

## Fasting Recipe for the Holy Cross Fast

### CHOCOLATE OIL CAKE

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins



### INGREDIENTS

2 cups white sugar

3 cups plain flour

2 teaspoons baking powder

½ teaspoon salt

½ cup unsweetened cocoa powder

2 cups water

1 cup vegetable oil

1 teaspoon vanilla extract

### DIRECTIONS

Preheat oven to 350°F (175°C). Line a 9x13 inch tin with baking parchment.

Mix sugar, flour, baking powder, salt and cocoa together in a large bowl.

Add water, oil and vanilla and whisk by hand until smooth.

Pour into the prepared tin and bake until a toothpick inserted into the centre of the cake comes out clean – approximately 40 minutes.



# The Apostle

The Monthly Magazine of St Aidan's Orthodox Church, Henderson Street, Levenshulme, Manchester M19 2JX **Issue 3: September 2023**



### How Often?

I am often asked about how often one should Confess and receive Holy Communion and what is the relationship between the two? The answer is often but it is not in the Antiochian tradition to make a rigid connection between them. Bring to Christ and before the priest in Confession that which you cannot easily deal with at home yourself. Let your conscience be the guide. Do not please neglect either the chalice or the confessional.

Our salvation really does depend on that little word "often"!

*Fr Gregory*



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### In this issue:

Pg 1: How Often?.

Pg 2: What's on and Pilgrimages?

Pg 3: Journey to Orthodoxy by Edward Bennigsen

Pg 5: Reggae Evangelism by Daniel Polson

Pg 6: Children's Corner

Pg 7: Book of the Month

Pg 8: Holy Cross Fasting Recipe

## What's On at St Aidan's and Elsewhere ...

### Services and Events

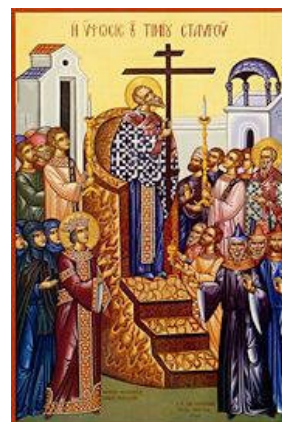
**Sunday 3rd September:** Summer Patronal Gala from 12.30 to 3.30pm. ... Party, Children's activities, Guided Tours in Church, Raffle and Tombola. .

**Thursday 7th September, 8pm:** Vesperal Divine Liturgy for the Birth of Our Lady, the Theotokos and Ever-Virgin Mary.

**Wednesday 13th September, 8pm:** Vesperal Divine Liturgy for the Exaltation of the Holy and Life-Giving Cross

**Saturday 29th September:** Icon Exhibition in Liverpool (see the Church Notice Board for details).

**Please pray for the Catechumens:** Julie, Andie, Beth, Kermane and Kane



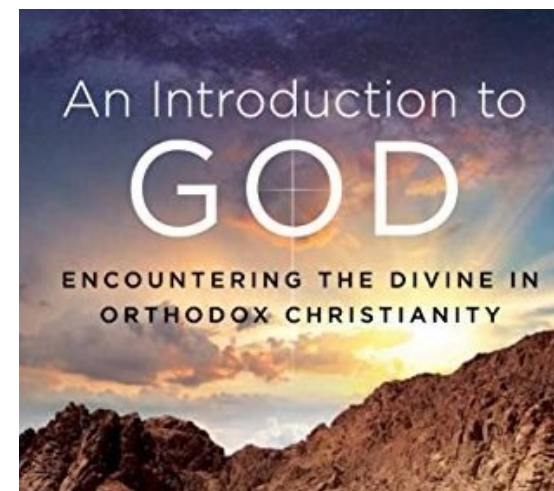
## Pilgrimages—for more information see Fr Gregory

**Ilam, St Bertram: Saturday 9th September**

**Holywell, St Winifred: Saturday 7th October**

*The Russian Orthodox Pilgrimage to St Winifred's Holywell is unfortunately on the same day as our Summer Gala but you can go to the same pilgrimage organised by the Greek Archdiocese on 7th October.*

## Book of the Month



by **Father Andrew Stephen Damick**  
(Ancient Faith Publishing, 2014)

Father Andrew begins this helpful book with the words: *"Jesus Christ is the Messiah. He rose from the dead. Humanity can therefore be saved. Those three sentences constitute the core narrative of the Gospel, the good news according to the Orthodox Christian faith"* (p. 19). He concludes the introduction with the firm statement: *"Jesus [Christ] founded only one Church to be His Body, not the multitude of Christian denominations we see in our own day. Only one Church has maintained that continuous existence through all the centuries since the Resurrection of Christ, teaching and believing and living the same Christian life throughout history. That Church is the Orthodox Church.... The rest of the book proceeds from this essential Gospel story"* (p. 24).

Short chapters follow that pose and answer the questions: Where is God? Who is God? Why go to Church? Whom can we trust? and Why Be moral? An inspection copy is on the St Aidan's bookstall if you would like to sign up to purchase this important book for £15. **Father Emmanuel**

were made strong by the hands of the Almighty, we forward in this generation triumphantly, won't you help to sing these songs of freedom, cos all I ever had, Redemption Songs".

