

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

The Stavronian

Monthly magazine and newsletter published by the Holy Cross Synodia

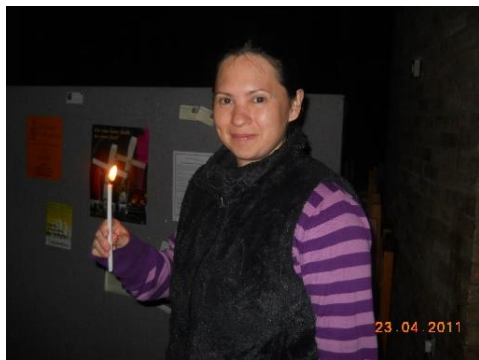


*The Parish of the Holy and Life-Giving Cross,
belongs to the Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland.
The Patriarchate of Antioch is third senior of the Orthodox Churches.
Our Metropolitan is His Eminence Bishop Silouan.
Our Patriarch is His Beatitude John X.*

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

Often, goes the Christ in the stranger's guise

MEMORIAM FOR KATERINA KAZAKINA-TISDALL



“Klio, you take the soprano, I will take the alto part, Fr Jonathan, you join in where you can!” Little did I know then, in late September 2019, just a few days before my return to Greece, that this would be my last time together with dear Katrina of blessed memory. After 5 years together at the lectern in Holy Cross Church, no words of gratitude will ever do for this rich beauty she initiated me... only tears, except this petition: may the One who gave her voice to praise Him, receive her into His presence. May flights of angels accept you in their choirs, dearest sister, and may you chant together His Glory in Paradise forever! Christ is Risen!

Recordings with Katya chanting can be found here:

<https://drive.google.com/drive/folders/1YpxOd-cDxD00-si5LE8sqeiZEtLyZdikQ?usp=sharing>

Klio Kehagia



This is the velvet and gold embroidered Holy curtain (katapitasma) we have in mind as a memorial for Katrina. If you wish to contribute towards this token of our respect for our departed sister, please make your donation to our church bank account, marking the donation "Katya". The bank details are as follows:

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

ARCHDIOCESAN NEWS

Feast of St. Nicholas, at the ROCOR Cathedral in London

On December 19th, His Eminence, Metropolitan Silouan, visited the Cathedral of Nativity of the Theotokos and Royal Martyrs of the Russian Orthodox Church Outside Russia (ROCOR) in London on the invitation of His Grace, Bishop Irenei of London and Western Europe.



The two hierarchs celebrated the Divine Liturgy on the occasion of the Feast of St. Nicholas, Archbishop of Myra (according to the Russian calendar), with many faithful in attendance. Assisting them were Archpriest Vitaly, Archpriest Yaroslav, Father Deacon Andrei -- all of the ROCOR cathedral, and Father Deacon Dmitry of our Archdiocesan cathedral parish. Sayedna Silouan was also accompanied by Ramy Haddad, a server at our cathedral. A festive parish lunch with a great variety of tasty fasting food prepared with love by the people of the cathedral followed the service.

At the end of the service Vladyka Irenei, addressed Sayedna with a welcoming word. He emphasised a strong connection that historically has existed between the Russian and Antiochian Orthodox churches. He expressed hope that Metropolitan Silouan's visit would pave the way for fruitful cooperation between our two dioceses in their blessed but difficult mission of bringing people in Britain and Ireland into the One, True and Holy Orthodox Church. In the words of His Grace, although the existence of multiple Orthodox Jurisdictions in these lands may seem strange for an outsider, in a peculiar way it is a blessing for him to know that "he is not alone" in bearing the missionary Cross, but can share it with his brothers in

Christ -- the other Orthodox bishops. Vladyka Irenei thanked all faithful who attended in great numbers, as well as the clergy, servers and choir members, for the beautiful service.



