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NATIVITY FAST—SAINT PHILIP'S FAST

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Constantine, Bishop Robert, Father Peter Natishan, Father Gerald Olszewski, Father Jakiw Norton, Father Dragan Filipović, Father Elias Katras, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Father Joseph Kopchak, Father Anthony Dimitri, Father Cuthbert Jack, Father Elias Warnke, Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike Holupka, Eva Malesnick, Helen Likar, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Mildred Manolovich, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Glen Lucas Burlack, Bernie Vangrin, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Cameron [a boy in Matt's class], Faith—an 7-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 4-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, Jim Logue—throat cancer, Liz Stumpf, Ester Tylavsky, Ed Jamison, Theodore Nixon, Charles Johnson, Amy Forbeck, Michelle Corba Kapeluck, Gloria Prymak [Liz's niece], Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, Sabrina, George & Mika Rocknage, Elizabeth Mitchell, Robert McKivitz, Marjorie Pershing, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Peter Natishan, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Peter & Karen Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Paouncic, Anthony Yerace, Joanne Brodrick, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Diane Waryanka, Nathan Forbeck, Joseph Baloga, Andy

Torick, Sarah Doyle, Carmella Berardesca, Samuel Peters, Jean Stutchell, Joe Paouncic, Bonnie Blair [Pani Gina's mother], Charles & Esther Holupka, Jill Paha, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

2010 Envelopes are now available downstairs in the church hall. PLEASE NOTE—your number may be different from this year's envelopes! Please put your name on the new envelopes when you start using them AFTER January 1, 2010! Any questions—please see Fr. Bob.

Happy Birthday to our December babies: Scot Brunermer on the 14th, Joe Nezolyk on the 15th, Donna Karas on the 18th, and Jean Stuchell on the 29th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years!

Please remember James John Logue George Senita, & John Kirkowski assigned to Iraq, Matthew Machak, Tonia Dec, Michael Repasky, and ALL American servicemen and women in the Middle East in your prayers. May God watch over them and all American servicemen and women—and bring them all home safely!

PLEASE REMEMBER TO BRING YOUR "BOXTOPS FOR EDUCATION" AND CAMPBELL'S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Alex's Seventh Grade and Matt's Fifth Grade collections. THANK YOU ALL FOR YOUR HELP! Love, *Alex and Matt*

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please call Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at [412] 279-5640.

Schedule of Services

Sunday, December 6

Divine Liturgy

10:30 AM

26TH SUNDAY AFTER PENTECOST

SAINT AMPHILOCIUS-BISHOP OF ICONIUM, SAINT GREGORY-BISHOP OF AGRIGENTUM, MARTYR SISINIUS-BISHOP OF CYZICUS & THEODORE OF ANTIOCH, BLESSED GREAT-PRINCE ALEXANDER NEVSKY-IN MONASTICISM ALEXIUS, VENERABLE AMPHILOCIUS OF PERCHEVSKY LAVRA, SAINT METROPHANES-IN MONASTICISM MACARIUS-BISHOP OF VORONEZH, SAINT ISCHYRION-BISHOP IN EGYPT & HERMIT OF SCETE

Tone 1

Ephesians 5:9-19

Luke 12:16-21

Litany in Blessed Memory of Thomas Bryan, John Hanczar, Mary Blitzkan, Marjorie Yarmeak, Mary Sharon, Frank Barankovich, Mary Krevanich, Katherine Holowaty, Helen Pytlak, Robert Vetosky, & Rose Pyrch—Fr. Bob Parastas in Blessed Memory of Walter & Victor Burlack--Evelyn

