



The Tower

July 2019

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

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

Charity No: 114475

Dear brothers and sisters,

It is with great joy we learn of the appointment of His Eminence, Archbishop Niketas to the throne of Thyateira and Great Britain.

We look forward to the opportunity to welcome him into our parish when he has the time to visit us. We hope and pray that that he will come into our midst very soon to lead us in worship of the risen Lord as our Father in God and Archpastor.

Of course, a measure of sadness must accompany the retirement of Archbishop Gregorios who has lovingly cared for us for more years than most of us can remember. We pray that he will enjoy health and many years in his much deserved retirement.

There are exciting times ahead for all of us, not least the clergy! and everyone who has seen the video (listed opposite) will realise that our new archbishop has a very clear vision of the way he will serve Christ and His Church in this diocese. While he admits to knowing next-to-nothing about Britain and its people, it will be up to us to help him find his way among us.

To his Eminence, Archbishop Niketas of Thyateira and Great Britain, we cry with much love 'Many Years'

With much love for you all this blessed Summer

Fr Pancratios & Presb. Anna,

Fr Dn John & Diaconisa Vera

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Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven.

Saint Ephrem the Syrian +373



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

*The following interview with our new Archbishop
was recorded shortly after his arrival in London.*

A biography appears later in the Newsletter:

<https://www.facebook.com/parikiaki/videos/2776632865713369/UzpfSTI3ODI1NTUzODk1ODYyMToyMjM2MTc1NTA2NDk5OTM4/>

Principal Services for July

3rd	Wednesday	6.30pm	Vespers	Saint Andrew of Crete
6th	Saturday	5.30pm	Vespers	
7th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	3rd after Pentecost; New Martyrs of Bulgaria
8th	Monday	6.30pm	Vespers	Hieromartyr Pancratios
10th	Wednesday	6.30pm	Vespers	Great Martyr Euphemia the All-Praised
13th	Saturday	5.30pm	Vespers	
14th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	4th after Pentecost; Fathers of the 4th Ec. Council
17th	Wednesday	6.30pm	Vespers	Martyrs the Grand Duchess Elizabeth & Nun Barbara
19th	Friday	6.30pm	Vespers	Prophet Elias
20th	Saturday	5.30pm	Vespers	
21st	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	5th after Pentecost; St Symeon of Emesa fool-for-Christ
24th	Wednesday	6.30pm	Vigil	Dormition of the Righteous Anna, mother of the Theotokos
27th		5.30pm	Vespers	
28th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	6th after Pentecost; St Irene of Chrysovalantou
31st	Wednesday	6.30pm	Vigil	Procession of the Life-giving Cross & Blessing of Waters

Principal Services for August

3rd	Saturday	5.30pm	Vespers	
4th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	7th after Pentecost; Seven Sleepers of Ephesus
6th	Tuesday	11.00am	Divine Liturgy	Feast of the Transfiguration of Our Lord
7th	Wednesday	6.30pm	Vespers	St Myron, Bishop of Crete
10th	Saturday	5.30pm	Vespers	
11th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	8th after Pentecost; Virgin-Martyr Susanna
14th	Wednesday	6.30pm	Vespers	
		7.30pm	Divine Liturgy	Feast of the Dormition of the Theotokos
17th	Saturday	5.30pm	Vespers	
18th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	9th after Pentecost; Martyrs Florus & Laurus of Illyria
21st	Wednesday	6.30pm	Vespers	Martyr Agathonikos of Nicomedia
24th	Saturday	5.30pm	Vespers	
25th	Sunday	10.00am	Matins	
		11.00am	Divine Liturgy	10th after Pentecost; St John of Karpathos
28th	Wednesday	6.30pm	Vespers	Beheading of the Forerunner, John the Baptist
31st	Saturday	5.30pm	Vespers & Prayers	for the Environment

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The Service of the Paraklesis

The Supplicatory Canon to the Mother of God will be served in Church each day during the Dormition Fast (1st-15th August) at 3pm as follows: 1st, 2nd, 3rd, 7th, 8th, 9th, 10th, 12th & 13th.

Please ensure that you bring, or hand in, the names of those in need of the divine help of the Theotokos. These services are a great aid to those who suffer from physical or spiritual illness or other personal difficulties.

