



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 🍇 <i>Fast Day</i> 14th Sunday of Luke 0845 Matins 1000 Divine Liturgy General Assembly	2 <i>Fast Day</i> 1745 9th Hr & Vespers	3 <i>Fast Day</i> 1745 9th Hr & Vespers	4 <i>Fast Day</i> Feast of St Barbara 0600 Matins 0700 Divine Liturgy 1800 Paraklesis	5 <i>Fast Day</i> 1745 Ninth Hour 1800 Great Vespers, and Artoklasia	6 <i>Fast Day</i> Feast of St Nicholas 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers 1845 Discovering Orth.	7 🍇 <i>Fast Day</i> 1745 9th Hr & Vespers 1830 Youth Fireside
8 🍇 <i>Fast Day</i> 10th Sunday of Luke 0845 Matins 1000 Divine Liturgy Parish Council Elections	9 <i>Fast Day</i> 1745 9th Hr & Vespers	10 <i>Fast Day</i> 1745 9th Hr & Vespers	11 <i>Fast Day</i> 1745 9th Hr & Vespers	12 <i>Fast Day</i> Feast of St Spyridon 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers	13 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 Discovering Orth.	14 🍇 <i>Fast Day</i> 1745 9th Hr & Vespers
15 🍇 <i>Fast Day</i> 11th Sunday of Luke 0845 Matins 1000 Divine Liturgy	16 <i>Fast Day</i> 1745 9th Hr & Vespers	17 <i>Fast Day</i> 1745 9th Hr & Vespers	18 <i>Fast Day</i> 1800 Paraklesis	19 <i>Fast Day</i> Noon Ladies' Luncheon 1745 9th Hr & Vespers	20 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 Discovering Orth.	21 🍇 <i>Fast Day</i> 1745 9th Hr & Vespers
22 🍇 <i>Fast Day</i> Sunday Before Christmas 0845 Matins 1000 Divine Liturgy	23 <i>Fast Day</i> 1745 9th Hr & Vespers	24 <i>Fast Day</i> Paramony of the Nativity 0900 Matins 1000 Imperial Hours 1800 Vespers Div. Lit.	25 <i>Fast Free</i> Feast of the Nativity 0900 Matins 1000 Divine Liturgy 1745 9th Hr & Vespers	26 <i>Fast Free</i> Synaxis of the Theotokos 0900 Matins 1000 Divine Liturgy 1745 9th Hr & Vespers	27 <i>Fast Free</i> Feast of St Stephen 0900 Matins 1000 Divine Liturgy 1745 9th Hr & Vespers	28 <i>Fast Free</i> 1745 9th Hr & Vespers
30 <i>Fast Free</i> Sunday After Christmas 0845 Matins 1000 Divine Liturgy	31 <i>Fast Free</i> 1745 9th Hr & Vespers					

The Nativity (or Advent) Fast

Fast Day: During the period of the Nativity Fast, November 15th – December 24th, we abstain from: (a) all vertebrate products, including meat, dairy items, and fish (by “fish” we mean vertebrate fish, shellfish, however, may be consumed on any day; (b) olive oil; and (c) wine (as well as all alcohol).

🍇 **Fast Day:** On Saturdays and Sundays the Nativity Fast, as well as certain feast days, the Fast is relaxed to consume olive oil and wine.

🐟 **Fast Day:** On Major Feasts during the Nativity Fast, the Fast is relaxed to consume fish, olive oil, and wine.

Ἱερός Ναός Ἁγίου Νικολάου



HOLY CHURCH OF SAINT
NICHOLAS