Sunday, December 13

NO SERVICE IN SLICKVILLE

27TH SUNDAY AFTER PENTECOST

HOLY AND ALL-PRAISED APOSTLE ANDREW THE FIRST-CALLED, SAINT FRUMENTIUS-ARCHBISHOP OF ABYSSINIA

Tone 2

Ephesians 6:10-17, I Corinthians 4:9-16

Luke 13:10-17, John 1:35-51

Sunday, December 20

Divine Liturgy

10:30 AM

28TH SUNDAY AFTER PENTECOST

SAINT AMBROSE-BISHOP OF MILAN, MARTYR ATENDODORUS OF MESOPOTAMIA, VENERABLE PAUL THE OBEDIENT, VENERABLE JOHN THE FASTER OF PERCHEVSKY LAVRA, VENERABLE NILUS-MONK OF STOLOBENSK, VENERABLE ANTHONY-ABBOT OF SIYA MONASTERY, VENERABLE GREGORY THE SILENT OF MOUNT ATHOS

Tone 3

Colossians 1:12-18

Luke 17:12-19

*Litany in Blessed Memory of Helen Pytlak—Darlene Santia
Parastas in Blessed Memory of Nicholas & Catherine Behun—Behun*

BULLETIN INSERT FOR 06 DECEMBER 2009

TWENTY-SIXTH SUNDAY AFTER PENTECOST

SAINT AMPHILOCIUS-BISHOP OF ICONIUM, SAINT GREGORY-BISHOP OF AGRIGENTUM, MARTYR SISINIUS-BISHOP OF CYZICUS & THEODORE OF ANTIOCH, BLESSED GREAT-PRINCE ALEXANDER NEVSKY-IN MONASTICISM ALEXIUS, VENERABLE AMPHILOCIUS OF PERCHEVSKY LAVRA, SAINT METROPHANES-IN MONASTICISM MACARIUS-BISHOP OF VORONEZH, SAINT ISCHYRION-BISHOP IN EGYPT & HERMIT OF SCETE

TROPARION—TONE 1

When the stone had been sealed by the Jews;
While the soldiers were guarding Thy most pure Body;
Thou didst rise on the third day, O Savior,
Granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of life:
Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!
Glory to Thy Dispensation, O Thou who lovest mankind.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

KONTAKION—TONE 1

As God, Thou didst rise from the tomb in glory, raising the world with Thyself.
Human nature praises Thee as God, for death has vanished!
Adam exults, O Master!

Eve rejoices, for she is freed from bondage and cries to Thee:
Thou are the Giver of Resurrection to all, O Christ!

PROKEIMENON—TONE 1

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us.

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

Dear brethren in our Lord: Glory to Jesus Christ!

As we celebrate Thanksgiving Day this year, let us do so in the spirit of our forefathers. Let us make it more than a day to enjoy fine food, and family fellowship, by taking time to count our blessings as individuals, as families, and as a Church and as a nation. Let us begin the day right, by attending our parish church to worship and thank our God. Let us give special thanks for our religious freedom in these uncertain times, and remember in prayer anyone who has ever helped us in a time of need. Finally, since we are “one nation under God,” we cannot forget those who have less, or nothing at all. Let us reach out to those in need and share our bounty, however humble, with them.

With prayers in Christ,
+Daniel

With prayers, wishing you blessed Thanksgiving,

His Grace Bishop Daniel

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MESSAGE TO BARTHOLOMEW I FOR THE FEAST OF ST. ANDREW

VATICAN CITY, 30 NOV 2009 (VIS) - As is traditional for the Feast of St. Andrew, the Pope has written a Message to Ecumenical Patriarch Bartholomew I of Constantinople. The Message was delivered during the course of a visit to Istanbul by Cardinal Walter Kasper, president of the Pontifical Council for Promoting Christian Unity.

In his English-language Message for the feast of the patron of the patriarchate of Constantinople, the Pope recalls how that saint was brother to St. Peter and, like him, suffered martyrdom. "The memory of the holy martyrs compels all Christians to bear witness to their faith before the world", he writes. "There is an urgency in this call especially in our own day, in which Christianity is faced with increasingly complex challenges".

