

## October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>Fast Day</b>	3	4 <b>Fast Day</b>	5
<b>6</b> <b>3rd Sunday of Luke</b> 0845 Matins 1000 Divine Liturgy	7  1745 9th Hr & Vespers	8  1745 9th Hr & Vespers	9 <b>Fast Day</b>  1800 Paraklesis	10  1745 9th Hr & Vespers	11 <b>Fast Day</b>  1745 9th Hr & Vespers 1830 Orthodoxy 101	12  1745 9th Hr & Vespers 1830 Youth Fireside
<b>13</b> <b>4th Sunday of Luke,</b> <b>Fathers of the Seventh</b> <b>Ecumenical Council</b> 0845 Matins 1000 Divine Liturgy	14  1745 9th Hr & Vespers	15  1745 9th Hr & Vespers	16 <b>Fast Day</b>  1800 Paraklesis	17  Noon Ladies' Luncheon  1745 9th Hr & Vespers	18 <b>Fast Day</b> <b>Feast of St Luke</b> <b>Apostle</b> 0600 Matins 0700 Divine Liturgy  1745 9th Hr & Vespers	19  1745 9th Hr & Vespers
<b>20</b> <b>6th Sunday of Luke</b> 0845 Matins 1000 Divine Liturgy	21  1745 9th Hr & Vespers	22  1745 9th Hr & Vespers	23 <b>Fast Day</b> <b>Feast of St James</b> <b>Apostle</b> 0600 Matins 0700 Divine Liturgy	24  1745 9th Hr & Vespers	25 <b>Fast Day</b>  1745 9th Hr & Vespers 1845 Discovering Orth.	26 <b>Feast of St Dimitrios</b> 0900 Matins 1000 Divine Liturgy  1745 9th Hr & Vespers
<b>27</b> <b>7th Sunday of Luke</b> 0845 Matins 1000 Divine Liturgy	28  1745 9th Hr & Vespers	29  1745 9th Hr & Vespers	30 <b>Fast Day</b>  1800 Paraklesis	31  1745 9th Hr & Vespers		

### Fasting

**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.

On fast days, 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).

\*When certain Feasts fall on Wednesday or on Friday, consumption of oil and wine is permitted.

Ἱερός Ναός Ἁγίου Νικολάου



HOLY CHURCH OF SAINT  
NICHOLAS

*Revised 12-03-2018*