

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

***The Stavronian***

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*Ἐπιθρονος 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*

## 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.”

*C.S. Lewis, The Chronicles of Narnia*



“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*

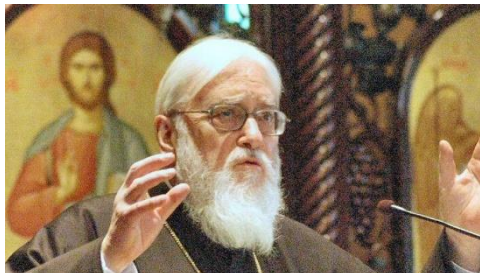
## METROPOLITAN KALLISTOS WARE (11/09/1934 -- 24/08/2022)

Metropolitan Kallistos, one of the great modern fathers of Orthodoxy fell asleep in the Lord on 24<sup>th</sup> August 2022. A great writer, academic, spiritual father and speaker, he, as one of our parishioners said “bridged the gap between East and West”, to which another in correspondence added “and between heaven and earth!”

His Biography and the many tributes offered to him you can read on many websites, his talks, you will be able to access through the many videos on Youtube for which we give thanks to God. I just want to offer three small personal reflections which illustrate his wit and learning which flavoured, like salt and pepper, the spiritual food he offered through his deep love of God and profound scholarly learning.

The first time I met Metropolitan Kallistos was when I was an ordinand for the Anglican Church at Oxford. At that time in the early 80’s he was still an Archimandrite soon to be elevated to a Bishop. He was our tutor in Early Church History. His erudite lectures were punctuated by illustrative examples and amusing anecdotes. What captured many of his audience was not only his profound insightful knowledge but his unique voice pattern and cadence ranging several octaves and time signatures which many found most colourful and many more have tried to mimic.

I recall being seated in one of his lectures next to the then principal Fr David Hope later to become Archbishop of York. "Actually", (a word which Bishop Kallistos also favours) sitting on the other side of me as a fellow ordinand was the present Archbishop of York Stephen Cottrell. Archimandrite Kallistos began his lecture with the preface “We of the East....”



Metropolitan Kallistos Ware  
(image from [serborth.org](http://serborth.org))

Fr David, leaned over to me and said with his fine West Yorkshire accent. "You do know he's from Bath! You can't get much further west than that!"

Many people who have found their way to Orthodox Christianity have read his definitive books "The Orthodox Church" and "The Orthodox Way." Not only has Bishop Kallistos made Orthodoxy accessible to many westerners, he has also appealed to many cradle Orthodox as a refreshing source of teaching and learning.

I recall when I was at a Meeting of the Friends of Mount Athos in Cambridge with Panos and Evangelia in 2011 I think. Metropolitan Kallistos was one of the main speakers. At dinner he was asked to say the Grace being the senior Hierarch. However, the food had not arrived. We were waiting, standing up behind the empty tables. An apology arrived from the kitchen area, "Not long now," so Bishop Kallistos said, "we will say grace anyway." He started by quoting from Hebrew 11:1: "*Now faith is the substance of things hoped for, the evidence of things not seen.*" For what we hope to receive may the Lord make us truly grateful!

Humour is not opposed to faith, it is the grace of freedom in Christ.

Later in the conference most of the priests had gone to their respective Parishes to serve the Sunday Liturgy. Only one other elderly Archimandrite Ephraim was present and he was choosing to sing in the choir. On the corridor to the bedrooms on Saturday night Bishop Kallistos came towards me and said, "Fr Andrew, which of course is not my name, please prepare prosphora tomorrow morning and concelebrate with me." I didn't sleep much that night! At the end of the Sunday Holy Liturgy he commended or criticised me, (I'm not sure which) for only making only three small mistakes! The server who was Panos, one of our parishioners, was rather startled when

in the Vestry His Eminence asked him to serve and later he was praised for his excellence, "You should be a professional server!" said Metropolitan Kallistos to Panos.

Those who have known Bishop Kallistos owe him a great debt of gratitude and those whom he has reached through his talks have been enriched in the Christian life.

*"The Choir of Saints have found the Fountain of Life and the Door of Paradise."*

*"Blessed is the way O soul you shall walk today, for a place of repose has been prepared for you."*

Metropolitan Kallistos leaves us a rich, living legacy, laced with much love, humour, learning, spirituality and grace.

