

**Orthodox Parish of  
St Helen of Colchester**  
*Antiochian Archdiocese of the BI & Ireland*  
**NEWSLETTER 217      FEBRUARY 2015**



WEEKDAYS AT ST HELEN'S	
MONDAY 2 FEB 9.30 am	MEETING OF CHRIST IN THE TEMPLE <i>Divine Liturgy</i>
TUESDAY 10 FEB 9.30 am	HIEROMARTYR CHARALAMBOS <i>Divine Liturgy</i>
WEDNESDAY 25 FEB 9.30 am	FIRST WEDNESDAY OF LENT <i>Liturgy of the Presanctified</i>
FRIDAY 27 FEB 6.00 pm	FIRST FRIDAY OF LENT <i>Akathist of the Mother of God</i>



**A new Saint: Paisios of Mount Athos**

**E**lder Paisios has been glorified by the Holy Synod of the Church of Constantinople. The announcement was made on 13 January.

As I understand the process, canonisations newly agreed by the Holy Synod of one Orthodox Church are simply accepted by the others. So he is now recognised as a Saint of the Orthodox Church throughout the world.

The Saint was born in Asia Minor in 1924 and baptised by his parish priest, St Arsenios. He was quickly taken from there with the refugees who settled in northern Greece.

After army service in the second world war, he went to the Holy Mountain, where over the years he lived in several of the holy monasteries.

He was a gentle and loving soul, and his counsel was sought by many. He suffered a good deal of poor health, and it was in poor health he left Athos, and died in 1994, a few days before his seventieth birthday, at the women's monastery of St John the Theologian which he cherished at Souroti near Thessalonica. There he is buried.

Much of his teaching is published, and even now his simple and wise counsel is highly valued, especially amongst the Greeks.

May the prayers of this newly-glorified Saint enlighten and inspire us, and draw us into the kingdom of our Lord and Christ.

**Holy Father Paisios, pray to God for us!**

*Father Alexander*

*A fuller account of the Saint is available in church. Feast day: 12 July.*

**STOP PRESS: a miracle apparently by the prayers of the new Saint appears to have happened already in our own congregation: news next month.**

**The Lent service pattern**

A characteristic of Lent is that there is no full Liturgy on weekdays, except on the Annunciation.

On Wednesdays and Fridays we can have the Liturgy of the Pre-sanctified, the Liturgy of St Gregory. This has no Anaphora, no Offering of the Bread and

Wine to God to become his Body and Blood. Instead, an extra Lamb is pre-sanctified on the previous Sunday.

In fact the service is really Vespers with some special beautiful ceremonies, followed by Holy Communion.

We have it just on Wednesdays, at 9.30 am.

**The Meeting of Christ in the Temple**

This lovely and touching feast falls forty days after the Nativity of Christ (Christmas), so that Mary and Joseph were obeying the Jewish law for a new child to be presented in the Temple in Jerusalem at forty days.

Our mothers and fathers follow this practice with their own children even to this day in their own local temple.

It teaches us that we are to present all that we hold dearest to God himself for his service, acknowledging that all we have comes to us from the Almighty Provider of all good things.

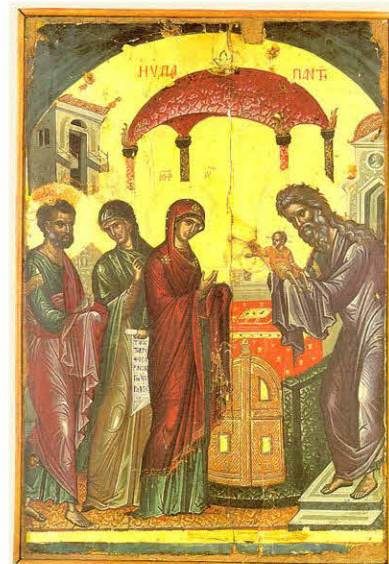
We must not of course sentimentalise this—old Anna tells Mary that a sword will pierce her soul also.

But there is a real sense of peace in the scene—the Priest Simeon is now ready to die, for he has seen the Lord's Will come to pass.

God grant us the wisdom to understand it, and the courage to obey it.

**Holy Liturgy for the feast Monday 2 Feb at 9.30 am. Do come if you can.**

**HOLY LITURGY CLACTON Saturday 21 February 10.00 am**



**Fellowship of St Alban & St Sergius**

Tuesday 3 February 7.30 pm in St Helen's Chapel

Hieromonk Patrick Ramsey 'Orthodoxy in the Antipodes'

Not much is known or recognised in Europe about Orthodoxy in Australia and New Zealand. Fr Patrick, a New Zealander presently living in Colchester, will open up the subject to us.

*This meeting is open to all.*

**Parish Annual General Meeting**

**Sunday 1 March**

immediately after the Holy Liturgy. The Liturgy will start on time and conclude early. Staying to the meeting will not keep you much later than usual. Please book it in your diary, and remain for it.

**The Sundays of the Great Fast**

- Lent 1** Sunday of Orthodoxy
- Lent 2** St Gregory Palamas
- Lent 3** Veneration of the Cross
- Lent 4** St John Climacus
- Lent 5** St Mary of Egypt

The period from Lazarus Saturday & Palm Sunday is not Lent but the separate Holy Week (also a Fast).

On the first four Friday evenings we here follow the Greek practice and sing a part of the very beautiful Akathist to the Mother of God at 6.00 pm, with the full prayer on the fifth Friday.

Come to these extra services as part of a Lent rule if you can. Come to Jesus Christ our God and learn penance.

**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 Balkeme 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: Hours 10.15 am, Divine Liturgy 10.30 am**

*Confessions: Saturday 5 pm, 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

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*

