

+For our children's children in Colchester: St Martin's fills the bill!+

Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland

Metropolitan: His Eminence Archbishop Silouan

NEWSLETTER 261

MARCH 2019



Sunday 10 Mar	Cheesefare Sunday Forgiveness Prayers after Liturgy
Monday 11 Mar	First day of the Great Fast (Lent)
Wednesdays 13, 20, 27 Mar	Liturgy of the Pre-sanctified 9.30 am
Fridays 15, 22, 29 Mar	Akathist of the Mother of God 6.00 pm
Sunday 17 Mar	Sunday of Orthodoxy Ceremony of Orthodoxy after Liturgy
Sunday 24 Mar	ANNUNCIATION observance (NOT 25) Mattins & Liturgy 9.45 am
Sunday 31 Mar	Lent 3, Veneration of the Cross

Our dear Bishop returns on Sunday 3 March for the first time since his illness

His Eminence has visited us three or four times since his arrival in Britain three years ago, but has had to endure serious illness since then. He has now been able to spend several weeks' convalescence at home in Syria and his coming here early in March will be his first visit since returning to Britain before Christmas. *So I trust you will be present if at all possible to welcome him back.*

Sayedna's main purpose in coming is of course to encourage us to renewed fund-raising for *St Helen's Appeal for St Martin's*, which naturally preoccupies most of our thoughts and activities at the moment, and has done since we launched it last June.

We believe and pray that God will forgive this concern for cash, for we do it *for his sake and for the good of our children and our children's children*, to use the Bishop's phrase.

We do it also to give a platform to our successors in the parish for the spread of our holy Orthodox Christian Faith, that God may be glorified widely and with

strength in Colchester through all the coming years.

The Bishop will preside at Great Vespers on Saturday 2 March and afterwards meet the Church Council for a short session.

On Sunday 3 March he will be present at Mattins, serve the Holy Liturgy, and preside at the Lunch and the Akathist.

After a little rest he will be available to see you if you wish to have a private word with him.

We rejoice he will be with us, and look forward to his visit with expectation of many blessings.

Father Alexander

Please note that we shall keep Annunciation on the Sunday (24), NOT the Monday (25).



Raising the rest... ***
HIS EMINENCE METROPOLITAN SILOUAN

3 MARCH
SUNDAY OF THE LAST JUDGMENT & OF MEATFARE

Renewal of
ST HELEN'S APPEAL FOR ST MARTIN'S
to raise (as we pray) the remainder
9.45 am Mattins 10.30 am Holy Liturgy
1.00–2.45 pm

Lunch (Methodist Hall)
Mosaic Choir: Music from Orthodox countries
Akathist (St Martin's Churchyard)

The Mosaic Choir will sing at the Liturgy & in the afternoon
Donations of food or cash to George Harrison:

sizzlingeorge@hotmail.co.uk
Invitations being distributed—please ask if necessary
Let Catalin Fliscu know you are coming:
catalinfliscu@googlemail.com

ST HELEN'S APPEAL FOR ST MARTIN'S
St Martin's is in West Stockwell Street, two minutes' walk from St Helen's, and close to the Town Hall

Raised so far: over £ 111,644 * plus promises**

- CHEQUES may be sent to the address below, made out to:
St Helen's Appeal for St Martin's
- BANK TRANSFERS: use these codes:
IBAN: GB05BUKB20226780219819
Bank Sort Code 20-22-67
Appeal Account No. 80219819
- PAYPAL: available on the Appeal website
- APPEAL WEBSITE: orthodoxcolchesterappeal.org.uk
- FACEBOOK: *St Martin's Appeal*

Please support us in restoring an important and beautiful building to its original and proper use and in providing an Orthodox parish church "for our children and our children's children"
17 Maidenburgh Street, Colchester CO1 1UB, UK

CLACTON
HOLY
LITURGY
Sat 16 Mar
10.00 am

*** Please note that though we are doing so well, the balance needed to purchase St Martin's is as much as £38,356—we therefore still pray for generous gifts, by God's grace.



St Helen's Chapel, Maidenburgh St, High St CO1 1UB

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 Balcerne Hill), to Northgate; go straight along St Peter's Street to Castle Park; continue round the bend, up into Maidenburgh 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): normally first Saturday 3.15 pm

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
Churchwardens: David Davies 01-473-745-167 Dusan Radunovic 01-206-762-553
Children of St Helen: Sanja Radunovic 01-206-762-553 Silvia Lefley 01-206-835-715

Orthodox Parish of St Helen: Registered Charity No: 1134418
IBAN: GB05BUKB20226780219819 Bank Account Sort Code: 20-22-67
Bank Account No: 50349364 Appeal Account No: 80219819
Parish Website: <http://www.orthodoxcolchester.org.uk>
Appeal Website: <http://orthodoxcolchesterappeal.org.uk>

At St James Anglican Church, Beatrice Rd, Clacton-on-sea CO15 1LE
Divine Liturgy: usually third Saturday of month 10.00 am (not August)

Up-date on St Martin's

There is activity in the air! Things are happening!

