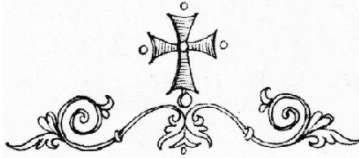


November 2007



# The Orthodox Parish of the Holy and Life-Giving Cross, Lancaster

*Meeting at the Chaplaincy Centre of Lancaster University*

## *Newsletter*



*Ἐπιφανὸς Χριστὸς, Ζωωδότης.  
(Φ. Κόντογλου, 1962).*

*The parish of the Holy and Life-Giving Cross,  
belongs to the Antiochian Orthodox Deanery of the United Kingdom and Ireland,  
which is part of the Antiochian Orthodox Archdiocese of Western and Central Europe.*

*Our Metropolitan is His Eminence Archbishop Gabriel.*

*The Patriarchate of Antioch is third senior of the Orthodox Churches.*

*The Patriarch is His Beatitude Ignatius IV.*

*The disciples were first called Christians in Antioch  
(Acts 11:26)*

## **SAYINGS FROM ST. ISAAC THE SYRIAN ON PURIFICATION OF THE HEART**

Love the poor, that through them you also may find mercy. (Homilies 5 in Ascetical Homilies p.51).

Love sinners but hate their works: and do not despise them for their faults, lest you be tempted by the same. (ibid.,).

A man who is truly humble is not troubled when he is wronged and he says nothing to justify himself against the injustice, but he accepts slander as truth; he does not attempt to persuade men that he is calumniated, but he begs forgiveness. (Homilies 6 in Ascetical Homilies p.55).

### **REMEMBER**

Luke 23:42: "Then he said to Jesus," Lord, remember me when you come into your kingdom". And Jesus said to him, "Assuredly, I say to you, today you will be with me in paradise".

Remember, remember the 11<sup>th</sup> of September. Gunpowder terrorism and plot. Remember, remember for there's every good reason, why this date should not be forgot.

Remember, remember the 11<sup>th</sup> of November. Gunpowder, bravery and glory. Remember, remember, for there's every good reason, why we should not forget this story.

Remember, remember the first good Friday. Two thieves hanged either side

of the Cross. Remember, remember for there's every good reason, why they hanged there and suffered their loss.

Remember, remember how one blasphemed with a curse. He hurled insult along with temptation. Remember, remember for there's every good reason, why the other was granted salvation.

Remember, remember how the one wanted life, and wanted it at any price. Remember, remember for there's every good reason, why the other received Paradise.

Remember, remember how we should seek mercy, forgiveness and blessing and grace. Remember, remember for there's every good reason, why we should seek God face to face.

Remember, remember Christ's great resurrection, and how we should seek Him today. Remember, remember for there's every good reason, why we should walk in His way.

Remember, remember from your kingdom in heaven, to be gracious to set us all free. Remember, remember for there is every good reason, why I ask Lord, "Remember me."

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Theophilus of holy memory, bishop of Alexandria, journeyed to Scetis and the brethren coming together said to Abba Pambo, "Say a word or two to the bishop, that his soul may be edified in this place". The old man replied, "If he is not edified by my silence, there is no hope that he will be edified by my words".

## **MAY HIS MEMORY BE ETERNAL!**

The Greek-Orthodox Patriarchate of Antioch, His Beatitude Patriarch Ignatius IV, Patriarch of Antioch and all the East for the Greek-Orthodox, Their Eminences Metropolitan Bishops Members of the Holy Synod, announce with great sorrow and distress the death of His Eminence Metropolitan Bishop GABRIEL SALIBY of thrice mercy, pastor of the Greek-Orthodox Diocese for Western and Central Europe, who passed to the exalted Divine Mercy, on Saturday 20 October 2007 in Paris.

May his memory be eternal!

## **ON THE PSALMS**

*St. Basil from letter 207 to the clergy of Neocæsarea*

3. Now as to the charge relating to the singing of psalms, whereby my calumniators specially scare the simpler folk, my reply is this. The customs which now obtain are agreeable to those of all the Churches of God. Among us the people go at night to the house of prayer, and, in distress, affliction, and continual tears, making confession to God, at last rise from their prayers and begin to sing psalms. And now, divided into two parts, they sing antiphonally with one another, thus at once confirming their study of the Gospels, and at the same time producing for themselves a heedful temper and a heart free from distraction. Afterwards they again commit the prelude of the strain to one, and the rest take it up; and so after passing the night in various psalmody, praying

at intervals as the day begins to dawn, all together, as with one voice and one heart, raise the psalm of confession to the Lord, each forming for himself his own expressions of penitence. If it is for these reasons that you renounce me, you will renounce the Egyptians; you will renounce both Libyans, Thebans, Palestinians, Arabians, Phœnicians, Syrians, the dwellers by the Euphrates; in a word all those among whom vigils, prayers, and common psalmody have been held in honour.

