

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Fast Day</i> Feast of Saints Kosmas and Damianos 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers 1845 <i>Discovering Orth.</i>	2 1745 9th Hr & Vespers 1830 Youth Fireside
3 5th Sunday of Luke 0845 Matins 1000 Divine Liturgy	4 1745 9th Hr & Vespers	5 1745 9th Hr & Vespers	6 <i>Fast Day</i> 1800 Paraklesis	7 1745 9th Hr & Vespers	8 <i>Fast Day</i> Feast of the Archangels Michael and Gabriel 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers 1845 <i>Discovering Orth.</i>	9 Feast of Saint Nektarios 0600 Matins 0700 Divine Liturgy
10 8th Sunday of Luke 0845 Matins 1000 Divine Liturgy	11 1745 9th Hr & Vespers	12 1745 9th Hr & Vespers	13 <i>Fast Day</i> Feast of Saint John Chrysostom 0600 Matins 0700 Divine Liturgy 1800 Paraklesis	14 1745 9th Hr & Vespers	15 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 <i>Discovering Orth.</i>	16 <i>Fast Day</i> 1745 9th Hr & Vespers
17 <i>Fast Day</i> 9th Sunday of Luke 0845 Matins 1000 Divine Liturgy	18 <i>Fast Day</i> 1745 9th Hr & Vespers	19 <i>Fast Day</i> 1745 9th Hr & Vespers	20 <i>Fast Day</i> 1800 Paraklesis	21 <i>Fast Day</i> Feast of the Entrance of the Theotokos 0600 Matins 0700 Divine Liturgy Noon Ladies' Luncheon 1745 9th Hr & Vespers	22 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 <i>Discovering Orth.</i>	23 <i>Fast Day</i> 1745 9th Hr & Vespers
24 <i>Fast Day</i> 13th Sunday of Luke 0845 Matins 1000 Divine Liturgy	25 Feast of Saint Katherine 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers	26 <i>Fast Day</i> 1745 9th Hr & Vespers	27 <i>Fast Day</i> 1800 Paraklesis	28 <i>Fast Day y</i> 1745 9th Hr & Vespers	29 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 <i>Discovering Orth.</i>	30 <i>Fast Day</i> Feast of St Andrew the Apostle 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers

The Nativity (or Advent) Fast

Fast Day: Wednesdays and Fridays are fast days according to the ancient tradition of the Orthodox Church. On Wednesday, we recall the betrayal of Judas. On Friday, we recall the crucifixion of the Lord.

Fast Day: During the **period of the Nativity Fast**, November 15th – December 24th, we also 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