

**HELLENIC COMMUNITY OF HAMILTON AND DISTRICT  
ST. DEMETRIOS GREEK ORTHODOX CHURCH HAMILTON**  
proudly serving our community since 1952

**Stephen the new Confessor**

**Sunday November 28, 2021**



**WEEKLY BULLETIN**

**Welcome to st. Demetrios Hamilton!**

*We are a religious community, with ecclesiastical and cultural programming, centered around the traditions and values of our Holy Orthodox faith. We offer opportunities to explore our faith through engaging and immersive programming such as: Sunday School / Catechism, Greek Language Instruction for youth and adults, Greek Dance and Folklore instruction, as well as bible study. We offer many opportunities to engage with the community, such as Philanthropy through our Holy Trinity Philoptochos Society, volunteering opportunities at festivals and events, and youth social activities, community excursions and religious retreats.*

**ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΤΑ ΧΑΜΙΛΤΟΝ ΚΑΙ ΠΕΡΙΦΕΡΕΙΑΣ  
ΕΛΛΗΝΟΡΘΟΔΟΞΟΣ ΕΝΟΡΙΑ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ ΧΑΜΙΛΤΟΝ  
ἀπὸ τὸ 1952**

**22 Head street, Hamilton, ON L8P 1R9**

Tel. (905) 529-9651

www.stdemetrios.ca

stdemetriosgochamilton@gmail.com

Office Location: 27 Head street, Hamilton, ON L8P 1R9  
(across the street from the Church).  
Secretary: Aikaterini (Rena) Georgakopoulos

Office closed on Mondays  
**Open Tue-Fri – 5pm to 7pm**

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**SUNDAYS: 9am – Matins & 10:15am – Divine Liturgy**

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**SCRIPTURE READINGS**

Eothinon 1: Mt 28:16-20  
Epistle: Ephes 2:4-10  
Gospel: Lk 18:18-27

Presiding Priest  
the V. Rev. Archimandrite  
of the Most Holy Archdiocese of Constantinople  
Fr. Photios Tsamis  
[photios.tsamis@gmail.com](mailto:photios.tsamis@gmail.com)  
mobile: (289) 775-9652

**2021 Community Council**

**President**  
Fotios (Frank) Spyridoulas

**Vice President**

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**Secretary**  
Fotini (Tina) Edwards

**Treasurer**  
Panagiotis (Peter) Kourtakis

**Board members**

Anastasios (Tom) Zafiridis, Eleftherios (Terry) Tsiliganos, Nathan Hondronicols, Elias Thersidis, John Kartas, Athanasios (Tom) Kavouras, Nikolaos Triantafillou, Sophie Savruk, Sue Zafiridis and Antonis Halkeas

**Role of the Community Council**

*The role and responsibilities of the Church Council members is to represent their parish and the Orthodox Christian faith as leaders of the community. The Council consists of the Priest and the elected members.*

**Mission of the Community Council**

*Our goal as the parish council is to practice and proclaim the Orthodox Christian Faith pure by setting an example for the parish and ensure that we provide an enjoyable and comfortable experience through our administration services towards our membership and non-members entering the front doors every day.*

*As ambassadors of Faith and your council representative, we encourage you to feel free and approach us for any inquiries you may have.*

Council Meetings occur on the First Monday of every month at 7:00 pm unless otherwise communicated.