His Eminence, Archbishop Niketas of Thyateira and Great Britain

a brief biography

The Holy Synod of the Ecumenical Patriarchate unanimously elected Metropolitan Nikitas of Dardanelles as the new Archbishop of Thyateira and Great Britain, succeeding Archbishop Gregorios who retired as of Wednesday 12th June, 2019.

The newly elected Archbishop said that “with much surprise I learned about my election as Archbishop of Thyateira. I have no words to express my gratitude to His All Holiness Ecumenical Patriarch Bartholomew and the members of the Holy and Sacred Synod for their trust in my person. I pray to God to grant me illumination to do His Will. I also pray that all those things that I have learned in the Mission and also at the Patriarch Athenagoras Orthodox Institute will help me to serve God and His Church as a good and humble shepherd of the People. I thank all the good people for their good wishes and love that they have shown to me all these years.”

Archbishop Nikitas visited the Ecumenical Patriarchate in Constantinople for the Services of Lesser and Great Minima (Announcements) before Ecumenical Patriarch Bartholomew and the members of the Holy Synod on Wednesday 12th June. His enthronement will be scheduled to take place on Saturday 27th July at Hagia Sophia Cathedral in London.

Our new Archbishop is the son of Constantine and Kalliope Lulias. He was born on 22nd June, 1955 in Tampa, FL and raised in Tarpon Springs, FL with his brother John. His roots are from Krokos Kozanis and the island of Kalymnos.

A member of Savant, the University of Florida Honour Society, he graduated with a BA (Hons) degree from the University in 1976. His Eminence attended Holy Cross Greek

Orthodox School of Theology and received his Masters' of Divinity, with Honours, in 1980. He was a Rotary International Graduate Scholar from 1980-1981 and a Graduate Scholar, Ministry of the Exterior, Greece, from 1981-1982. He pursued graduate studies at the University of Thessaloniki, Greece until November 1982. He also studied the Russian language at the Saint Petersburg Theological Seminary in Russia from late 1992 to mid-1993. His Eminence Nikitas' first assignment upon ordination was Associate Pastor at Sts. Constantine and Helen Cathedral in Merrillville, Indiana. He remained at the Cathedral until 1987 at which time he became the Chancellor of the Greek Orthodox Diocese of Chicago. During his tenure as Chancellor from 1987 to 1995, he was involved in numerous educational, community service, and interfaith activities, including teaching a course in Orthodox Christian Theology at Loyola University, Chicago, Illinois (1988 to 1991). In 1994 he was appointed Director of Development for International Orthodox Christian Charities (IOCC) and on 1st July, 1995 he became Pastor of the St. Demetrios Orthodox Church of Chicago. He was consecrated a bishop and named Metropolitan of Hong Kong and South East Asia on 14th December, 1996. That historic event took place in the Patriarchal Cathedral of St. George the Great Martyr at the Phanar in Constantinople. He was enthroned as the first Metropolitan of Hong Kong and South East Asia (the Exarchates of China, India, Indonesia, the Philippines and Singapore) on January 12, 1997 at the Cathedral of Saint Luke the Evangelist in Hong Kong. In March of 2007, His Eminence Nikitas was appointed Director of the Patriarch Athenagoras Orthodox Institute.

May God grant His Eminence ' Many Years'!

Some Further Thoughts on the Life and Traditions of our Faith

On Developing a Spiritual Life

Even for us as Orthodox Christians, the demands of the world can often be overwhelming. Such demands can root out our faith to the extent that we allow our prayer life to crumble and that even going to church becomes an effort.

We must challenge these torments of the evil one in every way that we can. At the end of the day we cannot call ourselves by the name of Orthodox Christian unless we wage war on the demons. That war is at the heart of the spiritual life; to challenge the temptations and distractions whenever they appear.

At our Baptism, we were adorned as 'soldiers of Christ' and a soldier is always prepared to fight and to defeat the enemy. Our sword is the Cross and our armour is prayer. Without them, we are cut down as quickly as the farmer in the field scythes his corn.

So let us consider how we may truly be 'soldiers of Christ' (*see also 2 Tim 2:3*) fighting our way to Salvation and his promise of eternal life.

