

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)***

OUR LADY'S VEIL

Dawn's mellow sunrise of her smile
Lights the dark chambers of the heart.
Let warmth abide, once weaned, rest awhile
Through growth in years we will not part.

*So let us rise on eagle's wing
As twice we pray when once we sing.*

Blessed covering is Our Lady's veil
When willful passions of midday
Consume, when less gentle voices fail,
She speaks hope in the narrow way.

*Look to Her in Icons which hang
Where then we offered prayers and sang.*

Fairer than summer's evening breeze
God bearing grace bestow to all,
O Beauty, heal us from our disease
And on your mediations call.

*For His sake we're killed all day long
As" Hail "we sing the Angel's Song.*

When dark shadows of evening steal
The hours of day light from our frame,
Then will church bells their loudness peel
And ring the honour of her name.

*Still prayers arise from every tongue
As "Blessed art thou" on earth is sung.*

JAH, 3rd Sunday in Pentecost 2007
To the Glory of God

Prayers to the Mother of God

Rejoice Mary, Mother of God, Virgin, full of grace, the Lord is with thee: blessed art thou among women and blessed is the Fruit of thy womb, for thou hast borne the Saviour of our souls. Meet it is in truth, to glorify thee, O Birth-giver of God, ever blessed, and all undefiled, the Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, thou who without stain didst

bear God the word, true Birth-giver of God, we magnify thee.

O may I obtain this, most-holy Lady and Birth-giver of God, through thine intercessions and mediations, by the grace and exceeding great love of thine Only-Begotten son, my Lord and God and Saviour, Jesus Christ, to Whom is due, with the eternal Father and the All-Holy, Good and Life-Giving Spirit, all honour and glory and worship, now and ever, and unto ages of ages. Amen.

KEEP THY MIND IN HELL, AND DESPAIR NOT

What does it mean "to keep the mind in hell"? Can it be that we are to use our imagination to conjure up circumstances for ourselves similar to those pictured in some primitive woodcut? No. Fr Silouan, like certain great Fathers -St Antony, St Sisoe, St Makarios, St Pimen- during his lifetime actually descended into the darkness and torments of hell. They did this not once but over and over again until their hearts were so permeated that they were able to repeat the movement at will. They took refuge in it when passion -especially that most subtle of passions, pride- reared its head. Informed through long experience that pride separates us from Divine Love, the ascetic, at every manifestation of pride, pours out the vials of his wrath against himself, as unworthy to be with God, and condemns himself to hell, for the flames to consume the power of his every passion.

Blessed Staretz Silouan observed that many spiritual warriors despair when they approach this state (an essential condition for the refining of the passions), and progress no further. But the courageous and experienced ascetic, who knows God's

love for us, in his wisdom contrives to stand on the brink of despair while the flames of hell do their work. At the same time he does not fall victim to despair. And despair not.

The Staretz' tale is a simple one. But those who have not, on the one hand, undergone the torments of hell and, on the other, experienced great grace, will not measure the full force of his words.

From: *The Monk of Mount Athos Staretz Silouan 1866-1938* by Archimandrite Sophrony



FOR THOSE STRUGGLING

A little while after the Elder's [Archimandrite Sophrony (Sakharov)'s] ordination, a hermit monk, Fr. Vladimir, visited Fr. Sophrony at the monastery, and they discussed several spiritual issues. Fr. Vladimir, moved by the conversation and the overall spiritual atmosphere it had engendered, suddenly asked: "Fr. Sophrony, give me a word for the salvation of my soul!" The Elder, who was preparing tea for Fr. Vladimir, without hesitation replied, "Stand at the brink of the abyss of despair, and when you see that you cannot bear it anymore, draw back a little and have a cup of tea", whereupon he handed him a cup of tea.

PRAYER AT DAYBREAK BY ELDER SOPHRONY

Archimandrite Sophrony Sakharov (23 September 1896 - 12 July 1993), also Elder Sophrony was the disciple and biographer of the newly-glorified St. Silouan of Mt. Athos. He was the founder, and for many years the spiritual father, of the celebrated monastery of St. John the Baptist in Essex, England. His many spiritual children strive to be faithful to his spiritual legacy, working and praying that they and all men might know God through the Holy Spirit.