"Our Churches have committed themselves sincerely over the last decades to pursuing the path towards the re-establishment of full communion, and although we have not yet reached our goal, many steps have been taken that have enabled us to deepen the bonds between us".

The Holy Father goes on to note that "this openness has guided the work of the Joint International Commission for Theological Dialogue, which held its eleventh plenary session in Cyprus last month" on the theme "the role of the Bishop of Rome in the communion of the Church in the first millennium". This subject was "certainly complex and will require extensive study and patient dialogue if we are to aspire to a shared integration of the traditions of East and West", he says.

"The Catholic Church understands the Petrine ministry as a gift of the Lord to His Church. This ministry should not be interpreted in the perspective of power, but within an ecclesiology of communion, as a service to unity in truth and charity. The Bishop of the Church of Rome, which presides in charity ... is understood to be the 'Servus Servorum Dei' (Servant of the Servants of God). ... It is a question of seeking together, inspired by the model of the first millennium, the forms in which the ministry of the Bishop of Rome may accomplish a service of love recognised by one and all".

And, "even as we make this journey towards full communion, we should already offer common witness by working together in the service of humanity, especially in defending the dignity of the human person, in affirming fundamental ethical values, in promoting justice and peace". Our Churches,

Pope Benedict concludes, "can work together in drawing attention to humanity's responsibility for the safeguarding of creation".

MESS/ST. ANDREW/BARTHOLOMEW I

VIS 091130 (440)

"In the matter of piety, poverty serves us better than wealth, and work better than idleness, especially since wealth becomes an obstacle even for those who do not devote themselves to it. Yet, when we must put aside our wrath, quench our envy, soften our anger, offer our prayers, and show a disposition which is reasonable, mild, kindly, and loving, how could poverty stand in our way? For we accomplish these things not by spending money but by making the correct choice. Almsgiving above all else requires money, but even this shines with a brighter luster when the alms are given from our poverty. The widow who paid in the two mites was poorer than any human, but she outdid them all." St. John Chrysostomos

Some Guidelines for the Nativity Fast

In the Eastern Orthodox Church, the fast traditionally entails fasting from red meat, poultry, meat products, eggs, dairy products, fish, oil, and wine. Fish, wine and oil are allowed on Saturdays and Sundays, and oil and wine are allowed on Tuesdays and Thursdays. The fasting rules permit fish, and/or wine and oil on certain feast days that occur during the course of the fast: Evangelist Matthew (November 16), Apostle Andrew (November 30), Great-martyr Barbara (December 4), St. Nicholas (December 6), St. Spiridon and St. Herman (December 12), St. Ignatius (December 20), etc. The Nativity Fast is not as severe as Great Lent or the Dormition Fast.

As is always the case with Orthodox fasting rules, 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.

There has been some ambiguity about the restriction of fish, whether it means the allowance of invertebrate fish or all fish. Often, even on days when fish is not allowed, shellfish may be consumed. More detailed guidelines vary by jurisdiction, but the rules strictly state that from the December 20 to December 24 (inclusively), no fish may be eaten.

The Eve of Nativity (December 24) is a strict fast day, called *Paramony* (literally—in Greek—"preparation"), on which no solid food should be eaten

until the first star is seen in the evening sky (or at the very least, until after the Vespereal Divine Liturgy that day). If Paramony falls on a Saturday or Sunday, the day is not observed as a strict fast, but a meal with wine and oil is allowed after the Divine Liturgy, which would be celebrated in the morning.

Those of us who are clergy and serve the Liturgy finish the chalice after everyone else has received The Holy Mystery from it. We are not the least bit fearful, and have no qualms at all about this. The life-giving Mystery of Christ is pure and without corruption...No one who has enough faith to be able to approach the chalice should have any doubts or fears whatsoever. But if anyone does have such doubts, let him or her not approach, lest they partake of Christ unworthily.

Archbishop Lazar [Puhalo], OCA--retired