“Saint Basil the Great, Archbishop of Caesarea - Cappadocia, belongs not to the Church of Caesarea alone, nor merely to his own time. Nor to his own kinsmen was he merely of benefit, but rather to all lands and cities worldwide. To all people he brought and yet brings benefit, and for Christians he always was and will be a teacher most salvific” thus spoke, the contemporary of Saint Basil, Saint Amphylokhios, Bishop of Iconium (†344, commemorated 23 November).

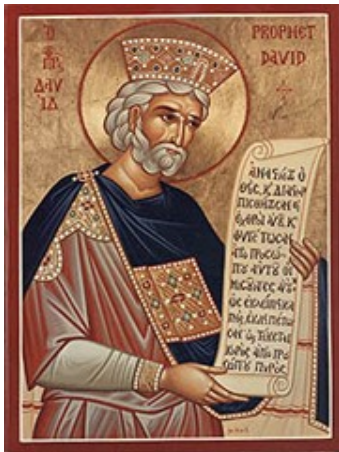
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*St. John Chrysostom on the Psalms*

If we keep vigil in Church, David comes first, last and central. If early in the morning we want songs and hymns, first last and central is David again. If we are occupied with the funeral solemnities of those who have fallen asleep, or if the virgins sit at home and spin, David is first last and central. O amazing wonder! Many who have made little progress in literature know the Psalter by heart. Nor is it only in cities and churches that David is famous; in the village market, in the desert, and in uninhabitable land, he excites the

praise of God. In monasteries, among those holy choirs of angelic armies, David is first last and central. In the convents of virgins, where there are the communities of those who imitate Mary, in the deserts where there are men crucified to the world, who live their life in heaven with God, David is first, last and central. All other men at night are overcome with sleep; David alone is active, and gathering the servants of God into seraphic bands, he turns earth into heaven, and converts men into angels.

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*From the Ecclesiastical History of Socrates Scholasticus*

Pambo, our holy father, being an illiterate man went to one of the fathers who knew letters for the purpose of being taught a psalm. And having heard the first verse of the thirty-eighth psalm, "I said I will take heed to my ways lest I sin with my tongue," he departed without staying to hear the second verse, saying, "this one will suffice if I can learn it in deed." And when the father who had

given him the verse reproved him because he had not seen him for the space of six months, the blessed one answered that he had not yet learned in deed the verse of the psalm. After a considerable lapse of time, being asked by one of his friends whether he had made himself master of the verse, he answered thus, "In all of nineteen years, I have only just succeeded in accomplishing it."

### ONE YEAR ORTHODOX

In the beginning of November 2006 our community was very happy to receive a new member in its harbour. Nicholas Pearson finished his PhD degree in Lancaster University and by God's Grace discovered the beauty of the Orthodox faith. After successfully passing his viva, he took the decision to be enwreathed with the Holy Spirit through Chrismation. This is indeed a natural process because when intellectual knowledge is based on spiritual ground then it has got all substances needed for a soul to flourish and aim for the highest. We send Nicholas our most warm wishes to accompany him in this new beginning in Christ. Many years!! The journey is now retraced.



## ST. NEKTARIOS, BISHOP OF PENTAPOLIS

Saint Nectarius was born in Selyvria of Thrace on October 1, 1846. After putting himself through school in Constantinople with much hard labour, he became a monk on Chios in 1876, receiving the monastic name of Lazarus; because of his virtue, a year later he was ordained deacon, receiving the new name of Nectarius. Under the patronage of Patriarch Sophronius of Alexandria, Nectarius went to Athens to study in 1882; completing his theological studies in 1885, he went to Alexandria, where Patriarch Sophronius ordained him priest on March 23, 1886 in the Cathedral of Saint Sabbas, and in August of the same year, in the Church of Saint Nicholas in Cairo, made him Archimandrite. Archimandrite Nectarius showed much zeal both for preaching the word of God, and for the beauty of God's house. He greatly beautified the Church of Saint Nicholas in Cairo, and years later, when Nectarius was in Athens, Saint Nicholas appeared to him in a dream, embracing him and telling him he was going to exalt him very high.

On January 15, 1889, in the same Church of Saint Nicholas, Nectarius was consecrated Metropolitan of the Pentapolis in eastern Libya, which was under the jurisdiction of Alexandria. Although Nectarius' swift ascent through the degrees of ecclesiastical office did not affect his modesty and childlike innocence, it aroused the envy of lesser men, who convinced the elderly Sophronius that Nectarius had it in his heart to become Patriarch. Since the people loved Nectarius, the Patriarch was troubled by the slanders. On May 3, 1890, Sophronius relieved

Metropolitan Nectarius of his duties; in July of the same year, he commanded Nectarius to leave Egypt.



