



**The Orthodox Parish
of the Holy and Life-Giving Cross,
Lancaster, U.K.**

The Stavronian

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*Βῆθρονος 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 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)***

A QUESTION OF COMMITMENT

October brings another new intake of eager students at the University, each with their own private hopes and aspirations. Some will be nervous and hesitant as well as excited about starting academic life. Leaving home for the first time requires a social adjustment and it can be a daunting experience. The learning curve (in more than one way) is steep and one has to acquire an early sense of responsibility and make new friends.

The new undergraduates will have a host of questions from “How do I register at the medical centre?” to “Where is the nearest Laundrette?” Some students will be from Orthodox countries and they may want to know where the nearest Orthodox Church is to be found. Offering a spiritual home is the purpose for God planting the Community of the Holy Cross at the centre of the campus. Yet many do not know of our existence. Those who are serious will seek and find: they will knock and the door will be opened to the living community of Christ but for others the spiritual dimension may not be first on their order of priorities. The definition of Community is: “a group of interacting people, possibly living in close proximity, and often refers to a group that shares some common values, and is attributed with social cohesion within a shared geographical location.”

To make known the Orthodox Church in this place cannot be done by one or two willing volunteers; it requires a unity of intention and a sense of common outreach in our shared belief. This will involve us all asking questions of ourselves about our commitment to mission in this place and in making known the fruit from the vine which God has planted.

Face Book can never replace the real interaction between people; the warmth

of a smile, the conversation over coffee, a kind and generous gesture.

How much time do we give to our community?

What God given talents and skills do we give to our community?

How much of our wealth do we share with our community?

Such real questions are a test of our commitment and faith. In the Holy Liturgy we repeatedly say in the antiphons: *Remembering our most holy, pure, blessed, and glorious Lady Theotokos and ever virgin Mary, with all the saints, let us commit ourselves and one another and our whole life unto Christ our God.*

Notice what is required of us as Christians within the household of faith and as disciples of Christ with the Holy Theotokos - our **whole life** unto Christ our God. Christ had some uncompromising words to say to the Christians in Laodicea Revelation 3: 15; “*I know your works, that you are neither cold nor hot. I could wish you were cold or hot. So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.*”

Indifference and personal satisfaction are the hallmarks of our age (and indeed of the last age in the Book of Revelation). Against such there is one answer: the zeal of faith, which with the grace of the All Holy Spirit can move mountains. This question of commitment Christ put to Peter in this form: “Do you love me?” and to drive the point home Our Lord asked him this same question three times. Christ asks this question of us still, today!



FRESHERS WEEK

Please have a look at the liturgies below scheduled for this year's Freshers Week and let Fr. Jonathan or Panos know if you are able to help: There will be a Holy Liturgy of St. John Chrysostom at the RC chapel of the Chaplaincy Centre followed by *"Meet and Eat with the Orthodox"* on Sat. 1st and Sat. 8th of October at 10am.

GLOSSARY OF ORTHODOX TERMS: -A-

Alloiosis (αλλοίωσις) is the beneficial process by which a person becomes anew in Christ as they are being slowly changed spiritually via ascesis. Athonite monks particularly refer to this procedure as the "good alloiosis".

Antidoron (αντίδωρον) Antidoron is the blessed bread distributed in pieces to the faithful after the Divine Liturgy. These pieces are cut from the *prospophora* remaining from the *proskomede* after the "lamb" (that used for the Mystery of the Eucharist) has been cut out. It is called antidoron, that is "instead of the Gifts" because those who did not receive Holy Communion receive this piece of bread as a blessing instead of the Holy Gifts.

Appetitive aspect of the soul (to epithymitikon – το επιθυμητικόν) The appetitive aspect of the soul is the soul's desiring power. It is one of the three aspects of powers of the soul, the other two being the *intelligent aspect* (to logistikon – το λογιστικόν) and the *incensive aspect* (to thymikon – το θυμητικόν).

Ascesis (άσκησις) Ascesis is man's struggle to keep the commandments of Christ. It encompasses not only his bodily and

spiritual effort, but also the method by which he passes through the stages of the spiritual life, namely: purification of the heart, illumination of the nous, and theosis. Thus it is an essential tool for one's sanctification. According to St Gregory Palamas, it is primarily "the evangelic life which is based on repentance. It is man's preparation for his union with Christ."

Assault (προσβολή) Assault is the name given to the first stage of a temptation.

Athos Mt. Athos or the Holy Mountain is the group of self governing monastic communities of monks in the Halkidiki region and peninsula of Northern Greece. It is also referred to as the Garden of the Theotokos.

TREE CHAPELS

Isaiah 11:1 ; *"There shall come forth a Rod from the stem of Jesse, And a Branch shall grow out of his roots."*

The next photo is from a small chapel built inside a tree! This old maple tree has become the chapel of Panagia Plataniotessa at the village of Krystalopigi, Epirus, Greece. Although the entrance is small, the space inside is big enough for a group of people to stand!



There are plenty of such miracles to choose from, for example the church of St Theodora at Arcadia, Greece, near Megalopolis. On the roof of the church there are 17 trees standing, for centuries now, without demolishing the church. The church was built in the 12th century and is visited by many faithful from around the world. Beside the church runs a small river and the church itself, although very small in size, is very impressive as it is plain with trees standing steadfast in its roof.



Photos were taken from [here](#) and [here](#).

OLD STAVRONIAN CORNER

We would like to acknowledge the gift of incense and wine from [Dimitra Photini](#) as well as the kind donation to our Parish from [Nikolaos Georgopoulos](#). We thank you both so much, may God give the blessing!

[Lauren-Macrina Rucker](#) from the USA sends her love to Fr. Jonathan and the people at Holy Cross. It's really a joy to hear from our old Stavronians and we'd like to invite all to share their news with us!

We would also like to acknowledge the gifts from [Alexandros Palaios](#) and [Pelagia Psaltopoulou](#) of Komboskini, as well

as the gift of candles from [Anastasios Papadopoulos](#). May God reward you for these kind gifts!

PARISH NEWS

Incense: small packets of Athonite and Russian Orthodox Incense are available from the Community. They cost £1.50 per packet plus post and package. Please contact Fr. Jonathan for more details.

MAJOR CELEBRATIONS THIS MONTH

6th Oct: Holy Apostle Thomas

7th Oct: Sts Sergius & Bacchus the Great Martyrs of Syria

10th Oct: The 14 Holy Elders of Optina Monastery in Russia

12th Oct: St. Wilfrid, Bishop of York (709)

18th Oct: Holy Apostle and Evangelist Luke

19th Oct: St. John of Kronstadt

26th Oct: The Glorious Great Martyr Demetrius the Myrrh-bearer of Thessalonica

28th Oct: The Holy Protection of the Theotokos

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





Services during October*

Sat. 1 st	10:00 am	Holy Liturgy in R.C.
Sat. 8 th	10:00 am	Holy Liturgy in R.C.
Sun. 16 th	10:00 am	Holy Liturgy in Q.R.
Sat. 22 nd	10:00 am	Holy Liturgy in R.C.
Sun. 30 th	10:00 am	Holy Liturgy in Q.R. followed by Parish lunch

*Help setting up the church is greatly appreciated and starts from 9.15 a.m.

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



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