



# Orthodox Parish of St. Silouan of Mt Athos Southampton, Diocese of Sourozh, Moscow Patriarchate



Православной Приход Св. Силуана Афонского  
Саутхемптон, Сурожская Епархия Московского Патриархата

HOLY TRINITY CHURCH HALL, MILLBROOK ROAD, SOUTHAMPTON SO15 OJZ TEL. 02380 428538  
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## PARISH NEWSLETTER

7th Sunday of Pentecost. Tone 6.

Sunday, 11th August 2013

### Martyrs Callinicus at Gangra

Matthew 9:27-35

27 As Jesus went on from there, two blind men followed him, crying loudly, 'Have mercy on us, Son of David!' 28 When he entered the house, the blind men came to him; and Jesus said to them, 'Do you believe that I am able to do this?' They said to him, 'Yes, Lord.' 29 Then he touched their eyes and said, 'According to your faith let it be done to you.' 30 And their eyes were opened. Then Jesus sternly ordered them, 'See that no one knows of this.' 31 But they went away and spread the news about him

throughout that district. 32 After they had gone away, a demoniac who was mute was brought to him. 33 And when the demon had been cast out, the one who had been mute spoke; and the crowds were amazed and said, 'Never has anything like this been seen in Israel.' 34 But the Pharisees said, 'By the ruler of the demons he casts out the demons.' 35 Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness.



THOUGHTS FOR EACH DAY OF THE YEAR  
BY ST. THEOPHAN THE RECLUSE



**According to your faith be it unto you,** said the Lord to the two blind men, and immediately their eyes were opened. The greater the faith is, the greater is the influx of Divine power. Faith is the receiver, lips, and receptacle of grace. Just as one person's lungs are large while another person's are small, and the large take in more air, while the small take in less, so one person has a large degree of faith, and another a small degree, and one person's faith receives more gifts from the Lord, and another person's fewer. God is everywhere,

encompasses everything and contains all, and loves to dwell in human souls. But He does not forcibly enter them, even though He is Almighty, but enters as if upon invitation; for He does not want to infringe upon the power which man has over himself, or infringe upon man's right to rule his own house—a right which He has granted. Whosoever opens himself through faith, God fills, but whosoever closes himself through unbelief—God does not enter, though He is near. Lord! Add to our faith, for faith too is Thy gift. Each of us should confess: **Poor and needy am I** (Ps. 69:6).

### Troparion

In his suffering, O Lord,/ Thy martyr Callinicus received an imperishable crown from Thee our God;/ for, possessed of Thy might,/ he set at nought the tormentors and crushed the feeble audacity of the demons.// By his supplications save Thou our souls.

Tone 4

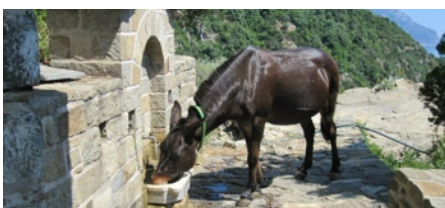
***In June Fr Joseph and members of our Parish, Leon Nicholson, David Kessel, Peter Coleman, together with some members of the Portsmouth Parish went on a 8 days pilgrimage to Mount Athos (Greece), organised by the Diocese.***



*Pilgrims: Leon Nicholson, Fr Joseph and Peter Coleman*

### **Pilgrimage to Mt Athos**

The opportunity to join the Southampton/ Portsmouth parishes' week long pilgrimage to Mount Athos this June came at a very good time for me. I had long been thinking of making a first visit to the Holy Mountain and this was the year of my retirement from full-time work. As I had been reading a number of books written by pilgrims and other travellers to Mount Athos, I understood a little of the demands life there would make on me, especially as our group was planning to move daily from one monastery to another. It was perhaps even more arduous than I expected given the high temperatures (in the early 30s) and the fact that we had to undertake long walks (once up to four hours) for the first few days, and often uphill. But the Holy Mountain is indeed a special place, and somehow all became possible, even attending the early morning vigils beginning at 4.00am, something that I had imagined beforehand would be almost impossible for me. In reality it would have been much more difficult to stay in bed at the sound of the banging on the wooden oar, the sémantron – *to-tá-lan-ton, to-tá-lan-ton, to-tá-lan-ton* .... How could one deny such an invitation to come to pray? And so many beautiful rewards in return, the sparkling night sky above on the way to the katholikon, the beauty of the prayer and singing within, the stream of movement of monks as they passed through kissing icons, and above all the growing realisation that there were so many of them devoted to a life of prayer.