Without seeking to avenge or even to defend himself, the innocent Metropolitan left for Athens, where he found that accusations of immorality had arrived before him. Because his good name had been soiled, he was unable to find a position worthy of a bishop, and in February of 1891 accepted the position of provincial preacher in Euboea; then, in 1894, he was appointed dean of the Rizarios Ecclesiastical School in Athens. Through his eloquent sermons his unwearied labours to educate fitting men for the priesthood, his generous alms deeds despite his own poverty, and the holiness, meekness, and fatherly love that were manifest in him, he became a shining light and a spiritual guide to many. At the request of certain pious women, in 1904 he began the building of his convent of the Holy Trinity on the island of Aegina while yet dean of the Rizarios School; finding later that his presence

there was needed, he took up his residence on Aegina in 1908, where he spent the last years of his life, devoting himself to the direction of his convent and to very intense prayer; he was sometimes seen lifted above the ground while rapt in prayer. He became the protector of all Aegina, through his prayers delivering the island from drought, healing the sick, and casting out demons. Here also he endured wicked slanders with singular patience, forgiving his false accusers and not seeking to avenge himself. Although he had already worked wonders in life, an innumerable multitude of miracles have been wrought after his repose in 1920 through his holy relics, which for many years remained incorrupt. There is hardly a malady that has not been cured through his prayers; but Saint Nectarius is especially renowned for his healings of cancer for sufferers in all parts of the world.

### **PUMPKIN POLENTA PECAN PIE**

It's autumn, everything around is orange, including pumpkins. With celebrations like Halloween and bonfire night coming, a seasonal dish with new world seasonal ingredients, such as pumpkin, corn, maple syrup and pecans, is coming to mind: pumpkin pie. I think there are innumerable versions of this pie, here I'll give you mine:

500gr pumpkin purée  
400gr polenta (coarse cornmeal)  
juice and zest from 1 orange  
1 tsp baking soda  
1-2 tbs (brown) sugar

1-2 tsp cinnamon  
pecan halves to decorate  
maple syrup and cream (optional) to serve

This is the vegan/lenten (and fat free) version and I think it's good as it is. If however you want a richer pie, add:

3 eggs  
1/2 cup vegetable oil  
1 small tub yoghurt



I used pumpkin purée from a jar. If you're the proud owner of a nice ripe and sweet pumpkin (maybe the one you hollowed out to make a lantern?), boil it, mash it and leave it in a strainer to get rid of all the liquid, then weigh 500gr of pulp. Mix it then with the polenta, the zest, the juice (with the soda mixed in it, it will get frothy, don't worry!), the cinnamon and the sugar (and the rest of the ingredients if you're using them), you'll get a thick, honey like, batter. Empty in a well oiled pie (tart) fluted tin/dish (it doesn't rise a lot), decorate with the pecan halves, and bake, gas mark 4 or 180C, till it's firm and golden (how long for, WILL depend on your oven, it took me an hour but it may take you less). If you do the skewer check it might come out slightly sticky, this is a moist pie, you might want to check by pressing the middle lightly with your fingertip instead, it should feel springy. When

ready, prick with a fork/skewer and drizzle with maple syrup (I like lots!). Serve hot, warm or at room temperature, drizzled with extra maple syrup and cream or a scoop of ice cream. I'm thinking of also trying it with apple purée when pumpkins are gone, but for now it's pumpkin (rich in beta carotene, a powerful antioxidant, i.e. very good for you!).

*pieceofcake*

### MAJOR CELEBRATIONS THIS MONTH

8<sup>th</sup> Nov: **The Synaxis of the Archangels**

9<sup>th</sup> Nov: **St. Nectarios the wonderworker**

10<sup>th</sup> Nov: **St. Arsenius of Cappadocia**

13<sup>th</sup> Nov: **St. John Chrysostom, Abp. of Constantinople**

14<sup>th</sup> Nov: **St. Gregory Palamas, Abp of Thessalonica**

16<sup>th</sup> Nov: **Apostle and Evangelist Matthew**

21<sup>st</sup> Nov: **Entry of the Theotokos**

23<sup>rd</sup> Nov: **St. Amphilokhios, Bp. of Iconium**

25<sup>th</sup> Nov: **Great Martyr Katherine**

30<sup>th</sup> Nov: **Apostle Andrew the first called**

For the lives of Saints please visit the Prologue of Ohrid:

[www.westsrbdio.org/prolog/prolog.htm](http://www.westsrbdio.org/prolog/prolog.htm)

or the Calendar of the Greek Orthodox Archdiocese of America:

[www.calendar.goarch.org](http://www.calendar.goarch.org)



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