

+ **Holy Orthodoxy: a glorious Faith, ever-old, ever-new!** +

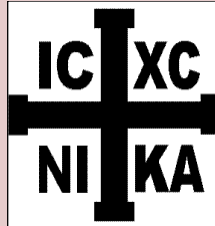
## Orthodox Parish of St Helen of Colchester

*Antiochian Orthodox Christian Archdiocese  
of the British Isles and Ireland*

*Metropolitan: His Eminence Archbishop Silouan*

NEWSLETTER 236

NOVEMBER 2016



### SPECIAL DAYS: HOLY LITURGY 9.30 AM

TUESDAY 1 NOV

ST COSMAS & ST DAMIAN OF MESOPOTAMIA

FRIDAY 11 NOV

ST MARTIN THE MERCIFUL OF TOURS &

ST MENAS THE WONDERWORKER

FRIDAY 25 NOV

GREAT MARTYR KATHERINE OF ALEXANDRIA

WEDNESDAY 30 NOV

HOLY APOSTLE ANDREW THE FIRST-CALLED

ENTRY OF THE THEOTOKOS WILL BE OBSERVED ON SUN 20 NOV

## Pastor & Preacher

St Martin is a favourite Saint of mine, and has been much loved throughout western Christendom.

He was born in the Roman province of Pannonia - what we would call Hungary – about 316 AD. With his father being an army officer, he had to join it too.

He was not baptised but a catechumen when, riding out of the city of Amiens in northern France, he saw a lame man with no coat. In a moment he cut his own military cloak in two and gave half to the man.

That night he dreamt of Christ wearing that half-cloak and saying that in clothing the poor man Martin had clothed Christ.

Martin stayed in the Army for his necessary term but then left and became the disciple of St Hilary, Bishop of Poitiers.

Later, against his own will, Martin became Bishop of Tours. He preferred his monastic cell and hermit's vocation, but dutifully travelled widely throughout France to bring people to Christ, so that he is known as the Apostle of France.

A gentle and kindly Pastor of souls, he was much loved not only by his diocese and monks but by all the people.

He was buried on 11 November 397. 4000 ancient churches are dedicated to him in France, and many in Britain too - not least here in Colchester, by the English (Saxons) or, possibly, even earlier, by the Romano-British. May his prayers assist us.

*Father Alexander*



## Here and There

### A building permanently suitable for our Parish

At the moment of writing there is still absolutely nothing to report on either St Helen's Chapel or St Martin's Church - which does seem a little strange, to say the least. The Buildings Committee meeting has therefore been postponed until we hear something. At the moment the thinking remains that we should continue to lease St Helen's for weekday and all winter services and try to buy St Martin's for use for worship only in the warmer months, until we can afford to install proper heating. But much of course depends on the prices we are presented with!

### Bath Orthodox Parish

Thank you to those who have supported the appeal for funds to buy Holy Trinity Church in Queen Square, highlighted in our last month's Newsletter. I know Fr YVES and Fr SERAPHIM and the people there are very grateful.

### Church Council

There will be a meeting on 13 November at 1.00 pm, postponed from 2 October.

HOLY LITURGY  
CLACTON  
Saturday  
19 November  
10.00 am

## Archbishop here on flying visit: Saturday 29 October

If this reaches you in time, come along on the last Saturday of October to be with our Bishop, His Eminence Metropolitan Silouan, and our fellow Antiochians.

He is leading a pilgrimage in the morning to the Monastery from St George's Cathedral in London, and they are coming on to St Helen's at 2.00 pm.

We will welcome them with tea and cakes, and talk with him and them. No doubt we will have a short service at some point. They plan to leave at 4.00 pm.

### His Eminence invites you to the 2017 Archdiocesan Conference

#### at Swanwick in Derbyshire, 29-31 May

He asks all the clergy, servers, & choir (directors & members) to attend this time for practical training sessions, and invites all. The standard cost is £160, but if you pay before

30 November the price is £150, with additional discount from me of £50.

Do come: I am sure you will enjoy it. Good accommodation and food. Leaflets with full details in the Porch. Book now through the Parish to secure the place and discount.

### 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'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, Holy Baptism, Funerals, Memorials etc: by arrangement  
Children of St Helen (Pre-school & Primary): 1st Saturday 11.00 am

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 Martin Gröb, 21 Alexandra Road CO3 3DF Tel: 07-702-579-743

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

Children of St Helen: Sanja Radunovic 01-206-762-553 Silvia Leffley: 01-206-835-715

Orthodox Parish of St Helen 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 1EE

Divine Liturgy: usually third Saturday of month 10.00 am

## The Presentation of Mary in the Temple, *otherwise known as the Entry into the Temple of the Mother of God*



This feast – one of the Twelve Great Feasts - is observed on 21 November, though this year we in this Parish will keep it the day before, on the Sunday.

The event described is not found in the Four Gospels but in the Apocryphal Gospel of St James. But the Church happily keeps it and reverences the Holy three-year-old Virgin as her parents St Joachim and St Anna take her to the High Priest and give her into the care of the Temple.

Spiritually that is what all Orthodox Christian parents should do with their children. They should take them frequently into the Holy Christian temple (their local parish church), that their offspring may learn to practise the Holy Orthodox Faith, and give themselves to it in love and devotion.