May His memory be eternal! Christ is Risen!

*Fr Jonathan*

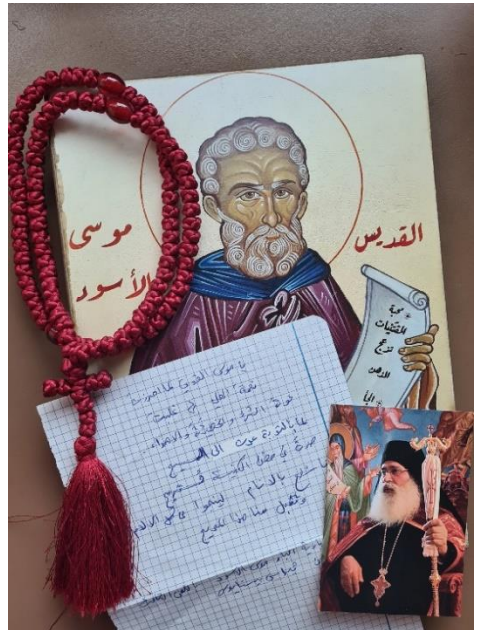
## LAST VISIT TO GARONDA PANTELEIMON

On the 8th of August 2019, I had the blessing to visit the Holy Monastery of Semonopetra on Mount Athos to meet Garonda Panteleimon of Hamatoura. It had been two years since I had seen him before his exile from Lebanon in 2017. I was looking forward to seeing him. I arrived after a long trip all the way from the UK to learn that he was not in the Monastery since he has left to Thessaloniki to accompany some of the monks to the airport. I was disappointed. The thought that I came all the way from the UK to Greece and did not meet him was frustrating for me. But our loving Panagia did not leave me in such a mode as I was in her garden. A monk came to me and informed me that Garonda might be arriving tomorrow with the visitor's bus by noon time. That was the time I had to leave to the Gregorio Monastery which was an hour walk away. I was yearning to see Garonda. After all, he is the person who gave birth to me in Christ. I decided to push my departure few hours and wait to see if he arrives.

On the next day, I impatiently waited for the visitor's bus. Finally it arrived, and Glory to God, Garonda was there. I saw him getting off the bus. I ran to him and with a metanoia asked for his blessing. I gave him a hug. He looked at me and said "I received your message a few days ago regarding your visit. I knew then that I would not be at the monastery the day you arrive since I had to accompany some brothers to the airport. I did not inform you of that so I don't discourage you of proceeding with your visit. But I prayed for the Theotokos to arrange things so I catch you before you leave, and look, she did!" No words can express my joy at that moment. I am with my father of whom I was deprived. He asked me to postpone my departure to Gregorio for few hours and leave just as Vespers starts. I joyfully obeyed him saying the phrase that he taught me to live according to, "May it be blessed".

We went and sat on a small balcony near the visitor's salon. As usual, he started by asking about my spiritual wellbeing, "Are you praying, my son?". From there, we started talking about different things. I could not hold myself and asked: "Abouna, how can you accept such injustice?" Although he was the one persecuted and exiled away from his monastery and brotherhood, I was the one frustrated and confused about the situation. I was surprised to see the peace he had in his heart. It was reflecting on his glowing face and in his loving words. He simply answered me "what do I want better than being here (the garden of the Theotokos). Look how beautiful it is. Look at the generous and loving people I am surrounded with (he said that as he looked at a monk who had prepared coffee for us)." He proceeded to explain to me how persecution leads to sainthood if accepted with humility. He also told me about Saint Nektarios and how much he suffered from those in the Church. His words comforted my heart. At that moment, I understood why I had missed him that much. I realised that I had missed his wisdom. I had missed his healing words. I had missed feeling safe for having him by my side. And mostly, I have missed seeing Christ through his face. He was a faithful servant and lived in thankfulness to his loving Master. Seeing that alone was a motivation by itself for me to continue my spiritual struggle.

Time passed and a visitor came to the balcony we were sitting on. Garonda asked him to join us. Since the visitor was from a western country,



Garonda started speaking in English. This made me realise how welcoming and loving to a stranger Garonda is. He called a guy he just met, asked him to sit with us and started talking to him as if he knew him for ages. Just looking at him was filling my heart with joy and peace.

