



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

The Stavronian

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



*Ἰσθρονος 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)*

TRANSPORTED BY THE HOLY SPIRIT

Exodus 19:4; "... I bore you on eagles' wings and brought you to Myself."

2 Peter 1:21; "for prophecy never came by the will of man, but holy men of God spoke as they were **moved** by the Holy Spirit". The word for "moved" in 2 Peter is "carried" (φερόμενοι). The movement of the Holy Spirit is a dynamic reality in the lives of those who believe in the All Holy Trinity. As Christians we are to carry our cross, but in a real way we are also carried, borne along and impelled by the indwelling of the Holy Spirit.

A little while ago, I went to London and in between appointments found time to visit the London Transport Museum. Deciding not to walk there, I was "carried" to the Museum by a double decker London bus (itself a present feature of London Transport). I suppose I could have been "carried" by a Taxi well named as a Hackney "Carriage," or by the Underground tube. Being transported whether by bus, car, aeroplane or boat makes the travelling easier. The Transport Museum also carried us in imagination back to the horse drawn vehicles, moving on to the age of steam locomotive and coal, the oil, petrol and diesel engine to the more modern electric form of transport (μεταφορά). This progression of movement was actualised by following the designated route within the Museum; a spiral, descending path from old to new. Isaiah 43:19; *Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness...*

The All Holy Spirit, the Comforter, Who descends from heaven refreshes us, leads us into all Truth and renews our spirit. We invite Him in to our lives as to make us holy and to pray with us in Christ before the Father. When I pray I

feel younger when I don't pray I feel older: *O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and fillest all things; Treasury of Blessings, and Giver of Life - come and abide in us, and cleanse us from every stain, and save our souls, O Good One.*

It was the wheel invented more than 3,500 years before Christ that made carrying heavy burdens easier. Wheels (power and movement) feature at the heart of the prophet Ezekiel's initial vision of God. The Icon of "Christ in Majesty" is based on the scene of the vision to Ezekiel (Ezekiel 1: 4-28, 10: 1-22) and the vision to the Prophet Isaiah (Isaiah 6: 1-4) and John the Theologian (Revelations. 4: 2-9). The wheels within wheels (filled with eyes) speak to me of the gyroscopic dynamic of God's movement, His omnipresence and omniscience, free to assume any orientation towards His creation. These visions present powerful images of movement and action of the One who before the ages is enthroned. His glory is at the same time transcendent and immanent, existing beyond and able to move within His created universe. Ezekiel discerns God in His Divine "energia," illustrating in image and word the eternity, unity and symmetry of the Divine.

The lesson that we may abstract is that, through His almighty providence, God moves in the affairs of all mankind to work out His own plan, always unfolding, intricately designed, never wrong.

The wheels in the Vision also remind us of the Priestly prayer in the Holy Liturgy before the Cherubikon of Christ being borne aloft ἐποχούμενος.

No one bound by carnal desires and pleasures is worthy to approach, draw near, or minister to You, the King of Glory. For to serve You is great and awesome even for the heavenly powers. Yet, because of Your ineffable and immeasurable love for mankind, You impassibly

and immutably became man. You, as the Master of all, became our high priest and delivered unto us the sacred service of this liturgical sacrifice without the shedding of blood. Indeed, Lord our God, You alone reign over the celestial and the terrestrial; borne aloft on the cherubic throne, Etymology: [$\epsilon\alpha\rho\chi\epsilon\iota\sigma\iota\varsigma$ $\epsilon\pi\iota$ + $\delta\chi\epsilon\iota\sigma\iota\varsigma$] On a 'vehicle'

Lord of the Seraphim and King of Israel, the only holy and resting among the holy ones.



Icon by Aidan Hart

In the holy synergy of God's Grace and our faith we too are carried, moved, changed from glory to glory. Corinthians 3:18; But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

We too are transfigured, transported, borne aloft by the Holy Spirit who is everywhere present and Who fillest all things.