*The mule turned the tap on with its head to have a drink*

There were many other striking surprises that week, too many to recall: from the request to

us when we arrived at the Russian monastery of St Panteleimon to weed its garden terraces; the walk later that evening to the mill where our patron St Silouan had lived; the mule who knew how to turn on the tap at the fountain on the path from Simonas Petras to Gregoriou; the young Russian pilgrim Vladislav who joined us from Gregoriou and climbed with Leon right to the 2000 plus metre peak of Athos the same day; the beautiful variety of butterflies that came around us as we climbed on the mountain; the monk from the skete of the Archangel Michael who came out of seeming nowhere to redirect us to the right path on the long trek to Vatopedi; and the remarkably restored monastery of



Dionysiou high up on its rock, where we were welcomed to his room overlooking the sea by an English monk who had been living there 16 years, and where we celebrated Pentecost at the culmination of our week. But perhaps most influential for me was the time a Greek monk gave to us at the more modest monastery of Koutloumoussi, tucked away inland almost hidden, of which I had the least of expectations, and where we stayed for our one day of relatively little movement. He had written about the world and the desert and also studied the life of the early Irish monks for whom the sea was the desert. He convinced me that I should make more progress with reading the Greek fathers, especially St Maximus the Confessor, in approaching the mystery of Christ. I left Mount Athos with a strong wish to return soon. Of course I realise I would not have managed nearly so well without the inspiring leadership and instruction of Father Joseph and the kind and generous examples given by my fellow pilgrims Leon,



*Murals at Dionysiou*

David and Scott Angelos. Thanks to all of them and above all to the Mother of God to whom the Holy Mountain is dedicated.

**Peter G Coleman, July 2013**



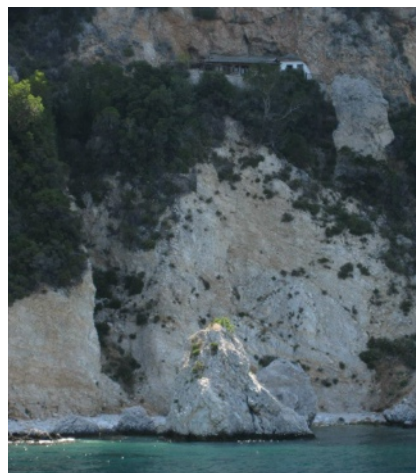
## Mount Athos – between Earth and Heaven



*Katholikon of St Anne's skete*

In June five pilgrims from our parish and from our sister parish in Portsmouth visited the Holy Mountain of Athos for a week. We travelled from one monastery to another, sometimes by boat, sometimes by bus and sometimes on foot, everywhere being amazed by the beauty of the place and the life of the monks. None of us returned unchanged.

The experience does not go easily into words, any more than



*Cell of Fr Sophrony*

one can give an adequate verbal description of an icon – it has to be seen and contemplated. Indeed, Athos itself is a kind of icon, manifesting the invisible world through that which is visible and perceptible. It is, to begin with, a very beautiful place. The mountain itself rises gracefully but inexorably from the sea to just over 2000 m. The lower elevations are mostly forested and the coves provide natural shelter for the monastic dwellings. The vast expanses of the sea are visible from nearly everywhere on the mountain. There are many beautiful places in the world, but here you sense something else: natural beauty speaks powerfully of something beyond itself; the creation reveals something of the Creator – ‘*The heavens declare the glory of God, and the firmament showeth His handy-work*’ (Ps 18:1). There is a harmony between God, man and creation that makes intelligible the words of the Psalms of Lauds, ‘*Mountains and*

*all hills, fruitful trees and all cedars, beasts and all cattle, creeping things and feathered fowls; kings of the earth and all people, princes and all judges of the world; young men and maidens, old men and children; let them praise the Name of the Lord, for His Name only is exalted; His praise is above heaven and earth.*’ (Ps 148, 9-13).

At the same time, you are immediately aware that this perception of divinely-revealed beauty is only partial and that it is limited by the capacity of your own soul. The soul is like a small room, filled with unnecessary things; you long to clear it out, to make room for this beauty to fill it. Prayer ceases to be an obligation and becomes a necessity, the prayer of the Name, ‘Lord Jesus Christ, have mercy on me’.

