

Fasting Recipe for the Dormition

MUSHROOM AND SWEDE SOUP

Serves 1
Prep time 10 mins
Cooking time 30-35 mins

1/2 onion, chopped
1/2 garlic clove, crushed
1 tsp chopped fresh or dry thyme
60g chestnut mushrooms, sliced
1/6 swede, peeled and chopped
300ml vegetable stock
1 bay leaf
1 tsp chopped fresh parsley
Salt and ground black pepper



Preheat a non-stick pan and dry-fry the onion until soft. Add the garlic and cook for about 1-2 mins. Add the fresh thyme, mushrooms and the swede and pour in the vegetable stock. Add the bay leaf and simmer till the Swede is well cooked. Use a food processor to liquidise the soup. Top with parsley and serve it hot or cold.

The Dormition

Find out about the Dormition of our Lady the Theotokos and Ever-Virgin Mary ...
<https://www.goarch.org/dormition>



Next Month

- St Aidan: Feature article about St Aidan our Patron.
- What is the Orthodox Church's take on "green issues" and the creation in God's purposeful plan?
- There will be a space for you to submit questions.
- Do you have a contribution? The final date to submit is **Sunday 20th August**

The Apostle

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



Axios!

In Greek, meaning "[he is] worthy", Axios! Is exclaimed before ordination and at ordination to signify the community's support that a man should be a deacon or a priest for the community. That "Axios!" has certainly been given for our newly priested Daniel, ordained by His Eminence Metropolitan Silouan on Sunday 23rd July 2023. His wife, Florentina now becomes Khouriyeh (koo-ree-yeh > Arabic) / Presbytera (Greek) / Matushka (Slavonic). There is no English equivalent! Praise God for His love in giving us his servant Daniel as a priest to serve with and, God willing, after me.

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Fr Gregory



What's On at St Aidan's ...

Services, Baptisms and Events

Sunday 6th August (Transfiguration)

<https://www.goarch.org/transfiguration>

By baptism at 9.30 am, Pamela (Arnold) taking the name St Xenia (Fool-for-Christ).

Monday 14th August, 8pm: Vespertal Divine Liturgy for the Dormition of the Theotokos.

Wednesday 30th August, 8pm: Vespertal Divine Liturgy for our patron, St Aidan.

Sunday 3rd September: Patronal Summer Gala after the Liturgy ... Bouncy Castle, Games, face painting, party food, exhibition.
Can you offer raffle prizes or help out in some way? Please see Helen.

Please pray for the Catechumens: Julie, Andie, Beth and Kermene and several others now exploring Orthodox Faith and Life

St Xenia, of St Petersburg, Fool-for-Christ

Here is where you can find out more about this wonderful Russian saint: <https://orthochristian.com/90400.html>

Fool for Christ? Never heard of such a thing? This is a vocation for the very few who feign madness to be despised rather than applauded for their good deeds lest they should succumb to pride. See here for an explanation and examples: <https://tinyurl.com/fools-for-christ>



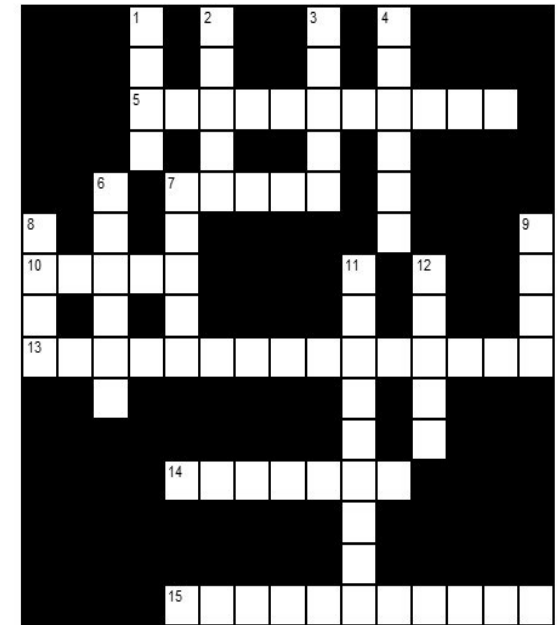
Children's Corner Crossword

Across

- 5 Where St Aidan had his monastery (11)
7 One of the three who saw Jesus glorified (5)
10 Worthy! (5)
13 When Jesus was glorified (Matthew 17:1-13) (15)
14 Sabbath Day (7)
15 St Peter wanted to build these shelters (11)

Down

- 1 Celebration for our Patronal Feast (4)
2 Russian Fool-for-Christ (5)
3 Representing the Law at 13 Across (5)
4 Listening and talking to God (6)
6 Representing the Prophets at 13 Across (6)
7 Called the Christ (5)
8 Not quick but rather to control eating (4)
9 One of the three who saw Jesus glorified. (4)
11 On the 15th of August (9)
12 One of the three who saw Jesus glorified. (5)



Crossword Solution will be published in the September edition of The Apostle.



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in our disordered hearts. Then, if God wills, the Holy Spirit will break open our heart to love everything and everybody around us ...

If you already have a full and working rule of prayer, the Jesus Prayer is good for those odd pauses of activity throughout the day. Stuck in traffic? Perhaps three repetitions. Waiting for the toaster to pop up? Maybe time for six. You will soon find yourself wanting more.

