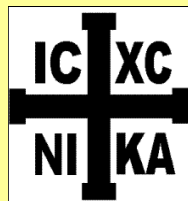


25 years of Holy Orthodoxy in the heart of Colchester,
 March 1996 - March 2021 — Praise to God !

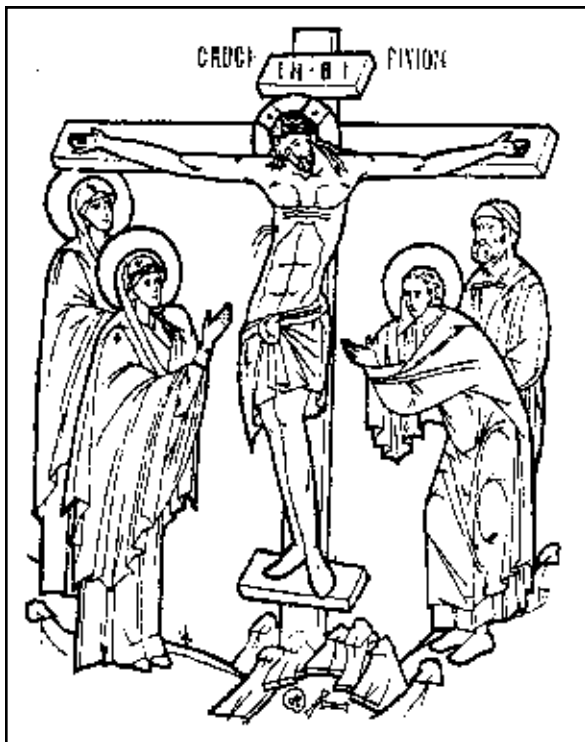
**Orthodox Parish of
 St Martin & St Helen
 Colchester**

NEWSLETTER 284

APRIL 2021



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



Christ died for us so that he could rise again for us

He did not die just for the sake of it. He died for us, he died to save us. He did not go through all that suffering just to show how powerful he was. He did it for us—to change everything. He died out of love for all his creation of love, for me, for you, for all humanity.

The meaning of the Cross is found in the Resurrection, when he conquered all that evil, and found a way for us to get through to peace and true joy.

His Death and his Resurrection are not opposed to each other: the only way to the Resurrection was through the Cross. The Resurrection was the completion of his work.

Enter as much as you can into the services of Holy Week, to share his Cross. It will be testing and tiring, but it will be worth it!

Father Alexander

St Helen's Appeal for St Martin's **THE APPEAL REMAINS OPEN**

We are grateful to those continuing to support our restoring St Martin's as a Temple suitable for Orthodox worship

The total given by 17 March was £168,971

Thank you, God bless you!

Services for Holy & Great Week ... have been reduced slightly from previous years (except 2020 of course), and remain open to alteration due to Covid and other matters. Please watch out for unexpected changes. Particularly notice there is no service on Monday or Thursday evenings. I am really sorry to drop these, but could not manage them without help: unfortunately no one is able to assist this year. Most of Mattins on Pascha will be omitted, making the total service finish about 1 or 1.15 am this year.

Confessions after a service or by arrangement.

Saturdays in April 4.30 pm Great Vespers
 Sundays 10.15 am Hours & Holy Liturgy
 Wednesdays 9.30 am Presanctified Liturgy
 Fridays (2,9,16 Apr) 6.00 pm Akathist

HOLY & GREAT WEEK IN ST MARTIN'S

Lazarus Saturday - 24 April
 4.30 pm Great Vespers
Palm Sunday - 25 April
 10.15 am Hours & Palm Blessing
 10.30 am Holy Liturgy
Holy Tuesday - 27 April
 6.00 pm Bridegroom Mattins
Holy Wednesday - 28 April
 6.00 pm Holy Anointing
Holy Thursday - 29 April
 9.30 am Holy Liturgy of St Basil
Holy Friday - 30 April
 6.00 pm Mattins & Procession
Holy Saturday - 1 May
 9.30 am Holy Liturgy of St Basil
 10.30 pm Acts of the Apostles
 11.30 pm Midnight Office
HOLY PASCHA - 2 May
 12 midnight Procession & Holy Liturgy
 3.00 pm Agape Vespers

Gifts towards flowers for Epitaphion invited. Women & girls decorate Epitaphion Friday 9.30 am
 Take as full a part as you can in the various services: that is the way to 'Enter into the joy of your Lord.'

St Martin's Church, West Stockwell Street CO1 1HN St Helen's Chapel, Maidenburgh Street CO1 1UB

Both temples are off the High Street, but accessible from there only on foot. St Martin's is 100m down behind the Town Hall. St Helen's is 200m down behind the George Hotel. Nearest car-park NCP Nunns Rd, behind Fenwicks, and close to St Martin's. Little street parking available.

