

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

Meeting at the Chaplaincy Centre of Lancaster University

Newsletter



*Ἐθρονος Χριστός, Ζωοδότης.
(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 John.

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

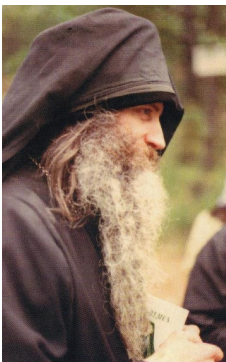
The Patriarch is His Beatitude Ignatius IV.

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

FR. SERAPHIM ROSE ON SUFFERING

Why do men learn through pain and suffering, and not through pleasure and happiness? Very simply, because pleasure and happiness accustom one to satisfaction with the things given in this world, whereas pain and suffering drive one to seek a more profound happiness beyond the limitations of this world. I am at this moment in some pain, and I call on the Name of Jesus – not necessarily to relieve the pain, but that Jesus, in Whom alone we may transcend this world, may be with me during it, and His will be done in me. But in pleasure I do not call on Him; I am content then with what I have, and I think I need no more. And why is a philosophy of pleasure untenable? – because pleasure is impermanent and unreliable, and pain is inevitable. In pain and suffering Christ speaks to us, and thus God is kind to give them to us, yes, and evil too – for in all of these we glimpse something of what must lie beyond, if there really exists what our hearts most deeply desire.*

* excerpt taken from the book *“Father Seraphim Rose: His Life and Works”* by Hieromonk Damascene Christensen.



Fr. Seraphim Rose of Platina

LIKE FLOWERS OF THE BIBLE?

Isaiah 40:8 “The grass withers, the flower fades: but the word of our God shall stand for ever..”

Corinthians 15:42 “So also is the resurrection of the dead. The body is sown in corruption, it is raised in incorruption”.

Consider the lilies, how they grow,
They toil not nor spin and yet they sow
Seeds of their own salvation story
In their Resurrection glory.

Save and Protect us O Lord

Rose of Sharon whose most pungent scent
Showers the drought of our discontent,
As blue Iris petal’s waking eye
Sees the Star of Bethlehem die.

Save and Protect us O Lord

Crocus and tulip seek the Light.
Cyclamen, Hyacinth both invite
The Holy Guest who with synergy
Breathes Life upon Anemone.

Save and Protect us O Lord

Young Narcissus heralds Easter morn.
His bright yellow trumpet greets the dawn
To welcome our Christ and His elect;
“Salute our God!” not self reflect.

Save and Protect us O Lord

The grass it withers, the flower it fades,
Our short lives pass in gladdening shades,
’Til dust and ashes in the ground
By Love’s great Life-Bestower found.

Save and Protect us O Lord

Like flowers of the Bible God says “grow!”
Our bodies too through His power will show

That last transfiguring mystery
When raised to immortality.

Save and Protect us O Lord

“In love did God bring the world into existence; in love is God going to bring it to that wondrous transformed state, and in love will the world be swallowed up in the great mystery of the One who has performed all these things; in love will the whole course of the governance of creation be finally comprised”.

- St. Isaac the Syrian -

JAH 11.8.09

THE MONASTERY OF ST. NIKANOR

Last August I visited the monastery of St. Nicanor (†1549) which is located on Mt. Kallistraton, by the river Haliakmon. That is near my hometown Servia at the North-West of Greece. It was founded at the beginning of the 16th century by Blessed Nicanor of Thessaloniki. The buildings are organised around a central courtyard, following the pattern of the monasteries on Mount Athos. In the centre of the courtyard is the catholicon, a triconch church of the Athonite type, richly decorated with wall paintings, dated to the 16th and 19th centuries.

St. Nicanor travelled throughout Western Macedonia, preaching and supporting the Greek communities then under Ottoman rule. Nikanor settled on Mt. Kallistraton with other monks joining him, and assisted in founding the Transfiguration monastery, which for centuries worked as a lighthouse of comfort for the suppressed. St. Nikanor, commemorated

on the 7th of August, is the patron Saint of the Elimeia district. A few pictures of the monastery are added below.

Thodoris Papadopoulos



View of the Monastery as one is approaching from the front side. Built on rock, the sight is spectacular



View of the Monastery from the gate



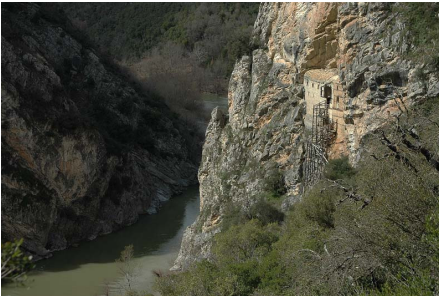
The central courtyard



The Eastern side of the Monastery with a klemataria (vine pergola) under the shade of which spiritual talks are ideal



The Catholicon



The Saint's hermitage built inside the rock. The river Haliakmon can be seen below it.