Fr Jonathan



IT IS A MATTER OF FAITH

Living in a world that all is replaceable and changes happen in the blink of an eye is not easy. The demands are great and nothing seems to be enough; you are not either! Sometimes you feel like a cat chasing its own tail – such a waste of time. But even if you know how pointless it is –chasing your own tail– you continue doing that until you get exhausted and left with nothing but a sick body and numerous questions. Why do I keep doing that? Why did I make that choice? Was it really mine? What comes next? During this wild chase of yours to satisfy the demands of this world there are many casualties; casualties that go beyond physical and mental health; casualties of the soul. Every time you deviate from what you love, every time you lose hope, every time you allow your soul to be filled with anger, envy or hate, a small 'invisible' scar is created. And it takes time to realise that the scar is there; so much time that when you decide to take care of it, is either too late or takes awfully long to go back and check the trail of how the scar was created.

Re-discovering yourself is not an easy process. It is a process that needs faith. Not only faith to yourself but the kind of faith that God will be your companion for as long as you need to look after you and take care of your scars. I've once read that if you're a Christian, you have that kind of faith and know what it means to be able to forgive. It took me a while, however, to understand how faith and forgiveness are intertwined to be now in a position to say that it is only through forgiveness that you are able to heal the scars of the soul. It is only through forgiveness that you can, at some point, leave everything behind, forget, and move on with your life.

Evie Papavasiliou

BLESSING OF JOURNEYS AND VEHICLES

I remember my spiritual father, Arch-priest Michael Harper, before every journey in his car saying a prayer for God's protection. In his mid seventies travelling from Cambridge to London every week-end, God kept Fr Michael, Khouriya Jeanne and all those who travelled with them safe from harm and accident.

He had the prayer typed on a small piece of paper that he kept tucked behind the sun visor: *Lord Jesus Christ my God, be our Companion, guide and protector during our journey. Keep us from all danger, misfortune and temptation. By Your divine power grant us a peaceful and successful journey and safe arrival. In You I place my hope and trust and You I praise, honour and glorify, together with Your Father and Holy Spirit now and forever and ever. Amen. Lord Jesus, You travelled with the two disciples after the resurrection and set their hearts on fire with Your grace. Travel also with us and gladden our hearts with Your presence. I know, Lord, that we are pilgrims on this earth, seeking the citizenship which is in heaven. During our journey surround us with Your holy angels and keep us safe from seen and unseen dangers. Grant that we may carry out our plans and fulfil our expectations according to Your will. Help us to see the beauty of creation and to comprehend the wonder of Your truth in all things. For You are the way, the truth and the life, and to You we give thanks, praise and glory forever. Amen.*

Even if we do not say this prayer in full, at the very least we should make the sign of the Cross and ask God's protection at the commencement of every journey whether it be short or long. It is always good to have the sign of the Cross attached to your windscreen as this too reminds you of Who you travel with and

whose disciple you are in life's journey. (John 14:6)

On occasions people ask me to say a prayer over those who are travelling abroad. Indeed, within the Holy Liturgy we petition God to keep safe *"those who travel by land and sea and air."*

Prayer at the Blessing of Vehicles or for Travel

Priest: Let us pray to the Lord.

Choir: Kyrie eleison.

Priest: O Master, Lord our God, hearken unto the prayer which we now send up to You, and bless this vehicle with Your holy right hand (+); send down upon it Thy guardian Angel, that all who desire to journey therein may be safely preserved and shielded from every evil end; and as the Ethiopian, riding in the chariot and reading of Your holy prophecy, was granted faith and Grace through Your Apostle Philip.

So do You now manifest the path of salvation to Your servants who shall travel in this conveyance, that with Your helping grace they may be clothed upon with good works and after the completion of this life may be vouchsafed' everlasting joy in Your heavenly Kingdom. For Yours is the might, and the Kingdom, and the power, and unto You do we send up glory to Father, and to Son, and to Holy Spirit, both now and ever, and unto ages of ages.