- Representatives of the Churches Conservation Trust and the Church Commissioners came to see us recently and have started procedures for implementing our purchase of the church. They are satisfied that we are "getting there", raising the necessary funds.
- The Appeal Committee is working hard on various points and have ideas for raising funds in this second stage. Keep an eye on the Appeal website: orthodoxcolchesterappeal.org.uk
- They warn us there must be advertising of our proposed purchase, and this could lead to objections and a public meeting: it could mean delay in the hand-over.
- There are of course lots of other legal matters to be completed, but, *all being well*, we could actually receive the keys in September!
- *If the plan works I would hope that our first major services in St Martin's could be at the weekend of his feast-day, which is 11 November. We shall see!*
- There will be many practical jobs of work once we do own it, and they could take a good while. *Skilled hands* are invited to volunteer for building works, woodwork, electricals, painting, plumbing, sewing, etc. Much work will probably have to be done by professionals, but skilled amateurs could help a great deal and save the Parish a lot of money.
- Of course, a church building will always need work in the future, but the Bishop said we can take several years over creating a truly Orthodox setting.



Notice the re-used Roman bricks that were used in the building of St Martin's tower in Saxon (Orthodox) times, and in its repair since the Civil War, after it was hit by cannon fire in the siege of Colchester in 1648, but never completely rebuilt.

The tower dates from Saxon times (before 1066, the Norman Conquest), but the nave of the church pre-dates that. My theory, which remains to be proved, is that it may go back to Roman-British times, even the 5th century.



RECEIVED INTO THE CHURCH: Congratulations to a father and son received into the life of the Holy Trinity by entering the Church: **TRYPHON POTTER** (Terry) by Holy Chrismation, and **DUNCAN ATHANASIOS** by Holy Baptism, were received on 17 February. In the picture they are about to be chrismated. May God fill them both with joy and the peace of Christ. Many years!

Here and There

FILE ON ST HELEN'S RENEWED: The large-size file giving the story of St Helen and the ancient local documents concerning it, has been reprinted and altogether improved by PAULA ROTHERO and I am very grateful. If you have never flicked through and looked at the reconstructive pictures and the 14th century parchment, do take a few moments some time and examine them. You will learn about the ancient traditions about Colchester and its Saint.

FASTING is of course of the substance of Lent, the proper name of which in Orthodoxy is *The Great Fast*. Two sheets of explanation and help to observance, based on the teaching of HE Metropolitan KALLISTOS in *The Lenten Triodion* are available in church. Make sure you get them if you have not had them before. Apart from them, do ask advice if you need it. **Have a good and joyful Lent.**

CHURCH ANNUAL MEETING

This must take place by law. The annual accounts have to be accepted by the members, and elections of Church Councillors have to take place. We always have ours on a *Sunday after Holy Liturgy* and this year it will be on **SUNDAY 24 MARCH**. Do stay if possible: only 1/2 hour.

Receiving the Holy Gifts

Keep your body and head upright lean your head backwards rather than forwards. And bend your legs if necessary to have your mouth at the same height as the Holy Chalice. Cross yourself early and then place your arms on your chest—unless you do not have good balance, in which case rest one or both hands on the forearm of the servers with the Priest. Give your name if the Priest may not know it. Make sure you do not knock him or the Chalice..

A Word from the Fathers: St Leo the Great (d. 461)

Lowliness was taken by majesty, weakness by strength, mortality by eternity. To pay the debt of our fallen state, the nature that was inviolable was united with a nature that was passible. Thus, in accordance with our needs, the one and the same mediator between God and Man—the Man Jesus Christ—was able to die in the one nature and was incapable of death in the other. True God, then, was born in the complete and perfect nature of true Man; completely human and completely divine. By human, I mean that nature which the Creator found in us at the beginning, and which he undertook to restore. For there was no trace whatever in our

Saviour of those elements which were introduced into us by the deceiver, and to which Man when deceived, allowed entrance. Nor does it follow that because he undertook to share with us our weaknesses, he thereby shared our sins. He took the form of a servant without stain of sin. He enhanced our humanity but did not thereby diminish his divinity. The emptying by which the invisible one made himself visible, and by which the Lord and Creator of all things willed to be one with mortal men, was a bending down in pity, not a failure of power. Accordingly, he who in the form of God was the maker of Man, was himself made Man in the form of a slave.

MARCH DAYS

Fri	1	S David, Patron of Wales
Sat	2	S Chad, Bishop of Lichfield
Sun	3	Sun of Meatfare, of the Last Judgment
Mon	4	S Gerasimus of the Jordan
Wed	6	Discovery of the Precious Cross by S Helen
Fri	8	S Felix, Apostle of the East Angles
Sat	9	Forty Martyrs of Sebaste
Sun	10	Sun of Cheesefare, Forgiveness Sun
Mon	11	First day of the Great Fast (Lent)
Tue	12	S Gregory the Dialogist, the Gt, Pope of Rome
Thu	14	S Benedict of Nursia, father of Monks in the West
Fri	15	Apostle Aristobulus of the Seventy, 1st Bishop of the British
Sun	17	Lent 1, Sunday of Orthodoxy S Patrick, Apostle to the Irish
Mon	18	S Edward the Martyr, King of England
Wed	20	S Cuthbert of Lindisfame, Bishop
Sun	24	Lent 2, S Gregory Palamas, ANNUNCIATION, Parish observance
Sun	31	Lent 3, Veneration of the Cross