

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

*Meeting at the Chaplaincy Centre of Lancaster University*

## ***Newsletter***



*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 John.  
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)***

## ST. JOHN OF KRONSTADT

The heart can change several times in one moment - to good or evil,

to faith or unbelief,

to simplicity or cunning,

to love or hatred,

to benevolence or envy,

to generosity or avarice,

O, what inconstancy!

O, how many dangers!

O, how sober and watchful we must be!

## VIEWING OF THE CHURCH AT GALGATE

As some of you may already know, there is a possibility of moving to a small church at Galgate if the negotiations with the Roman Catholic Bishop and the Trustees who own the church go well. Some of us went there on Friday the 26<sup>th</sup> of June to have a view of the premises.

It was great that Bryn had his camera with him; he took some good shots showing how the place looks like. As you can see, the building consists of a comfortable area of worship which can probably accommodate about 50-100 people, a kitchen, a toilet and an attic which is now used as a storage place. There is also parking space and a bus stop a few metres away for those who come from either the city centre or further away. It is also a 10min walk from the University's

Graduate College which makes it convenient also for our students, provided that the negotiations go well.

Please let Chris Neill or fr. Jonathan know of any suggestions, comments or ideas you may have.



*The area of worship as seen from the altar.*



*The altar*



*The area of worship looking at the altar*



*The kitchen*



*The attic*



*How the church looks from outside*

## PRAYER

“Master, they say that when I seem  
To be in speech with you,  
Since you make no replies, it’s all a dream  
– One talker aping two.

They are half right, but not as they  
Imagine; rather, I  
Seek in myself the things I meant to say,  
And lo! the wells are dry.

Then, seeing me empty, you forsake  
The Listener’s role, and through  
My dead lips breathe and into utterance wake  
The thoughts I never knew.

And thus you neither need reply  
Nor can; thus, while we seem  
Two talking, thou art One forever, and I  
No dreamer, but thy dream.

– C.S. Lewis, 1964

Old Stavronian Lauren Macrina Rucker kindly gave me a book of Poems by C.S. Lewis on leaving Lancaster two years ago. Inscribed in the front of the book is a note that one of her favourite poems in the collection was “Prayer.”

Here Lewis reveals a deep theological truth about the nature and purpose of prayer that God is never the object of our prayer, always the subject. Prayer is that meeting and union with the Father which involves our whole being. Christ taught us to love God *with all our heart, mind soul and strength... and to love our neighbour as ourselves* which is the out-working of prayer. The Church Fathers speak continually about the acquisition of the Holy Spirit within that process of “Theosis”, putting on God and becoming more fully the image of what we are meant to be in Christ. Prayer is in essence that loving relationship between the Creator and His creation through the indwelling grace of the All Holy Spirit. It is He, the Paraklete, who prompts, reminds and leads us to reflect the glory to the Father, through the Son who is the Way.

Prayer does not change God, prayer changes us.

*JAH.*

## THE MATHEMATICAL BRIDGE

*“The stone which the builders rejected  
Has become the chief cornerstone.”  
Psalm 118:22*

Unhewn, estranged, indifferent,  
Inactive, confused and alone;  
The fire of the Spirit breathes movement  
Forms shape into coarse living stone.

We will make a bridge together  
We will cross the wat'ry divide,  
Following Christ the God-man  
Mystically at His side.

Beholding Mount Zion's Vision,  
Viewed from a Silver street,  
Paved in ruby, topaz and beryl,  
There, would-be disciples meet.

Turquoise, emerald, jacinth  
Agate and amethyst glow  
Chrysolite, onyx and jasper  
Reflect on the pavement below.

Hope adds to the seeker's salvation  
Faith multiplies joy in the heart.  
Love's dividend shares the sorrow  
Subtracts the self-seeking part.

We will break down walls of division  
We will tread where saints have trod;  
In fellowship as pilgrims  
To build the City of God.

Holy Triangulation-Cross examination  
Points to the One unknown.  
The stone which the builders rejected  
Has become the chief cornerstone.

Circled by thousands of angels  
Assembled around and above;  
Living Stones brought together  
As beautiful bridges of love!

