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

Saint Savas the Sanctified Sunday December 5, 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

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

SCRIPTURE READINGS

Eothinon 2: Mk 16:1-8 Epistle: Gal 5:22-26, 6:1-2 Gospel: Lk 13:10-17

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

2021 Community Council

President Fotios (Frank) Spyridoulias

Vice President

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 7

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy.

Αναστάσιμον Απολυτίκιον ήχος βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέῳζας τῷ Ληστῆ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς ἄποστόλοις κηρύττειν ἐπέταζας· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

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, ἦχος β'

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Άλληλούϊα.

Apolytikion for the devout man, mode 4

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O Savas, our devout father. Intercede with Christ our God, for the salvation of our souls.

Άπολυτίκιον τοῦ Ὁσίου, ἦχος δ'

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῆ οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Σάββα πατὴρ ἡμῶν ὅσιε. Πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἠμῶν.

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.

Άπολυτίκιον άγ. Δημητρίου, ἦχος γ'

Μέγαν εὕρατο, ἐν τοῖς κινδύνοις, σὲ ὑπέρμαχον, ἡ οἰκουμένη, ἄθλοφόρε τὰ ἔθνη τροπούμενον. Ώς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἅγιε, 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, ἦχος γ'

Η Παρθένος σήμερον, τὸν προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορῥήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόζασον μετὰ ἄγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, Παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.

The readings for today

Eothinon 2, Mk 16:1-8

When the Sabbath was past, Mary Magdalene, and Mary the mother of James and Salome, bought spices, so that they might go and anoint Jesus. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb, for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

Έωθινὸν Β', Μκ Ιζ' 1-8

Διαγενομένου τοῦ Σαββάτου, Μαρία ἡ Μαγδαληνὴ καὶ Μαρία ἡ τοῦ Ἰακώβου καὶ Σαλώμη ἠγόρασαν ἀρώματα, ἵνα ἐλθοῦσαι ἀλείψωσιν τὸν Ἰησοῦν. Καὶ λίαν πρωὶ τῷ μιῷ τῶν σαββάτων ἔρχονται ἐπὶ τὸ μνημεῖον ἀνατείλαντος τοῦ ἡλίου. Καὶ ἔλεγον πρὸς ἑαυτάς Τίς ἀποκυλίσει ἡμῖν τὸν λίθον ἐκ τῆς θύρας τοῦ μνημείου; καὶ ἀναβλέψασαι θεωροῦσιν ὅτι ἀποκεκύλισται ὁ λίθος ἡν γὰρ μέγας σφόδρα. Καὶ εἰσελθοῦσαι εἰς τὸ μνημεῖον, εἶδον νεανίσκον καθήμενον ἐν τοῖς δεξιοῖς, περιβεβλημένον στολήν λευκήν, καὶ ἐζεθαμβήθησαν ὁ δὲ λέγει αὐταῖς Μὴ ἐκθαμβεῖσθε, Ἰησοῦν ζητεῖτε τὸν Ναζαρηνὸν τὸν ἐσταυρωμένον, ἠγέρθη, οὐκ ἔστιν ὧδε ἱδε, ὁ τόπος ὅπου ἔθηκαν αὐτόν, ἀλλ' ὑπάγετε, εἴπατε τοῖς μαθηταῖς αὐτοῦ καὶ τῷ Πέτρω, ὅτι προάγει ὑμᾶς εἰς τὴν Γαλιλαίαν ἐκεῖ αὐτὸν ὄψεσθε, καθὼς εἶπεν ὑμῖν. Καὶ ἐζελθοῦσαι ταχὸ ἔφυγον ἀπὸ τοῦ μνημείου, εἶχε δὲ αὐτὰς τρόμος καὶ ἔκστασις, καὶ οὐδενὶ οὐδὲν εἶπον ἐφοβοῦντο γάρ.

Epistle reading from Paul's First Letter to the Galatians

Gal 5:22-26, 6:1-2

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 Γαλάτας Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα Γαλ Ε' 22-26, C' 1-2

Άδελφοί, ὁ καρπὸς τοῦ Πνεύματός ἐστιν ἀγάπη, χαρά, εἰρήνη, μακροθυμία, χρηστότης, ἀγαθωσύνη, πίστις, πραότης, ἐγκράτεια· κατὰ τῶν τοιούτων οὐκ ἔστι νόμος. Οἱ δὲ τοῦ Χριστοῦ τὴν σάρκα ἐσταύρωσαν σὺν τοῖς παθήμασι καὶ ταῖς ἐπιθυμίαις. Εἰ ζῶμεν πνεύματι, πνεύματι καὶ στοιχῶμεν. Μὴ γινώμεθα κενόδοζοι, ἀλλήλους προκαλούμενοι, ἀλλήλοις φθονοῦντες. Ἀδελφοί, ἐὰν καὶ προληφθἢ ἄνθρωπος ἔν τινι παραπτώματι, ὑμεῖς οἱ πνευματικοὶ καταρτίζετε τὸν τοιοῦτον ἐν πνεύματι πραότητος· σκοπῶν σεαυτόν, μὴ καὶ σὰ πειρασθῆς. Ἀλλήλων τὰ βάρη βαστάζετε, καὶ οὕτως ἀναπληρώσατε τὸν νόμον τοῦ Χριστοῦ.



