



# The Tower

August 2018

The Tower is the Newsletter of the

Orthodox Christian Community of Saint Barbara the Great Martyr,  
Overleigh Cemetery Chapel, Overleigh Road, Handbridge, Chester

Parish website: <http://www.stbarbara.org.uk/>

Diocesan website: [www.thyateira.org.uk](http://www.thyateira.org.uk)

Facebook: [Greek Orthodox Community of Saint Barbara the Great Martyr in Chester](https://www.facebook.com/GreekOrthodoxCommunityofSaintBarbara)

Charity No: 114475

*Dear brothers and sisters,*

*Glory to God in the Highest!*

It is with great pleasure that we can announce the forth-coming visitation of His Eminence, Archbishop Gregorios of Thyateira and Great Britain to the parish on 10th/11th August. He will celebrate Vespers on the evening of Friday 10th and will lead the Matins Office on Saturday morning before celebrating the Hierarchical Divine Liturgy. The programme is on page **three**.

We are delighted to announce that His Eminence will ordain our Parish Reader, Tsvetan Petkov, to the Sub-Diaconate at Vespers and then ordain him to the Diaconate during the Divine Liturgy.

This is a great step forward for the parish and a great blessing for me personally. It fulfils two objectives that I have had before me over the 22 years of my priestly ministry. The first was the acquisition of our church and its consecration by Archbishop Gregorios five years ago and now we are to have the blessing of a Deacon for the parish. This means that the future of our parish is assured and we thank our God for His many blessings that have enabled these aims to be fulfilled.

Both these steps lay a heavy but joy-filled burden upon all of us and that is to hold firm to our Orthodox Christian Faith and to teach that faith carefully to our children and their children. We have a parish, a church and clergy. May the Holy Spirit fill all of us with love for our Faith and for our fellow men, remembering always that without the Divine Liturgy and our presence therein we fall short in our love for Christ Himself, His Mother and all the Saints.

*With much love for you all this Summer*

*Fr Pancratios & Presb. Anna*



*His Eminence, Archbishop Gregorios of Thyateira and Great Britain*



## Parish Pilgrimage to Saint Plegmund's Well

Our annual mini pilgrimage will take place this year on Sunday 5th August following the Divine Liturgy. We will bless the waters at the Well and then make our way up to Saint Peter's for a picnic in the wild flower meadow behind the church. Don't miss the day!



## A family afternoon picnic walk

Sunday September 9th following the Divine Liturgy it is proposed that we should all take a picnic and visit Loggerheads for a (hopefully) sunny family afternoon on the Leete Path. Loggerheads is about 2½ miles south of Mold on the road to Ruthin. It's a fascinating place whether we are 2 or 82 years and has the advantage of a completely level path, not beyond the possibilities of pushchairs or wheelchairs.

If you are interested please speak with Fr Pancratios.

## Principal Services for August

*1st August: Beginning of the Dormition Fast*

4th	Saturday	5.30pm	Vespers	
5th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Forefeast of the Transfiguration
		1.00pm	Parish Pilgrimage to the Well of Saint Plegmund, Plemstall	
6th	Monday	11.00am	Divine Liturgy	Feast of the Transfiguration
10th	Friday		Episcopal Vespers	<i>(time to be announced)</i>
11th	Saturday	9.30am	Episcopal Matins	
		10.30am	Archiepiscopal Celebration of the Divine Liturgy	
			With the Ordination of a Deacon for the Parish	
		5.30pm	Vespers	
12th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Hieromartyr Alexander, Bishop of Comana
15th	Wednesday	11.00am	Divine Liturgy	Feast of the Dormition of the Theotokos
18th	Saturday	5.30pm	Vespers	
19th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Martyr Andrew Stratelates in Cilicia
25th	Saturday	5.30pm	Vespers	
26th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Martyrs Adrian and Natalia of Nicomedia

## Principal Services for September

1st	Saturday	5.30pm	Day of Prayer for the Environment followed by Vespers	
2nd	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	
4th	Tuesday	6.30pm	Vespers	Prophet Zachariah and Righteous Elizabeth
8th	Saturday	5.30pm	Vespers	<i>subject to confirmation</i>
9th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Nativity of the Theotokos and Ever-Virgin Mary and the Synaxis of the Ancestors, Joachim and Anna
14th	Friday	6.30pm	Vigil	Exaltation of the Precious and Life-Giving Cross
15th	Saturday	5.30pm	Vespers	
16th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Hieromartyr Ciprian, Bishop of Carthage
22nd	Saturday	5.30pm	Vespers	
23rd	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Conception of the Forerunner and Baptist, John
24th	Monday	6.30pm	Vespers	St Sergios, Wonderworker of Radonezh
25th	Tuesday	6.30pm	Vespers	Apostle and Evangelist John the Theologian
29th	Saturday	5.30pm	Vespers	
30th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	Hieromartyr Gregory, the Illuminator of Greater Armenia



