

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

The Stavronian

Monthly magazine and newsletter published by the Holy Cross Synodia



*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

WELCOME!

Καλώς ἤλθετε

Bun venit

Добро пожаловать

Добре дошли

أهلاً وسهلاً

კეთილი იყოს თქვენს

1 Peter 2:5: “you also, as living stones, are being **built** up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.”

We welcome back those who are returning from summer vacations and we welcome those who are commencing their studies at Lancaster University either as graduates or undergraduates. We hope that you will find your time in Lancaster fruitful and rewarding. The Community of the Holy Cross, which is under the omophorion of the Greek Orthodox Patriarchate of Antioch, welcomes Orthodox Christians from whatever jurisdiction and also those who may be interested in finding out more about the Orthodox Church. We hope that you will find a spiritual home with us during your time in Lancaster.

Since we rent our Church building we rely on the Orthodox Community to assist in a variety of ways. Helping set up the Church is always appreciated and if you can sing, please join the choir or if you have served in the altar in Greece, or Cyprus etc. please do not hesitate to offer your services in that capacity. If you would like to cook for our Parish meals or make Proskophora for the Holy Liturgy just contact Fr. Jonathan. You may wish to write articles for our parish magazine *The Stavronian*.

We are always ready to help you in whatever way we can, not just in spiritual matters, since we are aware that for those who are away from home for the first time cultural and social adjustments have to be made. Friendship and pastoral care flow from the heart of our Liturgical worship.

Please pass the word round that there is an Orthodox Church in Morecambe and share our newsletter with those who may be interested.

Acts 20:32: “So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified.”

With love and prayers,
Fr Jonathan

THE HOLY GREAT MARTYR DEMETRIUS THE MYRRH- STREAMER

Saint Demetrius was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonica in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lycaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a



certain youth named Nestor, acquaintance of Demetrius', came to the Saint in the bath-house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrius, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded straightway and Demetrius was pierced with lances while he was yet in the bath-house. As for Nestor, Maximian commanded that he be slain with his own sword.

Apolytikion in the Third Tone

The world has found in you a great champion in time of peril, as you emerged the victor in routing the barbarians. For as you brought to naught the boasts of Lyaeus, imparting courage to Nestor in the stadium, in like manner, holy one, great Martyr Demetrius, invoke Christ God for us, that He may grant us His great mercy.

Kontakion in the Second Tone

God, who gave you invincible power and with care kept your city invulnerable, royally clothed the Church in purple with the streams of your blood, for you are her strength, O Demetrius.

IT IS ME

It is me who leaves my shoes out of the shoe cupboard, it is me who leaves the cup under the sofa after my morning coffee, it is me who cannot finish what I start. It is not the fault of the husband for the thing I lack and the circumstances I would like but cannot change because of my ways and my passions. It is not the family members who lack initiative, it is not the children who misbehave and be grumpy. It is I, who am unable to react appropriately in love to everything that is happening around me, be it good or seemingly bad, permitted by God in His great Wisdom. It is not the neighbour who looked at me unhappily this morning, it is not the bad decision taken by my

grandparent, it is not the fault of nature that the crop fails, nor a bad comment by someone close to my heart that upsets me.

I often tell myself, to comfort my passions and to avoid change, that all manner of things would be completely different, my house would be organised and tidy, my prayer rule would be unceasing, I would help all those in need, I would be kinder to those living with me, more patient and loving, I would be healthier, my garden would be great and this list sees no end. This would be the case only IF I had more time, only if I had more money, only if I was living somewhere else, only IF my house was bigger, only if I was a bit more like this and a bit less like that, essentially only if I was completely someone else, living somewhere else, with different everything, then I would be able to do it all.

But this would not be me at all.

The Lord is wise and supremely good, He is asking me to embrace myself with all the weaknesses and passions that I have but also the talents that He so graciously bestowed upon me and to take on my crosses, accept my lacks and muster the strength to make a little step of struggle toward Him, remembering to give thanks to Him Who has put me exactly in the place where I meant to be, when is most appropriate and beneficial to me and with the people who are needed to help me struggle for the gift of salvation He freely gives and says "Come to Me".

