

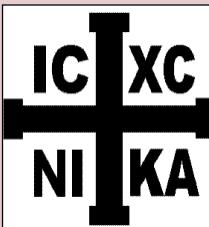
# + Holy Orthodoxy: a glorious Faith, ever-old, ever-new! +

## Orthodox Parish of St Helen of Colchester

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

NEWSLETTER 247

NOVEMBER 2017



## The Christian has the aid of the Holy Angels and should ask their help

The Holy Angels get little respect among modern western liberal Christians, and that influence sadly spreads. But the Orthodox Church believes firmly in their existence and Orthodox Christians must learn to trust in their help for us.

Their presence is there firmly in the Holy Liturgy. In the Litany of Fervent Supplication (as it is awkwardly called—the Litany with three Kyries after each petition) we call for “an Angel of Peace” to accompany each of us.

The Priest likewise calls for the presence of the Holy Angels to accompany him as he carries in the Holy Gospel Book.

And particularly at the beginning of the Anaphora - the long, main prayer of the service - he invokes “Angels, Archangels, and all the company of heaven”.

So too we should ask the Angels in general and our own Guardian Angel in particular to help us.

If we remember to ask their help they will gradually become more real to us, our constant companions and friends.

The Angels remind us that there is an unseen

world all around us. There are strong as the good.

The Good has far stronger Angels than the Evil One.

We are therefore to trust in the Holy Angels for in the end they will triumph.

The battle going on so clearly in this world (and in us individually) between Good and Evil will in the end be won by the Good.

**Christos nika! Christ the victor!**

And what a comfort (=strength) it is to know that we are never alone, that our own Angel, and all the Mighty Angels, are about us in moments of loneliness and sorrow.

Walking down the street I am not alone. Surrounded by enemies I am not alone.

**The loneliness of modern man is really quite sad.**

Myriads of Angels surrounded Christ, though he chose not to call them to his aid, for the sake of saving us from death.

They surround me too. Each of us.

**On 8 November each year we celebrate "Holy Archangel Michael and All the Bodiless Hosts". May we know their help!**

Father Alexander

CLACTON  
HOLY  
LITURGY  
Sat 18 Nov  
10.00 am

### WEEKDAYS - HOLY LITURGY 9.30 AM

Wednesday 1 November

Holy Unmercenaries Cosmas & Damian

Wednesday 8 November

Holy Archangel Michael & the Bodiless Hosts

Tuesday 21 November

Entry of the Holy Theotokos into the Temple

Thursday 30 November

Holy Apostle Andrew the First-called

CHILDREN OF ST HELEN Saturday 4 November  
11 am - for pre-school & primary children



Metropolitan Silouan invites us to THE ARCHDIOCESAN CONFERENCE 28-30 May 2018 at The Hayes, Derbyshire ‘Nurturing the Parish Community’ Speakers include Sister Magdalen (Tiptree) & Diakonissa Annemeike (Poole) Cost: £170 (£160 if fully paid by 6 Dec) Book with Fr Alexander by 30 Nov

Archbishop: news over page

### Help the Parish, says Treasurer: Gift Aid your Gifts!

I shall soon be making a gift aid claim for the tax year 2016-17. If you make regular donations to our bank account and paid tax in that tax year then please complete a Gift Aid form ticking the third box so that we are able to claim 25% gift aid on your donations. **Gift Aid forms are available in the porch and should be returned to Father or myself.**

Many thanks, David (Treasurer)

### St Helen's Chapel, Maidensburgh 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 Maidensburgh Street. Nearest car-park NCP Nunns Rd. Very little street parking available.

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): first Saturday of month 11.00 am

Parish Priest: Father Alexander (Alistair) Haig

17 Maidensburgh Street, Colchester CO1 1UB

Tel: 01-206-530-530 Mob: 07-947-047-201 Em: parishpriest@orthodoxcolchester.org.uk

Reader 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

Children of St Helen: Sanja Radunovic 01-206-762-553 Silvia Leftley: 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 1LE  
Divine Liturgy: usually third Saturday of month 10.00 am

## Awaiting a decision on a new church

Holy Trinity is the more favoured (over St Martin's) by those who have viewed it: we are pursuing it.

But it must be said that at the time of writing some are saying that Holy Trinity may be too much of a burden for us. So the mood may be changing!

Our "Expression of Interest" has to be in by 10 November, though that is far from being the decisive moment. After that the Council will decide whether we are to be offered it, and we should hear that result in December. If it is offered, we would then have to negotiate, and do the legal side of things.

That is when it would be finally decided if we want it. If that is approved, then my hope would be that we have our first "proper" services there on Lazarus Saturday, so that we spend Holy Week and Pascha there.

Please continue to pray that God's will be done!