*To be continued*



**Fr Joseph Skinner,**  
**August 2013**

### Wisdom in citations

*Catch minutes to catch years and not to miss out on the whole life.*

**Bishop Cyril of Melitopol**

*Anybody who has a firm trust in God, is erected to Him and enlightened with radiance of eternal light.*

**St. Seraphim of Sarov**

*I never go to people without praying for them first.*

**St Silouan of Mt Athos.**

*By not forgiving others, we put ourselves out of paradise.*

**Elder Paisios of Mt Athos**

*Acquire as if you have no need, lose as if you are giving away an excess.*

**St. Basil the Great**

*To get angry is in the nature of man, but to suppress anger - in the nature of a Christian.*

**St. Jerome**

*Hundreds of infirmities forgive in every man, a thousand - in your father and mother.*

**St. John of Kronshtadt**

## NEWS

### Vespers and Baptisms

Saturday evening Vespers services will now precede our Sunday Liturgies (unless otherwise stated). Please use this opportunity to join in this short but special service and also to have a chance to confess without a rush before the Liturgy.

Baptisms can be organised before the Vespers service on these Saturdays (by arrangement with Fr Joseph).

### Sunday school



Just a reminder that our Sunday school lessons run immediately after the Liturgy. All children who come to the services, are welcome. If you have energy, desire to help, love for children and are full of creative ideas, please come forward with your thoughts. Contributions of materials are very welcome too. Please contact Evelina.

### Help needed

We would very much appreciate help in setting up the Icon screen each Saturday afternoon before the Vespers, and to clear things away on Sunday after the Liturgy. Please talk to Paula.

### SUPPORT OUR PARISH

Dear Brothers and Sisters,

The work of the Parish is entirely self-financed. We receive no financial help from the Diocese, the State or any other external source. As such, we are in need of the support of our parishioners and friends to enable the Parish to carry out its mission.

To facilitate this kind of regular giving, we invite you to establish a Banker's Standing Order, for direct deposit of regular contributions into the parish's account.

**Bank: NatWest**

**Name of organisation:  
Orthodox Parish Of St  
Silouan**

**Account number: 45137943**

**Branch sort code: 60-20-45**

*Thank you and God Bless!*

## NEW ICONOSTASIS



### Dear Brothers and Sisters

We continue to ask for your support in helping us to raise funds to pay for our new beautiful handpainted iconostasis.

**The cost of the new icon screen is £10,000, which we still have to pay. As per end of July we managed to raise £6350.**

If you wish to contribute, please, send your donations to:

**Bank: NatWest**

**Organisation: Orthodox Parish  
of St. Silouan**

**Acc. No: 45159726**

**Sort code: 60-20-45**

Alternatively, you can send a cheque payable to Orthodox Parish of St Silouan (**Icons a/c**) to the Treasurer, **Elvira Patrascu, 10 Monarch Way, West End, Southampton, SO30 3JQ.**

Holy Father Silouan, pray to God for us!

*The Parish Council*

## August Calendar

### August 1st

St Seraphim of Sarov

### August 2nd

Holy and Glorious Prophet Elias (Elijah) (9 c. BC)

### August 4th

Holy Myrrh-bearer and Equal-to-the-Apostles Mary Magdalen (1)

### August 7th

The Dormition of the Righteous Anna, Mother of the Most Holy Theotokos

### August 9th

Holy Great-martyr and Healer Panteleimon (305)

### August 14th – 27th

Dormition Fast

### August 14th

Procession of the Precious Wood of the Life-giving Cross of the Lord

### August 19th

The Holy Transfiguration

### August 22nd

Holy Apostle Matthew (63)

### August 26th

St. Maximus the Confessor (662)

### August 28th

The Dormition of the Mother of God

### August 29th

Translation of the Image Not-Made-by-Hands of Our Lord Jesus Christ from Edessa to Constantinople (944)

### Next Services 2013:

**September 1 & 22,**

**October 6, November 3,**

**December 8**

**2014: January 12**

## Contributors

We invite our parishioners to contribute material to this Newsletter. Your ideas, news, announcements, writings could be interesting to reader. Any requests for prayers are very welcome. Please send your contributions to Evelina [benevelina@mac.com](mailto:benevelina@mac.com)

Texts for this edition were taken from [www.pravoslavie.ru](http://www.pravoslavie.ru), <http://silouan.narod.ru/indexe.html>, <http://oca.org/> and other sites.