## **Hymns for this morning**

### **Resurrectional Apolytikion, mode 6**

*When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.*

### **Ἀναστάσιμον Ἀπολυτίκιον ἤχος πλ β'**

*Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.*

### **Entrance Hymn, mode 2**

*Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Halleluia.*

### **Εἰσοδικόν, ἤχος β'**

*Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστάς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.*

### **Apolytikion for the devout man, mode 4**

*When you had trained ascetically on the mountain, wearing the armor of the Cross, blessed Father, you then destroyed the spiritual armies of the foe. Afterwards you manfully stripped yourself for the contest and you slew Copronymous with the sword of the true Faith. For both these victories you were crowned by God, monastic Martyr Saint Stephen, extolled by all.*

### **Ἀπολυτίκιον τοῦ Ὁσίου, ἤχος δ'**

*Ἀσκητικῶς προγυμνασθεὶς ἐν τῷ ὄρει, τὰς νοητὰς τῶν δυσμενῶν παρατάξεις, τῇ πανοπλίᾳ ὤλεσας παμμάρκαρ τοῦ Σταυροῦ· αὐθις δὲ πρὸς ἄθλησιν, ἀνδρικῶς ἀπεδύσω, κτείνας τὸν Κοπρώνυμον, τῷ τῆς Πίστεως ζῖφει, καὶ δι' ἀμφοῖν ἐστέφθης ἐκ Θεοῦ, Ὁσιομάρτυς ἀοίδιμε Στέφανε.*

### **Apolytikion of st. Demetrios, mode 3**

*All the world has you, its mighty champion, fortifying us, in times of danger, and defeating our foes O victorious one, so as you humbled Lyaeos' arrogance, by giving courage to Nester in the stadium, O Holy Great Martyr Demetrios, to Christ Our God pray fervently, beseeching Him to grant us His great mercy.*

### **Ἀπολυτίκιον ἁγ. Δημητρίου, ἤχος γ'**

*Μέγαν εὔρατο, ἐν τοῖς κινδύνοις, σὲ ὑπέρμαχον, ἡ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἄγιε, Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.*

### **Kontakion, mode 3**

*On this day the Virgin Maid goes to the grotto to give birth to the pre-eternal Word in an ineffable manner. Dance for joy, all the inhabited earth, on hearing. Glorify along with Angels and with the shepherds Him who willed that He appear as a newborn Child, the pre-eternal God.*

### **Κοντάκιον, ἤχος γ'**

*Ἡ Παρθένος σήμερον, τὸν προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, Παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.*

### **The readings for today**

**Eothinon 1, Mt 28:16-20**

*At that time, the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw Him they worshiped Him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age. Amen."*

**Ἐωθινὸν Α', Μτ ΚΗ' 16-20**

*Τῷ καιρῷ ἐκείνῳ, οἱ ἕνδεκα μαθηταὶ ἐπορεύθησαν εἰς τὴν Γαλιλαίαν, εἰς τὸ ὄρος, οὗ ἐτάξατο αὐτοῖς ὁ Ἰησοῦς. Καὶ ἰδόντες αὐτόν, προσεκύνησαν αὐτῷ· οἱ δὲ ἐδίστασαν. Καὶ προσελθὼν ὁ Ἰησοῦς, ἐλάλησεν αὐτοῖς, λέγων· Ἐδόθη μοι πᾶσα ἐξουσία ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Πορευθέντες οὖν, μαθητεύσατε πάντα τὰ ἔθνη, βαπτίζοντες αὐτοὺς εἰς τὸ ὄνομα τοῦ Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἁγίου Πνεύματος· διδάσκοντες αὐτοὺς τηρεῖν πάντα ὅσα ἐνετειλάμην ὑμῖν. Καὶ ἰδοὺ, ἐγὼ μεθ' ὑμῶν εἰμι πάσας τὰς ἡμέρας, ἕως τῆς συντελείας τοῦ αἰῶνος. Ἀμήν.*

### **Epistle reading from Paul's First Letter to the Ephesians**

**Eph 2:4-10**

*Brethren, God who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with him, and made us sit with him in the heavenly places in Christ Jesus, that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and this is not your own doing, it is the gift of God: not because of works, lest any man should boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

