



# **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'*



*ΕΝΘΡΟΝΟΣ ΧΡΙΣΤΟΣ ΖΩΟΔΟΤΗΣ.  
(Φ. ΚΑΡΥΟΓΛΟΥ, 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)*

## CHURCH NEWS!

As from Sunday, Feb. 7<sup>th</sup>, the Orthodox Church of the Holy and life Giving Cross will be worshipping at St Martin of Tours, which is located at Braddon Close, Westgate, Lancashire, LA4 4UZ.

The Holy Liturgy will be celebrated on Sundays at 10.30 a.m. preceded by Hours or Matins, and the first Saturday of the month followed by a Memorial service. Confessions and Vespers will be held on Saturdays upon prior arrangement.



## CHANGING YOUR MIND!

The word *metanoia* is translated into English as *repentance*. However, this translation, does not only indicate a negative feeling of guilt, sorrow, regret or remorse; it is the positive embrace of a change of mind (*nous*) which issues in action. If we allow it, guilt will just sit there obstinately occupying the seat of our memory until we do something about it. Repentance may start with confession but it ends in conversion; repentance is more than a noun - it is a verb; it is about making spiritual progress through God's mercy, forgiveness and grace. The spiritual struggle is the human condition until the end of our life, so we should not despair.

As C.S. Lewis states: *"We all want progress. But progress means getting nearer to the place where you want to be. And if you have taken a wrong turning then to go forward does not get you any nearer. If you are on the wrong road progress means doing an about-turn and walking back to the right road and in that case the man who turns back soonest is the*

*most progressive man. There is nothing progressive about being pig-headed and refusing to admit a mistake. And I think if you look at the present state of the world it's pretty plain that humanity has been making some big mistake. We're on the wrong road. And if that is so we must go back. Going back is the quickest way on."*

## The Case for Christianity

In Biblical Greek, *metanoeo/μετανοέω* and *metanoia/μεάνοια* indicates not simply a change of mind, it is a movement of the whole self through a prompting of the spirit, a calling to the heart, a returning and retuning of the reason endowed intellectual capacities and a whole moral realignment of the inner self. The prompting of the conscience through the action of the Holy Spirit brings about a transformation. In the parable of the Prodigal son (Luke 15:17), the profligate son comes to a realisation of his condition and situation; he comes to his senses -he returns to himself- he comes to a right mind! Our true self is made in the image of God. The invasive persuasions of the evil one alters our perceptions and justifies our passions. In order to move forward with his life the Prodigal goes back, "I will return to my father"...

Sin twists and warps our thinking and reasoning, giving in to temptations leads us down the wrong road because the subtlety of Satan's cunning makes sin seem attractive, even when our right mind knows it's wrong.

So changing our mind is a good thing when it means finding ourselves and allowing ourselves to be reshaped into the real person that God has always intended us to be.

*"The glory of God is man fully alive."*

— St Irenaeus.

Fr Jonathan

# IN MEMORIAM: SISTER ANGELIKI TSAOUSI THE UNMERCENARY PAEDIATRICIAN (1932-2015)

Memory Eternal! Αιώνια η Μνήμη!

Today I have attended the Annual Greek Memorial Service of a very special person, a true handmaiden of God, one I am blessed to consider my spiritual mother. Sister Angeliki, a living legend, lived a long life of sacrifice, charity and prayer, dedicated to the ministering of the hungry, the thirsty, the needy, the clothless, the poor, the strangers, those in prison, the sick, the addicted, the refugees, families in crises, all her brethren in Christ, no matter what their country of origin was and what their religion.

Genuinely ecumenical, she selflessly served in nearly all hospitals, charitable and missionary organizations in Greece and abroad. Sister Aggeliki discovered the Holy Cross parish of Lancaster just a month before her repose. Those days she was in agonizing pain, ‘stifling’ her moans with Hymns and Martyrs’ Apolytikia and the Jesus Prayer. And yet, incredibly lucid, clairvoyant and full of the Holy Spirit, she was eager to learn about our Celtic Saints and Orthodoxy in Great Britain, and she blessed all of us with her prayers, icons and relics. The minute her pure soul flew to our Maker, Sister Aggeliki’s face glowed! She raised her hand with her prayer rope and blessed everybody at her side, leaving this world with ineffable Joy!

For vignettes of her blessed life, please follow the link [here](#).

*Kleio Kechagia  
Thessaloniki, Greece*



## ST MARTIN'S CHURCH AT MORECAMBE

Dear Friends in Christ,

As most of you know, I had a warm and positive meeting with the Vicar of Torrisholme, Fr. Chris Holden, back in September and then in October. In our second meeting, the acting Archdeacon of Blackburn was present as well as Konstantinos Arfanis representing our Parish laity and two lay representatives from the Parish of the Ascension Torrisholme.

The Anglican Church would require a small rent in exchange for our Parish taking care of the building and managing the other users of the Church. At present the hall, kitchen and other rooms, toilets etc. are used by fee paying groups including the Play-group, Cubs & Scouts and a dance group.

