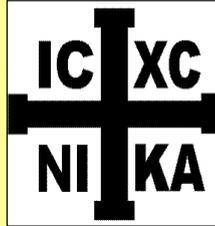


Orthodox Parish of St Helen of Colchester

Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland
Metropolitan: His Eminence Archbishop Silouan
NEWSLETTER 263 MAY 2019



Wednesday 8 May St John the Theologian
9.30 am Holy Liturgy



**FEAST OF
SS CONSTANTINE & HELEN**
ST HELEN, BELOVED PATRON OF OUR PARISH
TUESDAY 21 MAY
10.30 AM HOLY LITURGY
FOLLOWED BY A PARISH LUNCH
Please leave Names of those attending on List in Porch

Christ's Resurrection affects us for ever!

After celebrating Holy Pascha, the Glorious Death and Resurrection of Christ, we continue by celebrating forty days of joy and exultation until Ascension - or fifty days if we count as far as Pentecost.

In the Antiochian Patriarchate we do not fast throughout Pascha until the eve of Ascension. This is the ancient practice of Orthodox Christians.

(Other Orthodox patriarchates fast just for the first week until St Thomas Sunday.)

Actually, we live not just those few weeks in the atmosphere of the Resurrection. That historical event colours not just Paschal-tide but the whole of the Orthodox Christian year.

Every Sunday, every day indeed, we mention the Holy Rising Again of Christ. At every Mattins (Orthros) it is commemorated - Christ's rising from the dead, just as the sun rises again each morning.

In every Liturgy the power of his

Resurrection is celebrated.

It is the central belief of Orthodox Christianity, that Christ conquered sin and death.

So we must let that belief circulate throughout our body, the Blood of Christ penetrating our innermost being.

That is how the Eucharistic Body and Blood brings that very life of Christ into our daily life. We share that life by the Holy Spirit.

By this penetration of Christ's own life into our life, by its circulation throughout our being, our whole life is transformed.

Every word, every deed, every thought, every movement, is infiltrated by this transcendent divine life in our weak human existence.

My life is made at one by God, or rather I should say, my poor life is made at one in God.

Why do we despair? Iesus Christos nika! Jesus Christ has conquered!

God bless you.

Father Alexander

Tenth Barking Orthodox Pilgrimage Saturday 11 May 10.30 -

- Holy Liturgy in St Margaret's Church, Barking
- Picnic Lunch (bring your own)
- Talk:
Dr Dimitri CONOMOS (Orthodox music expert at Oxford)
- Vespers

Please add your name to the list in the Porch, and offer seats in your car if you can help.

This 10th year, events are planned for the whole weekend. See

CAR-BOOT SALE AT MARKS TEY Wednesday 1 May

Items needed for this very first sale on behalf of the St Martin's Appeal:
Gifts to MARK (07-917-161-295)
or GEORGE (07-869-488-842)

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 £126,364

- 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 18 May
10.00 am

Praise God, the Appeal goes well! - but we still need over £20,000 simply to purchase, let alone install heating. So we do need to pray for generous givers & gifts.

St Helen's Chapel, Maldenburgh 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 Balkerne Hill), to Northgate; go straight along St Peter's Street to Castle Park; continue round the bend, up into Maldenburgh 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

Reader: George Harrison 07-869-488-842.....

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

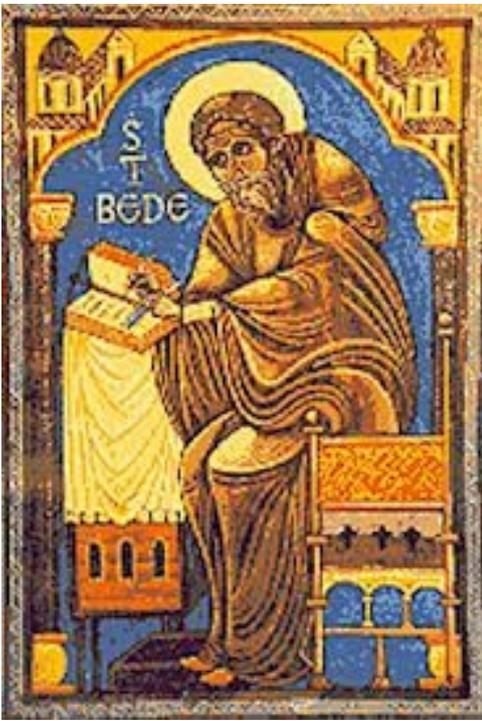
Bank Account No: 50349364 Appeal Account No: 80219819

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)



Here and There

FAREWELL: We have said good-bye to DAVID, MARIA, FLOREA and their parents ADRIAN and ILEANA OPREA who have returned home to Bucharest permanently. We shall miss them all, especially young David, who has served quietly and with dignity on the holy altar for some while under the direction of JOSEPH. God bless them all! Many years!