**Πρὸς Ἐφεσίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα**

**Ἐφ Β' 4-10**

*Ἀδελφοί, ὁ Θεὸς πλούσιος ὢν ἐν ἐλέει, διὰ τὴν πολλὴν ἀγάπην αὐτοῦ ἣν ἠγάπησεν ἡμᾶς, καὶ ὄντας ἡμᾶς νεκροὺς τοῖς παραπτώμασιν συνεζωοποίησεν τῷ Χριστῷ· χάριτί ἐστε σεσωσμένοι· καὶ συνήγειρεν καὶ συνεκάθισεν ἐν τοῖς ἐπουρανίοις ἐν Χριστῷ Ἰησοῦ, ἵνα ἐνδείξῃται ἐν τοῖς αἰῶσι τοῖς ἐπερχομένοις τὸν ὑπερβάλλοντα πλοῦτον τῆς χάριτος αὐτοῦ ἐν χρηστότητι ἐφ' ἡμᾶς ἐν Χριστῷ Ἰησοῦ. Τῇ γὰρ χάριτί ἐστε σεσωσμένοι διὰ τῆς πίστεως· καὶ τοῦτο οὐκ ἐξ ὑμῶν, Θεοῦ τὸ δῶρον· οὐκ ἐξ ἔργων, ἵνα μὴ τις καυχῆσῃται. Αὐτοῦ γὰρ ἐσμεν ποίημα, κτισθέντες ἐν Χριστῷ Ἰησοῦ ἐπὶ ἔργοις ἀγαθοῖς οἷς προητοίμασεν ὁ Θεὸς ἵνα ἐν αὐτοῖς περιπατήσωμεν.*





The reading is from the Holy Gospel according to Luke

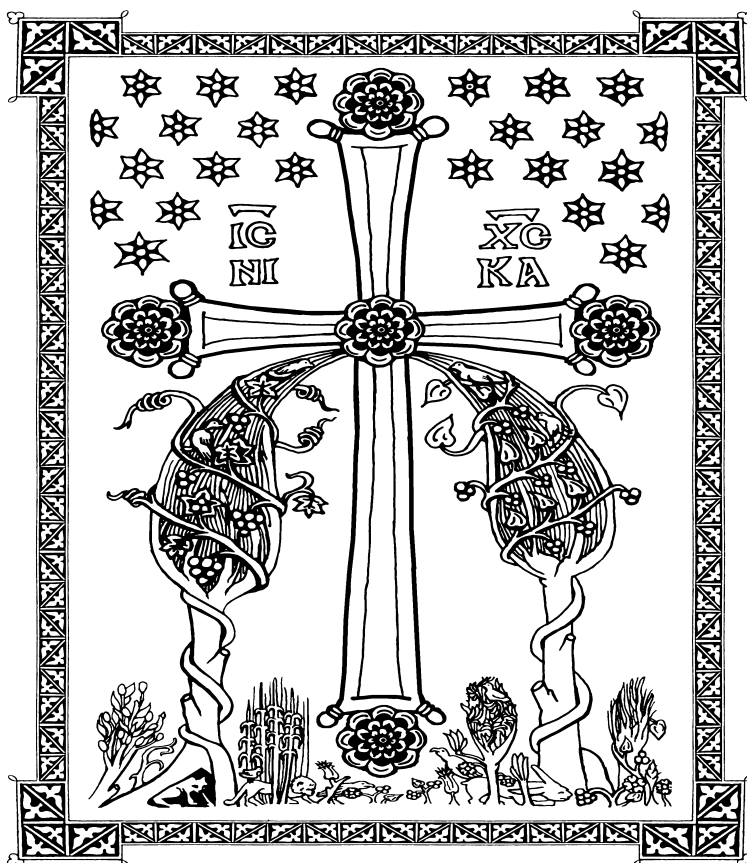
Lk 18:18-27

At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor your father and mother.' " And he said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me." But when he heard this he became sad, for he was very rich. Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with men is possible with God."

