



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

***The Stavronian***

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*Έπιθρονος 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.  
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)*

*Often, goes the Christ in the stranger's guise*

## MONASTERY IN GATTEN

### The Monastery of St Antony & St Cuthbert

I walked down the Uxbridge street in west Ealing, as I was returning home from work -- when I saw some people who just came out from the Solicitor's office. I assumed that they were lawyers. I stopped for a while; this scene returned me to my banking lawyers' days in Croatia. Life that is left so far away from me now. Here, in a big megalopolis where I live now, it is peaceful and quiet. Unbelievable and unusual, but that's the way it is. Anyway, we wished to go out of London to Shropshire last weekend, to visit an Orthodox monastery which is part of the Antiochian Church – with the monks who are mainly British. That was a very new experience for me. In some way similar, but at the same time different from Serbian monasteries I visited earlier in my old country.

This is the Monastery of Saint Anthony and Cuthbert, and brotherhood is that of Saint Peter and Saint Paul. The monastery is located close to the National Trust area of Stiperstones. Nature and plants are quite different from the nature in the world where I grew up. There are long green meadows which grew up in something very different but similar to the plant we call “smilje” in Serbo-Croat, and then (most amazingly) stones left from the Ice Age period, from where you can enjoy the open vistas to the Wales. Monks live in the 'old english' type of house with a big living room, fireplace and bookshelves, what reminded me of loving monastery [Beska](#) on the Skadar's lake in Montenegro.

During the nights we heard the sounds of nature -- like the sound of cows which wander around and graze. On the nearby hill we can saw a lot of sheep too. Not very surprised, considering that butter and wool are among the top English produce – and I love them so much! Church is very small, but inside of it you can feel that people pray a lot here. Rooms are separated from the main house: they are made of wood and located at the edge of the forest, while some of them are deep in the woods. If you want to the stay in a small hut/cell in the forest, you must have a lot of courage... something that I still lack.

This small monastery has a lot of relics, actually, and they made quite an impact on my



*Monastery's belfry (top) and holy relics (bottom)  
[Image [source](#)]*

soul. But the time which I spent in the monastery was also disturbed by some temptations. One of the temptations happened just before I left to the monastery. Every time I went to the monasteries in the past, I wanted to bring something coming from my heart. This time I wanted to take honey cakes. I put them into an oven and completely forgot about them. Suddenly, while lying on a sofa, I realized that my cakes are in the oven and it could burn. But I came on time to save them, and I took them to the monastery with me. I met some new people there as well -- English people who became Orthodox, and who seemed very serious in their faith. Also, I became more familiar with

the English sense of humour and gentler attitudes to life.

On returning from the monastery, local flocks of pheasants didn't let us pass. They stopped the traffic on the road. Maybe they wanted to tell us: 'Please, stay a little bit longer in this beautiful place!' However, we had to move on because Divine Liturgy in the Birmingham's Lazarica church was waiting for us in all its beauty, with Serbian spirit binding us by its traditional "Welcome".

*Sandra (Aleksandra) Simunic*

## GREAT-MARTYR KYRIAKE

Kyriake was the only child of Dorotheus and Eusebia. They were devout Christians, wealthy but childless. Unceasing in prayer they obtained a child by God and since she was born on a Sunday (the day of the Lord, in Greek, Kyriake), she was given the name Kyriake.

From her childhood, Kyriake consecrated herself to God. When she matured, beautiful in body and soul, many suitors came to ask for her hand in marriage but she refused them all saying that she betrothed herself to Christ the Lord and that she desires nothing more than to die as a virgin. A magistrate of Nicomedia also wished to betroth Kyriake to his son, especially since she came from a wealthy family, but as he was also rejected he denounced Kyriake and her parents to emperor Diocletian as Christians.

The emperor ordered her parents to be tortured and Dorotheus was beaten until the soldiers grew tired and were unable to continue. Since neither flattery nor torment had any effect, Diocletian exiled Dorotheus and Eusebia to Melitene (located between Cappadocia and Armenia) where they died enduring much suffering for Christ. He then sent Kyriake to Nicomedia to be interrogated by his son-in-law and co-ruler, Maximian.

Kyriake refused to renounce her faith and as a result Maximian ordered for her to be whipped. The men tortured Kyriake in every possible way, but her faith simply wouldn't be broken. One night, as she lay in prison, God spoke to her and said:



*"Don't be afraid of torture Kyriake. My spirit is with you".* She survived through many terrible ordeals and since Maximian failed to convince the young woman to change her faith he sent her to Hilarion, the eparch of Bithynia, at Chalcedon. He told Hilarion to either convert Kyriake to paganism, or send her back to him.



*The church of Aghia Kyriake during winter at the town of Servia, Northern Greece*

Hilarion tried his best to achieve this goal. One of the tortures he tried was to keep her suspended by her hair for several hours while soldiers burned her body with torches. Finally, she was taken down and thrown into a prison cell. That night Christ appeared to her and healed her wounds. Seeing the miraculous salvation of Kyriake many pagans believed in Christ; they were all beheaded, however.

