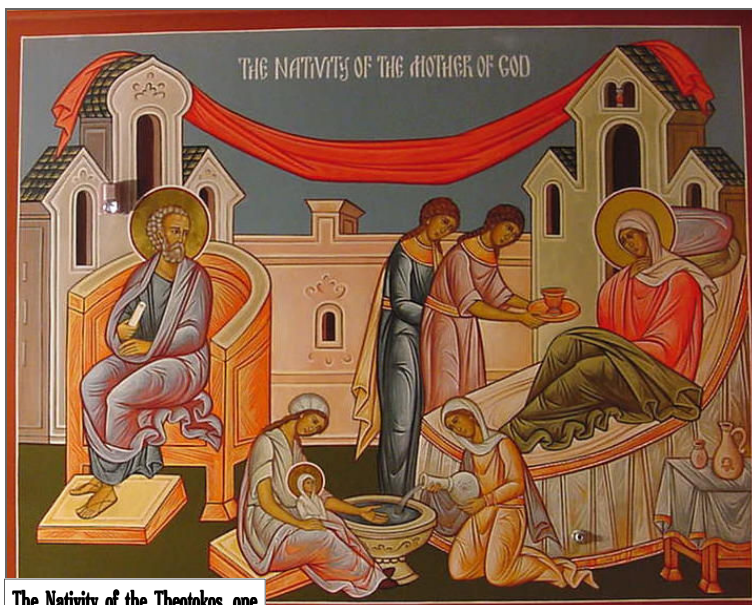
- Men and boys to **serve** on the Holy Altar.
- People to **bake** the Church bread.
- People to **clean** the church.
- People to **clean** items like the censers. You could do this at church or at home.
- People to **wash and iron** church cloths.

**If a number of people could volunteer, it would mean we could make a rota so that it is just every so often.**

**Could you sign to go on a rota to help, please? Lists will be in the porch to sign.**

Seeing we have a good number of **students**, perhaps some of the men could volunteer for serving on the Altar.

**ST JOHN THE THEOLOGIAN PARISH** in Norwich is in some difficulty, we learn. For some years it had an unused Anglican church there, and latterly a Methodist church. Now it has to find other premises from Christmas. Please pray for Fr PATRICK HODSON and his people, that they may find an appropriate building for the worship of God.



The Nativity of the Theotokos, one of the Twelve Great Feasts, falls on Sunday 8 September. Hours and Typika at 10.30 am will be served by our Reader, Andreas Moran.

### SEPTEMBER DAYS

Sun 1	Pentecost 10, Church New Year, Day of Prayer for the protection of the Environment
Wed 4	H Prophet and God-seer Moses
Thu 5	H Prophet Zechariah & Righteous Elizabeth
Fri 6	Commemoration of Miracle of Archangel Michael
Sun 8	Pentecost 11, Nativity of the Holy Theotokos, King S Ina of Wessex in England
Mon 9	Righteous Forbears of God Joachim & Anna
Wed 11	S Deiniol, Abbot of Bangor in Wales S Euphrosynus the Cook of Alexandria
Fri 13	Dedication of Church of the Resurrection
Sat 14	Exaltation of the Precious & Life-giving Cross
Sun 15	Sunday after Holy Cross
Mon 16	Hieromartyr Cyprian of Carthage S Ninian of Whithorn in Scotland
Tue 17	Martyr Sophia & her daughters Faith, Hope & Love
Thu 19	S Theodore, Archbishop of Canterbury, Patron of our Deanery
Sun 22	Pentecost 13, Martyr Phocas the Gardener
Mon 23	Conception of S John the Forerunner & Baptist
Tue 24	S Silouan of Athos, S Thekla, Protomartyr
Wed 25	S Sergius the Wonderworker of Radonezh S Coelfrid, Abbot of Jarrow
Thu 26	H Apostle John the Theologian
Sun 29	Pentecost 14

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

### A Word from the Fathers: the Exaltation of the Holy Cross

We are celebrating the feast of the Cross, whereby darkness was dispelled and the light restored. We are celebrating the feast of the Cross, and with the Crucified One we are raised up, leaving behind us the earth and sin so that we may possess what is above. How great the Cross! What blessings it holds! He who possesses it possesses a treasure. More noble, more precious than anything on earth, in fact and in name, it is indeed a treasure, for in it and through it and for it all the riches of our salvation

were stored away and restored to us. If there had been no Cross, Christ would not have been crucified. If there had been no Cross, Life would not have been nailed to the tree. If he had not been nailed, the streams of everlasting life would not have welled from his side, blood and water, the cleansing of the world; the record of our sins would not have been cancelled, we would not have gained freedom, we would not enjoyed the tree of life, paradise would not have been opened. *St Andrew of Crete (7th/8th cent.)*