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Λκ. ΙΗ' 18-27

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ πειράζων αὐτὸν καὶ λέγων· Διδάσκαλε ἀγαθέ, τί ποιήσας ζωὴν αἰώνιον κληρονομήσω; εἶπε δὲ αὐτῷ ὁ Ἰησοῦς· Τί με λέγεις ἀγαθόν; οὐδεὶς ἀγαθὸς εἰ μὴ εἷς, ὁ Θεός. τὰς ἐντολάς οἶδας· μὴ μοιχεύσης, μὴ φονεύσης, μὴ κλέψης, μὴ ψευδομαρτυρήσης, τίμα τὸν πατέρα σου καὶ τὴν μητέρα σου. ὁ δὲ εἶπε· Ταῦτα πάντα ἐφυλαξάμην ἐκ νεότητός μου. ἀκούσας δὲ ταῦτα ὁ Ἰησοῦς εἶπεν αὐτῷ· Ἔτι ἓν σοι λείπει· πάντα ὅσα ἔχεις πώλησον καὶ διάδος πτωχοῖς, καὶ ἔξεις θησαυρὸν ἐν οὐρανῷ, καὶ δεῦρο ἀκολούθει μοι. ὁ δὲ ἀκούσας ταῦτα περίλυπος ἐγένετο· ἦν γὰρ πλούσιος σφόδρα. Ἴδὼν δὲ αὐτὸν ὁ Ἰησοῦς περίλυπον γενόμενον εἶπε· Πῶς δυσκόλως οἱ τὰ χρήματα ἔχοντες εἰσελεύσονται εἰς τὴν βασιλείαν τοῦ Θεοῦ! εὐκοπώτερον γὰρ ἐστὶ κάμηλον διὰ τρυμαλιᾶς ραφίδος εἰσελθεῖν ἢ πλούσιον εἰς τὴν βασιλείαν τοῦ Θεοῦ εἰσελθεῖν. εἶπον δὲ οἱ ἀκούσαντες· Καὶ τίς δύναται σωθῆναι; ὁ δὲ εἶπε· Τὰ ἀδύνατα παρὰ ἀνθρώποις δυνατὰ παρὰ τῷ Θεῷ ἐστίν.



### Synaxarion

On November 28, we commemorate our devout father Stephen the New the Confessor.

On this day, Saint Andrew died for the sake of the holy Icons, after he was dragged on the ground.

On this day, Saint Peter also died for the holy Icons, after he was struck.

On this day, Saint Anna died, after she was struck in order to denounce Saint Stephen.

On this day we commemorate the holy Martyrs, who witness together with Saint Stephen for the sake of the holy Icons.

On this day we commemorate the holy Martyr Irenarchos and the seven holy women with him.

We also commemorate our father among the saints Theodore, who was Bishop of Theodosiupolis, Armenia, during the reign of emperor Maurice.

These holy Martyrs in Tiberiupolis: Timothy and Theodore the bishops; Peter, John, Sergius, Theodore, and Nikephoros the priests; Basil and Thomas the deacons; Hierotheos, Daniel, Chariton, Socrates, Komasios, Eusebios the monks; and Etimasios, died by the sword.

By their holy intercessions, O God, have mercy on us. Amen.

### Συναξάριον

Τῆς ΚΗ΄ τοῦ αὐτοῦ μηνὸς μνήμη τοῦ ὁσίου Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ Στεφάνου τοῦ Νέου.

Τῆ αὐτῆ ἡμέρᾳ ὁ ἅγιος Ἀνδρέας, συρόμενος κατὰ γῆς, διὰ τὴν τῶν ἁγίων Εἰκόνων προσκύνησιν, τελειοῦται.

Τῆ αὐτῆ ἡμέρᾳ, ὁ ἅγιος Πέτρος, τυπτόμενος ὑπὲρ τῶν ἁγίων Εἰκόνων, τελειοῦται.

Τῆ αὐτῆ ἡμέρᾳ ἡ ἁγία Ἄννα, τυπτομένη πρὸς τὸ κατεπειν τοῦ ἁγίου Στεφάνου, τελειοῦται.