Time was running and vespers was around an hour away. I did not want to leave without the gift he promised to give me. Years earlier, I asked him to compose a troparion for my patron Saint, Moses the Ethiopian. I waited for him to finish talking with the other visitor and asked him about it. He told me that it is not ready yet but he had written some thoughts down and will have it composed soon. I was happy to hear that. But Garonda did not want me to leave without that blessing. He excused himself and disappeared for around forty-five minutes. He came back with a small paper with a troparion for Saint Moses written on one side and the first ode of a Paraklisi on the other. No words can express my joy at that moment. Garonda had not had lunch yet. He arrived from a long trip from Thessaloniki and sat with me. Then, he used the only time he had to rest and eat before going for vespers (for the feast of his Patron Saint) to compose the troparion and the first ode of the Paraklisi for Saint Moses. He handed me the paper and asked me to read what is on it. I did not understand his request as I was

overwhelmed with joy. Seeing my shock, he proceeded to chant the troparion and the ode of the Paraklisi for me in his sweet voice. I listened with as my eyes continued to tear. I thanked him for the blessing and asked for a picture. He agreed and called a monk to take the picture for us. He then gave me two prayer ropes and asked me to keep the red one for myself and give the black one to the visitor that was sitting with us. Finally, he gave me the blessing to depart in peace as he made his way to the main Church to celebrate the vespers of his Patron Saint.

That was the last time I saw Garonda Panteleimon in flesh. He fell asleep in the Lord on the 28th of November 2021. Now distance cannot set him apart from us. We don't need mobiles to talk to him nor we need to travel somewhere to see him. We have a different mode of communication now: prayer.

May our loving God have mercy on his soul and benefit us with his prayers. Amen.

### **Troparion of St Moses the Ethiopian**

Third Mode, melody "Thy confession"

*When, O mighty Moses, thou acquired Grace  
\* from the Most High God, with it thou  
conquered \* all the passions and the pow'r of  
the evil one. \* After repenting, thou returned  
faithfully to Christ, \* and in the bosom of the  
Church dost thou rest in peace. \* Therefore,  
intercede for all to be saved from grief and  
pains, \* and accept from us our thankfulness  
and all due praise.*

*Composed by Garonda Panteleimon of  
Hamatoura of Blessed Memory*

*Translated to English and metered  
by Chadi Karam*

## **SAFETY PROTOCOLS**

Dear brothers and sisters, the wearing of masks is encouraged in Church but is not compulsory.

## **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.

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

Sept. 1: *Pericles*

Sept. 29: *Georgios*

### **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> Sept: **The Ecclesiastical New Year**

8<sup>th</sup> Sept: **The Nativity of our Most Holy Lady the Theotokos and Ever-Virgin Mary**

9<sup>th</sup> Sept: **The Holy & Righteous Ancestors of God, Joachim and Anna**

14<sup>th</sup> Sept: **The Exaltation of the Precious and Life-Giving Cross**

17<sup>th</sup> Sept: **Martyr Sophia and her three daughters, Faith (Pistis, Vera), Hope (Elpis, Nadezhda) and Love (Agape, Lyubov)**

19<sup>th</sup> Sept: **St. Theodore of Tarsus, Archbishop of Canterbury**

24<sup>th</sup> Sept: **St. Silouan the Athonite**

25<sup>th</sup> Sept: **St. Sergius, Abbot and Wonderworker of Radonezh**

26<sup>th</sup> Sept: **The Falling Asleep of St. John the Evangelist and Theologian**

28<sup>th</sup> Sept: St. Lioba of Wimborne, Abbess of Bishopsheim (†782).

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 September

Sat. 10 <sup>th</sup>	16:00	Great Vespers
Sun. 11 <sup>th</sup>	09:45	Holy Liturgy
Sat. 17 <sup>th</sup>	16:00	Great Vespers
Sun. 18 <sup>th</sup>	09:45	Holy Liturgy
Sat. 24 <sup>th</sup>	16:00	Great Vespers
Sun. 25 <sup>th</sup>	09:45	Holy Liturgy

*“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*.

