



Saturdays in July-August

4.30 pm Great Vespers **except 3 July**

Sundays in July-August

10.30 am Holy Liturgy

WEEKDAY LITURGIES AT 9.30 AM

Wednesday 7 July	Great Martyr Kyriaki
Thursday 15 July	St Vladimir, Enlightener of Russia
Tuesday 20 July	Holy Prophet Elias (Elijah)
Tuesday 27 July	Gt Martyr & Healer Panteleimon
Friday 6 August	HOLY TRANSFIGURATION
Wednesday 25 August	St Hilda of Whitby

Wednesday 18 August

REPOSE OF ST HELEN,

PATRON OF OUR PARISH & CITY & CHAPEL

Holy Liturgy in St Helen's Chapel 9.30 am

The feast 21 May is the one all Orthodox faithful associate with SS Constantine and Helen. That day in fact is the date when St Constantine fell asleep in the Lord, in 337, and the services for the day reflect the importance of St Constantine, mentioning little about his mother. St Helen in fact reposed on 18 August, probably in 329, and the talented late Isaac Lambertson in America wrote a lovely service for us for this day, to reflect her life and devotion. Join us in this celebration, and bring a packed lunch too to share with us.

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 27 JUNE WAS £171,853

Thank you, God bless you!

A summer of content, we pray

My prayer as I write this is that the powers-that-be shall have continued the conquest of the plague of Covid-19, and that by the time you read this we shall be well on the way to the end of the restrictions on 19 July.

People should be congratulated on the wide observance of the rules, even though we have all grumbled at them and wished they were long over. And while the Government has doubtless got some things wrong, my personal feeling is that they have done a pretty good job—whatever party had been in power it would have got some things wrong.

So, please God, this summer can be a period of great joy—though we remember with sorrowing hearts all who have died and those who have had to bear great pain and distress in illness.

God does not want sorrow and pain (though he uses it for his purifying purposes), and we learn that from the healing processes—of prayer, the laying on of hands, and anointing. Together with that, the Orthodox Church highly venerates the healing saints of the Church such as Panteleimon and the three sets of Cosmas and Damian, and a number of others. So too the Church honours doctors and nurses and others in the healing ministry, and thanks them for their true devotion and care.

Thanksgiving to God is the distinct attitude of Christian prayer (rather than petition—asking for things—that we tend to think of when we “pray for something”). So let this summer be a “summer of content” (to adapt Shakespeare), a happy pouring out of joy and thanks to God for all his healing and loving goodness—even while we remember those who have suffered.

Our thanks to God will be offered particularly in the various holy feasts we keep in these months, particularly the feast of our new, local Saint Sophrony of Essex (11 Jul), the Transfiguration of Christ (6 Aug), the Dormition of the Mother of God (15 Aug), the Repose of our Patroness St Helen (18 Aug) - with many other days of glory in Christ and his Saints. God bless you and reward your faithfulness.

Father Alexander

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 very close to St Martin's. Little street parking available.

SERVICES IN ST MARTIN'S CHURCH

Saturday: usually Great Vespers 4.30 pm Sunday: 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

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Readers:

George Harrison 07-869-488-842, Mark Shillaker 07-917-161-295

Catalin Fliscu 07-815-682-820

Churchwardens: Dusan Radunovic 01-206-762-553, Jon Kanaar 07-596-221-079

Orthodox Parish of St Martin & 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>

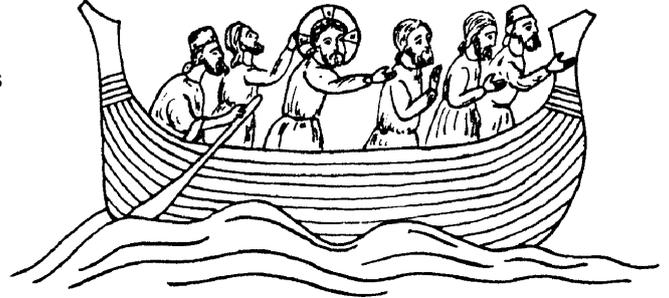
Here and There



The above icon is of the **DORMITION (REPOSE) OF THE MOTHER OF GOD**. It is the last of the Twelve Great Feasts in the Church Year—1 September is the beginning of the new year. She dies as we all must die and her divine Son comes to take her soul in his arms to heaven, wrapped up as he was wrapped up by her when she gave birth to him.

