



*Jesus Christ, our  
Saviour and Redeemer*

# Holy Protection Orthodox Church

Greetings on this blessed Lord's Day! Please take a green information sheet if this is your first time here. You can put in any collection basket or hand to greeter

**IN EMERGENCY CALL/TEXT 813-406-2620 (Fr.'s cell). If in middle of night and no answer, call 813-659-0123 or 813-451-9829 (Pani's cell). If they are off duty please call Parish Council President below**

## Schedule

Tone 7

### Sunday, December 1 24<sup>th</sup> Sunday After

#### Pentecost

10 am Divine Liturgy

11:15am Fellowship

Fasting

Decorate Church

Christmas

Reader: Brian

Counters: Paula, Andrew

### Tuesday, December 3

6:15 pm Book Study

7:00 pm Vespers

St. Barbara

7:30 pm Council

### Sunday, December 8

#### 25<sup>th</sup> Sunday After

#### Pentecost

10 am Divine Liturgy

11:15am Fellowship

Fasting

Visit from St. Nicholas

Reader: Andy

Counters: Paula, Olga

### Tuesday, December 10

6:15 pm Book Study

7:00 pm Service of  
Repentance and Office of  
Confession followed by

7:30 pm private  
confessions

## ANNOUNCEMENTS

Today after fellowship we will be decorating the church for Christmas. The more people we have to help, the faster we finish!

The Outreach Ministry is collecting food donations for 2 families and also blankets for patients in hospitals. All donations need to be in by 12/15.

On December 10 there is going to be a Service of Repentance followed by private confessions at 7:30. This is in preparation for Nativity in the midst of the period of repentance during the Nativity fast. Please note you do not have to take confession exactly on this day in order to participate in the service, but should take it prior to Nativity itself.

Pani does the bulletin, if you need something put in the bulletin you must let her know through text 813-451-9829 or email [panicarrie@yahoo.com](mailto:panicarrie@yahoo.com) by Friday evening.

The Nativity Divine Liturgy will be 10 am on December 25.

Natalie and Mike have been working in the hall setting up a ministry wall. Please review this area often for important information and updates.

Pani has begun book study before the midweek service. We are reading through Person to Person by Dr. Harry Boosalis. If you are interested, let her know. She will make copies of the pages to read, or you can order the book through Amazon or St. Tikhon's Monastery Book store. If you have not been able to attend the first few, you can still participate!

Please, still come to the 7:00 service if you cannot make the book study!

Please let the children and their families get their food first for fellowship so Christian Education for them can begin faster.

If you have someone who needs to be added to the prayer list, please see Cynthia Brown. You can contact Cynthia during the week at [cynthiaann36@live.com](mailto:cynthiaann36@live.com) or on Facebook Messenger. We will update the list monthly.

**Prayer Corner Living:** Please pray for the ailing: Kathy, William, Mat. Mary, Randee, Olga, Katy, Joy, Will, Mike D, Alex, Linda, Freda, John, Joe, Amy, Joshua, Brian, Jacob, George, Sally, Walter, Nina, Mike M, Heidi, Paula, Mikey, Dan, Vilma, Nadia, Darla, Ned, Agnes, Steve, Linda C., Donna, George

**Reposed:** Virginia, Harry, Millie, Harry, Richard, Albert, Mary, John, Doris, Mary, Subdeacon John, Vera, Beverly, James, Dessie, Ernest, Elbert, Bill, Viva, Ina

Sign up for fellowship! It can be as simple as bagels or donuts. Please see the board in the hall, or a council member if you have any questions. Please refer to the Fellowship guidelines when it is your Sunday to do fellowship.

Parish council contacts: Scottie (President): 813-629-6027, Brian (Vice President): (813) 763-5226, Rebecca (Treasurer): (813) 763-5225, Paula (813) 838-4554 (Secretary) Tom Moore Financial Secretary, Marijean (571) 275-0810, Alternates: Ilya and Svetlana

If your pew book is in need of repair, please give it to Pani.

Please review the calendar on the side of the bulletin and notice if you are scheduled to be a counter with a parish council member.

If you are coming to confession, please be in line by 9:50 am on a normal Sunday. On a Sunday there is a Memorial scheduled, please be in line by 9:35 am. Please line up down the center isle of the church.

## **Fasting Guidelines for the Nativity Preparatory Period (Nov. 15-Dec 24)**

**As one of the four periods of repentance of the Church, we do the following:**

- 1). Increase prayer (and increase attendance at services when possible).**
- 2). Increase spiritual reading (Scripture, Saints lives, Church Fathers, etc.).**
- 3). Do an examination of conscience, and confession as appropriate during the fast**
- 4). Choose an option for fasting as follows:**

In the monastic typikon tradition, which since the 15<sup>th</sup> century has been also encouraged for laity when possible, the following is the case:

On Mondays, Wednesdays, and Fridays from November 15-Dec. 19, and all days from Dec. 20-24, eat nothing in the morning hours at all (until noon), with no Meat, Fish, Eggs, Cheese/Dairy, Wine or Olive Oil thereafter. On Saturdays, Sundays, Tuesdays and Thursdays Nov 15-Dec 19: Fish and olive oil are eaten.

**Other dispensational options to observe the fast for those not doing the sabbas typikon praxis:**

Option 1). One traditional way is for people to fast on Mondays, Wednesdays and Fridays until December 17. From December 18-24 to abstain from meat and dairy (\*Note, during the first millennium, the Nativity fast for laity was only one week long), and to be careful not to overeat on other days. If one can also do so, the canons prescribe, on Wednesdays and Fridays during the whole period, eating no food on Wednesdays and Fridays until noon for those who work (i.e. from the evening before no later than midnight until noon of the following day), but for monastics to eat nothing until 3pm.

Option 2). St. Isaac of Syria wrote this: "If you cannot labor with your body, at least make efforts in your mind. If you cannot fast for two days, fast at least till evening. If you cannot fast till evening, be careful not to overeat. If you are not a peacemaker, at least do not be addicted to strife."

Option 3). Don't drink alcohol and pick one food to abstain from for the whole period that is a food from the fasting list that you are inclined to addiction towards (i.e. a type of meat or dairy which might include, for example, bacon or chocolate).

*\*Note: Hospitality from non-Orthodox is to be accepted when given (unless the food is openly known to have been sacrificed to idols, and then must be refused, or unless it would cause harm to your health such as food allergies, etc.). In other words, if someone invites you to an office Christmas party or a neighbor to a Christmas party it is appropriate to accept the invitation and dispense with the fast, but all things should be eaten with prayer.*