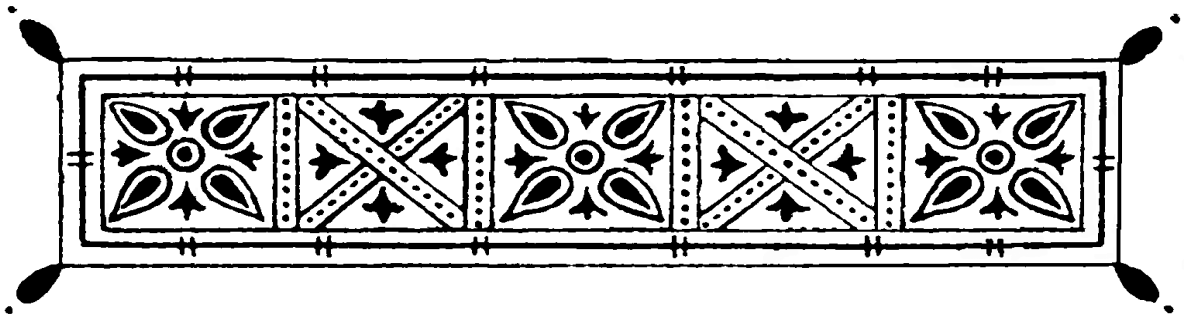
Τῆ αὐτῆ ἡμέρᾳ μνήμη τῶν ἁγίων Μαρτύρων, τῶν συμμαρτυρησάντων τῷ ἁγίῳ Στεφάνῳ, ὑπὲρ τῶν ἁγίων Εἰκόνων.

Τῆ αὐτῆ ἡμέρᾳ μνήμη τοῦ ἁγίου Μάρτυρος Εἰρηναρχοῦ, καὶ τῶν σὺν αὐτῷ ἑπτὰ Ἁγίων γυναικῶν.

Μνήμη τοῦ ἐν ἁγίοις Πατρὸς ἡμῶν Θεοδώρου Ἐπισκόπου γενομένου Θεοδοσιουπόλεως Ἀρμενίας, ἐπὶ τῆς βασιλείας Μαυρικίου.

Οἱ ἅγιοι Μάρτυρες Τιμόθεος καὶ Θεόδωρος, οἱ Ἐπίσκοποι· Πέτρος, Ἰωάννης, Σέργιος, Θεόδωρος καὶ Νικηφόρος, οἱ Ἱερεῖς· Βασίλειος καὶ Θωμᾶς, οἱ Διάκονοι· Ἱερόθεος, Δανιήλ, Χαρίτων, Σωκράτης, Κομάσιος, Εὐσέβιος, οἱ Μοναχοί· καὶ Ἐτιμάσιος, ἐν Τιβεριουπόλει ξίφει τελειοῦνται.

Ταῖς αὐτῶν ἁγίαις πρεσβείαις, ὁ Θεός, ἐλέησον ἡμᾶς. Ἀμήν.



## LIFE OF SAINT CATHERINE THE GREAT MARTYR



Saint Catherine, who was from Alexandria, was the daughter of Constatas (or Cestus). She was an exceedingly beautiful maiden, most chaste, and illustrious in wealth, lineage, and learning. By her steadfast understanding, she utterly vanquished the passionate and unbridled soul of Maximinus, the tyrant of Alexandria; and by her eloquence, she stopped the mouths of the so-called philosophers who had been gathered to dispute with her. She was crowned with the crown of martyrdom in the year 305. Her holy relics were taken by Angels to the holy mountain of Sinai, where they were discovered many years later; the famous monastery of Saint Catherine was originally dedicated to the Holy Transfiguration of the Lord and the Burning Bush, but later was dedicated to Saint Catherine.

## MEMORIALS TODAY

- Vasileios Kerkelos, 40 days.
- Efstratios Barlas, 1 year (on November 24, 2021).
- Konstantinos Oikonomidis, 5 years (on November 24, 2021).
- Nikolaos Zisopoulos, 7 years (on November 24, 2021).