TO BE ORDAINED DEACON: I am delighted to announce in this Newsletter (as I have already done in church) that His Eminence Metropolitan SILOUAN has agreed to ordain MARK SHILLAKER to the Holy Diaconate. Mark first has to conclude certain studies in theology, and then, I trust, the ceremony should take place quite shortly. He will be an enormous help to me in my priestly work, particularly lightening the celebration of holy services. But, as you know, he is already doing a great deal for the parish liturgically and in other ways. I think Sayedna expects to ordain him in St Martin's: watch out for the date to be announced.

FAREWELL to ZACHARIAS CHRISTODOULOU, who has spent a year studying mathematics at our University. When Covid allowed services during this time, he managed to be present at many of



them and to serve on the holy altar. Alas (from our point of view), after summer at home in Cyprus, he is transferring to the University of Warwick (which confusingly is situated in Coventry). We thank him for his quiet service in St Martin's, wish him well in his new university, and hope that he may find time to visit us again at some point in the future. Many years, Zacharias!

OUR THANKS to MAL GROSCH of Clacton who has presented St Martin's with a large icon of the Annunciation and an even larger one of the Crucifixion. I plan to bless them on Sunday 4 July, and then to think about where to place them: they will really enhance our new church.

A Word from the Fathers Anastasius of Sinai on the Transfiguration

There we must hasten—I make bold to say—like Jesus who is our leader and has gone before us into heaven.

There with him may the eyes of our mind shine with his light and the features of our soul be made new. May we be transfigured with him and moulded to his image, ever becoming divine, being transformed in an ever greater degree of glory.

Let us run there, eager and joyful, and let us be enveloped in the cloud like Moses and Elijah, or James and John. Be like Peter, rapt at the divine vision, transfigured by the glory of the transfiguration, lifted high above the things of this world.

Let us leave the flesh and creation behind and turn to the Creator, to whom Peter in ecstasy said, 'Lord, it is good for us to be here.' - Yes indeed, Peter, it is good for us to be here with Jesus and to remain here for ever :....

Here all is light and joy and happiness and bliss. Here the heart is at rest, in peace, serene. Here we behold Christ our God. Here he comes to dwell with the Father, and as he enters he says, 'Today salvation has been brought to this house.'

Here with Christ are the countless treasures of eternal blessings. Here are the beginnings of the age to come. Here we see it as in a mirror.

JULY/AUGUST DAYS

Thu	1	SS Cosmas & Damian, Martyrs at Rome
Fri	2	Deposition of Theotokos' Robe at Blachernae
Sun	4	Pentecost 2, All Saints of Britain
Mon	5	S Athanasius of Athos
Tue	6	S Sexburga, Abbess of Ely
Wed	7	Great Martyr Kyriaki
Thu	8	Great Martyr Prokopios, S Edgar the King
Sun	11	Pentecost 3, S Sophrony of Essex
Mon	12	S Veronica who was healed by Christ
Tue	13	Archangel Gabriel, S Mildred of Thanet
Thu	15	Gt Prince Vladimir, Enlightener of Russia
Sat	17	Great Martyr Margaret (Marina) of Antioch
Sun	18	Pentecost 4, Martyr Gd Duchess Elizabeth
Mon	19	S Stephen, King of Serbia
Tue	20	Holy Glorious Prophet Elias (Elijah) New Martyr Maria (Skobtsova) of Paris
Thu	22	Equal-to-the-Apostles Mary Magdalene
Sun	25	Pentecost 5, Dormition of Righteous Anna
Mon	26	Martyr Paraskevi of Rome
Tue	27	Great Martyr & Healer Panteleimon
August		
Sun	1	Pentecost 6, Procession of the Honourable Wood of the Cross
Fri	6	HOLY TRANSFIGURATION OF CHRIST
Sun	8	Pentecost 7
Mon	9	Holy Apostle Matthias
Sun	15	DORMITION OF THE THEOTOKOS
Wed	18	REPOSE OF S HELEN OUR PATRON
Sun	22	Pentecost 9
Mon	23	S Irenaeus. Bishop of Lyons
Tue	24	New Hieromartyr Kosmas of Aetolia
Wed	25	S Hilda of Whitby
Fri	27	Newly-revealed S Phanourios of Rhodes
Sun	29	Pentecost 10, BEHEADING OF S JOHN
Mon	30	S Alexander, Patriarch of Constantinople