SERVICES IN ST MARTIN'S

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, Holy Baptism, Funerals, Memorials etc: by arrangement

Parish Priest: **Father Alexander (Alistair) Haig**

17 Maidenburgh Street, Colchester CO1 1UB

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

Readers: **George Harrison** 07-869-488-842

Churchwardens: **Dusan Radunovic** 01-206-762-553, **Jon Kanaar** 01-255-431-975

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>

THE ICON OF THE MYSTICAL SUPPER ...

... clearly shows that in a very real, practical manner the Holy Eucharist is an integral part of the events of the last Holy Three Days of Christ's mission in this world, the centre and heart of the living out of our Holy Faith. Christianity is not just a private matter of saying your prayers and trying to be a good person: it is essentially a community event.

In the Eucharist the whole of the Faith is encapsulated. The life and death of Christ on earth, his descent into hell and glorious Resurrection, all fit in this Holy Liturgy, together with all his teaching, and the teaching of the Holy Apostles and Fathers, the lives of the Saints and the sinners—all these things are One in the life of Holy Church lived in the Holy Supper of the Lord.

In the West this day is usually called 'Maundy' Thursday, from Latin, 'Mandatum'='Command'. It comes from the commandment of Christ, 'Do this in remembrance of me.'

The event it commemorates is sacred beyond words—the point where more than anywhere we meet Christ our True God, our Saviour and Redeemer. In the Holy Eucharist we receive Christ in all his glorious Godhead and Manhood. He enters our souls and shares his divine and human life with us.



Here and There

BAPTISED: SEBASTIAN STEFAN, son of RAZVAN and ANCA RACOVITA of Brightlingsea was baptised in St Helen's in March. Congratulations to him and his sister INGRID and their parents. Many years!

WELCOME to BEN CURTIS who has moved to this area from Northampton, where his father, our friend, Orthodox Priest Father TIMOTHY CURTIS, has a parish. Their church, by the way, has an interesting set of frescoes, originally in St Basil's House in Ladbroke Grove in West London, where I worshipped in its days as the home of the Fellowship of St Alban and St Sergius. They are by the Russian iconographer Sister JOANNA REITLINGER (+1988). It is good to know they are in an Orthodox church, where they are valued. I am blessed to have an icon by Sister Joanna.

MONASTERY OF ST JOHN THE BAPTIST: It is good that in these uncertain days we have often been able to serve people who cannot worship as they usually do at Tolleshunt Knights, because of its being almost completely closed up for Covid reasons. Larger St Martin's has worked very well for numbers so far, with 'social distancing': we could never have accommodated them at St Helen's. Thanks to God! We hope those coming here feel they have received a warm welcome.

FLOWERS FOR THE EPITAPHION: For a few Sundays before Holy Pascha we collect for flowers for the Epitaphion. Your gifts will be gratefully received by KHOURIA HILARY. Women and girls are invited to come to St Martin's on Holy Friday at 9.30 am to dress the Epitaphion. It is always done beautifully.

APRIL DAYS

Sun	4	Lent 3, Veneration of the Cross
Sun	11	Lent 4, S John Climacus (of the Ladder), S Guthlac, Hermit of Crowland
Sat	17	Saturday of the Akathist of the H Theotokos
Sun	18	Lent 5, S Mary of Egypt
Fri	23	H Gt Martyr George, Patron of England
Sat	24	Lazarus Saturday
Sun	25	Entry of the Lord into Jerusalem, Palm Sun, H Apostle & Evangelist Mark
Mon	26	Gt & H Monday, Commem of Bd Joseph & the unfruitful fig tree cursed by the Lord
Tue	27	Gt & H Tuesday, Commem of the Parable of the Ten Virgins
Wed	28	Gt & H Wednesday, Commem of the Sinful Woman who anointed the Lord with Myrrh
Thu	29	Gt & H Thursday, Celebration of the Washing of the Feet, the Mystical Supper, the Prayer in Gethsemane & the Betrayal
Fri	30	Gt & H Friday, Celebration of the H Passion, H Apostle James son of Zebedee
Sat 1 May		Gt & H Saturday, Celebration of the Burial & Descent into Hell
Sun	2	May HOLY PASCHA, RESURRECTION OF OUR LORD & SAVIOUR JESUS CHRIST

A Word from the Fathers: Palm Sunday, St Andrew of Crete, 7/8th century

Come, come, let us go up to the Mount of Olives. Together let us meet Christ, who is returning today from Bethany, and going of his own accord to that holy and blessed passion to complete the mystery of our salvation.. And so he comes, willingly taking the road to Jerusalem, he who came down from the heights for us, to raise us who lie in the depths to exaltation with him, as the revealing word says, 'above all authority and rule and power and above every name that is

named'. He comes without display, without boast. 'He will not contend,' he says, 'or shout out and no one will hear his voice.' He is gentle and lowly, and his entrance is humble.' Come then, let us run with him as he presses on to his passion. Let us imitate those who have gone out to meet him, not scattering olive branches or garments or palms in his path, but spreading ourselves before him as best we can, with humility of soul and upright purpose. So may we welcome the Word as he comes.