No. 239

October 2026

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

The Stavronian

Monthly magazine and newsletter publicised by the Holy Cross Synodia

Ἐνθρονος Χριστός, Ζωοδότης.
(Φ. Κόντογλου, 1962).

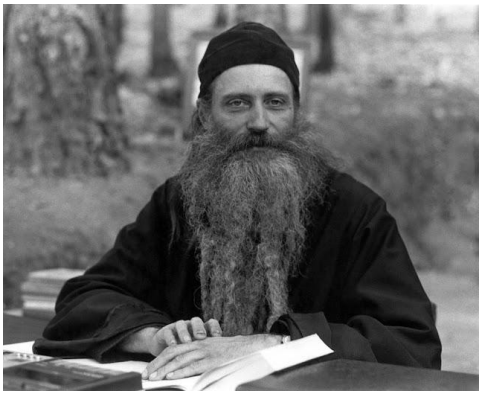
The Parish of the Holy and Life-Giving Cross,
belongs to the Antiochian Orthodox Christian Archdiocese of the British Isles and Ireland.
The Patriarchate of Antioch is third senior of the Orthodox Churches.
Our Metropolitan is His Eminence Bishop Silouan.
Our Patriarch is His Beatitude John X.

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

KNOWLEDGE OF THE TRUTH

From "God's Revelation to the Human Heart" by Fr. Seraphim (St. Herman of Alaska Brotherhood, 1987):

"... Is there a special organ for receiving revelation from God? Yes, in a certain sense there is such an organ, though usually we close it and do not let it open up: God's revelation is given to something called a loving heart. We know from the Scriptures that God is love; Christianity is the religion of love (you may look at the failures, see people who call themselves Christians and are not, and say there is no love there; but Christianity is indeed the religion of love when it is successful and practised in the right way)… If you ask anyone who knew Archbishop John what it was that drew people to him and still draws people who never knew him the answer is always the same: he was overflowing with love; he sacrificed himself for his fellow men out of absolutely unselfish love for God and for them. This is why things were revealed to him which could not get through to other people and which he never could have known by natural means. He himself taught that, for all "mysticism" of our Orthodox Church that is found in the Lives of the Saints and the writings of the Orthodox Elders, the Orthodox faithful always has both feet firmly on the ground, facing whatever situation is right in front of him. It is in accepting given situations, which requires a loving heart, that man encounters God. This loving heart is why anyone comes to a knowledge of the truth..."



Fr. Seraphim Rose

Stavronian October 2008

SAYING BY BLESSED SERAPHIM ROSE

The Departed

Saint Basil the Great (†379) writes in his Third Kneeling Prayer at Pentecost: "*O Christ our God... (who) on this all-perfect and saving Feast, art graciously pleased to accept propitiatory prayers for those who are imprisoned in hades, promising unto us who are held in bondage great hope of release from the vilenes that doth hinder us and did hinder them ... send down Thy consolation... and establish their souls in the mansions of the Just; and graciously vouchsafe unto them peace and pardon; for not the dead shall praise thee, O Lord, neither shall they who are in Hell make bold to offer unto thee confession. But we who are living will bless thee, and will pray, and offer unto thee propitiatory prayers and sacrifices for their souls."*

Saint Gregory Dialogus (†604) in his famous Dialogues (written in 593) teaches that, *"The Holy Sacrifice (Eucharist) of Christ, our saving Victim, brings great benefits to souls even after death, provided their sins (are such as) can be pardoned in the life to come."* However, St. Gregory goes on to say, the Church's practice of prayer for the dead must not be an excuse for not living a godly life on earth. *"The safer course, naturally, is to do for ourselves during life what we hope others will do for us after death."* Father Seraphim Rose (†1982) says, *"the Church's prayer cannot save anyone who does not wish salvation, or who never offered any struggle (podvig) for it himself during his lifetime."*

A passage in the New Testament which refers to a prayer for the departed is found in *2 Timothy 1:16-18*, which reads as follows: *"May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains. [17]On the contrary, when he was in Rome, he searched hard for me until he found me. [18]May the Lord grant that he will find mercy from the Lord on that day! You know very well in how many ways he helped me in Ephesus."*

Stavronian October 2007

PARISH NEWS

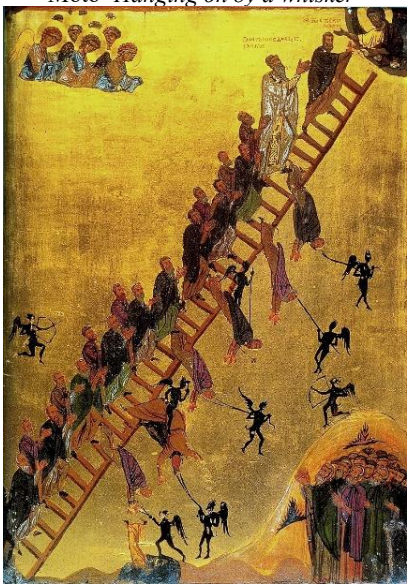
Baptisms and Chrismations

We had the Holy Baptism of Benjamin Stubbs on 12 September. May our Lord and Saviour Jesus Christ keep him under His protection!