The reading is from the Holy Gospel according to Luke

Lk 13:10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

Έκ τοῦ κατὰ Λουκᾶν ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα. Ακ. ΙΓ' 10-17

Τῷ καιρῷ ἐκείνῳ, ἦν διδάσκων ὁ Ἰησοῦς ἐν μιᾳ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἦν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακύψαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῆ· Γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῆ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόζαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· Ἑξ ἡμέραι εἰσὶν ἐν αἶς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῆ ἡμέρα τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· Ὑποκριτά· ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δὲ, θυγατέρα Ἀβραὰμ οὖσαν, ῆν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτὰ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῆ ἡμέρα τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόζοις τοῖς γινομένοις ὑπ' αὐτοῦ.



Synaxarion

On December 5, we commemorate our devout father Savas the Sanctified.

On this day we also commemorate the holy martyr Anastasios.

On this day the holy martyr Diogenes died by stoning.

On this day the holy martyr Abercius died by the sword.

On this day devout St. Nonnos reposed in peace.

Devout St. Gratos reposed in peace.

We also commemorate our devout father Nektarios of Mt. Athos.

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

Συναξάριον

Τῆ Ε΄ τοῦ αὐτοῦ μηνὸς μνήμη τοῦ ὁσίου Πατρὸς ἡμῶν Σάββα τοῦ Ἡγιασμένου.

Τῆ αὐτῃ ἡμέρα μνήμην τοῦ ἀγίου Μάρτυρος Ἀναστασίου.

Τῆ αὐτῆ ἡμέρα ὁ ἄγιος Μάρτυς Διογένης, λιθοβοληθείς, τελειοῦται.

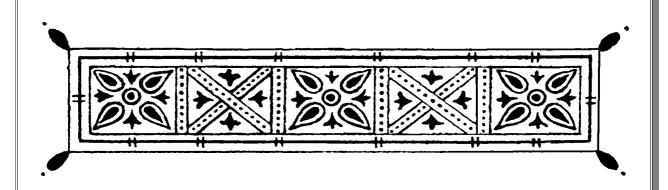
Τῆ αὐτῆ ἡμέρα ὁ ἄγιος Μάρτυς Άβέρκιος ξίφει τελειοῦται.

Τῆ αὐτῆ ἡμέρα ὁ ὅσιος Νόννος ἐν εἰρήνη τελειοῦται.

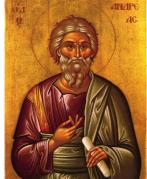
Ο ὅσιος Γράτος ἐν εἰρήνη τελειοῦται.

Μνήμη τοῦ ὁσίου Πατρὸς ἡμῶν Νεκταρίου, τοῦ ἐν τῷ Ἄθῳ.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεός, ἐλέησον καὶ σῶσον ἡμᾶς. Ἀμήν.



LIFE OF SAINT ANDREW THE FIRST CALLED APOSTLE



This Saint was from Bethsaida of Galilee; he was the son of Jonas and the brother of Peter, the chief of the Apostles. He had first been a disciple of John the Baptist; afterwards, on hearing the Baptist's witness concerning Jesus, when he pointed Him out with his finger and said, "Behold the Lamb of God, Which taketh away the sin of the world" (John 1.29,36), he straightway followed Christ, and became His first disciple; wherefore he is called the First-called of the Apostles. After the Ascension of the Saviour, he preached in various lands; and having suffered many things for His Name's sake, he died in Patras of Achaia, where he was crucified on a cross in the shape of an "X" the first letter of "Christ" in Greek; this cross

is also the symbol of Saint Andrew.