**ESSEX UNIVERSITY STUDENTS** are asked to let me have their Essex email address so that I can put them on my list for information notes. My address is [ahaiq@essex.ac.uk](mailto:ahaiq@essex.ac.uk)

### A Celtic Prayer

I will kindle my fire this morning  
In presence of the Holy Angels of heaven,  
In presence of Ariel of the loveliest form,  
In presence of Uriel of myriad charms,  
Without malice, without jealousy, without envy,  
Without fear, without terror of anyone under the sun,  
But the Holy Son of God to shield me.  
Without malice, without jealousy, without envy,  
Without fear, without terror of anyone under the sun,  
But the Holy Son of God to shield me.  
God, kindle thou in my heart within  
A flame of love to my neighbour,  
To my foe, to my friend, to my kindred all,  
To the brave, to the knave, to the thrall,  
O Son of the loveliest Mary,  
From the lowliest thing that liveth,  
To the Name that is highest of all.

## Here and There

**FAREWELL GIFT:** As reported last month, we had a farewell presentation to Reader MARTIN GROB on his last Sunday with us - light refreshments in church, and a small lunch party for him. Then a collection was made, and we have sent £200 as a sign of our thanks for all his work for the Parish.

**BAPTISED:** Congratulations to ANTONIA-VALENTINA AUREL, daughter of Ivan and Elena of Ipswich, who has been given Holy Baptism. Many years, little one!

**THE NATIVITY FAST** always begins on 15 November, 40 days before the Nativity, Christmas. It is a comparatively easy Fast. We give up meat and dairy products every day of course. But on most weekends, Saturday and Sunday, there is relaxation to have

fish, wine and oil—and on numerous other days too. Details are on the monthly Feasts and Fasts list available in church. It is a good way to prepare for the feasting at Holy Nativity.

#### GIFT FROM DOROTHY TANNER:

Dorothy (Doreen outside the Church) was a founding member of the Parish and died in a home in Clacton. In her will she generously left the Parish £500: it has just arrived. We will put this as a contribution to the new building. She left a considerable donation to the British Heart Foundation, where for some years she loved to assist by sorting out gifts of books. Memory eternal!

*It is a good and generous thing to leave a sum to our church in one's will if we are able to do so. Have a word if you need the best form of words.*



**ST EDMUND** is venerated as a King and a Martyr, and commemorated on 20 November. He was King of the East Angles in the ninth century, when England was much afflicted by attacks from the pagan Danes (East Anglia was mainly Norfolk and Suffolk, not Essex). There was a battle at Thetford in 869, which he lost. He escaped but was hunted down to Hoxne where he was killed by being shot at with arrows. The story went that his head was then cut off, but was guarded by a wolf, and found by his followers through the wolf's howls. He was buried at Bury St Edmunds, and became a very popular Saint.

There is a local connection in that he

was crowned at Bures, just a few miles from Colchester. This year's High Sheriff of Suffolk, Geoffrey Probert, is the owner of St Stephen's Chapel, which is said to mark the place of Edmund's coronation, and he has invited us to make a pilgrimage there in the spring.

We made a pilgrimage there some years ago: it was very lovely, and I am sure this one will be as well, so watch out for details of when the next will be—probably one Saturday afternoon.

*St Edmund is a favourite Saint of mine. At one time, in Anglican days, I served in a parish dedicated to him, in Forest Gate in East London. Another interesting church linked to St Edmund is Greensted-by-Ongar (not Colchester): his body rested there (just for a night or two), in 1013. It had been taken to London for safe-keeping (Danish raids again!) and rested at Greensted on its journey back to Bury. It probably also rested at Great Bardfield and elsewhere.*

## Archbishop in good sorts, Praise to God!

I emailed Sayedna about Holy Trinity to fill him in on developments. He immediately phoned back with his blessing. Now he has emailed all the clergy and people:

*In August I underwent surgery in my right ear. By the grace of God and your loving prayers the surgery was a success but, under the advice of my doctors, I have had to rest for two months. During this time you have all remained in my prayers. Little by little, my strength has returned and I am much better. I can now resume more fully my duties within our Archdiocese. The peace of our Lord Jesus Christ be upon you all. +Silouan*

## NOVEMBER DAYS

Wed	1	Unmercenaries Cosmas & Damian (Mesopotamia)
Fri	3	S Winifred of Holywell in Wales
Sun	5	Pentecost 22
Tue	7	S Willibord, Apostle of Frisia
Wed	8	H Archangel Michael & the Bodiless Powers
Thu	9	S Nectarius Kephalas, Metropolitan of Pentapolis
Sat	11	S Martin the Merciful, Bishop of Tours, Martyrs Menas, Victor, & Vincent
Sun	12	Pentecost 23, S John the Merciful, of Alexandria
Mon	13	S John Chrysostom, Archbishop of Constantinople
Tue	14	H Apostle Philip of the Twelve, S Gregory Palamas
Wed	15	Beginning of Nativity Fast
Thu	16	Apostle & Evangelist Matthew
Fri	17	S Hilda of Whitby
Sun	19	Pentecost 24, New Martyr Elias Fondaminsky
Mon	20	S Edmund, King & Martyr
Tue	21	Entry of the Mother of God into the Temple
Thu	23	S Alexander Nevsky
Fri	24	Hieromartyr Clement, Pope of Rome
Sat	25	Great Martyr Catherine of Alexandria
Sun	26	Pentecost 25, S Stylianios, Protector of Children
Thu	30	H Apostle Andrew the First-called