



3820 Moores Lake Rd.  
Dover, FL 33527

In case of emergency: Call Father Harry Lisinbigler,  
(813) 406 – 2620. If there is no answer, leave a  
message. Then call Pani Carrie at (813) 451-9829



**“Christ is Amongst Us!”**  
**-“He Is, and Ever Shall Be!”**

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**Schedule:**

**Sunday, November 21:**

10:00 Divine Liturgy

**Entrance of the Most Holy Theotokos**

**Sunday, November 28:**

10:00am Divine Liturgy

**Parish Council:**

President: Brian Delp, (813) 763-5226

Vice President: Paula Karagounis, (813) 838-4554

Secretary: Rebecca Delp, (813) 7635225

Treasurer: Tom Moore, (813) 244-7670

Financial Sec.: Natalie Brennan (508) 272-0395

Member, Ellen Flynn, (863) 242-4865

**Readers Schedule:**

November 7 – SubDcn Joseph / Ellen

November 14 – Arlene/Brian

November 21 – Brian/SubDcn Peter

November 28 – SubDcn Peter/Arlene

**Counters**

**November 7** – Svetlana – Rebecca

**November 14** – Nancy – Rebecca

**November 21** – Mike – Rebecca

**November 28** – Jacob – Rebecca

**December 5** – Tracy – Natalie

**Church School:**

Contact Pani Carrie for church school information: Volunteers are needed to help this year. If you can help in any way please contact Pani Carrie.

**God Grant Many Years To:** Father Harry and His Son Harry IV, They share the same Birthday!(October 22)

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**A Message from Father Harry:**

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

*The Nativity Preparation Period, or Nativity fast, is also known as Advent and Pilipivka.*

**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. Confession during the Fast is advisable.
- 4). Fast (Choose an option for fasting below)

Traditional fasting involves what we now call “intermittent fasting,” where on most Wednesdays and Fridays throughout the year, we don’t eat anything during the morning (a.m.) hours. During the Nativity Fast we add Mondays to Wednesdays and Fridays with this kind of fasting. In other words we skip breakfast on those days, which is literally where the term “breakfast” comes from, breaking fast on days which are not strict fast days. During those days it is traditional to eat only one full meal during the day, with other collations (mini-meals) where needed.

The other part of fasting is abstaining from certain kinds of food. This seems to be a more difficult part of the fast for many people due to the fact that, unlike most days in the past, we often are getting food that is prepared for us by others who often determine the menu, we have more food allergies and the like. On this front, please see the following options for fasting.

### **Options for Fasting During Advent**

*\* Please note, that fasting on a particular day can either be done from midnight to midnight or from 6pm the evening before until 6pm on the day, the latter being the older practice as we see from the numerous monastic typika down through the centuries, following the biblical day. If you live in a household that does not observe fasting other than you, accept the hospitality and eat what is made for you with thanksgiving to God, but if they are Christian see if they will at least do some form of fasting on Fridays in honor of our Lord's crucifixion and in observance of His ordinance "when you fast" (Matt. 6). Pregnant women and those who have given birth for the first 40 days do not fast. When travelling there is dispensation also to eat what is cooked for you, although Fridays should be held in highest regard to fast when possible, as it is the day of our Lord's crucifixion.*

**Option 1).** The most rigorous way to observe the fast is to fast according to the monastic typikon tradition, which was developed for monks and nuns but also, since the 15<sup>th</sup> century, has been encouraged for laity for spiritual advancement. According to this practice, 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, Wine or Olive Oil thereafter on those days. On Saturdays, Sundays, Tuesdays and Thursdays from Nov 15-Dec 19, fish and olive oil may be eaten even in the strictest practice.

**Option 2).** Abstain from meat and alcohol on Mondays, Wednesdays and Fridays until December 19 and to be careful not to overeat on other days. From December 20-24 abstain from meat and dairy.

**Option 3).** 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." Fast on Fridays, avoid alcohol on weekdays, 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).