Feast of the Exaltation of the Holy and Life-Giving Cross

St John Climacus Bouldering Club

Aka the 'Bearded Boulders'
Moto *'Hanging on by a whisker'*



A recreational bouldering club has been started within the community of Holy Cross. Climbs are held every other Friday at 18:00, and as time allows, at the Lancaster Wall.

Holy Cross is not connected to or liable for any injuries incurred. Participate at your own risk and wallet.

Requirements:

- *Males only
- *Open to Orthodox and Catechumens
- *Beards strongly encouraged

For more details, contact on WhatsApp

- Joseph: +44 7778 626493, or
- Nicodemus: +1 208 899 3790

The Library Table

"When you immerse your mind and heart in spiritual books, you will always be filled, for spiritual reading gives you a foundation in God." (St. John Chrysostom)

You can now browse the Holy Cross Library catalogue anytime by visiting:
https://www.librarycat.org/lib/Holy.Cross.Orthodox

We warmly invite you to contribute to this Library Table feature by sharing short reviews of books that have inspired, encouraged, or supported you in your spiritual life. Your reflections may be just the encouragement someone else needs.

Our library also welcomes donations of books on Orthodox topics. If there are titles you would love to see on our shelves, please speak with James. (Please note that any books outside the Orthodox tradition will need a blessing from Father before being added.)

Spotlight on Our Latest Additions

Two Books by Fr John Musther

These two books were kindly donated to our library by Father after the Herbert's Island pilgrimage, and visit to the Orthodox Church of St Mungo, St Bega and St Herbert in Braithwaite. The author, Fr John Musther, founded the church.

His love for the Orthodox faith began in his twenties when he met Fr Sophrony (now Saint Sophrony). Fr John later described this experience beautifully, saying: "Christ won the battle and made my heart Orthodox."

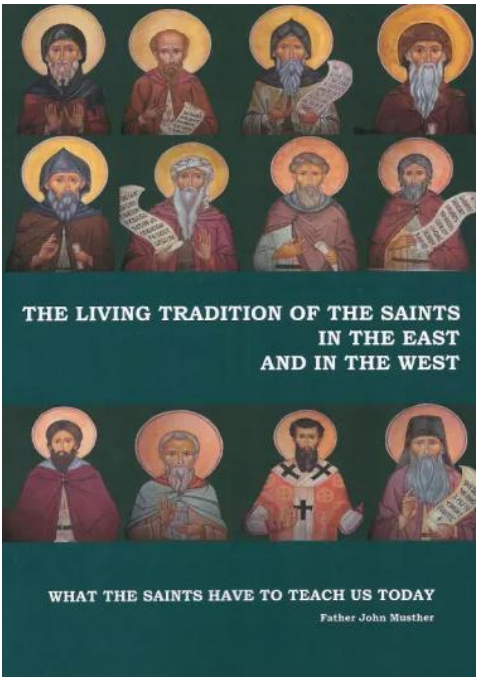
Before the Great Schism of 1054, Christians in both East and West shared the same faith and many of the same spiritual practices. In these

books, Fr John shows how the lives of northern saints such as St Mungo, St Bega and St Cuthbert reflected the same deep prayer, discipline and devotion found among the Eastern Desert Fathers and that Orthodox Christianity has deep roots in Britain.

Through the stories of local saints and holy places, he shows that the Christian faith lived by the early saints of these islands is closely connected with the Orthodox tradition of today. Running through both books is the message that Christian tradition is a living faith passed from one generation to another. Fr John encourages us not only to learn about the saints but also to follow their example, growing closer to God through prayer, repentance and holy living.

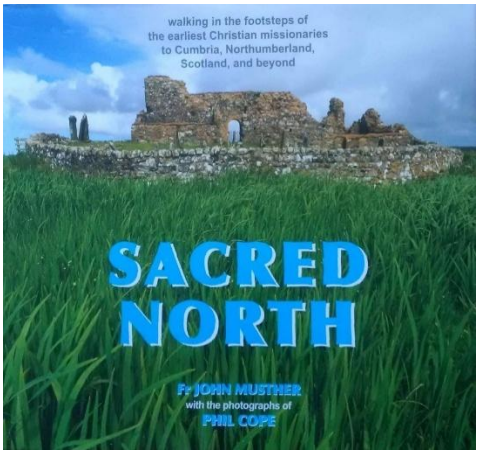
Together, these books help us see northern Britain as a landscape filled with Christian history and holiness, inviting us to visit these places and learn from the lives of the saints who walked there before us.

The Living Tradition of the Saints in the East and in the West



This book brings together nearly fifty years of Fr John's research, study and prayer. It explores the links between the early saints of Britain and the wider Orthodox Christian tradition, showing how their faith and spiritual life continue to inspire Christians today.