ST. MENAS

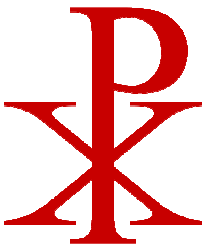
Matthew's first name is Matthew-Mina dedicated to St. Menas with feast day on the 11th of November. Cristina Denise was kind enough to remind us of this great Saint whose brief biography is following.

Saint Menas, who had Egypt as his fatherland, contested in Cotyaeion of Phrygia in 296 during the reign of Diocletian and Maximian. His father, a ruler of one of the administrative divisions of Egypt died when Menas was fourteen years old.

At fifteen he joined the army and was appointed in Algeria with a high rank. A soldier distinguished for his valour in war, he renounced his rank and withdrew to devote himself to ascetical struggles and prayer in the mountains. Filled with zeal and more than human courage, he presented himself in the midst of a pagan festival in Cotyaeion and declared himself to be a Christian. After terrible torments which he endured with astonishing courage, he was beheaded.

The saint's assassins tried to burn his relics but they failed; Christians then loaded his body on a camel and headed towards the western desert. At a certain spot, the camel stopped and the people could not force it to continue its trip by any means. Right there, near a water well, he was buried; St. Menas' Monastery is located at that very place today, at the end of Marriute lake not far from Alexandria.

His martyrdom in Egypt became a place of universal pilgrimage; evidence of ancient journeys to his shrine have been found as far away as Ireland. The glory and refuge of the Christians of Egypt, he has been revealed to be a worker of great miracles and a swift



defender for all who call on him with faith; besides all else, he is also invoked for help in finding lost objects.

Additional reading:

<http://orthodoxwiki.org/Menas>



RECIPE: SPINACH AND FETA SQUARES

You'll need:

- 1 onion, finely chopped
- 1 clove of garlic, minced
- 15g. butter
- 3 eggs
- 1 cup milk (choose organic)
- 1 cup flour
- 2 tsp baking powder
- 5 tbsp chopped dill
- ½ tsp grated nutmeg
- 350g. spinach, fresh or frozen, chopped
- 200g. feta cheese, crumbled
- 200g. yellow cheese of your choice, grated
- black pepper
- a 9x12 inch baking tin, greased

Make it:

In a frying pan melt the butter and saute the onion and the garlic, add the spinach and cook till all liquid evaporates. Add the dill and leave to cool.

In a bowl, beat the eggs, add the milk and the flour (mixed with the baking powder), mix well. Add the spinach mixture, the spices and the cheeses, mix well.

Spread in the baking tin, bake in a preheated oven, gas mark 4, 30-35 min, or until firm and golden. Allow to cool and cut in squares.

Can be eaten warm or cold, even the next day. Kali Orexi!

piececake



MAJOR CELEBRATIONS THIS MONTH

1st Nov: **St. Cosmas and Damian**

9th Nov: **St. Nectarios Metropolitan of Pentapolis**

13th Nov: **St. John Chrysostom Archbishop of Constantinople**

15th Nov: **Beginning of the Nativity fast**

16th Nov: **Holy Apostle and Evangelist Matthew**

21st Nov: **The Entry of our Most-Holy Lady the Theotokos into the Temple**

25th Nov: **Great Martyr Catherine of Alexandria**

30th Nov: Holy Apostle Andrew the First called

For the lives of Saints please visit the Calendar of the Greek Orthodox Archdiocese of America: www.calendar.goarch.org

TIMETABLE OF SERVICES

DATE	TIME	ROOM	PURPOSE
7/11 - Sat.	09:00 - 13:00	RC	Holy Liturgy
12/11 - Thurs.	18:30 - 20:00	RC	Choir Practise
14/11 - Sat.	09:00 - 13:00	RC	Holy Liturgy
19/11 - Thurs.	18:30 - 20:00	RC	Choir Practise
22/11 - Sun.	09:00 - 13:00	QR	Holy Liturgy
26/11 - Thurs.	18:30 - 20:00	RC	Choir Practise
29/11 - Sun.	09:00 - 15:00	QR	Holy Liturgy and lunch

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



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