

# 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)*

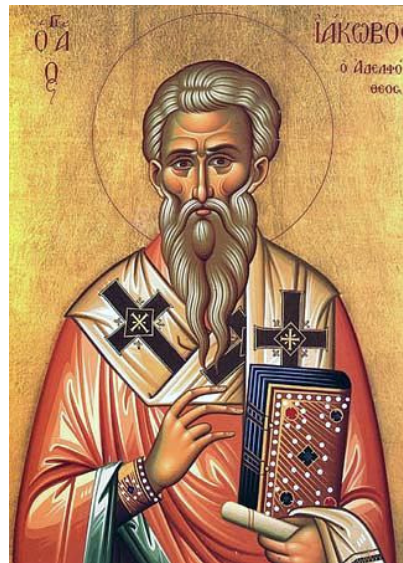
## LISTENING AND SPEAKING

James 1;19: *My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.*

In 12<sup>th</sup> century England the then King Henry II and Archbishop of Canterbury Thomas a Becket had a long running dispute and major disagreement over the priority of authority between Church and State. In a heated moment, frustrated with the impertinence and growing popularity of this strong minded cleric, the King was overheard to say "Who will rid me of this turbulent priest?". Straightway four of his knights took it upon themselves to take their King's word as a literal request and command and rode to Canterbury where they killed Thomas with their swords striking him on the head at the steps of the High Altar. We will never know whether Henry really meant what he said or whether his words were born of frustration and anger that led to this rash outburst and awful consequence. The King repented and taking upon himself sackcloth and ashes begged the monks for forgiveness and did penance. Perhaps for the rest of his life Henry was haunted by those words that he had uttered which had such a grave consequence.

We also say those things which emanate from bitterness, resentment, anger or passion which we later regret. In the Talmud it says that "The slanderous tongue kills three: the slandered, the slanderer and him who listens to the slander". The trouble is we cannot erase that spoken word -we cannot take it back- once it is said it remains eternally recorded. We should be quick to listen

and slow to speak. St. James in his epistle goes on to say, James 3;5: *Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. 6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. 7 All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, 8 but no man can tame the tongue. It is a restless evil, full of deadly poison. 9 With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers, this should not be.*



There is a welsh proverb which says "Gossip is the devil's mailbag." The wounds inflicted by someone's intemperate speech, verbal abuse or bullying can remain with us a lifetime and diminish our self worth. How we speak and what we say tells people about us, it informs them about our character, our thoughts.

It is not an accident that the Apostle and Evangelist John describes Christ as the "Word of God."

*Salvation is not gained when we speak idly or when we pass through our days without consideration. Be attentive to your tongue and to your mind, for the guarding of these fills the soul with the light of God. But that one whose mouth is unbridled stores up various impurities in his soul. Elder Ephraim of Philotheou Mount Athos, "Counsels from the Holy Mountain".*

Perhaps the Psalmist more than any other writer in the Bible knows the power and effect of the hasty word when he writes:

Psalm 141:3:

*Set a guard over my mouth, O LORD;  
keep watch over the door of my lips.*

C.S. Lewis expressed the need for sensitivity in this way: "We are all fallen creatures and all very hard to live with".

Our words should be the fruit of our rational mind and soul's reflection rather than the bitter fruit of passion.

**Prayer:** Set a guard O Lord over our mouth that we may never speak the cruel word which is not true, or the true word which is without mercy.

May He who is the Word speak to us in His still small voice that we may hear and speak gentle words to others born of His love.

JAH



## HISTORIC MEETING

### INAUGURAL MEETING OF THE PAN-ORTHODOX ASSEMBLY FOR THE BRITISH ISLES

The Inaugural Meeting of the Pan-Orthodox Assembly of Bishops with Churches in the British Isles was held on 21<sup>st</sup> June 2010 at Thyateira House, the centre of the Greek Orthodox Archdiocese of Thyateira and Great Britain. The Assembly operates in accordance with the Decision reached at the 4<sup>th</sup> Pre-conciliar Pan-Orthodox Conference Meeting at Chambésy (Switzerland) on 13<sup>th</sup> June 2009.