*A Christian must be courteous to all. His words and deeds should breathe with the grace of the Holy Spirit, which abides in his soul, so that in this way he might glorify the name of God. He who regulates all of his speech also regulates all of his actions. He who keeps watch over the words he is about say also keeps watch over the deeds he intends to do, and he never goes out of the bounds good and benevolent conduct. The graceful speech of a Christian is characterized by delicateness and politeness. This fact, born of love, produces peace and joy. On the other hand, boorishness gives birth to hatred, enmity, affliction, competitiveness, disorder and wars.*

# The Programme for August 10th/11th

*Please note times are approximate*

## Friday

Our Archbishop arrives Friday Afternoon,  
Vespers will be served at church (*time to be notified*)  
following which he will leave for his hotel.

## Saturday

**Matins** will be served from **9.30am**

Our Archbishop will arrive at around **10.00am**

**Divine Liturgy** will begin at approximately **10.30am**

The Divine Liturgy will conclude around 12.30pm followed by a photocall

The Party will leave for the restaurant for **1.00pm**

### *Please note:*

As this is an unique event in the life of our parish, we are urged to make every effort to be present to greet our Father-in-God, Archbishop Gregorios, and to give our utmost support for our much-loved future Deacon Tsvetan Petkov and his wife Vera and their children Zoiya, Nadeshda and Jordan.

**Please do your best to be present for the whole of Vespers and Matins and to make sure your children are with you. These are great days for the parish and not to be missed.**

We realise that these days occur in the middle of August when so many of you are away on family holidays. We ask you then to offer up prayers for Tsvetan and his family at these times if you cannot be with us.

*For Restaurant bookings, at the Wild Goose Restaurant at Chester Lakes, please see Presb. Anna. There is limited space in the Restaurant and so you are invited on a first-come first-served basis. The List and Menu may be found in Church. There is also a large exterior eating area at which it may be possible to book a table if the list is full.*

## **Tsvetan Petkov** **a potted biography**

Tsvetan was born to parents Ivan and Nadezhda in the town of Lom, Bulgaria, in 1973. He grew up, enjoying school, under the communist yoke. Life was difficult for anyone who would be a Christian but Tsvetan found his way during his early teen years. Thankfully, a neighbouring village priest, Father Kyril, was able to spend much time with Tsvetan in forming his faith.

Following the fall of communism in 1990, Tsvetan was called into the army where he was blessed with several good teachers. Following his army service he became a printer and in 1998 married Vera. After his marriage, he studied theology at Sofia University. Their eldest daughter, Zoiya, was born in 2000. In 2006, Vera was awarded a scholarship for her MA studies.

Initially settling in Norwich, they joined into church life there before returning to Bulgaria briefly where daughter Nadia (Nadeshda) was born. Returning to the UK in 2008 for Vera's Doctoral studies at Loughborough they settled into church life in Nottingham and Derby. In 2011 their son Jordan was added to their family. The same year the family moved to Chester where Vera gained a post at the university while Tsvetan began work at a printworks in Wrexham.

Since settling in Waverton, Vera has obtained a higher post at the University of Liverpool, Zoiya has completed her 'A' levels and Tsvetan has recently completed his two years of study at the Thyateira Midland Ecclesiastical Seminary in Walsall.

**Drink Holy Water as often as possible. It's the best and most effective medicine. I say this not only as a bishop, but as a doctor, from my experience in medicine.**

*Saint Luke of Simferopol (1877-1961)*  
*Bishop and Surgeon*

# The 7 Secrets of Happiness According to Athonite Elders

*According to the Holy Fathers, the true happiness of a human being is kept not in the secular joys, which can disappear in a flash, but in the love towards the Lord, which transfigures the world around us.*

## 1. Faith in God

Of course, the first key to happiness of the Athonite monks is faith and love towards the Lord. If a person manages to come to this in his life, then nothing more can make him unhappy. Once, a woman asked Saint Porphyrios of Kavsokalyvia why he keeps saying he is happy although his health condition has got much worse. The saint replied: “Read the Holy Scripture, go to church, find a spiritual father, partake of the Holy Communion – in other words, be a good Christian and then you will find the happiness you are looking for. You see, I am sick now, but I am still happy. The same concerns you: when you will come closer to Christ, you will become happy with your life”.

