



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

***The Stavronian***

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*Ἐθρονος 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*

## NUNS OF BARKING

When I visited Serbian monasteries and shrines in the past, I noticed that priests (during the service) while distributing blessings to their flock – always mention the local Saints. Today, I live in Great Britain and my wish is to find out about the Celtic saints from the first Christian millennium, because I want them to be a part of my spiritual life. I discovered some of them: Chad, Cuthbert, Aidan, Patrick, Columba, Melangell, etc... Many of them are very closely connected with the Nature: water and green, green grass of home (like the song says), because this is a “green country” and at all times somewhere is always green. Also, animals are around us most of the time -- even in the big cities such as London. You can see different kind of birds, foxes and squirrels (who are delightfully naughty and lively). Celtic saints are often painted with otters and small rabbits on the icons. Nuns of Barking icon places them at the bank of a river. This is not the river Thames – it's a much smaller river, named Roding.

I'm encountering north-east London for the first time. Place of different cultures, people and races. At the edge of this part of the city you can see the church of Saint Margaret of Antioch and ruins of an old monastery which was closed by a decree of Henry VIII. In his time the monastery was Roman Catholic and was following the tradition of Saint Benedict, but old monastery had been established much earlier -- in 666 AD, by Saint Erkenwald also known as “The Light of London”. Today, Saint Erkenwald is a saintly protector of this mega city. Monastery itself was dedicated to the Theotokos. First Abbess of the monastery was a sister of Saint Erkenwald – Ethelburga (also canonised in our calendar). Later, they brought in a nun whom we know today as Saint Hildelith, with the mission of teaching nuns deep Christian spirituality and sound monastic rule.

Unfortunately, the nuns who lived in the monastery in later times (871) were martyred by the Vikings' hands. When they didn't find the gold they had been pursuing, they decided to burn the monastery -- and this is the way how Barking Nuns became martyrs for the Church.

When you walk close to the church cemetery, you can sense deep peace. It's very strange to feel this depth of calm not far away from the city; from people of different cultures and races; busy street

markets and the sounds of music from all around the world. Our Liturgy was also attended by people from different races, tradition and cultures. Over it, I was thinking about nuns who lived here a long time ago. Maybe they look upon us from the Heavens. Probably, yes. Maybe, they are happy because we visited their home. In my mind's eye they were tall, freckled women, with lush hair. Almost a little magical in their appearance. Very different from the Balkan women like myself.

Here, where I can meet different cultures, I noticed that people who are coming from the Celtic Christian tradition have something in common with the Antiochian Christians. I don't know exactly the reason for that, but I can sense warm, Abrahamic hospitality and the lack of any national or ethnic pretensions. In some way Nuns of Barking invite people from different Orthodox backgrounds to the Pilgrimage of Barking (every springtime, soon after Pascha). Here, in the north-east of London, we can hear “Christ is risen!” in different languages, and all of us become One in the diversity of traditions, languages, cultures and races. Isn't this how it was always supposed to be?

*Sandra Simunic*



*The Saints of Barking (image [source](#))*

## PROJECT MANAGEMENT

I have a diary, still a paper one. Most people now use the diary or planner on their phone. Everything goes in my diary: plans for months in advance, work schedules, ideas for articles, jobs and shopping lists. I feel by writing things down I am bringing them closer to fruition. I also plan and manage the projects of all the people in my family: reminding them of chores, looking after their health issues, sending them shopping lists and generally making sure they are doing what they should. All this planning and managing is rather stressful but I do it because I worry. I worry that things will not happen, that people will get ill because they haven't taken their supplements, that I will lose my job because I forgot an appointment.

The truth is that most of us like to be in the driving seat of our lives and other people's lives. We hear of controlling husbands or wives or parents who take things to extreme levels until their behaviour becomes coercive and damaging for those around them. Adults who display controlling behaviour often suffered traumas as children. The desire to control usually stems from anxiety. We want to be in charge because we need to make sure everything will be OK. We do not trust others and ultimately, do not trust God. There is also an element of pride in the desire to manage everything. We believe we can do better than others that without our input things would not be good, safe, right.