The following bishops were present: His Eminence Archbishop Gregorios of Thyateira & Great Britain (Ecumenical Patriarchate of Constantinople), the Most Revd Metropolitan Youhanna (John) of Western & Central Europe (Patriarchate of Antioch), His Eminence Archbishop Elisey of Sourozh (Patriarchate of Moscow), the Rt Revd Bishop Dositej of Great Britain & Scandinavia (Patriarchate of Serbia), the Most Revd Archbishop Iossif of Western & Southern Europe (Patriarchate of Romania), the Rt Revd Bishop Zenon of Dmanisi & Great Britain (Patriarchate of Georgia), the Most Revd Archbishop Mark of Berlin, Germany & Great Britain (Russian Orthodox Church Outside of Russia), the Most Revd Archbishop Anatoly of Kerch (Diocese of Sourozh), the Most Revd Metropolitan Kallistos of Diokleia (Archdiocese of Thyateira), the Rt Revd Bishop Chrysostomos of Kyanea (Archdiocese of Thyateira), the Rt Revd Bishop Athanasios of Tropaeou (Archdiocese of Thyateira). The Most Revd Metropolitan Simeon of Central & Western Europe (Patriarchate of Bulgaria) and the Rt Revd Ioan of Parnassos (Ecumenical Patriarchate's

Ukrainian Orthodox Diocese in Great Britain) were unable to attend.



All those present noted the importance of this Meeting: until now in the British Isles there has been no kind of Inter-Orthodox Episcopal Committee. The bishops discussed the future organisation of their work, and an Executive Committee was set up, with Archbishop Gregorios as President, Metropolitan Youhanna and Archbishop Elisey as Vice-presidents, Bishop Dositej as Treasurer, and Archbishop Iossif as General Secretary. Bishop Zenon, Archbishop Mark and Metropolitan Kallistos were also appointed Members of the Executive Committee. The Secretariat of the Committee is made up of Archimandrite Vassilios Papavassiliou and Protopresbyter Samir Gholam.

Three Committees were set up:

1) Theological Committee, Chairman: Metropolitan Kallistos (For the time-being, this will also deal with liturgical,

canonical and ecumenical questions, and with the preparation of an agreed list of Saints of the British Isles).

2) Pastoral Committee, Chairman: Archbishop Elisey (This will also deal with inter-Orthodox relations and with the organisation of Pan-Orthodox events)

3) Educational Committee, Chairman: Archbishop Gregorios (This will be concerned, among other things, with chaplains to universities, catechetical work and publications)

In the case of each committee, each Orthodox diocese will appoint a representative from either the clergy or the laity.

In the course of the discussion, the bishops mentioned in particular the need to keep children and young people within the Church. They spoke of pastoral problems arising in connection with marriage, and canonical issues involving the transfer of clergy from one diocese to another. They noted that there was a need to discuss current issues in bio-ethics and questions connected with the theology of the human person.

It was decided that a further Meeting would be held in December 2010.

The Meeting concluded with a festal meal provided by Archbishop Gregorios at Thyateira House.

## OLD STAVRONIAN CORNER

Li-Ying a former student of Lancaster University, now in Taiwan, is to visit the University Campus and to attend the Holy Liturgy in the last week of August with us. We will indeed be very happy to

welcome her once again at the Chaplaincy Centre!

## PARISH NEWS

We are happy to let you know that space has been made available in the store room to accommodate our Icon screen and Royal doors which is a blessing for the community. We would like to extend our thanks to Fr. Hugh for making space available.

Maria A. and Elpida from Cyprus have been with us for the past few years, singing in the choir, baking *prosfora*, cooking delicious food for our lunches, helping with setting up the church for the liturgy, but above all, always smiling. As they have both successfully finished their studies in Lancaster, and are moving on to do postgraduate studies in London and Utrecht respectively, after their graduation in July, we wholeheartedly wish them their life to be full of blessings. We will indeed miss you both, thank you for everything, come back and visit!

## RECIPE: PROSFORA (CHURCH BREAD)

### INGREDIENTS

- \* Flour (I use Organic White Strong Bread flour) about 300gr for a medium loaf.
- \* Lukewarm water (hot enough for the yeast to be activated but cool enough to put your hand in, if it's too hot it will "kill" the yeast, if not hot enough it won't

activate it) about 200ml (less than a glass) for each loaf.