Prayer at Daybreak by elder Sophrony

O Lord Eternal and Creator of all things, Who of Thy inscrutable goodness called me to this life; Who bestowed on me the grace of Baptism and the Seal of the Holy Spirit; Who imbued me with the desire to seek Thee, the one true God: hear my prayer. I have no life, no light, no joy or wisdom; no strength except in Thee, O God. Because of my unrighteousness I dare not raise my eyes to Thee. But Thou said to Thy disciples, 'Whatsoever you shall ask in prayer believing, you shall receive.' and 'Whatsoever you shall ask in my name, that will I do.' Wherefore I dare to invoke Thee. Purify me from all taint of flesh and spirit. Teach me to pray aright. Bless this day which Thee give unto me, Thy unworthy servant. By the power of Thy blessing enable me at all times to speak and act to Thy glory with a pure spirit, with humility, patience, love, gentleness, peace, courage and wisdom: aware always of Thy presence. Of Thy immense goodness, O Lord God, show me the path of Thy will, and grant me to walk in Thy sight without sin. O Lord, unto Whom all hearts be open, Thou knowest of what things I ask. Thou art acquainted with my blindness and my ignorance,

Thou knowest my infirmity and my soul's corruption; but neither are my pain and anguish hid from Thee. Wherefore I beseech Thee, hear my prayer and by Thy Holy Spirit teach me the way wherein I should walk; and when my perverted will would lead me down other paths Spare me not O Lord, but force me back to Thee. By the power of Thy love, grant me to hold fast to that which is good. Preserve me from every word or deed that corrupts the soul; from every impulse displeasing in Thy sight and hurtful to my brother-man. Teach me what I should say and how I should speak. If it be Thy will that I make no answer, inspire me to keep silent in a spirit of peace that causes neither sorrow nor hurt to my fellow man. Establish me in the path of Thy commandments and to my last breath let me not stray from the light of Thy ordinances, that Thy commandments may become the sole law of my being on this earth and all eternity. Yea, Lord, I pray to Thee, have pity on me. Spare me in my affliction and my misery and hide not the way of salvation from me. In my foolishness, O God, I plead with Thee for many and great things. Yet am I ever mindful of my wickedness, my baseness, my vileness. Have mercy upon me. Cast me not away from your presence because of my presumption. Do Thou rather increase in me this presumption, and grant unto me, the worst of men, to love Thee as Thou hast commanded, with all my heart, and with all my soul, and with all my mind, and with all my strength: with my whole being. Yea, O Lord, by Thy Holy Spirit, teach me good judgment and knowledge. Grant me to know Thy truth before I go down into the grave. Maintain my life in this world until I may offer unto Thee worthy repentance. Take me not away in the midst of my days, nor while my mind is still blind. When Thou shall be pleased to bring my life to an end, forewarn me that I may prepare my soul to come before Thee. Be with me, O Lord, at that dread hour and grant me the

joy of salvation. Cleanse me from secret faults, from all iniquity that is hidden in me; and give me a right answer before Thy judgment-seat. Yea, Lord, of Thy great mercy and immeasurable love for mankind.

Source:

http://users.uoa.gr/~nektar/orthodoxy/prayers/sophrony_prayer.htm



THANKSGIVING SERVICE

Saturday 21st August at 12 noon
St. George's Orthodox Cathedral,
London NW1 4BG
Albany Street, Regent's Park

Come and hear what God did nationally and internationally by His Holy Spirit through the life and ministry of Michael Harper, now Fr. Michael Harper of the Antiochian Orthodox Church.

Talks by his colleagues and international leaders:

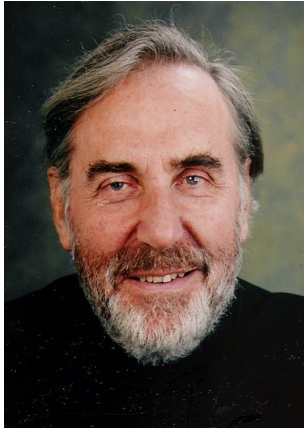
- * *Fr. Tom Forrest*—initiator of Evangelisation 2000
- * *Rev'd. Larry Christenson*—international speaker and writer
- * *Rev'd Don Brewin*—U.K. Leader of S.O.M.A.