LIFE OF SAINT BARBARA THE GREAT MARTYR



Saint Barbara was from Heliopolis of Phoenicia and lived during the reign of Maximian. She was the daughter of a certain idolater named Dioscorus. When Barbara came of age, she was enlightened in her pure heart and secretly believed in the Holy Trinity. About this time Dioscorus began building a bath-house; before it was finished he was required to go away to attend to certain matters, and in his absence Barbara directed the workmen to build a third window in addition to the two her Father had commanded. She also inscribed the sign of the Cross with her finger upon the marble of the bath-house, leaving the saving sign cut as deeply into the marble as if it had been done with an iron tool. (When the Synaxarion of Saint Barbara was

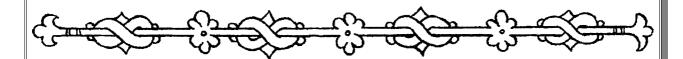
written, the marble of the bath-house and the cross inscribed by Saint Barbara were still preserved, and many healings were worked there.) When Dioscorus returned, he asked why the third window had been added; Barbara began to declare to him the mystery of the Trinity. Because she refused to renounce her faith, Dioscorus tortured Barbara inhumanely, and after subjecting her to many sufferings he beheaded her with his own hands, in the year 290.

LIFE OF SAINT SAVAS THE SANCTIFIED

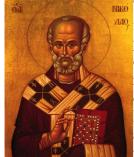


This Saint was born in 439 in Moutalaska, a small village of Cappadocia. He entered the arena of the monastic life from childhood and was under that master trainer of monastics, Euthymius, the Great, the teacher of the desert. He became the spiritual Father of many monks and an instructor for the monasteries in Palestine, and was appointed leader (archimandrite) of the desert-dwellers of Palestine by the Patriarch of Jerusalem. In his old age he went to Constantinople, to the Emperors Anastasius and Justinian the Great, in behalf of the Orthodox Faith and the dogmas of the Council of Chalcedon. Having lived ninety-four years, he reposed in 533. The Typicon for the ecclesiastical services had its beginning in the monastery established

by this righteous one.



LIFE OF SAINT NICHOLAS THE WONDERWORKER



This Saint lived during the reign of Saint Constantine the Great, and reposed in 330, As a young man, he desired to espouse the solitary life. He made a pilgrimage to the holy city Jerusalem, where he found a place to withdraw to devote himself to prayer. It was made known to him, however, that this was not the will of God for him, but that he should return to his homeland to be a cause of salvation for many. He returned to Myra, and was ordained bishop. He became known for his abundant mercy, providing for the poor and needy, and delivering those who had been unjustly accused. He is the patron of all travellers, and of sea-farers in particular; he is one of the best known and

best loved Saints of all time.

MEMORIALS TODAY

NO MEMORIALS FOR TODAY

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

Miminas, 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:

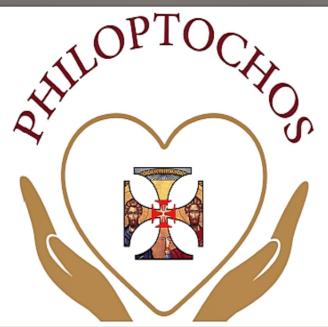
Vasiliki Kourtakis (905) 389-6064, (905) 536-4349

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 GUM/GRANOLA BARS/SNACKS

RAZORS DEODORANT

DEODORANT \$2 TIM CARDS

CHAPSTICK HAND/FOOT WARMERS

SM INDIVIDUAL KLEENEX PKG

COMB When: Starting November 7th till December

12th

WARM GLOVES AND HATS

Contact: Mrs Kaliopi Peters

(905)317-4191

BARS OF SOAP

SOCKS

St. Demetrios Philoptochos Annual Christmas Bake Sale 2021
Enhance your Holiday Season with Homemade Greek Goodies

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



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

DECEMBER 2021			
5	Sunday 10 th of Luke St. Savas the Sanctified, Diogenes	Matins and Divine Liturgy	09:00am- 12:00pm
6	Monday St. Nicholas Archbishop of Myra	Matins and Divine Liturgy	09:00am- 11:00am
12	Sunday 11 th of Luke H. Forefathers, Spyridon the Wonderworker	Matins and Divine Liturgy	09:00am- 12:00pm
17	Friday St. Dionysius of Zakynthos, Daniel prophet	Matins and Divine Liturgy	09:00am- 11:00am
19	Sunday before the Nativity Boniface, Eutuchios martyr	Matins and Divine Liturgy	09:00am- 12:00pm
24	Friday, Eve of the Nativity of Christ Eugenia martyr, Achaicus, Antiochus	Matins and Vesperal Divine Liturgy of St. Basil the Great	07:00pm- 10:00pm
25	Saturday NATIVITY OF OUR LORD JESUS CHRIST	Matins and Divine Liturgy	09:00am- 11:30am
26	Sunday after the Nativity Synaxis of the Theotokos	Matins and Divine Liturgy	09:00am- 12:00pm

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