



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

The Stavronian

a monthly magazine & newsletter published by the 'Holy Cross Synodia'



*Ἐθρονος Χριστός Ζωοδότης.
(Φ. Κόντογλου, 1962).*

*The Parish of the Holy and Life-Giving Cross,
belongs to the Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland.
The Patriarchate of Antioch is third senior of the Orthodox Churches.
The Patriarch is His Beatitude John X.*

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

DEMENTIA - REMEMBERING WHOSE WE ARE!

Many of us know someone who has suffered or who is suffering from Dementia; whose life has been disordered by the loss of memory, whose personality has been altered and whose reasoning has been impaired. It may not be a modern phenomenon but it is a persistent, chronic problem within our society.

It is said that the Holy Spirit is the Living memory of the Church . St Paul in his letter to the Corinthians talks about the body as the Temple of the Holy Spirit: 1 Corinthians 6:19-20 ; *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s”*.

Our Orthodox Temples (Churches) are rich in symbolism infusing all our senses. God sanctifies matter - we glorify God both in our body and in our spirit. The walls of our Churches have pictures of Our Lord, the Theotokos and the saints; their soul saving works and stories surround us as we stand in worship before the throne of grace at the Holy Liturgy.

It seems as though in the later stages of dementia where confusion is so prevalent that the temple is stripped of images, the furniture removed, the walls of memory erased or whitewashed. For those who sit in old peoples homes or at homes with family carers, stimulation is necessary - we are interdependent creatures made in the image of God. We do not lose that image.

We can provide small, simple but meaningful tasks for those with dementia to do when they become agitated. We can decorate the room of their mind by reference to past events, refurbishing

their long term memory of past events through photos, images, films, music, food, smells, taste.

Our creative energies and imagination may need to be employed to calm those agitated by confusion.

St Paul reassures us that we are not on our own, but those who care, who love, must express it in determined action through inventive perseverance- like the four men in the Gospel who carried their friend to the house where Our Lord was, removing the roof tiles and lowering him by ropes on a stretcher before the Saviour. Mark 2:4 ; *“And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying”*.

Fr Jonathan



A POEM FOR ST COLUMBA

So dark was Iona inside the darkness of the Pagan faith, until a man came dressed in white bringing with him a strong flame.

His name was Columba, his heart was bright like the wings of a dove, for him I want to find one green and lovely grove.

A place where he can pray alone with the angels of the Lord, a little cell where he can write beautiful hymns and poems to bring hope to our little sad world.

Protector of the shepherds, protector of the sheep, with his sweet voice he could calm the wildest beast.

With his heavenly teachings and with Jesus Christ's flame he warmed the hearts of the people and he banished from the land the Druids evil bane.

Under the sun and under the moonlight, I like to whisper his prayers because they bring joy to my life.

Dear Saint Columba, Ireland's fruitful tree, pray to the Lord for us and from our demons set us free.

*Christos Vasilopoulos
Kozani, Greece*

NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Aug. 29: Angelos

MEMORY ETERNAL!

Please send us the names of your departed loved ones and date of their departure in order for them to be remembered.



PARISH NEWS

Fr Jonathan and Parishioners attended the [Summer Conference of the Fellowship of St John the Baptist](#) which was held at the Shrine of the Holy Mother of God at Walsingham. It was a Pilgrimage as well as a Conference; the theme of the Conference was "Pilgrimage" with some 40 Orthodox in attendance from all over England. It was good to meet up with Fr. Pancratios from Chester after so many years and of course to listen to Met. Kallistos. Fr Jonathan, Jessica, Gladys and Elizaveta met up at Kings Lynn and got a taxi from there to Walsingham. A few photos follow below.



The Shrine of the Mother of God of Walsingham



Mother Margarita and Fr Jonathan after the Sunday Holy Liturgy.



A Dove on the Cross



Parish lunch after the Sunday liturgy on July 12th.

OLD STAVRONIAN CORNER

Iryna Minakova from Cambridge sends her greetings to the Parish along with a letter of a miracle that happened in Ukraine.

Dear Fr. Jonathan,

I read in the Orthodox news this [article](#) today. In my home city of Dnepropetrovsk there was a tornado. It caused lots of damage to the buildings and dropped a car with a driver on the way but when it reached the church of St Matrona, it stopped. My parents told me that the trees were pulled out near the airport area and that the fish from the river Dneper ended up on the fields.