Sayedna Silouan, in his response, thanked Vladyka Irenei for the kind invitation to celebrate the Feast together. He joined Vladyka in thanking the faithful, clergy, servers and choir for their hospitality and spiritual fellowship. He specifically emphasised how beautiful the Cathedral's building is: "Even from outside the church is very beautiful, but when I entered the church I felt like I am in Heaven on earth". In his short homily, Metropolitan Silouan spoke about the importance of prayer and the forthcoming Feast of Nativity of Christ. He told the faithful that the Feast would be just another day in the calendar unless Christ is born in our hearts. The key to avoiding this are prayer, regular attendance of church services and partaking in Divine Mysteries. Otherwise, in Sayedna's words, it is "very, very difficult to be saved in this world". He called on all faithful to pray and care for each other, their families, their fellow parishioners, and all the faithful worldwide, especially for the people in the war-torn regions of the Middle East.

Both hierarchs spoke about St. Nicholas as an example of true Christian ministry and love. Sayedna Silouan emphasised how profound is that the Feast of St Nicholas falls in the calendar before the Nativity of Christ, and we, Orthodox Christians, are blessed to know the real meaning of a "Santa Claus" persona: an example of humility, love and care for the fellow people. Vladyka Irenei mentioned that St. Nicholas is a quintessential example of what an Orthodox bishop is. He was a great defender of the faith, fighting Arian

heresy at the First Ecumenical Council, but combined it with a humble ministry to the needs of his beloved flock. In the words of Vladyka, it is not surprising that the troparion originally compiled for St. Nicholas became a standard troparion to many other holy bishops.

Source: <https://www.antiochian-orthodox.com>

London and Brighton Parish Day Retreat

On the 25th of November, the Parish of St. George's Antiochian Orthodox Cathedral in London gathered for an all-day spiritual retreat at the Millennium Gloucester Hotel in Kensington. More than 70 members of all ages, joined by beloved guests from St. Botolph's Antiochian Parish in London and the Holy Trinity Mission in Brighton, came together to share the joy of that blessed day.

The retreat theme was "Togetherness: Building a Strong Orthodox Community and Spiritual Life". The retreat pursued two main goals. The first goal was to allow participants to discuss, understand and experience what a Christian community is and its role in true life in Christ. The second goal was to discuss practical ways how our existing parish communities can be nurtured and fostered further so that we could move closer to the calling proclaimed in the Divine Liturgy: "Let us love one another, that with one accord we may confess Father, Son, and Holy Spirit: Trinity, one in essence and undivided". With those goals in mind, the program of the event was designed around three key activities:

Firstly, throughout the day, there were opportunities for spiritual fellowship in communal prayers.

Secondly, short 10-minute talks were offered by our Metropolitan, His Eminence Silouan, and other clergy on a few specific aspects of communal life in Christ, with time reserved for questions from the audience.

Finally, sufficient time was allocated for structured small group discussion and reflection on the points raised in the talks and any other aspects of the retreat's theme. Beyond those key elements, being in one place and sharing the food together, allowed plenty of opportunities for spontaneous one-on-one and group conversations between the participants.



The schedule began early morning with an abbreviated readers version of the Daily Orthros service. It was followed by a delightful breakfast prepared with love by The Myrrh-Bearing Women group of our parish.

Afterwards, attendees divided into small groups, each of which had a pre-assigned group leader tasked with facilitating the conversation and discussed ways of helping foster the parish communities. It is worth mentioning that discussion groups included not only adults. In our experience, children aged ten and above showed considerable interest in discussion, and a group for 10-18 year olds was formed. Their insights, shared with all participants, were interesting and inspiring. In the meantime, little children enjoyed arts and crafts and some fun games.



The breakout groups then reconvened to listen to the first panel on "Loving your neighbour" – Care in the Orthodox Church: family, parish & Archdiocese, led by HE Sayedna Silouan along with Fr Boniface and Fr Deacon Dmitry. The three panellists highlighted three different levels of care – care towards the family, the Church, and

our neighbours – and touched upon practical actions which each of us can take to fulfil our Lord's commandment to love and care for one another.



Short talks were followed by a 30-minute Q&A session with the audience. By the end of the first panel, it was time for a very tasty lunch. Attendees enjoyed the food and spent more time getting to know each other and discussing the talks.

A second panel took place after lunch. Titled Orthodox Prayer: Prayer is an essential part of spiritual life in Christ, it was led by HE Sayedna Silouan along with Fr Samir and Fr Boniface. The three panellists talked about prayer as a means of communication with Christ and answered attendees' questions on practical methods to improve their prayer life.