## 2. Becoming free from worries and vanity

Saint Paisios the Hagiorite said that to feel happy one has to live a natural and simple life, in which there is no place for excessive luxury, vanity and senseless worries. The saint told: “Once a doctor from America came to me. He told me about the life they live there. People there have already turned into machines. They devote their life to work. Each family member is supposed to have their own car. What is more, to make every family member feel comfortable at home, there must be at least four TV-sets. So go on, work and get exhausted, earn a lot of money so that you can say your life is happy and comfortable. But does this life have something in common with happiness? Such a life, full of worries and non-stop rush, is not happiness, but a torment.”

## 3. Sober mind

Monk Simeon the Athonite has a short parable, which shows that outer circumstances cannot influence on whether we feel happy or not. Salvation is within us, and this is why one must have a sober mind to endure any difficulties. Here is the parable: “A person who could not swim was floundering in water. He caused waves, which he mistook for a dangerous stream. He began to fight with the waves. Finally, he understood that he can float on the water and then managed to reach the riverbank. When he came out of water, he saw that the river was calm and understood that the waves he was fighting with were caused by him. Any misfortune begins within us. If you get your head straight, it will end within us.”

## 4. Pure heart

According to Saint Nektarios of Aegina, the right way to happiness is to have a pure and kind heart. “Happiness is a pure heart because such a heart becomes the throne of God. The Lord said about people with pure heart, I will dwell in them and walk among them. I will be their God, and they shall be My people (2 Corinthians 6:16). What can they lack then? Nothing indeed. They already have the greatest good in their hearts – the Lord Himself!”

## 5. Ability to forgive

Forgiveness is one of the most important Christian virtues. This is why everyone who is trying to reach happiness must learn to forgive his neighbour. Due to forgiveness, a person makes his heart free from old offences, and a joyful heart is always happy. “This is our law: if you forgive, then it means that the Lord has forgiven you too. But if you do not forgive your brother, then your sin will stay with you”, - said Silouan the Athonite.

## 6. Give more, take less

To become happy one must share his joy and happiness with their people. It seems that there is no secret in it, but Monk Simeon the Athonite considered this ability to be the rarest among people. The one who comprehends it, becomes happy.

## 7. Being grateful for small favours

“Desires are the mess of the world”, - said Simeon the Athonite. Indeed, the more a person dwells on his desires, the bigger his appetite gets. Having no opportunity to get enough of what he wants, a person dooms himself to unhappiness. Saint Paisios the Hagiorite suggested fighting against desires with abstinence: “We find happiness when we are grateful for small favours. What do people do today? They buy, and buy, and buy again various goods, cars, electronic devices and many other things. Of course, they lack money and worry all the time about this. We must be grateful for small favours and try not to grasp as much as possible. Having only the necessary things, one should not work too much. Then people will have more time to be at home with their children and family, for activities together, for prayer and for living in a warm family circle instead of being constantly under pressure.”

*from the Fathers of the Holy Mountain*





Part of the iconostasis of a church within Solovetsky Monastery, newly rebuilt and restored, remotely located on islands in the White Sea some 650 miles due north of Moscow. A monastic settlement for centuries, it was seized by the Bolsheviks and used as a prison camp containing large numbers of clergy, including many bishops. Untold numbers of martyrdoms took place during the 1930s and later. Now returned to the church, great efforts are being made to restore the islands to their God-given purpose. The lower photograph reveals the depredations of the Soviet era and the tasks ahead of the monastic community. This is Saint Andrew's Church. Some of us, perhaps longer in the tooth than others will feel that this was a familiar sight and may recall the condition of the Holy Fathers of Nicea church in Shrewsbury when it was first acquired. The writer nearly broke his ankle during the Great Entrance of the Divine Liturgy! Man the holy fathers of Solovki, living and departed remember us in their prayers.