## PARISH NEWS & ANNOUNCEMENTS

- Our Philoptochos Society is collecting items to make *Blessing Bags* for our Homeless brothers and sisters. See the flyer below for more information or contact Mrs **Kelly Peters: 905 317 41 91**
- St. Demetrios Philoptochos' annual Christmas Bake is on!  
**Pre-orders only!** Please contact Mrs **Georgia: 905 681 22 99**

## St. DEMETRIOS GREEK SCHOOL

### Our Faculty

**Principal: Eirini Zacharidis** (Saturday Class: Grades 6, 7, and 8)

### Teaching Staff

**Chrisoula Mitevski** (Junior/Senior Kindergarden)

**Theoktisti Dimakis** (Grades 1 and 2)

**Elisavet Zacharidis** (Grades 3, 4 and 5)

**Areti Tsiliganos** (Grades 6, 7 and 8)

### Greek School Committee

**President: Vasilis Zougras**

**Secretary: Christina Kouniakis**

**Treasurer: Anna Makrides**

**Members: Maria Stypsianos, John Stefanopoulos, Natasha and Bill Papagiannis.**

## **SUNDAY SCHOOL**

**Our Sunday School has resumed!**  
**EVERY SUNDAY AT 10:30am**  
**Teacher: Mrs Kalliopi (Kelly) Varlis Peters.**

## **GREEK DANCE GROUP**

The Hamilton Hellenic Traditional Dance Group of St. Demetrios was created as part of an initiative to connect our youth and provide a platform to explore traditional Greek Dance and Folklore via the formation of a Performance Troupe.

For more information on how to join or questions regarding our programming or upcoming performances, **please contact Sue Zafiridis or Anthony Halkeas at 905 529-9651.**

## **HOLY TRINITY PHILOPTOCHOS SOCIETY**

The mission of the Ladies Philoptochos (Holy Trinity) is to assist needy people, families and non-profit organizations, and to contribute towards the needs of our Church and Community.

**President: Fotini Edwards**

**Vice-President: Argyro Constantinou**

**Secretary: Anastasia Terzis**

**Corresponding Secretary: Magdalini Moschos**

**Treasurer: Vasiliki Kourtakis**

**Advisor to the Board: Vasiliki Davili**

**Members: Georgia Dimas, Tasoula Dismatsek, Sophia Kokkinidis, Dimitra Markopoulos, Stella Miminias, Roubini Morden, Eleni Papagiannis, Kalliopi Peters.**

Philoptochos meetings are held on the first Friday of the month at 6:30 PM

For more information on how you can join our movement please contact:  
**Fotini Edwards (905) 921-6293**

To renew your membership please contact:  
**Vasiliki Kourtakis (905) 389-6064, (905) 536-4349**



### **BLESSING BAGS FOR THE HOMELESS**

*The Philoptochos of St. Demetrios Church will be collecting items to make blessing bags for the homeless in our downtown core.*