* *Charles Whitehead*, leader of the ecumenical work of I.C.C.O.W.E. (now I.C.C.)

* *Fr. Jonathan Hemmings*—Antiochian Orthodox priest in Lancaster

Fr. Gregory Hallam (Dean) and Fr. Alexander Tefft (priest of St. Botolph's Orthodox parish in the City of London) will officiate.

Enquiries: 01223 362933



OLD STAVRONIAN CORNER

We extend our congratulations, good wishes and prayers to Maria Verra who has safely given birth. Maria studied at Lancaster from 1993-1998/2000-2001. Baby Giorgios was born on the 21st July 2010 at 8.37 a.m. May God grant him many years!

We wish to thank very much indeed Eftychia Schini who was a student at Lancaster University from 2006-07 for the beautiful gifts to God's Church of the Holy and Life Giving Cross; not only for the candles but for the Commandaria wine (God must have told her that we are short of wine!). Thank you also for the lovely books on St. Antony and St. Catherine which will be given to the children. As for

the other beautiful books on the Saints they will join our Library. Thank you for the bracelets of the Saints also. It is a great joy to know that you keep us in your thoughts and prayers. May God richly reward you for your generous and kind spirit!

Fr. Jonathan has news from Alla, Andrei and Masha (Ganshyn) in Ithaca, USA. They send their warm greetings to the community of the Holy and Life Giving Cross, Lancaster. They think about us and pray for us every morning. They have found a Greek Orthodox Church in which to worship in the centre of Ithaca and have received kindness and help from the faithful there. Glory to God! They have also asked monasteries and churches in Ukraine to pray for us that we may find a building of our own to worship. Through the prayers of our holy fathers Lord Jesus Christ have mercy upon us and save us.

Dear Father Jonathan,

I am sending some pictures, as I promised, you can see here some photos from Cornell University and some from Ithaca Fall, animals and flowers.

We love our Lancaster Orthodox Church, our community, we remember all, and we miss you all and the family atmosphere, which you all created. Even Masha remembers you all.



I would like to describe the place, where we live. We are living in New York state, Ithaca. It is very nice and interesting place, people are very friendly and they really try to help each other and I think it makes them happy.

All states have different capitals, flags, state dates, nicknames, state birds and state flowers. New York state is a very interesting state.

Capital: Albany

State Date: It became 11th state on July 26, 1788

Nickname: The Empire state

State bird: Bluebird

State flower: Rose

The state of New York has ocean beaches, farmlands, lakes, mountains... and the largest city in US. New York City (one of my favourite cities) is home to more than seven million people, with tons of places to explore and fun things to do. North of New York City, the state has many dairy farms and apple orchards.

New York City and state have many interesting and famous places and things. The Statue of Liberty is one of them. This huge statue is green, wears a crown, and holds up a torch and book.

The Statue of Liberty stands in New York harbour, where she greets people arriving in the US by boat. For Americans, the statue represents the ideas of liberty and freedom (I got this knowledge from kids book "50 States of America") .



We are living in the tiny, cute and beautiful city of Ithaca. The city is surrounded by mountains, by marvellous lakes, famous Fingers Lakes placed near to Ithaca. Many wonderful waterfalls and forests and parks are located in this area.

The apartment complex, where we live is placed in a nice, green and quiet neighbourhood. We have a good play ground for kids. Here grow big beautiful trees: oaks, maples, pines and other (I don't know all names in English), and grass and wild flowers (most of them we have in Ukraine). However in the US grow some poison plants, such as poison ivy, poison oak. Many nice animals live in our area: squirrels, rabbits, deer and chipmunks, and they are not timid, they are not afraid of people. Some deer come to our building, one deer ate a bush with pink big flowers, that grows under our window (deer, rabbits and squirrel are really trouble for gardening, they eat flowers even lavender, bushes, vegetable), many plants are protected by nets. But we love these animals, especially deer, we saw one time one a baby-deer and another time we saw twins baby-deer they were so cute, but I didn't have a camera at that moment with me (You can see some animals on the pictures). There is a variety of beautiful birds living here, my favourite is the Cardinal. It is a bright red bird.