## A Scripture Reading Calendar for August

1	fast	1 Corinthians 16:4-12	Matthew 21:28-32	Finding the relics of Bishop Nestor of the Aleutians & Alaska (1882)
2	fast	2 Corinthians 1:1-7	Matthew 21:43-46	Repose of Hieromonk Peter of Puhtitsa Convent, Estonia (1982)
3	fast	2 Corinthians 1:12-20	Matthew 22:23-33	Repose of Hiero-Schemamonk Ignatius of Harbin, China (1958)
4	fast**	Romans 15:30-33	Matthew 17:24-18:4	'Kazan-Penza' (1717)
5	<b>fast**</b>	<b>1 Corinthians 4:9-16</b>	<b>Matthew 17:14b-23b</b>	Uncovering the Relics (1967) of St Arsenius the New of Paros (1877)
6	fast***	2 Peter 1:10-19	Matthew 17:1-9	Repose of Elder Tryphon of Kapsala, Mt Athos (1978)
7	fast	2 Corinthians 2:14-3:3	Matthew 23:23-28	Repose of Archimandrite Vladimir, Jordanville Monastery (USA 1988)
8	fast	2 Corinthians 3:4-11	Matthew 23:29-39	Icon of the Theotokos 'Tolga' (1314)
9	fast	2 Corinthians 4:1-12	Matthew 24:13-28	Icon of the Saviour 'Not Made by Hands' (Camuliana, c303)
10	fast	2 Corinthians 4:13-18	Matthew 24:27-33,42-51	Synaxis of the New Martyrs & Confessors of Solovki
11	fast**	1 Corinthians 1:3-9	Matthew 19:3-12	Repose of Archpriest Nicholas in Pskov (Chudskoye) Lake (2002)
12	<b>fast**</b>	<b>1 Corinthians 9:2b-12</b>	<b>Matthew 18:23-35</b>	New Hieromartyrs of Belogorsk St Nicholas Monastery (Perm, 1918)
13	fast	2 Corinthians 5:10-15	Mark 1:9-15	Icon of the Theotokos 'Of the Seven Arrows' (Vologda, 1830)
14	fast	2 Corinthians 5:15-21	Mark 1:16-22	Icon of the Theotokos 'of Narva' (1558)
15	fast***	Philippians 2:5-11	Luke 10:38-42; 11:27-28	Of the many Icons of the Theotokos commemorated this day
16		2 Corinthians 7:1b-10a	Mark 1:29-35	Icon of the Theotokos 'of Port Arthur' (1904)
17	fast	2 Corinthians 7:10-16	Mark 2:18-22	Icon of the Theotokos 'Armatia' (Constantinople)
18		1 Corinthians 1:26-2:5	Matthew 20:29-34	Icon of the Theotokos 'Hodegitria' of Trebizond
19		<b>1 Corinthians 15:1-11</b>	<b>Matthew 19:16-26</b>	Icon of the Theotokos 'Donskoy' (1591)
20		2 Corinthians 8:7-15	Mark 3:6-12	Repose of Hieromonk Seraphim [Rose] of Platina (USA, 1982)
21		2 Corinthians 8:16-9:5	Mark 3:13-21	Hieromonk John (Kotlyarevsky) of Poltava (1951)
22	fast	2 Corinthians 9:12-10:7	Mark 3:19b-27	Icon of the Theotokos 'Iveron' at Monastery of St Alexis (1650)
23		2 Corinthians 10:7b-18	Mark 3:28-35	Repose of Abbot Ioannicus of Sihastria (Romania, 1944)
24	fast	2 Corinthians 11:5-21a	Mark 4:1-9	Icon of the Theotokos 'Petrovskaya' (c1306)
25		1 Corinthians 2:6-9	Matthew 22:15-22	Repose of Abbot Nikon of Gzhatsk (1963)
26		<b>1 Corinthians 16:13-24</b>	<b>Matthew 21:33-42</b>	Icon of the Theotokos 'Virgin of 'Tenderness' Pskov Caves (1524)
27		2 Corinthians 12:10-19	Mark 4:10-23	Repose of Archimandrite Sergius of New Valaam Monastery (1937)
28		2 Corinthians 12:20-13:2	Mark 4:24-34	Synaxis of the Saints of the Kiev Caves Lavra (Far Caves)
29	fast	Acts 13:25-33a	Mark 6:14-30	Repose of Pachomius the Silent, of Valдай Monastery (1886)
30		Galatians 1:1-3,20-2:5	Mark 5:1-20	New Hiero-Confessor Peter Cheltsov of Smolensk (1972)
31	fast**	Galatians 2:6-10	Mark 5:22-24,35-6:1	Repose of Schema-Nun Gabriela Holy Trinity Monastery (Kiev, 1992)

\* Wine is allowed on this day

\*\* Wine & Oil are allowed on this day

\*\*\* Fish, Wine & Oil are allowed on this day

**Sundays are shown in Bold**

† Note there are more readings on certain days - If you have no other Calendar, the Diocesan Hemerologion serves as a guide.  
Alternatively search the internet and download **Menologion 3.0** - a useful perpetual calendar

### Board Meeting

**A Board Meeting will be held on 2<sup>nd</sup> September after the Divine Liturgy.**

**All matters to the Secretary by 15<sup>th</sup> August**

<<<<V>>>>

**Saint Justin Popovich (+1979) wrote:** If you wish, the Lives of the Saints are a sort of Orthodox Encyclopedia. In them can be found everything which is necessary for the soul which hungers and thirsts for eternal righteousness and eternal truth in this life, and which hungers and thirsts for Divine immortality and eternal life. If faith is what you need, there you will find it in abundance: and you will feed your soul with food which will never make it hungry.

