



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 Born” “Glorify Him!”

Schedule for Advent, Christmas, and Epiphany 2022-2023:

November 15: The Beginning of the Nativity Fast (Advent)

November 20: 10 am Liturgy, Forefeast of the Entrance of the Mother of God into the Temple; Chrismation of Joshua Barton and Rebekah Wise.

November 27: 10 am Liturgy, St. Jacob the Great Martyr of Persia, Baptism/Chrismation of the Langlois Family, Parish Thanksgiving Meal.

December 4: 10 am Liturgy, St. Barbara, **St. Nicholas** – Visit from St. Nicholas! Bring the youth! Baptism of Dereck Andrews. Note, we have the tradition to leave our shoes in the narthex on this day to perhaps receive a treat in them in the spirit of St. Nicholas. A visit from St. Nicholas will be in the hall following Liturgy. All are welcome to make a Christmas ornament to keep or send to the Christostracy.

December 11: 10 am Divine Liturgy, Forefathers of Christ and Conception of the Theotokos. Putting up the tree and fully decorating for Christmastide!

December 18: 10 am Divine Liturgy, Sunday before the Nativity, St. Sebastian of Rome and holy companions.

Christmastide (The Eve of December 25 until February 2)

December 24: Christmas Eve, 5 pm , Christmas Eve Vigil of the Nativity of our Lord, God and Savior Jesus Christ (not a communion service).

December 25: Christmas Day, 10 am Divine Liturgy, for the Feast of the Nativity of our Lord, God and Savior Jesus Christ.

December 31: New Year’s Eve, 5 pm Supplicatory Service for the New Year.

January 1: 10:30 am, Divine Liturgy, The Feast of Christ’s Holy Naming and Circumcision. CHRISTMASTIDE/NEW YEAR’S MEAL following Liturgy.

January 5: Epiphany Eve, 6 pm, Vesperal Liturgy of the Eve of Theophany; Great Blessing of the Waters.

January 6: Epiphany, 10 am Divine Liturgy of Theophany (the Manifestation of God), Baptism of Christ.

January 6: - February 1 HOME BLESSING SEASON.

January 7: 10 am Divine Liturgy, Julian Calendar, Nativity (St. John Baptist RJC).

January 8: 10 am Divine Liturgy, Great and Holy Theophany after feast.

In the near future:

January 22: “Tentative Visitation of our Metropolitan Archbishop Antony!

Notes from Father Harry:

Fasting Guidelines for Advent- -the Nativity Preparatory Fast Nov. 15-Dec 24

Thanksgiving weekend

The Bishops have given dispensation for many years for Thanksgiving weekend (Thursday through Sunday) so that we may eat festally. Thus, there is no fasting during these days.

Fellowship Rules for Sunday after Liturgy

Thanksgiving weekend we have our traditional Thanksgiving meal which we have had every year since we began 35 years ago as a parish without any fasting employed. **On all other Sundays** and days during this period until December 25, please do not bring any meat, eggs or cheese, because we will not serve them, because that is our faith discipline. Fish and seafood may be brought.

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 two things:

- 1). Total fasting (eating nothing for a longer period than on festal or regular days).
- 2). Fasting by abstaining from certain kinds of food such as meat, and, as the canons state, “eggs and cheese.”

Total fasting refers to what we now culturally 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, unless we have health needs to eat, 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 6 pm on

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the next 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. 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 15th 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, dairy, and alcohol.

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, and return to fasting thereafter.*

Parish Council:

President: Ellen Flynn – (863) 242-4865
Vice President: Paula Karagounis - (813) 838-4554

Secretary: Rebecca Delp - (813) 763-5225
Treasurer: Ryan Becker - (813) 965-1881
Financial Secretary: Natalie Brennan – (508) 272-0395

Reader Schedule:

	Reader	Backup
Dec. 4	Ellen	Sbdn. Joseph
Dec. 11	Linda	Arlene
Dec. 18	Joseph N.	Ellen
Dec. 25	Sbdn. Peter	Joseph N.
Jan. 1	Sbdn. Joseph	Sbdn. Peter

Counter Schedule:

	Council Member	2 nd Counter
Dec. 04	Natalie	Tracy
Dec. 11	Natalie	Ellen
Dec. 18	Natalie	Pani Carrie
Dec., 25	Natalie	Jacob
Jan. 1	Ellen	Nancy

Anyone interested in being a co-counter with a Parish Council Member please see Ellen Flynn.

Prayer Corner:

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

Living: Please pray for the ailing: Pearl, (grandmother) Mike, Stella, Amanda, Darla, Stacy, Bruce, Nicole, Martha, Tim, Vilma, Dan, John, Sherrie, Chuck, Rick, Tony, Avi, Michelle, Bradley, Jeffery, Reagan, Jana, Roy, Erin, Cynthia, Rebecca, Petya, Stephanie, Denise, Cletus, Steven, Nora, Keith, Kassey, Clay, and Alyssa, Lola, Chris, Andrea, Archie, Gwen, Robert, Helena, Malona, Merle, and Christina.

Reposed : Please pray for the departed: John, George, Pavel, Subdeacon John, Jack, Nathaniel, PJ, Lola, Anthony, Rebecca, and Vera.

Christian Education:

Fr. Harry will be doing “Five Minutes of Fun with Fr. Harry” periodically during Fellowship.

Fr. Frederick will be doing an explanatory series on the meaning of an icon the second Sunday of each month during fellowship.

Church School Teachers are:

Rebekah Becker – Children under 6
Todd Hatfield – Children 7 -12
Arlene Tonjes - Teens

Building Fund:

Please contribute generously to the building fund basket in the narthex.

Fellowship/Coffee Hour Update:

Please continue to bring pot luck items or supplies such as dry snacks and paper plates of all sizes, plastic ware (forks) and cups. There will be no fellowship meal on Christmas day.

Outreach:

The outreach project for Christmas will be a continuation of a collection of canned foods. This time for the food bank in Plant City. There will be a box in the Church Narthex and one in the Church Hall.

Church Motto for the Year:

“Cling to What is Good.”
- Romans