Sacred North: Travelling in the Footsteps of the Earliest Christian Missionaries to Cumbria, Northumberland, Scotland and Beyond (2018)



Written with photographer Phil Cope, this beautifully illustrated 300-page book explores nearly 250 ancient Christian sites across northern Britain, from Cumbria and Northumberland to the Outer Hebrides and Shetland. Combining history, photography and travel, it introduces readers to the places associated with some of Britain's earliest saints and missionaries.

Iconostasis extension

With the blessing of Metropolitan Silouan, our Iconostasis is now planned to be extended by Christmas 2026. A preliminary sketch is shown below. If you would like to donate, please use the credentials above and specify “Iconostasis” in the description of payment.

Online donations

Our Orthodox Community of the Holy and Life Giving Cross has been blessed to have a building for a Temple that serves the needs of the Orthodox Christians in the Lancaster area. To this end, we are making **an appeal to help raise funds to cover the rent and other needs of the Church** on a permanent basis. Our monthly expenditure

also includes purchasing food, drinks, disposable cutlery and dishware, paying insurance, and other costs. Hence, regular on-line giving to the Church, instead of cash donations on the plate, would help the parish to budget better and plan for the future.

If you would like to give regularly, the details are provided below:

Name: The Orthodox Church of Holy Cross
Bank: Lloyds Bank Plc
Sort Code: 30-96-26
Account Number: 80662168

IBAN: GB23LOYD30962680662168
BIC/SWIFT: LOYDGB21446

Post code: LA1 4XJ
City: Lancaster
Country: United Kingdom

We give thanks for the special ministry that God has given to us over two decades serving particularly the Liturgical and Pastoral needs of Orthodox students from Lancaster University and the citizens of the nearby towns. We aim to continue this ministry but to broaden it to serve the families who now attend our Community.

We are indeed blessed in having support from so many former parishioners "Stavronians" and having our extended family who offer prayers and donations to us from Cyprus, Greece, Romania, USA and elsewhere.

We ask your prayers in this holy task which is now before us and ask a blessing upon you in the name of the Holy, Consubstantial, Life-Giving and Undivided Trinity.

May God prosper this little plant in His Vineyard!

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: The Holy and Glorious 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 (†1908)
23rd Oct: James (Iakovos) the Apostle, brother of Our Lord
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. The Orthodox Calendar and Scriptural Readings Lectionary, including the British and Irish Saints, is available online at www.antiochian-orthodox.com/calendar

Services at St Martin's in October*		
Sat. 3rd		*Pilgrimage to St. Winefride's well. No Great Vespers*
Sun. 4th	09:15	Shortened Matins and confessions
	09.45	Divine Liturgy
Wed. 7th	18:30	Online Prayer group of St Etheldreda and St Seraphim**
Sat. 10th	15:45	Great Vespers, followed by confessions
Sun. 11th	09:15	Shortened Matins and confessions
	09.45	Divine Liturgy
	12.00	Church council meeting
Wed. 14th	18:30	Online Prayer group of St Etheldreda and St Seraphim**
Sat. 17th	15:45	Great Vespers, followed by confessions
		Holy Evangelist and Apostle Luke
Sun. 18th	09:15	Shortened Matins and confessions
	09.45	Divine Liturgy
Wed. 21st	18:30	Online Prayer group of St Etheldreda and St Seraphim**
Sat. 24th	15.30	Memorials for St Demetrios, commemoration of the Departed
	15:45	Great Vespers, followed by confessions
Sun. 25th	09:15	Shortened Matins and confessions
	09.45	Divine Liturgy
Wed. 28th	18:30	Online Prayer group of St Etheldreda and St Seraphim**
Sat. 31st	15:45	Great Vespers, followed by confessions
Sun. 1st Nov	09:15	Shortened Matins and confessions
	09.45	Divine Liturgy

*May be subject to changes, which would be announced. Please monitor the email updates and the parish's Facebook page.
**Via WhatsApp: https://call.whatsapp.com/video/1WnKsoP45eHcAukXpIYXrl

2026 Fasting Calendar

LEGEND:
Abstain from meat, dairy, eggs, fish, olive oil, wine
Abstain from meat, dairy, eggs, fish, olive oil
Abstain from meat, dairy, eggs, fish
Abstain from meat, dairy, eggs
Abstain from meat

Note: On the day of a parish's patronal feast, fish, wine and oil are allowed if it falls on a fasting day.

January

			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

			1	2	3	4
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19	20	21	22	23	24	25
26	27	28	29	30	31	

August

						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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November

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

"*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

Orthodox Church of the Exaltation of the Precious 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

Online Orthodox Calendar and Scriptural Readings Lectionary:
https://www.antiochian-orthodox.com/calendar

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

Top and bottom sketches are created at the Holy Monastery of "The Annunciation of the Theotokos" Chios, Greece, courtesy of Fr Theodosios Dendrinos, Ithaca, Greece.
The sketch of Christ by Photis Kontoglou was scanned from the Orthodox calendar of the *Apostoliki Diakonia* of the Church of Greece.