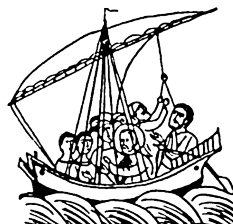
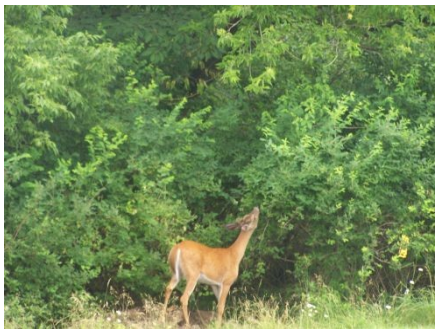
At the end of day when twilights turns to darkness we see many lightning bugs, when they are flying they twinkle, like small stars. We feel ourselves like we are in fairytale.

And in Cornell we saw a brown snake, after this case we became more careful.

Weather in Ithaca is sunny and hot approximately +86F(+30C), + or - few degrees (It is not too hot if compare to other places in the US) but from time to time we have rain with thunder storms, sometimes with hail, it brings some fresh cool air.

In this letter I wrote a little bit about the place and nature. Cornell University, it is a separate topic for other letter, but some pictures you can find in our photos.

With best wishes,
Alla.



IONA ORTHODOX RETREATS

PATRON: His Eminence, ARCHBISHOP GREGORIOS OF THYATEIRA AND GREAT BRITAIN

CHAIRMAN: His Excellency, METROPOLITAN KALLISTOS OF DIOKLEIA.

Would you like to stay this Autumn at the IONA ORTHODOX CENTRE ON THE SACRED ISLE OF IONA from Sat. 25th September to Sat. 2nd October 2010, to make a private retreat or an individual pilgrimage, or simply to enjoy the peace and tranquility of Iona, and become, for a week, part of a temporary Orthodox Community on Iona?

The temporary IONA ORTHODOX CENTRE will again be at Clachanach; 5 minutes from the Abbey and from St. Oran's Chapel:



Orthodox worship will be served in St. Oran's every day, this week only. THE ISLE OF IONA is a beautiful, tranquil and sacred place "where the veil between Heaven and Earth grows very thin". Colum Cille -St. Columba- came to Iona from his native Ireland about 563 A.D. From Iona Columba and his monks evangelised North Britain with Celtic Christianity.

See website:

www.iona-orthodox-retreats.org.uk

Please contact, a.s.a.p. (only 7 guest places are available)

Email: ionaorthodox@gmail.com

Reader Ignatios Bacon

MAJOR CELEBRATIONS THIS MONTH

6st Aug: The Holy Transfiguration of our Lord and Saviour Jesus Christ

9th Aug: Apostle Matthias

13th Aug: St. Tikhon, Bishop of Voronezh, Wonderworker of Zadonsk and All Russia

15th Aug: The Dormition of our Most Holy Lady the Theotokos and Ever-Virgin Mary

20th Aug: St Oswin, King and Martyr (651)

22nd Aug: St. Sigfrid, Abbot of Wearmouth (688)

23rd Aug: Leavetaking of the Dormition of our Holy Theotokos

24th Aug: Repose of New Hieromartyr Kosmas of Aetolia, Equal-to-the-Apostles

29th Aug: The Beheading of the Holy, Glorious Prophet, Forerunner and Baptist John

31st Aug: The Placing of the Cincture of the Most Holy Theotokos in the Church of Chalkoprateia / St. Aidan, Bishop of Lindisfarne

For the lives of Saints please visit the Calendar of the Greek Orthodox Archdiocese of America:

www.calendar.goarch.org



Services during August

Sat. Aug. 7 th	09.00-13.00	Liturgy in R.C.
Sun. Aug. 15 th	09.00-14.00	Liturgy in Q.R. The Dormition of the Theotokos
Sat. Aug. 21 st	09.00-13.00	Hours and Typica at the R.C. as fr. Jonathan will be in London for fr. Michael's Thanksgiving Service and staying over for Liturgy in London.
Sun. Aug. 29 th	09.00-14.00	Liturgy in R.C.



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



For further information please contact:

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