People with further health and nutritional concerns regarding fasting should talk with Father Harry to figure out a good alternative that is in accord with your health needs. There are obvious provisions for needing to not follow the fast when traveling, pregnant, or living with people who are not Orthodox, and any time that someone who is not Orthodox cooks for you, it is proper to accept the hospitality and eat what is set before you, and this includes at school and work when others are determining the menu and feeding you.

*\*Note: Hospitality from non-Orthodox people 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 your boss 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.*

### **Advent will begin November 15**

As you make plans for Christmas remember the Church in your prayers and gift giving. We have about \$10,000 of repairs to do on the social hall and rectory. There is a red basket in the Church for anyone who is able to donate for this purpose. Remember that you can give online through pay pal by clicking the link on our website at [www.holyorthodox.org](http://www.holyorthodox.org)

**Out Reach:**\*This fall we will continue with a collection basket for a needy family at Thanksgiving (or an extended family). You may start bringing in non-perishable food items and gift cards for the basket in the Narthex or Church Hall. Please let Pani or Arlene know of a worthy needy family.

\*Another outreach project we will do is collect canned goods for Unity in the Community. We will provide a special collection box in the Narthex and Church Hall for the canned goods. The purpose of this non-profit organization is to raise funds and goods to benefit those in need near Plant City, FL.

**Prayer Corner:**

Contact Cynthia Brown to add or delete names from the Prayer Corner lists. [Cynthiaann36@live.com](mailto:Cynthiaann36@live.com) or (863) 223-6775.

**Living:** Please pray for the ailing: Graham, Virginia, Anton, (grandmother) Mike, Stella, Amanda, Mike, Michael, Samuel, Vilma, Dan, Stacy, Arlene, Bruce, Laura, Christopher, John Sherrie, Chuck Rick, Darla, Trevor, Tony, Avi, Michelle, Bradley, Jeffery, Reagan, Jana, Douglas, Karen, Tony, Jana, Father John, and Cletus.

**Reposed :** Please pray for the departed: Virginia, Harry, Millie, Harry, Richard, Albert, Mary, John, Doris, Mary, Subdeacon John, Vera, Beverly, James, Dessie, Ernest, Elbert, Bill, Viva, Ina, Cynthia, Bernard, Finn, Marie, Kathy, Cassia, Francesca, Tina, Joan, Lennie, Walter, Bertha, George, Olin, Rowland, Mary Louise, Willis, Dora and Frank. .

We are still collecting for the building fund. If you would like to donate towards the repair of the hall and rectory, there is a basket in the narthex.



**St. Thomas the Apostle**

Kontakion. Fourth Tone.  
Christ's Apostle who was filled with God's divine grace, he who was His genuine and faithful servant in all truth, all lauded Thomas exclaimed aloud in deep repentance: Thou art both my God and my Lord.

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**The Apostle Thomas**  
**October 6/19**

St. Thomas the Apostle most notably know as "Doubting Thomas". It was he that would not believe that Christ did rise from the dead unless he "...see in His hands the print of the nails, and put my finger into the print of the nails and thrust my hand into his side, I will not believe" John 20:24. This same Thomas accepted the challenge of apostleship courageously. He went into the farthest reaches of civilization, to India, then known as Malabar. There he did a remarkable job of establishing Christianity where there was one of the least spiritually fertile lands on the earth. His missionary efforts proved that he was not only an enthusiastic messenger of Christ but also as great administrator, insisting on Christian fundamentals and ascetic principals. This created a Christian community so strong that it withstood the oppression of the Moslems. To this day this community continues. His journeys spread as far as Bombay and even to Ceylon. It was there that he incurred the wrath of one of the tribal kings named Misdai who had him cast into prison and executed. There is a mountain in India that is named for St. Thomas. His relics now rest in Edessa where he is believed to be from.

**What 5 things have you learned about the Apostle Thomas?**