- \* Holy water (a few drops).
- \* Olive oil (about a tbsp for each loaf).
- \* Sugar or honey (about a tsp for each loaf).
- \* Salt (about a level tsp for each loaf).
- \* Yeast (fresh or dry. You can buy fresh at Sainsbury's bakery, you need about 10gr (about a tbsp) for each loaf. You can keep fresh yeast for a long time in the freezer, leave at room temperature before using) or 1 ½ to 2 tsp dry yeast for each loaf)

Also: a big bowl and round loaf tins (99p each from Wilckinson's), if possible use these utensils for *prosfora* only, the holy seal, a skewer (to make the holes round the loaf), your *kantili* (oil lamp) incense burner, an icon, peace and quiet and lots of prayer!

### HOW TO MAKE

Make sure your hands and nails are clean utensils are spotless (esp. if you don't only use them for *prosfora*), gather everything you need in front of an icon, light an oil lamp, burn some incense and start saying the Lord's prayer (Lord Jesus Christ have mercy on us), and other prayers you want, throughout the kneading, also mentioning the names of the living and the departed.

Prepare the yeast (if you're using fresh yeast): put the yeast in a bowl or measuring jug with some of the sugar or honey, the flour and the water, mix, cover with a cloth and leave to rise and froth up in a warm, draft-free place, (about 12min). If using dry instant yeast, skip this stage, just mix it with all the ingredients.

Put the flour in the bowl and add, making the sign of the cross as you do it,



the oil, salt, sugar or honey, 3 (for the Holy Trinity) drops of holy water and the yeast. Start mixing, adding water until you have a soft, elastic dough that's pliable but not too tacky. Tip out of the bowl and start kneading on a clean, flat, surface dusted with flour. If your dough is too hard add some more water, if it's too sticky add a bit more flour (don't be too hasty to add flour though, even the perfect consistency dough is initially sticky. Keep kneading and it will become smooth and elastic. Too much flour will make the dough too hard; you want it to be soft as an ear lobe ☺). After about 12min of kneading (don't forget praying as you do it), shape the dough in a ball, dust with flour, put back in the (floured) bowl, cover with a cloth and leave to prove and rise in a warm, draft-free place, (about 45-60min, depending on the room temperature, till it has doubled in size). Then tip the dough out again and knock out the air, shape in loaves, press flat with your palm in well-oiled tins, cover with a cloth and allow to rest for about 12 min. Pre-heat the oven (medium, gas mark 4 -5)

Dust the holy seal with some flour, shake off excess, and firmly press on each loaf. With the skewer make 12 (for the 12 Apostles) holes around the seal (I first pierce 4, making the sign of the cross and then two between each of the initial two).

Bake for about 30-40min, depending on the oven (I bake at gas mark 4-5, 180-200 C), until they are golden on top and sound hollow when you tap them underneath (you might have to take the loaf out of the tin and bake it a bit longer until it's dry and well baked underneath and sounds hollow when you tap with your knuckle).

Leave to cool, without the tin, on a cooling rack (otherwise the steam will make your bread soggy underneath),

maybe covered with a clean, dry cloth. Your holy bread, made with love and prayer, is ready.



TIP: when you wrap your bread in a clean tea towel to bring to church, make sure you haven't washed it with a strong smelling detergent and/or fabric softener, otherwise the bread will absorb the smell and taste like "meadow flowers" or something!

*pieceofcake*

## MAJOR CELEBRATIONS THIS MONTH

1<sup>st</sup> July: **Wonderworking Unmercenaries  
Cosmas and Damian**

2<sup>nd</sup> July: **St. John Maximovitch, Bishop of  
Shanghai and Arch bishop of San  
Fransisco**

7<sup>th</sup> July: **Great Martyr Kyriake**

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

13<sup>th</sup> July: **Synaxis of the 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  
20<sup>th</sup> July: Holy, Glorious Prophet Elijah  
25<sup>th</sup> July: The Dormition of the righteous  
Anna, mother of the Most Holy  
Theotokos  
26<sup>th</sup> July: Martyr Paraskeve

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

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

### Services during July

Sun. July 4 <sup>th</sup>	10.00 am	Liturgy in Q.R. (fr. Jonathan has Founders Day in the Priory on Saturday)
Sat. July 10 <sup>th</sup>	10.00 am	Liturgy in R.C.
Sat. July 17 <sup>th</sup>	10.00 am	Hours and Typica in R.C. followed by Fellowship and Bible Study (fr. Jonathan is on holiday).
Sat. July 24 <sup>th</sup>	10.00 am	Liturgy in R.C.
Sat. July 31 <sup>st</sup>	10.00 am	Liturgy in R.C. (fr. Jonathan will most probably attend the OFSJB Conference at Swanwick afterwards).

---

“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)