THE MOSAIC CHOIR sang beautifully here for our re-launch at the beginning of March. Congratulations to them, for we hear they have now been privileged to sing various Russian songs to the public at the Queen's Gallery in Buckingham Palace during a Russian exhibition there.

ARCHDIOCESAN CONFERENCE: The Conference takes place at the end of this month, for the first time at a conference centre in Staffordshire. Several members of our Parish will attend, and we hope it will be a

time of renewal and fellowship for all. Details are in the porch, and if you wish to make a last-minute decision to attend, I believe it may be possible to squeeze extras in: have a word with me.

CHURCH COUNCIL: The Council meets on Sunday 12 May after the Holy Liturgy. One of its jobs will be to appoint the Wardens, who are the leaders of the lay people of the Parish. The Church wardens are our leading lay members.

FATHER PAULINUS: Our gratitude to him for coming twice during Holy Week to serve here, on Holy Thursday evening and on Holy Saturday morning. This makes a great difference to my burden and I am sure is certainly very acceptable to the people. **He will return to serve here when I am away on Sunday 5 May, and I am very grateful for that.**

CHURCH COUNCIL: The Council meets on Sunday 12 May at 12.30 pm.

APPEAL COMMITTEE: The Committee meets on Friday 3 May at 7.00 pm.

St Bede the Venerable (673-735) was from boyhood a holy monk at the monastery in Jarrow in Tyneside in the north-east of England.

He became known as *the Father of English History* from his wonderful book *the History of the English Church and People*, which is still easily available in paperback.

But he was much more widely influential, publishing works of theology, astronomy, church history, etc, and is sometimes referred to as the last Father of western Christendom.

He was consulted by the great and the good. You can visit the very church in Jarrow where he worshipped, and where there is a lovely museum about him.

He is buried in Durham Cathedral. His feast is variously given as 26 or 27 May.



Deacon Alexander to be ordained Priest

His Eminence Metropolitan SILOUAN will ordain Deacon ALEXANDER HAIG to the Holy Priesthood on **Sunday 5 May**, in the church where he serves, St Dunstan's, in Poole in Dorset. Poole is next to Bournemouth on the south coast of England, and is the nearest Antiochian parish to his home near Portsmouth.

He is of course a son of this Parish, a founding member, as a boy our first and very efficient altar server, then at the Choir-desk with his sister. He was actually ordained Reader in "our" St Martin's Church, Colchester by His Beatitude Patriarch JOHN X when our Metropolitan.

He was ordained Deacon in St George's Cathedral in London by Metropolitan IGNATIUS of France in May 2015 - before Metropolitan SOLOUAN was appointed as our Archbishop.

He and MIHAELA and their son

ALEXANDER have a considerable journey to Poole each weekend but they seem to cope with it. For a while at least, he will be Assistant Priest to Father CHRYSOSTOM, giving him a chance to learn his ministry under the guidance of a well-experienced Parish Priest.

As well as in Poole, he has served as a Deacon in various churches around the area - in Southampton (Greek), Portsmouth (Russian) and Winchester (Romanian).

Last year he was able to assist here in St Helen's during Holy and Great Week, but this year school terms have made that impossible: he earns his living as a Sixth Form College teacher.

I am sure you will join us in wishing him well and praying that he may not only enjoy his ministry but grow closer to Christ through and in it, and be of service to Christ's people. Many years!

A Word from the Fathers: St Gregory the Dialogist, the Great

Thomas touched him and cried out: 'My Lord and my God.' Jesus said to him: 'Because you have seen me, Thomas, you have believed.' ... *It is abundantly clear that faith provides the proof for those things that cannot be seen. Visible things do not require faith, they command recognition.*

Inasmuch as Thomas saw and touched, why was it said to him, 'Because you have seen you have believed. What he saw was one thing; what he believed, another. A mortal man could not have seen God. Thomas saw a man but by his words 'My Lord and my God' he acknowledged his divinity. It was by seeing that he believed, for he recognised the reality of the man and cried out that he was God, although he could not see God.

St Thomas Sunday 5 May

MAY DAYS

Wed	1	Bright Wednesday
Thu	2	Translation of Relics of S Athanasius the Gt
Fri	3	Life-giving Spring of the Holy Theotokos
Sun	5	Pascha 2, S Thomas
Tue	7	S John of Beverley, Bishop of York
Wed	8	H Apostle & Evangelist John the Theologian
Fri	10	H Apostle Simon Zelotes, Apostle of Britain
Sat	11	SS Cyril & Methodius, Teachers of the Slavs
Sun	12	Pascha 3, H Myrrh-bearers
Sun	19	Pascha 4, Paralyse Man
Tue	21	SS CONSTANTINE & HELEN, EQUALS TO APOSTLES
Wed	22	Mid-feast of Pentecost
Fri	24	S Vincent of Lerins
Sat	25	3rd Finding of Head of S John the Forerunner
Sun	26	Pascha 5, Samaritan Woman, S Augustine of Canterbury
Mon	27	S Bede the Venerable