The second panel was also followed by some free time, which the participants were welcomed to spend as they preferred. Some stayed at the retreat venue to continue conversations, some used the opportunity to ask for spiritual advice from Sayedna and priests, and others preferred to go for a walk and reflect quietly on the day's experience.



Those who were keen joined our children on a walk to Hyde Park, where we played football, tug of war, frisbees and other fun games.

Afterwards, it was time for the final panel, The Orthodox Life: Finding Joy and Thanksgiving in Suffering, led by HE Sayedna Silouan along with Fr Boniface and Fr Dcn Dmitry. They spoke about how we, as faithful of Christ, understand suffering and find joy in it. The panellists encouraged the attendees to stand by each other in times of hardship and seek help from the Church when they needed it. As with the previous two panels, the final one included a Q&A session.

The third panel was followed by the Readers Vespers, dinner and open discussion on the next retreat that will take place during the summer. The day concluded with the Small Compline, followed by a few words from our Father in Christ, HE Sayedna Silouan, about how we were able to experience life as a community, praying, having discussions, sharing food, and having some fun together with one another.

We thank HE Sayedna Silouan for spending the whole day with our parish, every person who helped to organise the event, all the panellists for their insights, volunteers who led discussion groups and kept our little participants entertained throughout the day. A special thanksgiving goes to our wonderful ladies, who prepared and brought delicious homemade food for breakfast, lunch and dinner. We also thank the staff of the Millennium Gloucester Hotel in Kensington. Another special thanksgiving goes to the Antiochian Orthodox Society of Britain – the charity organisation behind our parish (Registered number 801540) – who made this retreat possible through generous financial and organisational support. Last but not least, a thank you goes to every retreat participant for a beautiful and inspiring fellowship. We look forward to seeing you all at the upcoming retreat during the summer of 2024.

Source: <https://www.antiochian-orthodox.com>

THE DIVINE THEOPHANY

We drown in the ocean of His good will - Who calmed the lake by the words "Be still!" -
Ineffable love of the Lord you keep - Those who in His promise live and sleep.

**Christ baptised for our salvation
Bring good news to every nation**

The Word became man of a Virgin maid -
Redemption for fallen Adam paid - Baptised by
John as a man on earth - Blessed Jordan's waters
for our rebirth

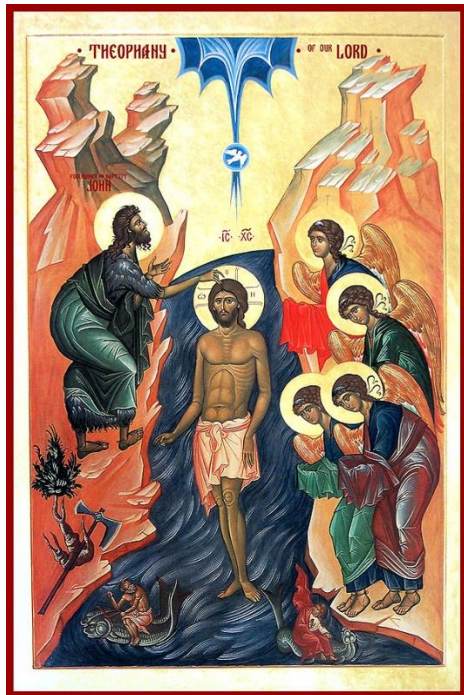
**Christ baptised for our salvation
Bring good news to every nation**

Hear the voice of the Father from above - See the
Holy Spirit as a dove - Descend on Christ,
blessed Trinity -
On this the feast of Theophany

**Christ baptised for our salvation
Bring good news to every nation**

We are raised in the waters by Thy grace - Sealed
and endowed with a shining face - To stand
before the King of glory - Washed by this
recreation story

**Christ baptised for our salvation
Bring good news to every nation**



*The Theophany of Our Lord and Saviour Jesus Christ
(source: oca.org)*

FOR REFLECTION

You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. Joy, radiant joy, streams from the face of him who gives and kindles joy in the heart of him who receives. All condemnation is from the devil. Never condemn each other. We condemn others only because we shun knowing ourselves. When we gaze at our own failings, we see such a swamp that nothing in another can equal it. That is why we turn away, and make much of the faults of others. Instead of condemning others, strive to reach inner peace. Keep silent, refrain from judgement. This will raise you above the deadly arrows of slander, insult and outrage and will shield your glowing hearts against all evil.