JAH

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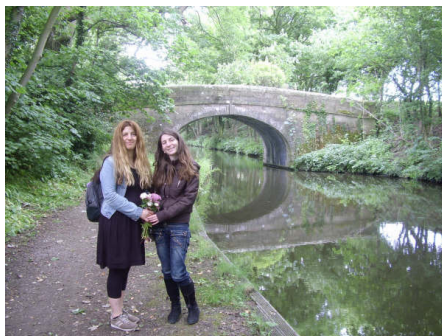
*Such is friendship, that through it we love  
places and seasons; for as bright bodies emit  
rays to a distance, and flowers drop their  
sweet leaves on the ground around them, so  
friends impart favour even to the places  
where they dwell. With friends even poverty  
is pleasant. Words cannot express the joy  
which a friend imparts; they only can know  
who have experienced. A friend is dearer than*

*the light of heaven, for it would be better for  
us that the sun were exhausted than that we  
should be without friends.*

St. John Chrysostom

## TO LANCASTER ALONG THE CANAL

On Sunday the 21<sup>st</sup> of June, Evangelia and Katerina had the lovely idea to try to reach Lancaster city centre from the University by walking along the canal. Chris kindly dropped us off at Galgate after a small journey into the unknown of the numerous little lanes that lead to the canal; we reached a stone bridge which was our starting point.



The temperature was comfortable and ideal for walking. We started off by meeting a swan and continued to meet water lilies and wild garlic all along the way. Horses, cows and wild flowers were also there to attract our attention. Fortunately Evangelia had her camera with her taking lovely pictures.

Walking in the countryside is always a good opportunity to discuss and come closer to your fellow walkers. I then somehow realised why Aristotle introduced his walking lectures at the "Peripa-

tetic" Lyceum in Athens. Aristotle along with Socrates and Plato are often considered as *Christians before Christ* due to the similarity between the Christian ethos and the ethos they were trying to infuse into their students. Some churches are actually featuring them on frescos at the narthex; the main church of the skete of St. Anna at Mt. Athos is one of them.

I thought it may be interesting to include a few of Aristotle's quotes here.

### Quotes by Aristotle:

\* In all things of nature there is something of the marvellous.

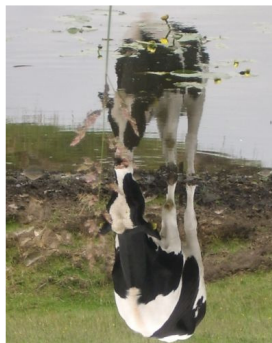
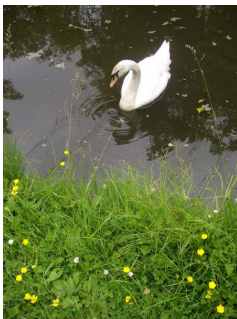
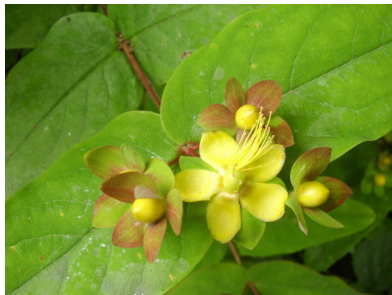
\* It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions.

\* Men acquire a particular quality by constantly acting a particular way... you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.

\* It is possible to fail in many ways... while to succeed is possible only in one way.

\* Patience is bitter, but its fruit is sweet.

*Thodoris Papadopoulos*







## SAYINGS ON FASTING

St. Symeon the New Theologian: "Let each one of us keep in mind the benefit of fasting... For this healer of our souls is effective, in the case of one to quieten the fevers and impulses of the flesh, in another to assuage bad temper, in yet another to drive away sleep, in another to stir up zeal, and in yet another to restore purity of mind and to set him free from evil thoughts. In one it will control his unbridled tongue and, as it were by a bit, restrain it by the fear of God and prevent it from uttering idle and corrupt words. In another it will invisibly guard his eyes and fix them on high instead of allowing them to roam hither and thither, and thus cause him to look on himself and teach him to be mindful of his own faults and shortcomings. Fasting gradually disperses and drives away spiritual darkness and the veil of sin that lies on the soul, just as the sun dispels the mist. Fasting enables us spiritually to see that spiritual air in which Christ, the Sun who knows no setting, does not rise, but shines without ceasing. Fasting, aided by vigil, penetrates and softens hardness of heart. where once were the vapours of drunkenness it causes fountains of compunction to spring forth. I beseech you,

brethren, let each of us strive that this may happen in us! Once this happens we shall readily, with God's help, cleave through the whole sea of passions and pass through the waves of the temptations inflicted by the cruel tyrant, and so come to anchor in the port of impossibility.

'My brethren, it is not possible for these things to come about in one day or one week! They will take much time, labour, and pain, in accordance with each man's attitude and willingness, according to the measure of faith and one's contempt for the objects of sight and thought. In addition, it is also in accordance with the fervour of his ceaseless penitence and its constant working in the secret chamber of his heart that this is accomplished more quickly or more slowly by the gift and grace of God. But without fasting no one was ever able to achieve any of these virtues or any others, *for fasting is the beginning and foundation of every spiritual activity*'. — Symeon the New Theologian: the Discourses, pub. Paulist Press. pp. 168-169.

