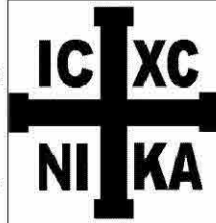


# Holy Orthodoxy: What a glorious Faith, ever-old, ever-new!

## Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Christian  
Archdiocese of the British Isles and Ireland  
Metropolitan: His Eminence Archbishop Silouan  
NEWSLETTER 229 MARCH 2016



### WEEKDAY SERVICES AT ST HELEN'S

WEDNESDAY 9 MARCH, FORTY MARTYRS OF SEBASTE

9.30 AM HOLY LITURGY

WEDNESDAYS 16, 23, 30 MARCH

9.30 AM VESPERS & LITURGY OF THE PRESANCTIFIED

FRIDAY 18 MARCH

6.00 PM AKATHIST TO THE MOTHER OF GOD

FRIDAY 25 MARCH, ANNUNCIATION OF THE MOTHER OF GOD

9.30 AM VESPERS & LITURGY OF ST JOHN

6.00 PM AKATHIST TO THE MOTHER OF GOD

## He's in! - First Antiochian Metropolitan of Britain enthroned in London



His Eminence, accompanied by Deacons Gerasimus (Damascus) & Alexander Haig (Poole)

All from the Parish who witnessed the Enthronement on 27 February of the first Antiochian Archbishop of the Archdiocese of the British Isles and Ireland will not only have enjoyed it as an impressive event, but also been aware of the historical significance of the occasion.

It was not just that there were numbers of dignitaries present, Orthodox and non-Orthodox—Greek Archbishop GREGORIOS, Russian Metropolitan ELISEY, Anglican Bishop JONATHAN GOODALL representing his Archbishop, RC Bishop PAUL HENDRICKS representing his Cardinal, and others too.

One felt it a momentous moment in the life of Orthodoxy in this country. The Antiochian Church in these Islands, perhaps a bit moribund these past few years, is receiving an injection of new life under a comparatively young Arch-pastor.

But you are right: we must not burden our already-loved Metropolitan SILOUAN with too many expectations. We must not pin our hopes on him personally to rebuild God's Church, to bring order into the chaos of the whole Orthodox Church here.

Our hope must be in Christ, not in any man. Our corporate

and individual life must be in the Holy Spirit, not in the shadow of any fallible man, however genuinely charismatic.

Now we await his first visit to his people in Colchester, which may be soon or maybe a while yet, with all his other parishes.

In the meantime we have to look very seriously at our Parish's financial support for the new Bishop the Church of Antioch has sent to us.

This year we shall likely need to boost our funds considerably to support him—and to take our own Parish into a new chapter of its history with a larger and more suitable building than beloved St Helen's, requiring more finance!

May the prayers of St Theodore, who came from Tarsus in the Church of Antioch to Canterbury in the 7th century inspire our new Bishop, our whole Diocese, and - yes! - our own dear Parish.

God bless us all.

**Father Alexander**

**20** This month the Parish celebrates its twentieth anniversary. After a preliminary meeting on 24 February, we celebrated our first services on 2 and 3 March 1996. In November 2000 we came to St Helen's Chapel. We thank God for all his goodness over the whole period, and look forward to the years ahead in the confidence of receiving his richest blessing, by the prayers of the Holy Mother of God and St Helen, Patron of our Parish and City and Church.

HOLY LITURGY  
CLACTON  
Saturday  
19 March  
Commemn of  
S Theodore  
the Recruit  
10.00 am

## Sunday 6 March: Feast of the DISCOVERY OF THE TRUE CROSS OF CHRIST BY ST HELEN

Reception of a relic of the True Cross into her Chapel

The holy relic of the True Cross we have been given has been kept in the house until now, bringing a blessing upon our household.

It will now be taken into St Helen's Chapel after the Holy Liturgy on 6 March, being the feast of the Discovery of the True Cross by St Helen, to be venerated by the faithful.

She went to search for the Cross, probably in AD 326, and found it in a cave. Over the years they cut it up into many pieces - some larger ones, but mostly tiny, tiny ones such as ours - and distributed it around the world. Our piece, seemingly authenticated in southern Italy, was generously presented to us by Dr John Ashdown-Hill MBE (see Newsletter for last December).

Come and join in the Procession to present it in her Chapel.

## Lent, properly called The Great Fast

This year Lent begins on 14 March—and, counting in Holy Week, the Fast ends on Holy Pascha, 1 May.

It is essentially a time of discipline, *ascesis*. We attempt to give ourselves to more fasting, more prayer, more worship in church. A leaflet will be available on the table to help you.

We avoid meat and dairy products, and in general fish and oil. We try to spend more time in prayer and meditation—you may find something good to read on our lending shelves.

We should also try to get to church more frequently. Wednesdays at 9.30 am is the **Liturgy of the Presanctified**. Fridays at 6.00 pm is the **Akathist to the Mother of God**.

But also try to get to church every Sunday for **Mattins** at 9.45 am and the **Liturgy of St Basil** at 10.30.

On the day before Lent begins, on Cheesefare Sunday, we have a short form of **Forgiveness Vespers** immediately after Liturgy. During Lent we should do to Confession.

It all makes a rich spiritual diet, preparing us carefully and joyfully for Holy Pascha.

## 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 Balkierne Hill), to Northgate, go straight along St Peter's Street to Castle Park; continue round the bend, up into Maidenburgh Street. The nearest car park is Nunns Road NCP, off St Peter's Street.

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 5 pm, 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  
Churchwardens: David Davies 01-473-745-167 Dusan Radunovic 01-206-762-553

The Parish of St Helen is Registered Charity No. 1134418

Bank account: Sort Code 20-22-67 Account No. 50349364

Parish Website: <http://www.orthodoxcolchester.org.uk>

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