Choir: Amen.

Priest: *The priest sprinkles all over the vehicle with Holy Water, saying:* May Christ our true God, through the intercessions of His all-pure Mother, through the protection of the bodiless powers, of the holy, glorious and all praise worthy Apostles, and of St. Nicholas, and all the

Saints, have mercy on us and save us, as He is good and loves mankind. --- Prayer for Vehicles taken from the website of the Greek Archdiocese of America.

The annual blessing of automobiles usually occurs on the Sunday closest to the feast of the Prophet Elias (Elijah, 20th of July) or may be done on request for those purchasing a new vehicle.

Fr Jonathan

LITANY AT LIXOURI

On June 7th, Fr Jonathan went to Lixouri at the island of Kefalonia, Greece, for the Litany of the icon of St Panagis Mpasias. During the litany, the icon and relics of the Saint are on procession in the town. It is attended by the faithful, as well as official delegations of the town's schools, institutions and army, headed by the clergy and the town's philharmonic band. A few photos follow.



PARISH NEWS

We are so very grateful to those who remember us in their prayers and show their love as generous benefactors of our Parish. We would like to wholeheartedly thank Euphrosyne (Froso) Porfyriou for her generous donation of candles to our church. May God richly bless you and your family for this generous donation!

NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Jul. 9: *Metropolitan Methodios Fougias*

MEMORY ETERNAL!

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



MAJOR CELEBRATIONS THIS MONTH

1st July: **Cosmas and Damian the Holy Unmercenaries**

2nd July: **St. John Maximovitch, Bishop of Shanghai & Archbishop of San Francisco**

(†1966); **St. Juvenal, Protomartyr of America and Alaska (†1796)**

3rd July: **St Germanus Bishop of the Isle of Man (†474)**

4th July: **St. Andrew of Crete, author of the Great Canon**

7th July: **Great-martyr Kyriake**

11th July: **Great Martyr Euphemia the All-praised; St. Olga, equal to the Apostles, Princess of Kiev**

13th July: **Synaxis of Archangel Gabriel**

15th July: **Holy Equal-to-the-Apostles Great Prince Vladimir, in Baptism Basil, Enlightener of the Russian Land**

17th July: **Great-Martyr Marina of Antioch and Child-Martyr Prince Kenelm**

20th July: **Holy Glorious Prophet Elijah**

25th July: **Dormition of righteous Anna, mother of the Most Holy Theotokos**

26th July: **Holy Martyr Paraskeve**

27th July: **Great Martyr and Healer Panteleimon**

31st July: **St Joseph of Arimathea**

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





Services at St Martin's in July*

Sun. 1 st	10:00	Hours and Holy Liturgy
Sat. 7 th	15:00	Memorial, Confessions, Synaxarion and Great Vespers
Sun. 8 th	10:00	Hours and Holy Liturgy
Sat. 14 th	15:00	Memorial, Confessions, Synaxarion and Great Vespers
Sun. 15 th	10:00	Hours and Holy Liturgy
Sat. 21 st	15:00	Memorial, Confessions, Synaxarion and Great Vespers
Sun. 22 nd	10:00	Hours and Holy Liturgy
Sat. 28 th	15:00	Memorial, Confessions, Synaxarion and Great Vespers
Sun. 29 th	10:00	Hours and Holy Liturgy

*Help setting up the church is greatly appreciated and starts half an hour before the service.

“God cares for everyone. Despair is in effect a lack of faith”

- St. George Karslides -



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



Top and bottom sketches are created at the Holy Monastery of "The Annunciation of the Theotokos" Chios, Greece, courtesy of Fr Theodosios Dendrinos, Ithaca, Greece.
The sketch of Christ by Boris Koneglov was scanned from the Orthodox calendar of the Aposynodi Diakonia of the Church of Greece.