If you need love, truth, righteousness, hope, meekness, humility, repentance, prayer, or whatever virtue or podvig, in them, the Lives of the Saints, you will find a countless number of holy teachers for every podvig and will obtain grace-filled help for every virtue.

**Priest in Charge: Very Rev'd Protopresbyter Pancratios Sanders**

The Presbytery, 18 Shannon Close, Saltney, Chester. CH4 8PJ  
Telephone: 01244 659717; Mobile: 07850 467675  
email: [pancratios@btinternet.com](mailto:pancratios@btinternet.com)

**Parish Reader: Tsvetan Petkov**

28 Greenfield Road  
Waverton, Chester. CH3 7NF

**President: Anthony Knox,**

1 Willow Lea, Mollington, Chester. CH1 6LW

**Treasurer: Robert Gale**

40 Ffordd Parc, Bodnant, Prestatyn. LL19 9LJ

**Secretary: Presbytera Anna Sanders**

18 Shannon Close, Saltney, Chester. CH4 8PJ

The Divine Liturgy is served at the Church of Saint Barbara the Great Martyr each Sunday at 11.00am and on all the major Feasts.

Fr Pancratios is *normally* in church during the day on Tuesdays, Thursdays & Saturdays. Check before setting out to avoid a wasted journey.

Church (Sunday) School is held after the time of Communion every Sunday of each month during school term times (except on major feasts).

Pastoral Visits should be arranged by contacting Fr Pancratios.

Weddings, Baptisms, Receptions etc., by arrangement with Father Pancratios.

Confessions before the Divine Liturgy or after Vespers and at other times by arrangement.

Catechism Classes by arrangement with Fr Pancratios.

**ΟΙΚΟΥΜΕΝΙΚΟΝ ΠΑΤΡΙΑΡΧΕΙΟΝ - ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΘΥΑΤΕΙΡΩΝ ΚΑΙ ΜΕΓΑΛΗΣ ΒΡΕΤΑΝΙΑΣ**

**Membership Subscription 2018/19 (8/18)**

**Greek Orthodox Community of Saint Barbara the Great Martyr  
Overleigh Cemetery, Overleigh Road, Chester. CH4 7HW**

Title: \_\_\_\_\_ Initials: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ Date: \_\_\_\_\_

Membership is £5.00 per person, per month. Membership applies to those of 18 years of age and over. Fees may be waived for the unwaged.

**It is preferable for memberships to be paid by Standing Order on a monthly basis on the First Day of each month. St Barbara's Bank details: Barclays Bank: Sort Code 20-20-46, Account number 33974146. Further details can be found on [www.stbarbara.org.uk/membership](http://www.stbarbara.org.uk/membership)**

Alternatively, membership can be paid using the envelopes available at church at £5.00 per month or £60.00 annual subscription.

*I am a UK taxpayer intending tax to be reclaimed on the enclosed donation made under the Gift Aid scheme (please delete if not applicable)*

Signature: \_\_\_\_\_

*Please return to the Treasurer with your gift::*

**John Gale, 40 Ffordd Parc, Bodnant, Prestatyn. LL19 9LJ**

Please note that only Orthodox Christians in good standing may hold full membership and be permitted to vote at general meetings. Non-Orthodox Christians are most welcome to subscribe as friends and supporters of the Greek Orthodox Community of Saint Barbara the Great Martyr, Chester.

Please print, cut out, and sent with your donation to the Treasurer. The community is grateful for every contribution received so that the work of the church may continue. In the present difficult economic climate such gifts are a true sacrifice. Please remember that there is a reduction for those not in work and that it is also possible to make your giving quarterly.

Please remember, if you are a UK taxpayer we can recover the tax that you have paid on your contribution to the work of the church – but only if you fill in an envelope (to be found at the church door) and place your gift in it. Especially in these difficult times, the church needs your financial support. As I'm sure you understand, work on our church building is ongoing and expensive, besides our ordinary day-to-day expenses. May God bless you all for your support in these matters and may you seek the guidance of the Holy Spirit in forming a regular and responsible habit of giving for the work of His Church.