



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

The Stavronian

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*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)***

Christ is Risen! He is Risen Indeed!

Χριστός Ανέστη! Αληθώς Ανέστη!

Христос Воскресе! Воистину Воскресе!

Hristos a înviat! Adevărat a înviat!

Christus ist auferstanden! Er ist wahrhaftig auferstanden!

Cristo è risorto! È veramente risorto!

Le Christ est ressuscité! Vraiment Il est ressuscité!

Cristo ressuscitou! Verdadeiramente ressuscitou!

Cristo ha resucitado! Verdaderamente, ha resucitado!

Al-Masih-Qam! Hakkan Qam!

基督復活了 他確實復活了

ハリストス復活! 実に復活!

CHRIST THE SILENT ARTIST

"Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen."

— Leonardo da Vinci

The Artist which is a film tipped for a handful of Oscars this year is a film set in the 1920's and tracks the transition from silent, black and white movies to talkies through a generational love affair. Whilst I have not seen the film it has good reviews. I have always been fascinated by the comedic silent antics of Charlie

Chaplin and others who without words told remarkable stories evoking laughter and pathos in equal measure. So much of our true feelings are expressed through our face, the grimace, the raised eyebrow, the smile, the subtle nuance of movement and of course the eyes.

There is a saying variously attributed that "The eyes are the windows of the soul." However, Our Lord says in Matthew 6:22,23; *"The lamp of the body is the eye. If, then, your eye is simple, your whole body will be bright; but if your eye is wicked, your whole body will be dark. If in reality the light that is in you is darkness, how great that darkness is!"*

The brightness of the eye indicates joy and we may discern the mood of a person from their expression and demeanour. Our Lord so often refers to spiritual truths which are accessed through the senses so that we may understand his teaching. Furthermore even though Christ is the Word made flesh so much of what He does in the Gospel's is silent.

A woman who was caught in adultery was brought before Jesus. (John 8:3-11) The crowd called for her execution according to the Law. Jesus says nothing but writes on the ground as though he did not hear. Such silence stilled the passions of the Scribes and Pharisees!

When questioned by the High Priest Jesus remains silent: Mark 14:61 ; *But He kept **silent** and answered nothing. Again the high priest asked Him, saying to Him, "Are You the Christ, the Son of the Blessed?"*

Since Christ's authority was from the Father, Our Lord did not need to answer for His many signs and miracles and acts of power spoke more than words!

Indeed it is Our Lord's authority that reduced others to silence: Luke 20:26 ; *But they could not catch Him in His words*

in the presence of the people. And they marvelled at His answer and kept **silent**.

When grieving over the death of Lazarus Jesus says nothing but as true man shows human compassion: John 11:35-36 ; *Jesus wept. Then the Jews said, "See how He loved him!"*

On so many occasions we read in the Gospels: Jesus looked up ...or looked around, before He speaks. His words follow silent reflection. He considers the heart and looks at that which comes from deep within a person as when he notices the gifts people gave to the Temple: Luke 21:1-3 ; *And He looked up and **saw** the rich putting their gifts into the treasury, and He **saw** also a certain poor widow putting in two mites. So He said, "Truly I say to you that this poor widow has put in more than all;*

Perhaps the most poignant and probably the most heart searching of Our Lord's observations was that glance that He gave to St. Peter: Luke 22:61 ; *And the Lord turned and **looked** at Peter. Then Peter remembered the word of the Lord, how He had said to him, "Before the cock crows, you will deny Me three times."*

Just as the silent movies portrayed the story through silent expression before this was vocalised in the "talkies" perhaps we need to learn to paint more in silent movement, observation and reflection, before we speak.

Abba Poeman said... *A man may seem to be silent, but if his heart is condemning others he is babbling ceaselessly. But there may be another who talks from morning till night and yet he is truly silent; that is, he says nothing that is not profitable.*

If you are silent, you will have peace wherever you live.

A brother who lived with some other brothers asked Abba Bessarion, 'What ought I to do?' The old man said to him,

'Keep silence and do not always be comparing yourself with others.'

Fr. Jonathan

LIFE AFTER BIRTH

...imagine twins -a brother and a sister- talking to each other in their mother's womb: The sister said to the brother, "I believe there is life after birth."

Her brother protested vehemently, "No, no, this is all there is. This is a dark and cozy place, and we have nothing else to do but to cling to the cord that feeds us." The little girl insisted, "There must be something more than this dark place. There must be something else, a place with light where there is freedom to move." Still, she could not convince her twin brother.

After some silence, the sister said hesitantly, "I have something else to say, and I'm afraid you won't believe that, either, but I think there is a mother." Her brother became furious. "A mother!" he shouted. "What are you talking about? I have never seen a mother, and neither have you. Who put that idea in your head? As I told you, this place is all we have. Why do you always want more? This is not such a bad place, after all. We have all we need, so let's be content."