So here I am, singing Redemption songs to a mostly but not exclusively Rastafarian audience from the perspective of an Orthodox Christian; casting my net on the other side, not preaching Christ "where He is already named" (Rom 15:20). My latest release, *The Third Day*, about the passion and resurrection of our Lord has been well received so far by the Roots Reggae tribe. The track is taken from my upcoming debut EP due out at the end of September. My songs are accessible and listed on all digital streaming platforms under Don Hartley. All links can be accessed via my website at [www.donhartleymusic.com](http://www.donhartleymusic.com)

*In Christ, Daniel*



## Children's Corner Wordsearch

How many words can you find? There are 14 in total. Each word appears in this magazine. Email your words to Fr Gregory at [father.gregory@gmail.com](mailto:father.gregory@gmail.com). The first correct answer wins a small prize!



## Journey to Orthodoxy: Edward Bennigsen



Whenever I get asked "What led you to Orthodoxy?" I find it difficult to answer. It feels a bit like when you're dating, and a friend asks "So, why do you like them?" Reducing it to a series of logical statements is far too dry, but if you focus on how they make you feel then your friend's eyes quickly glaze over. In both questions, I've ended up simply trying to tell my story.

I have lived in Manchester nearly all my life. I was raised by loving, devout Evangelical Christian parents, along with my four siblings. We attended various Protestant churches of the Charismatic flavour. These expressions of faith always appealed to my emotive nature. In my adulthood, I gravitated towards more Reformed churches and teaching, in an attempt to find a solid intellectual grounding for my faith. Everything seemed to be going well, until March 2020.

In three days, I received three terrible wounds. A major spiritual mentor was fired from my church due to a scandal; my girlfriend broke up with me; the PM began to enact the Covid lockdown. I moved back in with my parents and lived in a deep depression for several months. It felt like my world had ended.



The word "apocalypse" is generally taken to mean the end of the world. But the Greek root refers to "revelation" or prophecy: God's truth breaking through the humdrum of life, the veil pulled back, and a glimpse of a deeper reality. My own personal apocalypse started out at the end of the world, but became an opportunity to see the revelation of God.

My apocalypse had been building for a while. I was becoming increasingly frustrated with my spirituality, which seemed mainly focused on church rotas. Since my childhood I'd been very good at playing the "nice Christian boy", despite hiding some less-than-nice sins from others. I was feeling increasingly disembodied, with my job in IT being "in the cloud", disconnected from the natural world.

I stumbled my way into Orthodox teaching online, primed by a few passing references in Protestant books, and my elder brothers' interest in "apostolic Christianity" (one is now Orthodox, the other is Roman Catholic!). Over and over again, I heard the same advice: "Get to the services! Orthodoxy is about worship, not just ideas."

Eventually, I plucked up enough courage to pop into St Aidan's. Sat at the back, one of my first experiences was to hear the choir chant this verse:

"We have seen the True Light; we have received the Heavenly Spirit; we have found the True Faith, worshiping the Undivided Trinity, Who has saved us."

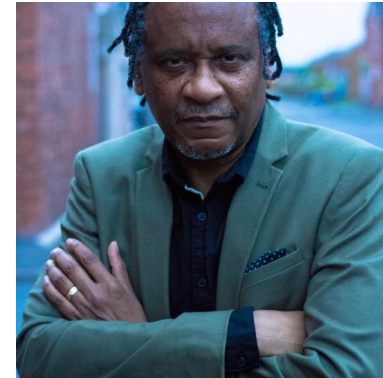
I was moved to tears. Was it really possible that there was a True Faith? I wept many more times as I investigated that question and found the hymn to be true. During the Nativity Fast last year, I was received by chrismation into the Church. It was so wonderful to sing that hymn after being anointed with Holy Chrism and receiving the Eucharist. Truly, I have found the True Faith, and truly, the Undivided Trinity has saved me. Amen.

*In Christ, Ed*



## Reggae Evangelism

by Daniel Polson (Don Hartley)



What has reggae to do with evangelism, you ask, let alone with spreading the Orthodox Christian Faith or the Gospel of our Lord and God and Saviour Jesus Christ for that matter? Your question reminds me of that famous Tertullian quip, "What has Athens to do with Jerusalem?" I say this because I regard Reggae, and more so its subgenre Roots Reggae, of which I am coming to you as a champion, is the musical Athens of Jamaica - so to speak; the subgenre that frequently lends itself to philosophical messages about life, politics and most importantly spirituality. Just listen to the lyrics of Bob Marley to understand what I am trying to say. This music is indeed message music.

Take for instance the true to life song Many Rivers to Cross by renown reggae artist Jimmy Cliff. This song was the result of his going through one of the lowest points in his life as he struggled his way through performing small gigs in pubs and clubs in England waiting for a break that seemed like it would never come. Topics covered by artists such as Jimmy Cliff, Bob Marley, and others stay with the themes of freedom, suffering, anti-slavery, religion, love and unity. Marley's last song was a reflection on his mortality as he stared death in the face and in which he boldly declared, "My hands