

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

The Stavronian

Monthly magazine and newsletter publicised by the Holy Cross Synodia



*Ἐσθρονος Χριστός, Ζωοδότης.
(Φ. Κάρτογλου, 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.
Our Metropolitan is His Eminence Bishop Silouan.
Our Patriarch is His Beatitude John X.*

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

REMEMBRANCE

Remembrance lies at the heart of our Eucharistic worship; "***Do this in remembrance of me***". How important it is that we remember that command of Our Lord, since to remember in English literally means to "re-member"; to put the members of the body back together as prefigured in the vision of Ezekiel Chapter 37. November is a season of remembering, remembering the fallen in world wars and subsequent conflicts between the nations. It is also important to remember to pray for peace in the world each day and which we do at every Liturgy.

In our Christian faith it is important to remember to go to Church every week, to take Communion regularly, to go to confession, to say our prayers at home, to venerate our icons and light incense and lamps, to say grace before meals, to take holy water and antidoron, to make the sign of the cross, to offer our help of the needy. It is so easy to forget, to ignore, to become complacent and indifferent. It is vital to remember the signs of our faith.

Remember the Signs

"But, first, remember, remember, remember the signs. Say them to yourself when you wake in the morning and when you lie down at night, and when you wake in the middle of the night. And whatever strange things may happen to you, let nothing turn your mind from following the signs. And secondly, I give you a warning. Here on the mountain I have spoken to you clearly: I will not often do so down in Narnia. Here on the mountain, the air is clear and your mind is clear; as you drop down into Narnia, the air will thicken. Take great care that it does not confuse your mind. And the signs which you have learned here will not look at all as you expect them to look, when you meet them there. That is why it is so important to know them by heart and pay no attention to appearances. Remember the signs and believe the signs. Nothing else matters."

The Chronicles of Narnia, C.S. Lewis

"Again and again we have found that C.S. Lewis articulates a vision of Christian truth which a member of the Orthodox Church can whole

heartedly endorse. His starting-point may be that of a Western Christian, but repeatedly his conclusions are Orthodox, with a large as well as a small 'o'."

Metropolitan Kallistos Ware

Remember

Luke 23:42: *Then he said to Jesus, "Lord, remember me when you come into your kingdom." And Jesus said to him, "Assuredly, I say to you, today you will be with me in paradise."*

Remember, remember the first good Friday
Two thieves hanged either side of the Cross
Remember, remember for there's every good reason
Why they hanged there and suffered their loss.

Remember, remember how one blasphemed with a curse
He hurled insult along with temptation
Remember, remember for there's every good reason
Why the other was granted salvation.

Remember, remember how the one wanted life
And wanted it at any price,
Remember, remember for there's every good reason
Why the other received Paradise.

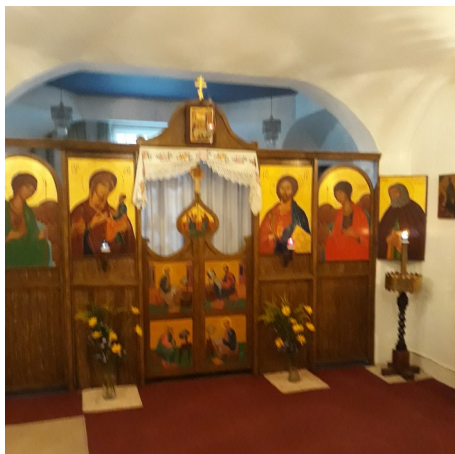
Remember, remember how we should seek mercy,
Forgiveness and blessing and grace
Remember, remember for there's every good reason
Why we should seek God face to face.

Remember, remember Christ's great resurrection
And how we should seek Him today,
Remember, remember for there's every good reason
Why we should walk in His way.

Remember, remember from your kingdom in heaven
To be gracious to set us all free
Remember, remember for there is every good reason
Why I ask Lord, "Remember me."

Theophilus of holy memory, bishop of Alexandria, journeyed to Scetis and the brethren coming together said to Abba Pambo, "Say a word or two to the bishop, that his soul may be edified in this place." The old man replied, "If he is not edified by my silence, there is no hope that he will be edified by my words."