*If you would like to donate please see the list and drop off at church.*

*Lets do our part to help those in need!!!*



#### ITEMS NEEDED

TOOTHBRUSHES

TOOTHPASTE

RAZORS

DEODORANT

CHAPSTICK

SM INDIVIDUAL KLEENEX PKG

COMB

SOCKS

WARM GLOVES AND HATS

BARS OF SOAP

GUM/GRANOLA BARS/SNACKS

DEODORANT

\$2 TIM CARDS

HAND/FOOT WARMERS

When: Starting November 7th till December 12th

Contact: Mrs Kaliopi Peters

(905)317-4191

**St. Demetrios Philoptochos Annual Christmas Bake Sale 2021**

**Enhance your Holiday Season with Homemade Greek Goodies**

**Pre-Orders Only to be picked up December 18<sup>th</sup> and 19<sup>th</sup>**



**Vasilopita – Βασιλόπιτα**

**\$10.00 Each**

**Koulourakia – Κουλουράκια**

**\$6.00 for 1 Dozen**



**Kourambiedes – Κουραμπιέδες**

**\$8.00 for 1 Dozen**

**Melomakarona - Μελομακάρονα**

**\$8.00 for 1 Dozen**



**Baklava – Μπακλαβάς**

**\$60.00 for 1 Tray - \$2.50 each piece**

**Call Georgia @ (905) 681-2299 by December 12 to order**

**SERVICE PROGRAM NOVEMBER 2021**

<b>7 Sunday 7<sup>th</sup> of Luke</b> <i>33 Martyrs of Melitini, Lazarus</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 12:00pm</b>
<b>9 Tuesday</b> <i>Nektarios of Aigina, Onesiphorus martyr</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 11:00am</b>
<b>14 Sunday 8<sup>th</sup> of Luke</b> <i>Philip the Apostle, Constantine neomartyr</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 12:00pm</b>
<b>20 Saturday</b> <i>Gregory of Decapolis, Proclus</i>	<b>Great Vespers at PANAGIA HAMILTON</b>	<b>07:00pm- 08:30pm</b>
<b>21 Sunday 9<sup>th</sup> of Luke</b> <i>The Entrance of the Theotokos</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 12:00pm</b>
<b>25 Thursday</b> <i>Catherine the Great Martyr, Mercurius</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 11:00am</b>
<b>28 Sunday 13<sup>th</sup> of Luke</b> <i>Stephen the new Confessor, Irenarchus</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 12:00pm</b>
<b>30 Tuesday</b> <i>Andrew the First-Called Apostle</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am- 11:00am</b>

**From November 15th starts the Nativity fast. During this period:**

- **We are allowed to consume fish to December 17th, except on Wednesdays and Fridays.**
- **From December 18th to the 24th we refrain from fish too;**

**NB: Persons who are ill, the very young or elderly, and nursing mothers are exempt from fasting. Each individual is expected to confer with their confessor regarding any exemptions from the fasting rules, but should never place themselves in physical danger.**

**DECEMBER 2021**

<b>5</b>	<b>Sunday 10<sup>th</sup> of Luke</b> <i>St. Savas the Sanctified, Diogenes</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am-12:00pm</b>
<b>6</b>	<b>Monday</b> <i>St. Nicholas Archbishop of Myra</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am-11:00am</b>
<b>12</b>	<b>Sunday 11<sup>th</sup> of Luke</b> <i>H. Forefathers, Spyridon the Wonderworker</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am-12:00pm</b>
<b>17</b>	<b>Friday</b> <i>St. Dionysius of Zakynthos, Daniel prophet</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am-11:00am</b>
<b>19</b>	<b>Sunday before the Nativity</b> <i>Boniface, Eutuchios martyr</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am-12:00pm</b>
<b>24</b>	<b>Friday, Eve of the Nativity of Christ</b> <i>Eugenia martyr, Achaicus, Antiochus</i>	<b>Matins and Vesperal Divine Liturgy of St. Basil the Great</b>	<b>07:00pm-10:00pm</b>
<b>25</b>	<b>Saturday</b> <b>NATIVITY OF OUR LORD JESUS CHRIST</b>	<b>Matins and Divine Liturgy</b>	<b>09:00am-11:30am</b>
<b>26</b>	<b>Sunday after the Nativity</b> <i>Synaxis of the Theotokos</i>	<b>Matins and Divine Liturgy</b>	<b>09:00am-12:00pm</b>

**From November 15th starts the Nativity fast. During this period:**

- **We are allowed to consume fish to December 17th, except on Wednesdays and Fridays.**
- **From December 18th to the 24th we refrain from fish too;**

**NB: Persons who are ill, the very young or elderly, and nursing mothers are exempt from fasting. Each individual is expected to confer with their confessor regarding any exemptions from the fasting rules, but should never place themselves in physical danger.**