Kyriake was tortured again by Apollonius, who succeeded Hilarion. When she was cast into a fire, the flames were extinguished. When she was thrown to wild beasts, they became tame and gentle. Apollonius then sentenced her to death by the sword. As she was given a few minutes to pray, she asked God to receive her soul and to remember those who honoured her martyrdom. Upon completing her prayer, she rendered her soul to God before the sword was lowered on her head.

At the time of her death she was 21 years old. Her feast day is on 7 July.

source: [Wikipedia](#)

## ATTENDING THE SERVICES AT CHURCH

Dear brothers and sisters,

COVID pandemic is in retreat in the UK. Glory to God for His mercy! From the 27th of January 2022, the Government in England scraps almost all mandatory COVID measures, except for self-isolation rules for the infected. In line with these two facts, we relax the COVID rules in our church too. **Most importantly, there is no more cap on the attendance numbers, and you DO NOT have to register for attendance anymore.** Please come to the church whenever there is a service. There is no need to notify us of your attendance in advance or provide your contact details for the NHS Test & Trace.

COVID may be retreating, but there are still many cases across the UK and in the North West of England in particular. **Therefore, the following anti-COVID measures remain in our church:**

1. We **strongly encourage you to take a lateral flow test (LFT)** before attending the church. It is an easy way to ensure you are

not ill and to protect the other faithful, some of whom are medically vulnerable. If you test “positive”, do not come to the church and follow the [government guidance](#) instead.

2. We **strongly encourage you to keep on wearing masks while in the church**, unless you are medically exempt. The wearing of masks in confined places is highly recommended by medical experts and in line with government guidance.
3. Windows **are to remain open at all times** during services in the Church to improve airflow in line with the expert and government guidance.

## THANKSGIVING OF FAITH AND PRAYER

During the pandemic, we continue the standard prayer practice at home, including the reading of the Lord’s prayer at 12:00 every day. In addition, many parishioners have already signed for the Vigil Prayer [online](#), so that the non-stopping prayer is maintained by the faithful all over the world continuously for 24 hours, until the pandemic surrenders.

## OLD STAVRONIAN CORNER

The community of the Holy Cross would like to extend their warmest wishes in Christ for the wedding of [Lambrini and Stavros Ferkadis](#) on the 15<sup>th</sup> of June in the Metamorphosis (Transfiguration) Church in Kalamaria, Thessaloniki (Greece). May God grant you every blessing in this new beginning of your life.



# NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Jul. 6: *Constantin*

Jul. 9: *Metropolitan Methodios Fougias*

Jul. 23: *Christina*

## 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

1<sup>st</sup> July: Cosmas and Damian the Holy Unmercenaries

2<sup>nd</sup> July: St. John Maximovitch, Bishop of Shanghai & Archbishop of San Fransisco († 1966); St. Juvenal, Protomartyr of America and Alaska († 1796)

3<sup>rd</sup> July: St Germanus Bishop of the Isle of Man († 474)

4<sup>th</sup> July: St. Andrew of Crete, author of the Great Canon

7<sup>th</sup> July: Great-martyr Kyriake

11<sup>th</sup> July: Great Martyr Euphemia the All-Praised; St. Olga, equal to the Apostles, Princess of Kiev

13<sup>th</sup> July: Synaxis of Archangel Gabriel

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

17<sup>th</sup> July: Great-Martyr Marina of Antioch and Child-Martyr Prince Kenelm

20<sup>th</sup> July: Holy Glorious Prophet Elijah

25<sup>th</sup> July: Dormition of righteous Anna, mother of the Most Holy Theotokos

26<sup>th</sup> July: Holy Martyr Paraskeve

27<sup>th</sup> July: Great Martyr and Healer Panteleimon

31<sup>st</sup> 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](http://www.calendar.goarch.org)



## Services at St Martin's in July

Sat. 2 <sup>nd</sup>	16:00	Great Vespers
Sun. 3 <sup>rd</sup>	09:45	Holy Liturgy. 3 <sup>rd</sup> Sunday after Pentecost. All Saints of Britain
Sat. 9 <sup>th</sup>	16:00	Great Vespers
Sun. 10 <sup>th</sup>	09:45	Holy Liturgy. 4 <sup>th</sup> Sunday after Pentecost
Sat. 16 <sup>th</sup>	16:00	Great Vespers
Sun. 17 <sup>th</sup>	09:45	Holy Liturgy. Fathers of the Fourth Ecumenical Council, St Marina (Margaret) of Antioch. Passion Bearers Emperor Nicholas II and his family
Sat. 23 <sup>rd</sup>	16:00	Great Vespers
Sun. 24 <sup>th</sup>	09:45	Holy Liturgy. 6 <sup>th</sup> Sunday after Pentecost, Martyr Christina of Tyre
Tue. 26 <sup>th</sup>	18:30	Vespers for Great Martyr and Healer Panteleimon (in Skype)
Sat. 30 <sup>th</sup>	16:00	Great Vespers
Sun. 31 <sup>st</sup>	09:45	Holy Liturgy. Forefeast of the Procession of the Honourable Wood of the Life-Giving Cross, St Joseph of Arimathea

*“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](#).