**Two of our devoted women in this Parish, seeing the need for their own children to grow up in the Faith, have bravely begun the new group *Children of St Helen*. There month by month they will be teaching our children faith in Christ.**

I pray that many of our parents will see this as a real moment to bring their children to Christ, to the Temple of Christ, and so prepare them more adequately for life in the rough, secularist world in which we live today.

Holy Mary was carefully brought up in her earliest years by her dear parents and then in later years by the good Priests and their assistants.

All the time God was preparing her through the ministries of those in authority over her, for her own great and holy ministry: she was to bring into the world God himself in human flesh, in her own flesh.

Bring your children to the church in this way, and they will receive a great blessing from it. And you yourself will be blessed for your devotion to God and to your child.

## Founding member of St Helen's, Elizabeth Stevens

Elizabeth ('Jean' to her friends and family) has died aged 91 in the care-home in Lincoln where she has lived for some years, and was well-cared for.

She was much loved not only by her sons and grandchildren but also by people at the church there and by those who remember her from Colchester: she and ANTHONY (ALAN), were founding members of this Parish, then living at Sible Hedingham. They had previously lived and worked in both Greece and Lebanon.

They were received into the Orthodox Church in 1996 in St Paul's Church Hall by Fr MICHAEL HARPER. Not so very long after that, they moved away to Devon and then quickly to Rutland. But they remembered St Helen's with affection and very much kept in touch. Elizabeth corresponded monthly with Khouria Hilary: we called there about once a year and she even managed a visit to St Helen's on one occasion.

**She gave the parish the lovely icon of St Elizabeth the Mother of St John the Forerunner, specially painted in Greece: she had intended to ask for the icon of her patron St Elizabeth the New Martyr, but had not given clear instructions - we all smiled about it over the years, but we were glad to have this St Elizabeth!**

Some time after Anthony died in 2002 Elizabeth realised she could not remain alone in a bungalow and garden in a small village, and moved into the home at Lincoln. She loved the Holy Orthodox Faith that she entered in her seventies, and read about it and prayed a lot. She had a lovely serenity in her faith.

Thankfully, close by was an Orthodox parish, Antiochian like the one she began her Orthodox life in. She was well-looked after by Fr PHILIP and Fr GEORGE.

The funeral in Lincoln will be taken by Fr Philip, and I am delighted to be able to take the burial in the woodland cemetery in Barton near Cambridge, where she will lie "awaiting the resurrection" with her husband, and son MARK, who sadly died young, some years ago.

Our deepest sympathy to her sons PAUL, in Rutland, and JAMES, in Volos in Greece, and to their families. We shall miss her very much. A cultured, interesting, generous, warm-hearted person - but especially a *woman of Faith*. Memory eternal!

### A Word from the Fathers

**O**n the Lord's Day assemble together and break bread,  
and give thanks, first confessing your sins,  
that your sacrifice may be pure.

*The Didache or 'Teaching of the Twelve Apostles' (1st century)*

## Fasting before feasting

The Nativity fast, one of the four main fasts of the Church year, always lasts the Forty Days from 15 November to Christmas Eve inclusive. In some places it does not seem to begin until 6 December, the feast of St Nicholas.

It is an easier fast than the Great Fast (Lent) of course. It prepares us for the wonderful feast of the Nativity or Christmas, which celebrates the Holy Incarnation of Christ - that God was made Man, that God became "one of us" in Jesus Christ, Son of Mary.

Fish, wine and oil are allowed on Saturdays and Sundays (except no fish on the last weekend), and wine and oil on most Mondays, Tuesdays and Thursdays.

The exact rules for each day are found in our monthly publication *Feasts and Fasts*—copies available in the church rack above the Newsletters: please ask for one if they run out.

### NOVEMBER DAYS

Tue	1	Unmercenary Cosmas & Damian
Sun	6	Pentecost 20
Mon	7	S Willibrord, Abp of Utrecht, Apostle of Frisia
Tue	8	Synaxis of Archangel Michael & the Bodiless Powers
Wed	9	S Nektarios Kephala, Metropolitan of Pentapolis
Fri	11	S Martin the Merciful, Bishop of Tours, Martyr Menas of Egypt
Sat	12	S John the Merciful, Patriarch of Alexandria
Sun	13	Pentecost 21, S John Chrysostom
Mon	14	Holy Apostle Philip
Tue	15	Beginning of Dormition Fast
Wed	16	Holy Apostle & Evangelist Matthew
Thu	17	S Hilda, Abbess of Whitby in Yorkshire
Sun	20	Pentecost 22, Entry of the Mother of God (Parish Observance)
Mon	21	[Entry of the Mother of God]
Wed	23	S Alexander Nevsky, S Columbanus of Ireland
Thu	24	Hieromartyr Clement of Rome
Fri	25	Great Martyr Catherine of Alexandria
Sat	26	S Stylianos of Paphlagonia
Sun	27	Pentecost 23, Great Martyr James the Persian
Wed	30	Holy Apostle Andrew the First-called

A FULLER LIST OF THE MONTH'S FEASTS AND FASTS IS AVAILABLE