Fr Jonathan



St Seraphim's church, Walsingham, taken by parishioners on their pilgrimage to our Most Holy Theotokos of Walsingham in October. A Memorial was said for Archimandrite David (†1993) on his grave at Walsingham.

REMEMBRANCE

Philippians 1:3; *“I thank my God upon every remembrance of you”*. To remember Fr Michael and Jeanne Harper is to know the joy, thankfulness for the partnership, righteousness and love that St. Paul wrote were the characteristics of his prayers for the church at Philippi.

Partnership between husband and wife is a key word when remembering the Harpers. In 1981 a writer commented that their partnership was bonded by a spiritual closeness and this was always apparent in their work.

There were many difficulties as well as blessing in their work over the years but joy remained constant. Joy was fundamental and showed itself in their love of creation revealed in the natural beauty of landscape, plants and trees... Father Michael's enjoyment of so many activities was boundless, and they were fun to be with over the years Jeanne rejoiced in the musical gifts always offered to the Church.

The righteousness that St. Paul desired was shown in the way Father Michael never flinched from the truth, but always remained humble. The Harpers would be the first people to be hor-

rified at being set up on a pedestal and seen as flawless. Yet perhaps Father Michael's humility may be one of the factors that has meant his pivotal role in the early years of the pilgrimage to Orthodoxy that resulted in the Antiochian Deanery has not always been given the credit that is deserved.

Love was a keynote of their lives that they poured out to those who knew them. I was privileged to witness and experience the love he showed to the parishioners in St. Botolph's parish that he started in London. The parish was part of the vision both had for the Orthodox Church in Britain, that it might no longer be seen as alien to many British, but a welcoming church where all, whatever their ethnic origin, might find a true home. It is a vision that remains as a challenge to us all. Part of that vision was showed when Father Michael was involved in setting up the Institute of Orthodox Christian Studies in Cambridge, a body that owes much to the continued support of the Harpers.

So, like St. Paul, I thank God for the remembrance of the Harpers and the great love I was privileged to receive from them.

Gladys Bland

NEWLY CANONISED BLESSED SOPHRONY OF MOUNT ATHOS AND ESSEX

Elder Sophrony (Sakharov) of Essex has been canonised by Patriarch Bartholomew in Oct. 22nd, 2019, [Pemptousia](#) reports. Elder Sophrony (1896-1993) is known as the spiritual child and biographer of St. Silouan the Athonite and the founder of Saint John the Baptist Monastery, in Essex.

Troparion

With Saint Silouan and all the Saints of Britain, Father Sophrony, you pray for our land and for your monastery. You have taught us with your writings and encouraged our mission, intercede with the Lord of all that he will have mercy on our souls.

Kontakion

Saint Silouan, together with your disciple Father Sophrony, pray to God that we may be faithful to the Orthodox Church and love all Christians and all people.



The icon of newly-canonised elder Sophrony of Mt Athos and Essex.

ARCHDIOCESAN CONFERENCE, MAY 2020

The Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland is organising its annual conference on "*Practical Orthodoxy: Living as Orthodox Christians in secular Britain*". It is to be held from Monday 25th of May at 3 pm, until Wednesday 27th of May at 2 pm, at Yarnfield Park Conference Centre, Stone, Staffs. Please download the Programme, flyer and application form from the link [here](#). The conference fee has been kept at £180, i.e. same as last year, however, support for those in financial need may be available. Please contact Fr Jonathan for further information.

SUNDAY SCHOOL PLAN

Nov. 3rd: On this Sunday, one of the Saints we venerate is our Holy Mother Winifred of Holywell who lived in the 7th century, Wales. The creative task set for the children is to draw or paint and decorate an Icon of Saint Winifred, this will bring them closer to her and the holy life she lived in Britain. This reminds us of what St Arsenios of Paros has said "*The Church in the British Isles will only begin to grow when she begins again to venerate her own saints*". The children will be shown the picture of the well and how its water has healing powers. Water is essential in our lives. What do we need water for: to wash clothes, to cook, to keep ourselves clean and shower, to drink and quench our thirst, to grow plants.