The sister was quite overwhelmed by her brother's response and for a while didn't dare say anything more. But she couldn't let go of her thoughts, and since she had only her twin brother to speak to, she finally said, "Don't you feel these squeezes every once in a while? They're quite unpleasant and sometimes even painful."

"Yes," he answered. "What's special about that?" "Well," the sister said, "I think that these squeezes are there to get

us ready for another place, much more beautiful than this, where we will see our mother face-to-face. Don't you think that's exciting?"

The brother didn't answer. He was fed up with the foolish talk of his sister and felt that the best thing would be simply to ignore her and hope that she would leave him alone."

taken from: Henri Nouwen, Our Greatest Gift: A Meditation on Dying and Caring (Harper: SanFrancisco, 1994), pp. 19-20.

ORDINATIONS AT ST. AIDAN

May Christ our God bless Fr. Christopher and Deacon Emmanuel and give them strength in their work in the Orthodox Church. Axios!





GLOSSARY OF ORTHODOX TERMS: -H-

HADES A Greek word equivalent to the Hebrew Sheol—the realm of the dead. Following His burial and before His glorious Resurrection, Christ liberated the righteous dead in Hades, enabling them to enter Paradise because He had destroyed sin and death by His life-giving death (1 Pet. 3:18-20).

HEART In scriptural terms, the spiritual center of one's being. The heart is the seat of divine presence and grace and the source of moral acts. The transformation of the heart is the major work of God's saving grace. See Matt. 5:8; 6:21; 22:37; Luke 6:45; John 7:38; Rom. 2:29; 10:9, 10; Heb. 13:9.

HERESY Following one's own choice or opinion instead of divine truth preserved by the Church, so as to cause division among Christians. Heresy is a system of thought which contradicts true doctrine. It is false teaching, which all true Christians must reject (Matt. 7:15; 2 Pet. 2:1).

HOLY Literally, "set apart" or separated unto God; also, blessed, righteous,

sinless. The word, therefore, refers to God as the source of holiness, to the Church and its sacraments, to worshipers of the true God, and to those of outstanding virtue. Those who are transformed by the Holy Spirit become holy as God is holy (Rom. 12:1; 1 Pet. 1:14 16; 2:9).

HOPE An expectation of something desired. Christian hope is trust and confidence in the eternal goodness of God, a faith that Christ has overcome the suffering of this world. God is both the cause and goal of hope (John 16:20-24, 33; Rom. 5:2; 8:24, 25; 2 Thess. 2:16).

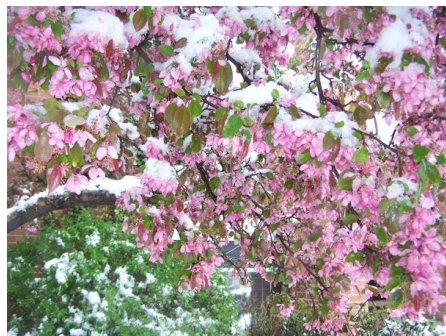
HYPOSTASIS A technical theological term for "person" or something which has an individual existence. The word is used to describe the three Persons of the Godhead: the Father, Son, and Holy Spirit. Hypostasis is also used to describe the one Person of Christ, who is both truly divine and truly human.

Source: Antiochian Orthodox church of North America. For more click [here](#).

APRIL SNOW AT ITHACA

Alla Ganshyna has sent us a few photos of April snow at Ithaca, USA. They were taken on April 22, the weekend just after Pascha!





OLD STAVRONIAN CORNER

We would like to thank Tatiani Rapatzikou and her parents for sending candles, incense and charcoal for Pascha. We also hope that her semester at Duke University for research leave is fruitful. With our love and prayers for a blessed Pascha!

We would like to thank Fr. Stylianos from Nicosia, Cyprus, as well as Sophocles and Angeliki Ioulianou for the lovely Icons of Panagia Glykophilousa and the other treasures they have sent. By the grace of God they will be distributed to the faithful.

We would like to thank Fr. Deacon Ionut and Maria Anastasiou for the small icons that they sent to the community. We include below a few photos of his ordination. Axios!



MAJOR CELEBRATIONS THIS MONTH

5th May: The Great Martyr Irene

8th May: St. John the Theologian and St. Arsenius the Great

11th May: Sts. Cyril and Methodius, Equal-to-the Apostles

15th May: St. Pachomius the Great Martyr

21st May: St. Constantine and Helen Equal-to-the Apostles

23rd May: The retrieval of the relics of St. Joachim of Ithaca

25th May: The 3rd finding of the Precious Head of the Forerunner and Baptist John

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

Services during May*

Sat. 5 th	10:00 am	Holy Liturgy in R.C.
Sun. 13 th	10:00 am	Holy Liturgy in Q.R.
Sat. 19 th	10:00 am	Holy Liturgy in R.C.
Sun. 27 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.

“God cares for everyone. Despair is in effect a lack of faith”
- St. George Karslides -



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