Marta

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

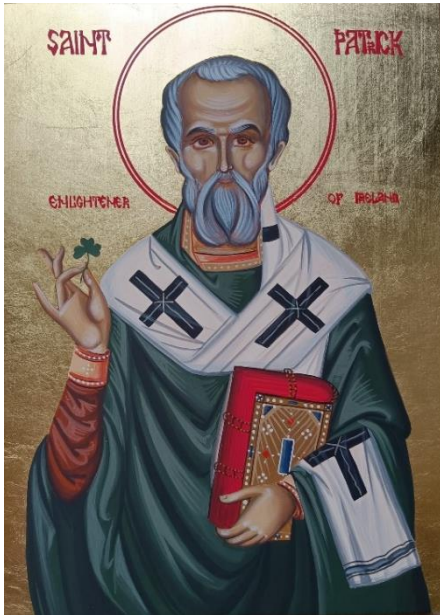
world continuously for 24 hours, until the pandemic surrenders.

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: Thomas, Thodoris, Panos. May our Lord and Saviour Jesus Christ give the reward!

Gift for His Eminence Silouan

Our bishop, Metropolitan Silouan, celebrated his name day on the 24th of September - St. Silouan the Athonite day. With the blessing of Father Jonathan, our parish commissioned the icon of St. Patrick the Enlightener of Ireland to be written and given as a gift to our beloved bishop. A most beautiful icon has been written in Romania by our old stavronian, Georgiana Sidoriuc. With the blessing of Father Jonathan it was presented to Sayedna in London on behalf of our parish. We thank Georgiana for her work in writing such a beautiful icon.



His Eminence Metropolitan Silouan was very pleased with the Icon of St Patrick that we

commissioned for him from our Parish for his name day. He placed it on the Holy Table for the duration of the Hierarchical Liturgy in London that day and made mention of this gift to him from our Parish of the Holy Cross, Lancaster, during the homily. He has also included on his Facebook page together with his homily the card sketch of St Silouan that Irina had made and that we had signed and sent to him.

New bank details of the parish's account

As some of you already know, the details of our parish's bank account have changed. From 1 September 2022, please use the following parameters for your donations:

Name: The Orthodox Church of Holy Cross

Bank: Lloyds Bank Plc

Sort Code: 30-96-26

Account Number: 80662168

For international transfers:

IBAN: GB23LOYD30962680662168

BIC/SWIFT: LOYDGB21446

Post code: LA1 4XJ

City: Lancaster

Country: United Kingdom

NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Oct. 10: *Barnabas*

Oct. 17: *Garyfalos*

Oct. 20: *Fr. Stephen Hatherly*

Oct. 23: *Fr. Christopher Neill*

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

6th Oct: Holy Apostle Thomas

7th Oct: Sts Sergius & Bacchus the Great Martyrs of Syria

10th Oct: The 14 Holy Elders of Optina Monastery in Russia

12th Oct: St. Wilfrid, Bishop of York († 709)

18th Oct: Holy Apostle and Evangelist Luke

19th Oct: St. John of Kronstadt

26th Oct: The Glorious Great Martyr Demetrius the Myrrh-Streamer of Thessalonica

28th Oct: The Holy Protection of the Theotokos

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 October

Sat. 1 st	15:45	Memorial and Great Vespers
Sun. 2 nd	09:45	Holy Liturgy
Sun. 9 th	10:30	Lay Hours and Typica plus Synaxarion
Sat. 15 th	16:00	Great Vespers
Sun. 16 th	09:45	Holy Liturgy
Sat. 22 nd	16:00	Great Vespers
Sun. 23 rd	09:45	Holy Liturgy
Sat. 29 th	16:00	Great Vespers
Sun. 30 th	09:45	Holy Liturgy, followed by parish meal

“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: 07951 722 877

Email: frjah@yahoo.co.uk

www.orthodox-lancaster.org.uk

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](#).