St. Seraphim of Sarov

PARISH NEWS

On December 23rd, we had the Holy Baptism of Jacob Lawrenson. May our Lord and Saviour Jesus Christ keep him under His protection!





NAMES OF DEPARTED LOVED ONES TO BE REMEMBERED THIS MONTH

Jan. 6: *Fr. Michael Harper*

Jan. 14: *Nina*

Jan. 16: *Fr. Jacob Myers*

Jan. 25: *Elena*

Jan. 30: *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

1st Jan: St. Basil the Great, Archbishop of Ceasarea in Cappadocia

6th Jan: The Theophany of Our Lord and Saviour Jesus Christ

9th Jan: St. Adrian and St. Brithwald, Archbishops of Canterbury (✚ 710 and ✚ 731 A.D.)

17th Jan: St. Anthony the Great

18th Jan: St. Athanasius, Patriarch of Alexandria

20th Jan: Righteous Euthymius the Great

24th Jan: St. Xenia, the Fool-for-Christ of St. Petersburg (✚ 1803)

25th Jan: St. Gregory the Theologian

28th Jan: St. Ephraim the Syrian

30th Jan: Synaxis of the Three Hierarchs: Basil the Great, Gregory the Theologian and John Chrysostom

For the lives of Saints please visit the Calendar of the Greek Orthodox Archdiocese of America:
www.calendar.goarch.org



Online

Prayer Meeting

Weekly

on *Wednesday*
7:30 PM

via *Skype*



**Click here to join the meeting
(no account needed):**

[https://join.skype.com/K1CF
OgMGxDQU](https://join.skype.com/K1CF
OgMGxDQU)

**The Orthodox
Christian Parish of the
Holy and Life Giving
Cross – Lancaster
invites you to join our
Online Prayer Group “
Saint Seraphim & Saint
Etheldreda”.**

**With the blessing of
father Jonathan
Hemmings the prayer
meetings of our parish
group are back.**

**Included: Study of the
early British Saints
Akathists, Bible
studies and Homilies
with father Jonathan
Bonus: Q & A**

Services at St Martin's in January

Wed. 3 rd	19:30	Online Prayer Meeting**
Sat. 6 th	09:45	Theophany the Great Blessing of the waters
Sun. 7 th	09:45	Divine Liturgy
Wed. 10 th	19:30	Online Prayer Meeting**
Sat. 13 th	15:45	Memorials*
	16:00	Great Vespers
Sun. 14 th	09:45	Divine Liturgy
Wed. 17 th	19:30	Online Prayer Meeting**
Sat. 20 th	15:45	Memorials*
	16:00	Great Vespers
Sun. 21 st	09:45	Divine Liturgy
Wed. 24 th	19:30	Online Prayer Meeting**
Sat. 27 th	15:45	Memorials*
	16:00	Great Vespers
Sun. 28 th	09:45	Divine Liturgy
Wed. 31 st	19:30	Online Prayer Meeting**

Other possible services as announced.

*Memorials are offered at 15.45 on most Saturdays before Great Vespers. If you wish to commemorate your reposed loved ones, please contact Fr Jonathan beforehand.

**Online on Skype at <https://join.skype.com/K1CFOgMGxDQU>

“God cares for everyone. Despair is in effect a lack of faith”

-- St. George Karslides –



For further information please contact:

Parish priest: Father Jonathan Hemmings
67 Sibsey Str., Fairfield, Lancaster, LA1 5DQ
Tel: 07951 722 877
Email: frjah@yahoo.co.uk

The Orthodox Parish of the Holy and Life-Giving Cross:

www.orthodox-lancaster.org.uk

The Antiochian Orthodox Christian Archdiocese of
the British Isles and Ireland: www.antiochian-orthodox.com

Orthodox online liturgical guide: www.antiochian.org/liturgicday

The following blogs of Old Stavronians are available in English at orthodoxcityhermit.com