The contract is now signed for a trial period of one year to see how things go. There is much therefore to think and pray about but I think two things are essential:

► We all agree that this is the way forward, in faith, for our Church.

► That each of us commit to this undertaking in word and action with regular attendance and giving; so each and everyone has a responsibility and owns this mission.

My role as priest is Liturgical and Pastoral. I serve God and you through prayer. I could not alone take on the responsibility of management - indeed, that is why God has provided our Church with many skills and talented people. St Paul the Apostle is quite clear about this sharing of talents to build up the Church. I realise that this is a big decision and I want you to pray about this move and to offer your thoughts.



The [church of St Martin of Tours](#), Braddon Close, Morecambe, LA4 4UZ.

It will take us 5 miles away from our University, which has provided us with our majority “constituency” of parishioners for the past 20 years and established our Global Parish of Stavronians. This has indeed been a great and constant blessing for all of us. However, we must think whether we wish to remain in the Chaplaincy Centre as an Orthodox Community or grow to become a Parish, whether we want to remain with the vicissitudes and limitations of shared space and time or have our own Parish, where we can serve the Liturgy on Sundays, do Vespers on Saturdays, celebrate the Holy Liturgy on major Feasts of the Church, have food together, teach Sunday School, socialise,

teach catechumens and appeal to all, even local people in the area! We have a good number of families now and resident regulars which form the nucleus of our Parish.

I have found in my life that accessibility is not the main impetus for faith; some of the most inaccessible Monasteries are the most well attended! If people want God, they will find Him but we have to make the effort. We would not abandon the students who are Orthodox but I would encourage them to join us; the Church is on a bus route and the bus stops right outside the Church plus we have a car park and modern facilities.

St Nicholas Planas never had his own Church, only a Synodia! St Joachim of Vatopaedi and Ithaca built many Churches! May our Patron Saints assist us by their prayers. May the All Holy Spirit guide us in wisdom and truth to discern that which is needful and right.

With my love and poor prayers,  
Fr Jonathan



St Martin of Tours (†397) - feast day Nov. 11<sup>th</sup>. For the biography of the Saint please click [here](#).



*Alexandra, Katya and Paul accompanied Fr Jonathan as witnesses; they signed the agreement for the tenure of St Martin's Westgate at the Church of the Ascension Torrisholme on behalf of our Community.*

## NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Feb. 2: Dimitri Coutya

Feb. 21: Pisistratos

**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's book "Fountains in the desert" was published in Greek by the publishing company En Plo (Εν Πλω), based in Thessalonica, Greece. Please have a look at the link [here](#) for further information.

## ORTHODOX SUMMER CONFERENCE

The Orthodox Fellowship of St John The Baptist, is organising a summer conference with the title "[Being Orthodox in a Multi-Religious Society](#)". It will be held on 1-3 July 2016, Friday 4 pm to Sunday teatime, at The Hayes, Swanwick.

At this conference the Fellowship will consider the witness of the Orthodox Church in today's diverse society. Archbishop Gregorios of Thyateira and Great Britain will preside and preach at the Sunday Divine Liturgy.

Speakers to include: Bishop Angaelos, General Bishop Coptic Church UK, HE Metropolitan Kallistos of Diokleia, Fr Philip Hall, Dr Mangala Frost, Dr Elena Narinskaya, and Ms Marina Robb.

For further information please contact Bede Gerrard, email: [bjg1@waitrose.com](mailto:bjg1@waitrose.com), Tel: 01865 512126; Address: 20 Diamond Court, 153 Banbury Rd, OX2 7AA

## MAJOR CELEBRATIONS THIS MONTH

1<sup>st</sup> Feb: St Bridget of Kildare (†525)

2<sup>nd</sup> Feb: The Meeting of Our Lord and Saviour Jesus Christ in the Temple

3<sup>rd</sup> Feb: St Nicholas, Archbishop & Enlightener of Japan

10<sup>th</sup> Feb: Hieromartyr Charalampus

18<sup>th</sup> Feb: St Colman (†675)

24<sup>th</sup> Feb: First & Second Finding of the Venerable Head of John the Baptist

26<sup>th</sup> Feb: St Photine, the Samaritan woman

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



### Services during February\*

Sun. 7 <sup>th</sup>	10:30 am	Holy Liturgy at St Martin's
Sun. 14 <sup>th</sup>	10:30 am	Holy Liturgy at St Martin's
Sun. 21 <sup>st</sup>	10:30 am	Holy Liturgy at St Martin's
Sun. 28 <sup>th</sup>	-	No Liturgy this week!

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

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



*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.orthodox-lancaster.org.uk](http://www.orthodox-lancaster.org.uk)  
[www.antiochian-orthodox.co.uk](http://www.antiochian-orthodox.co.uk)

The following blogs of Old Stavronians are available in Romanian, [Constiinta Ortodoxa](#), in English, [Orthodox city hermit](#), and in Greek, [Orthodoxy rainbow](#).