Let us then reflect on the life we lead and work on some basics in our daily lives:

Prayer: If we do not pray regularly, that is, day-by-day we are empty vessels. At our Baptism, the demon of our sins was driven out, but if we do not fill our soul with prayer, seven more deadly demons (*Matt 12:43-45*) will take up their abode and we are lost. Many Fathers and Elders of the Church tell us to 'pray without ceasing', taking their lesson from the chief of the Apostles, Saint Paul in his letter to the faithful of Thessaly (*1 Thess 5:17*). At the least, we should pray morning and evening beginning with the Trisagion Prayers (Holy God, ... Our Father) and if you don't know them, you should learn them quickly! and then continue to place before God over whatever is in your heart.

Long ago, I was taught an acronym to put our prayer in order: ACTS – **A**doration – our love and worship for the God who has given us life, **C**onfession – to admit our foolishness before the Lord and prepare for Confession in Church, **T**hanksgiving – to thank the Lord for all the good things God has granted us in this life, **S**upplication – to ask for what is needful in life, not, however, what we want! Of necessity, this is a very brief description but it gives as solid basis to work on. When used on a daily basis, none of this takes very long to begin with. May our prayer life grow in us with God's grace.

One issue that I hear frequently in Confession is that in the morning, we have no time, and by the end of the day we are too tired.

When we rise is the time for prayer, before we do anything else – get up five minutes earlier and you have time! Last thing at night is too late for constructive and meaningful prayer. It is far better to offer our evening prayer before our meal when we can reflect on the issues of our day. Above all, do not do too much too soon; prayer need to grow slowly but surely in our hearts: begin with five, six, seven minutes and let the spirit of prayer grow within you.

But these should not be the only occasions when we pray – 'pray without ceasing' – for the Jesus Prayer, at its simplest 'Lord, have mercy' can be on our lips always. And what about our food? Do we bless our food before we eat, indeed do we use Holy water in our cooking? The Saints will tell us that our food tastes better with the blessing; and don't forget to give thanks to God for His good gifts when we have finished.

Do we ask a blessing of God at the start of any task, our work, our studies etc? These tasks will go all the sweeter for a blessing. It doesn't need a priest to do these things!

Above all, make the Sign of the Cross on all occasions, for the same is the greatest protection we can have against the manipulations of the evil one.

Use a prayer book – you haven't got one. Well we have some in church for a modest price. We are not all good at making up meaningful prayers and these books can be a great help when beginning to pray seriously.

Make sure your Icon Corner isn't gathering dust; this is the best place to pray face-to-face with the Risen Lord. You haven't got one? For shame, every Orthodox household should have a modest corner set aside for family prayers. Encourage your children to offer their own prayers, no matter how simple they are, for God will surely hear them. If you have no icons, there are plenty in the Refectory at church that are free to good homes. Please take them and use them and if you need help in setting a corner up, please ask one of the clergy.

Last of all, don't be a one day a week Christian, for such are the Devil's food. As Saint Peter writes, he comes like a ramping and roaring lion, seeking whom he might devour (1Pet.5:8). Remember: Constant prayer brings peace of mind!