People were 'fishing' filling baskets with fish on the fields.

I hope you and everyone in Lancaster are well. It looks like we are having a nice summer in the UK this year.

Iryna



MAJOR CELEBRATIONS THIS MONTH

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

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

15th Aug: The Dormition of our Most-Holy Theotokos

16th Aug: St. Gerasimus, Wonderworker of Cephalonia

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

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

23rd Aug: Apodosis of the Dormition of our Most-Holy Lady the Theotokos and Ever-Virgin Mary

24th Aug: St. Cosmas of Aetolia, equal-to-the-Apostles

27th Aug: Martyr Phanourius

29th Aug: 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 (†651).

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

NINE DAUGHTERS OF MEMORY

The old lady sat in her chair musing on past times with her daughters:-

Kalliope

Do you remember your holiday report, my dear?
The story told in stoic, epic verse
How your heroic deeds the battle won
The dragon slayed to end the curse.

Hope from despair by words alone set free
Your voice and pen gave vent to certain harmony.

Kleio

Do you recall the guitar lessons and the speeches that you gave?
That concert that you played on Parnassus Mount.
Plucking from history well worn strings
Strumming the tune of truth's account.

You made famous those who went before
Those close to home and those on distant shore.

Euterpe

Do you honour in verse the hymn you used to sing;
To please the congregation of your choice?
Do you still play the flute and entertain
The crowd and encourage them to rejoice.

Such happy days, it still brings a smile
To ponder on your grace and style.

Erato

Do you bear in mind the love letters that once you wrote?
When you were young and words were rare.
The playful lines you loved to quote
In summer's heat, when scent of roses filled the air.

Your dark eyes still claim the other's sight
Like piercing arrows of the night.

Melpomene

Do you salute the mask you cherish of pretence?
Your life that hides the other you, ere long
Of celebration in the midst of tragic circumstance
And tears that flow with melodious song

The knife, the club, the boot, the mask
Would answer all I need to ask.

Polymnia

Do you recollect the serious tones you taught?
From solemn spur and gravest revelation
The whispered sacred silence that you sought
Which led eloquence itself to echo in elation.

Praises cannot cloak or veil your name
Your works have earned immortal fame.

Terpsichore

Do you celebrate in dance those shows of such delight?
Your movement midst the chosen nine
Seated, waiting for a chance to flirt
With twirling skirt amongst the chorus line.

Does knowledge of the arts still spring from Helicon?
If music guides your feet my sweet, dance on.

Thalia

Do you memorise the jokes you used to tell?
“I didn’t see you with your entourage!”
The verdant flourishing of your comic dress
“Midst clowns that offered camouflage.”

Your crown of ivy, wearing boots
You climbed the heights from humble roots

Urania

Do you honour the heavens and thank God for gifts?
Raise the eyes of others to celestial height from naught
Majestic beauty and grace behold that which lifts
Imagination from the power of rational thought.

You used to ponder cosmic birth
The sun, the moon, the stars, the earth.

So where now are these daughters-
Covered by the nymphic waters!
“All at sea” they say
Where is their poetry today?
Their mother too, it seems, has slipped away.
Memory, it appears, no longer lives
Though joy of culture still forgives
The sins of the secular select;
The cynic, philistine, politically correct
Who sail upon a fashion’s tide
Who in sterile towers of greed reside
and for their own intentions guide.

The arts and life in Titanic struggle
Too few hands, too many things to juggle.
Yet there is to each a time and chance
To rescue life
-through poetry, music, art and dance.

Ὁ βίος βραχύς,
ἡ δὲ τέχνη μακρὴ,
ὁ δὲ καιρὸς ὀξύς,
ἡ δὲ πείρα σαλευρὴ,
ἡ δὲ κρίσις χαλεπή. Hippocrates

Fr Jonathan

Services during August*

Sat. 1 st	10:00 am	Holy Liturgy in R.C.
Sat. 8 th	10:00 am	Holy Liturgy in R.C.
Sat. 15 th	10:00 am	Holy Liturgy in R.C.
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.

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



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