But if you struggle with your set daily prayer rule, - with a demanding family, a relentless job or just a chaotic life style, then this Prayer can be a whole saving way.

That's because the Jesus Prayer gives both immediate help - one second you are stressed out in the supermarket, the following moment you are acknowledging your limitations and letting God's peace and mercy flow into your very heart. And the Prayer also gives calmer, long-term help - getting into bed and yet again having forgotten to read your prayers or the Gospel? Repeat the Prayer with sorrowful realism and God will certainly hear you.

But if you are really going to make the Jesus Prayer a central path, you will need to do some hard work! We are used to repeating our petitions in the Liturgy, because we know that if we just ask once, we have not even started concentrating. That's why we work on repeating the words of the Jesus prayer over and over again. It's not for God's sake. It's for ours - quantity will lead to quality. We will begin to put our whole selves into those words - and the Holy Spirit will recognise our seriousness and come to us through the words we are praying.

But, be warned - as soon as you start you will be attacked. Your children will need you. You promised to visit your neighbour in need. It's boring and nothing is happening. What's the point of twenty minutes? Ten is just as good... Be tough. There will never be a good time to say this prayer. But the rewards will make all effort as nothing...

Love, George (Weymont)

Journey to Orthodoxy: Pamela (Xenia)

How in my senior years I found love and connection with God !

This is a brief story about my journey from childhood to today and how after many years of being in spiritual and emotional wilderness I opened my eyes and heart and now I truly belong.



I was born in 1961 into a working class family. My father was a coal miner and came to this country as a young boy because of the Spanish Civil war. My mum had a Methodist upbringing. My childhood experiences of religion were that Sunday school was a place where we went to get fed and clothed by seemingly middle class people , who had cars and spare things to give us. During Sunday evenings my Mum would watch the BBC series ' Songs of Praise ' on the TV. She knew every hymn and would recite parts of the biblical text with ease. I still love Church music!

I grew up in a Church of England school and thought God was someone with whom I had no connection and was, therefore, not worthy of His love or belonging to Him. This remained throughout my childhood and into adulthood.

I am and was a sinner of huge proportions, a risk taker, a rebel, and fighter who viewed life as challenge. God wasn't my friend; He was someone who we sang about in a school assembly! We learned stories about Jesus being born at Christmas, which meant presents, and about Jesus who died on the Cross and for that we got Easter eggs, so to that extend it seemed ok. I was totally disconnected from any spiritual path and had not a clue about the power of His love. ***[continued >>>]***

Having left school with no qualifications, I somehow got into adult education and climbed the academic path. The rebel in me was truly alive and I found a platform to be a change maker, challenging the system while supporting those who had no voice in society. Unbeknown to me at the time, God put me to work and dedicated my life to the vulnerable, the lost and the suffering. Ironically I was one of these too!

Some years later in 2012, my world collapsed, my second relationship ended, my children were grown up and had left the nest. Every pillar of security I thought I had was gone. I was truly broken, and I was at a point of desperation. I remember calling out to God and asked Him to save me from myself. I didn't want to live anymore. Until that point I had never asked for help as I was taught early on in life that I was not worthy. They say when the student is ready, the teacher appears and in 2020, I was introduced to Orthodoxy. My youngest son James decided to start a new life in the US having met his soon to be Californian wife, who is not an Orthodox Christian.

James and I share a unique and special bond in that we were open to learning and had enquiring minds. We both shared similar interests and spent time trying to make sense of the world and life. Previously we had explored new age spirituality! It was during my soul searching time of 'what am I doing with my life' and 'what's the point to it all' that everything changed for me. I was visiting my family in the US and attended with my son James a Sunday service at his local Orthodox Church of St Andrews in California. I thought that I would go and see for myself what he was talking about. It was during my visit to the church I was drawn to Saint Xenia. I recalled looking up at her whilst listening to the Liturgy, unbeknown to me at that time, that she would guide my journey to St Aidan church in the U.K. and to my baptism on 6th August 2023.

My son was at this time a Catechumen and I listened to the Liturgy. I looked in wonder at the icons staring down at me, I watched in awe at the procession. I felt like I had been transported to another place. It began to

feel strong emotions that I hadn't experienced before. Emotions to this day rise up in me during the Liturgy. I feel God presence, I feel connected, This was the beginning of a new way for me to be. We continued over the months and years to discussed lectures and readings; I would ask so many questions about Orthodoxy. The profoundness of God's love, the clarity of His teachings; Orthodoxy connected me to my love for my God and therefore my love for myself. Sometimes, that's all we need - to feel God's unconditional love.

So, my initial plan of spending my first Pascha with my family in the US didn't happen! And upon arriving back in the U.K. I thought I would find me my own church! St Aidan Church appeared in my internet search. I came along to the Pascha celebrations, struggling to keep awake for the three hours ! but I made it, and the rest is history! I have so much to learn and have to quell my racing mind and understand, as in the fable of the tortoise and the hare. I need only to follow God's path. I am not in a race; God is beside me and will forever be!

Pamela (Xenia) Arnold



The Prayer of the Heart: The Jesus Prayer

'Lord Jesus Christ, Son of God, have mercy on me a sinner'

Brothers and sisters - The Jesus Prayer!
... a very powerful sword in our struggles with the evil one...

First it will help us realise that we are not quite as capable in our own strength as we thought we were. Next it will act as a balm