There's more on the Spiritual Life to come, Fr Pankratios

A Scripture Reading Calendar for July

1	Romans 7:1-13	Matthew 9:36-10:8	St Martin, 3 rd Bishop of Vienne, France (c132)
2	Romans 7:14-8:2	Matthew 10:9-15	The Three Soldier Martyrs of Rome, converted by St Paul (c68)
3 Fast	Romans 8:2-13	Matthew 10:16-22	Martyr Hyacinth, the Chamberlain of Caesarea in Cappadocia (108)
4	Romans 8:22-27	Matthew 10:23-31	Martyr Namphamon & Companions at Madaura in Numidia (c180)
5 Fast**	Romans 9:6-19	Matthew 10:32-36, 11:1	Hieromartyr Stephen, Bishop of Rhegium & those with him (1stC)
6	Romans 3:28-4:3	Matthew 7:24-8:4	Hieromartyr Asteius, Bishop of Dyrrachium in Macedonia (c100)
7	Romans 5:1-10	Matthew 6:22-33	St Pantaenus the Confessor at Alexandria (c190 or 203)
8	Romans 9:18-33	Matthew 11:2-15	Sts Aquila & Priscilla, the missionaries described in Acts 18:3 (1stC)
9	Romans 10:11-11:2a	Matthew 11:16-20	Hieromartyr Pancratios, Bishop of Taormina in Sicily (1stC)
10 Fast	Romans 11:2b-12	Matthew 11:20-26	Martyr Alexander in Rome (c150)
11	Romans 11:13-24	Matthew 11:27-30	St Pius, Bishop of Rome (c155)
12 Fast	Romans 11:25-36	Matthew 12:1-8	Martyr Hermagoras of Aquileia & deacon Fortunatus under Nero (c66)
13	Romans 6:11-17	Matthew 8:14-23	Martyr Serapion, under Severus (c205)
14	Romans 6:18-23	Matthew 8:5-13	Martyr Justus, soldier in Rome (1stC)
15	Romans 12:4-5,15-21	Matthew 12:9-13	Martyrs Cyricus and his mother Julitta of Tarsus (c305)
16	Romans 14:9-18	Matthew 12:14-16,22-30	Martyr Kyriakos the Executioner, who was himself beheaded (c110)
17 Fast**	Romans 15:7-16	Matthew 12:38-45	The Holy Martyrs of Scillium, beheaded in Carthage (c180)
18	Romans 15:17-29	Matthew 12:46-13:3a	Martyr Symphorosa of Tivoli & her seven martyred sons (Rome, c138)
19 Fast	Romans 16:1-16	Matthew 13:3-9	St (martyr?) Martin, tenth Bishop of Trier (Germany, c210)
20	Romans 8:14-21	Matthew 9:9-13	St Rheticus, Bishop of Autun (France, 334)
21	Romans 10:1-10	Matthew 8:28-9:1	St Praxedes, daughter of the roman Senator Pudens (2ndC)
22	Romans 16:17-24	Matthew 13:10-23,9	Holy Myrrh-Bearer Mary Magdalene, Equal-to-the-Apostles (1stC)
23	1 Corinthians 1:1-9	Matthew 13:24-30	Martyr Vitalius at Ravenna (62)
24 Fast	1 Corinthians 2:9-3:8	Matthew 13:31-36a	St Athenagoras of Athens, Apologist (c190)
25	1 Corinthians 3:18-23	Matthew 13:36-43	Hieromartyr Pothinus, Bishop of Lyons & those with him (c177)
26 Fast**	1 Corinthians 4:5-8	Matthew 13:44-54a	Nun-Martyr Paraskevi of Rome (c138-161)
27	Romans 9:1-5	Matthew 9:18-26	Martyrs Maurus, Pantaleimon & Sergius under Trajan (c117)
28	Romans 12:6-14	Matthew 9:1-8	Martyrs Nazarius & Celsus at Milan under Nero (c68)
29	1 Corinthians 5:9-6:11	Matthew 13:54-58	Virgin-Martyr Seraphima of Antioch (c117-138)
30	1 Corinthians 6:20b-7:12	Matthew 14:1-13	Hieromartyr Valentine, Bishop of Interamna and others (Italy, 273)
31 Fast	1 Corinthians 7:12-24	Matthew 1:35-15:11	St Joseph of Arimathea (1stC)

* 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 30th June after the Divine Liturgy. All matters to the Secretary by 14 days earlier.

Board meetings will continue to be held in the Refectory and are open to all who wish to attend. Trustees meetings will, in future, generally be held via video Conferencing due to the difficulty for the Trustees to meet together in person.

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Proposed Summer Walk

Following our very successful walk along the Leete last year, we ask for suggestions regarding this year's Sunday afternoon walk. One thought that comes to mind is Moel Famau; slightly more energetic than the Leete. Another might be a visit to the Roman Catholic Monastery at Pantasaph, not far from Holywell.

Let's have some suggestions as to place and date.

We could even have a Saturday out with a grand picnic lunch.

The choice is yours - let's hear from you!

Priest in Charge: Very Rev'd Protopresbyter Pancratios Sanders

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40 Ffordd Parc, Bodnant, Prestatyn. LL19 9LJ

Secretary: Presbyteria 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.

Membership Subscription 2019 (7/19)

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

Title: _____ Initials: _____ Surname: _____

Address: _____

Postcode: _____ Date: _____

Membership is £10.00 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

Alternatively, membership can be paid using the envelopes available at church at £10.00 per month or £120.00 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 send 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.