Mother Gavrilia of blessed memory spent much time travelling in the service of Christ to places that separated her from the daily liturgical life of the Church. Especially during these times, the advice of her spiritual father Archimandrite Lazarus Moore stood her in good stead: "Fasting is one of our greatest weapons against the Evil One. I will repeat what Father Lazarus told me once. In 1962, I went to the USA. I stayed there a long time and travelled to many states. The letters of Father Lazarus were a great help... He used to say: *Go anywhere you like, do whatever you like, as long as you observe Fasting...* Because not a single arrow of the Evil One can reach you when you fast. Never". — Ascetic of Love, the

biography of Mother Gavrilia, pub. Series Talanto. pg. 200.

St Seraphim of Sarov on Fasting: “Once there came to him a mother who was concerned about how she might arrange the best possible marriage for her young daughter. When she came to Saint Seraphim for advice, he said to her: *Before all else, ensure that he, whom your daughter chooses as her companion for life, keeps the fasts. If he does not, then he is not a Christian, whatever he may consider himself to be.*” — From a sermon of Metropolitan Philaret, quoted in The Ladder of Divine Ascent, pub. Holy Trinity Monastery, pg.xxxiii.

Abba Daniel of Sketis: “In proportion as the body grows fat, so does the soul wither away”.

## ST. MARINA THE GREAT, MARTYR OF ANTIOCH

This Martyr lived during the reign of Claudius II (268-270). She was from Pisidia of Cilicia and was the only daughter of a certain priest of the idols. On being orphaned by her mother, she was handed over to a certain woman who instructed her in the Faith of Christ. When she was fifteen years old, she was apprehended by the ruler of Olmbrus, and when asked her name, homeland, and faith, she answered: “My name is Marina; I am the offspring of the Pisidia; I call upon the Name of my Lord Jesus Christ”. Because of this she endured bonds, imprisonment, and many whippings, and was finally beheaded in the year 270. Saint Marina is especially invoked for deliverance from demonic possession.



## RECIPE: DOUBLE CHOCOLATE VEGAN BROWNIES

- \* 2 cups flour
- \* ½ cup brown sugar
- \* ½ cup cocoa powder
- \* 1 ½ teaspoons baking powder
- \* ½ teaspoon baking soda
- \* ¼ tsp salt
- \* 2 cups vanilla soya milk
- \* ¼ cup sunflower oil or dairy-free margarine
- \* 2 teaspoons pure vanilla extract or 1 tsp cinnamon
- \* ½ cup plain chocolate chips (or to taste)
- \* ½ cup chopped pecans or walnuts (optional).

Sift together all dry ingredients, mix together all wet ingredients and combine. Add choc chips and nuts, if using. Smooth in a greased baking tin and and bake for about 25 minutes, gas mark 4,

until the brownies spring back when gently pressed. Don't over-bake, as you want them to remain moist.

*Piece of cake*

## MAJOR CELEBRATIONS THIS MONTH

1<sup>st</sup> July: Cosmas and Damian the Holy Unmercenaries

2<sup>nd</sup> July: St. Juvenal the Protomartyr of America and Alaska

3<sup>rd</sup> July: St. Germanus Bishop of the Isle of Man

4<sup>th</sup> July: St. Andrew of Crete, author of the Great Canon

11<sup>th</sup> July: The Great Martyr Euphemia the All-praised

13<sup>th</sup> July: Synaxis of Archangel Gabriel

15<sup>th</sup> July: Holy Equal-to-the-Apostles Great Prince Vladimir, in Baptism Basil, Enlightener of the Russian Land

17<sup>th</sup> July: Great Martyr Marina of Antioch and Child-Martyr Prince Kenelm

20<sup>th</sup> July: Holy Glorious Prophet Elijah

27<sup>th</sup> July: Great Martyr and Healer Panteleimon

31<sup>st</sup> July: St. Joseph of Arimathea

For the lives of Saints please visit the Calendar of the Greek Orthodox Archdiocese of America: [www.calendar.goarch.org](http://www.calendar.goarch.org)

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“We have been called to become unknown heroes,  
visible only to the unsleeping eye of God”

- Elder Ephraim -



*For further information please contact:*

Father Jonathan Hemmings  
67 Sibsey Str., Fairfield, Lancaster, LA1 5DQ  
Tel: +44 1524 840759, +44 1524 580600

Email: [frjah@yahoo.co.uk](mailto:frjah@yahoo.co.uk)  
[www.antiochian-orthodox.co.uk](http://www.antiochian-orthodox.co.uk)