Nov. 10th: The Good Samaritan, "*A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him.*" Luke 10:30-34. This Sunday we will briefly look at the Ten Commandments and how two of them in particular, relate to the Gospel teaching about the Good Samaritan. We will focus on re-creating the scene from the Gospel on paper, to better remember and learn how to imitate compassionate and merciful behaviour. How can we "honour" our parents? By listening to them, by being helpful, polite and kind, helping around the house.

Nov. 17th: Against Greed and Anxiety, "*The land of a rich man brought forth plentifully; and he thought to himself, 'What shall I do, for I have nowhere to store my crops?'* And he said, *'I will do this: I will pull down my barns, and build larger ones; and there I will store all my grain and my goods. And I will say to my soul,*

'Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.' But God said to him, 'Fool! This night your soul is required of you; and the things you have prepared, whose will they be?'" Luke 12:16-20. Today in the Gospel, we read and listen to the parable of a rich man who stored his goods in order to live happily for the rest of his life, but the Lord warns us against this. Therefore, to better familiarise children with this teaching, we will use two pouches to put in and separate that what is good, needed and necessary for us in this life, from that, which may appear desirable, yet it's not profitable or necessary for our Salvation.

Nov. 24th: In honour of the afterfeast of the Entry of our Most Holy Theotokos into the Temple, we will re-create the Temple out of cardboard and we will use wooden spoons with fabric for Saints present in this scene, Joachim and Ana, the parents of the Mother of God, whom we celebrate during every Divine Liturgy, also Mary the Theotokos, and the priest present in the Temple. We will look at another meaning and use of spoons, they feed us too like parents and during the Divine Liturgy the priest gives Holy Communion on a spoon!

Marta Radford

PARISH NEWS

Congratulations to Dr. Miroslau Barabash for being awarded a PhD degree in Physics from Lancaster University. May God guide his path to a fruitful career! We look forward to welcoming Gladys Bland to our Church on 10th November.



NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Nov. 11: *Eleonora*

Nov. 12: *Sir John Tavener*

Nov. 29: *Ioanna*

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 Nov: *Sts Cosmas and Damian, the Holy Unmercenaries*

8th Nov: *Synaxis of Archangel Michael and Gabriel and the other Bodiless Powers*

9th Nov: *St. Nectarios the wonderworker, Metropolitan of Pentapolis*

10th Nov: *St. Arsenius of Cappadocia*

11th Nov: *St. Martin of Tours (†397)*

13th Nov: *St. John Chrysostom, Archbishop of Constantinople*

14th Nov: *St. Gregory Palamas, Archbishop of Thessalonica*

15th Nov: *Beginning of the Nativity fast*

16th Nov: *Holy Apostle and Evangelist Matthew*

17th Nov: *St. Hilda, Abbess of Whitby (†680)*

21st Nov: *The Entry of our Most-Holy Lady the Theotokos into the Temple*

23rd Nov: *St. Alexander Nevsky*

25th Nov: *Great Martyr Catherine of Alexandria*

30th Nov: *Holy Apostle Andrew the first called*

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 November*

Sat. 2nd	15:00	Great Vespers
Sun. 3rd	09:30	Matins
	10:30	Divine Liturgy
	12:00	"Martha's house" Sunday School
	12:30	Parish lunch
Sat. 9th	15:00	Great Vespers
Sun. 10th	09:30	Matins
	10:30	Divine Liturgy
	12:00	"Martha's house" Sunday School
	12:30	Parish lunch
Sat. 16th	15:00	Great Vespers
Sun. 17th	09:30	Matins
	10:30	Divine Liturgy
	12:00	"Martha's house" Sunday School
	12:30	Parish lunch
Wed. 20th	18:00	Vespers for the Entry of our Most Holy Theotokos into the Temple
Sat. 23rd	15:00	Great Vespers
Sun. 24th	09:30	Matins
	10:30	Divine Liturgy
	12:00	"Martha's house" Sunday School
	12:30	Parish lunch
Sat. 30th	15:00	Great Vespers

*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](#).