In spiritual terms the desire to control those around and our environment is very damaging. There is nothing worse than everything going according to plan... to our plan. It is when things go entirely out of control (our control) that we begin to grow. Because when we are powerless, we can rely entirely on God. We should offer ourselves and every minute of our life to our Lord, but we are unable to because of fear and pride and holding back. *"For God has not given us a spirit of fear, but of power and of love and of self-control."* (2 Timothy 1:7) So God helps us by making plans go wrong. One thing I try to remind myself as a parent of grown up children is that our Father never forces us to do things, never controls us, which He easily could, but invites us, helps us to come to Him willingly and ask for help. The Holy Spirit only comes when invited in. It is only when we surrender to God's will that He takes charge. It is He, the Creator of all, who should be

in the driving seat, not us. Fr Symeon Kragiopoulos compares man to an engine, a powerful machine and very useful when a driver (God) is in charge, but if there is no driver, this powerful machine becomes dangerous. (Proverbs 3:5-6) We see this all around us in the world: when people are in charge by themselves they destroy God's creation through pollution, the creation of weapons of mass destruction, the decimation of animal habitats...

One of the paradoxes of Christianity is that when we relinquish the desire to control others, when we offer ourselves as a vessel to the Holy Spirit, when God takes the reins, we finally acquire the gift of self-control, which is the gift of freedom, freedom from passions and sins, freedom from fear and anxieties. *"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control."* (Galatians 5:22-23)

So, instead of striving for self-control by our own means and our own will power, let us implore the Holy Spirit to gift us self-control. Let us stop trying to micro manage our life and that of people around us, but allow the Holy Spirit to stir us and change us and manage us. Let us allow God to manage the project of our life and work wonders in it.

*"Meekness is often mistaken today for weakness. It is nothing of the kind. Rather the word implies "power under control", hence its link with faith and self-control. Here again we see a bridge word linking the dynamic of faith with the "static" of self-control. Faith in action will be controlled through gentleness or meekness."*

(Archpriest Michael Harper)

Martha and Mary



## PARISH NEWS

We say farewell and Godspeed to Kamen who returns to Bulgaria. He has been a faithful server for our God blessed community. May Christ hold him in the palm of His hand.



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

Jun. 5: *Vasileios*

Jun. 20: *Sylvia*

Jun. 22: *Ioannis*

## 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

**4<sup>th</sup> June: Holy Pentecost**

**5<sup>th</sup> June: Monday of the Holy Spirit. Hieromartyr Boniface of Crediton, Archbishop of Mainz († 754)**

**9<sup>th</sup> June: St. Columba of Iona, Enlightener of Scotland († 597)**

**11<sup>th</sup> June: The Sunday of All Saints**

**14<sup>th</sup> June: The Holy Prophet Elisseus (Elisha)**

**16<sup>th</sup> June: St Tychon the Wonderworker, Bishop of Amathus († 425)**

**17<sup>th</sup> June: St. Botolph, Abbot of the Monastery of Ikanhoe († 680)**

**19<sup>th</sup> June: Thaddeus (Jude) the Apostle and Brother of Our Lord († 80)**

**22<sup>nd</sup> June: St. Alban, Protomartyr of Britain († 304)**

**24<sup>th</sup> June: Nativity of the Forerunner and Baptist John**

**26<sup>th</sup> June: Appearance of the Icon of our Most Holy Lady Theotokos of Tikhvin**

**29<sup>th</sup> June: Peter and Paul, the Holy Apostles**

**30<sup>th</sup> June: Synaxis of the Twelve Holy Apostles**

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 June

<b>Sat. 3<sup>rd</sup></b>	15:45	Memorials. Saturday of Souls
	16:00	Great Vespers
<b>Sun. 4<sup>th</sup></b>	<b>09:45</b>	<b>Holy Liturgy. Pentecost</b>
		<i>Sat. 10<sup>th</sup> – Sun. 11<sup>th</sup>: no services</i>
<b>Sat. 17<sup>th</sup></b>	16:00	Great Vespers
<b>Sun. 18<sup>th</sup></b>	09:45	Holy Liturgy
<b>Sat. 24<sup>th</sup></b>	09:45	Holy Liturgy. Nativity of the Holy glorious prophet and forerunner John the Baptist
<b>Sun. 25<sup>th</sup></b>	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](#).

