



## **Holy Ghost Orthodox Church**

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**ON THE MEND:** Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Deacon Dennis Lapushanski, Protopresbyter Peter Hotrovich, Protodeacon Joseph Hotrovich, Pani-Dobrodijka Sonia Diakiw, Joshua Agosto and his family, Mike Holupka, Eva Malesnick, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Linda Mechtly, Mary Mochnick, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George & Mika Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, Charles & Esther Holupka, Wanda Mefford, Lynn (Bush) Gill, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, Glenn Miller, Vince Ferro, Michael Pawlyshyn, Dorothy Lednovich, Bob C., Allie— young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl & Margaret Reed, Theodore Demopoulos, Jillian Bowman, Lydia Wilson, Robert Pointon,

Walter Cecelia, John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Doug Smith [Millie Kerr's son-in-law], Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, Paula Pasquinelli, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, June Miller, Corey Guich, Monica Salvatore, Glenda Tickerhoof, Robert Vangrin, Juliana Leis, Susan "Billie" Mason, Pauline Witkowsky, Sera White, LuAnne [Mike Horvath's daughter], Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [child with cerebral palsy], Thomas Stutzman, Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Jamie Gardner, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**THANK YOU** to all who donated generously to those affected by Superstorm Sandy. Our humble parish collected \$161 to send to International Orthodox Christian Charities for their work on the East Coast. May God reward you all a thousand-fold for your kindness to those in need. God Bless you all!

**PRAYER LIST: Please help update our prayer list. If you or someone you know no longer needs to be on the prayer list or if there is someone who needs to be on the list please let Father Bob know. Remember—Prayers are ALWAYS FREE! Thank you!**

Please remember Ryan Fuller, James John Logue, George Senita, John Kirkowski, Matthew Machak, Michael Repasky, and ALL American service men and women in your prayers. May God watch over them and all American service men 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 Debbie Paouncic's class. THANK YOU ALL FOR YOUR HELP!

**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 ask 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, NOVEMBER 25** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**TWENTY-FIFTH SUNDAY AFTER PENTECOST; SAINT JOHN THE MERCIFUL-PATRIARCH OF ALEXANDRIA; SAINT NILUS THE FASTER OF SINAI; PROPHET AHIJA**

*Tone 8*

Ephesians 4:1-6

Luke 10:25-37

*Litany in Blessed Memory of Helen Pytlak—Rebecca, Donna, & Michelle Behun  
Parastas in Blessed Memory of George Luciw—Sonia*

**SUNDAY, DECEMBER 02** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**TWENTY-SIXTH SUNDAY AFTER PENTECOST; PROPHET OBADIAH; MARTYR BARLAAM OF CAESAREA IN CAPPADOCIA; MARTYR HELIODORUS IN PAMPHYLIA; MARTYR AZES OF ISAURIA & 150 SOLDIERS WITH HIM; SAINT BARLAAM & MONK IOASAPH-PRINCE OF INDIA, & SAINT ABENNER THE KING—FATHER OF IOASAPH; SAINT HILARION OF GEORGIA-WONDERWORKER OF THESSALONICA; SAINT BARLAAM-ABBOT OF PERCHEVSKY LAVRA**

*Tone 1*

Ephesians 5:9-19

Luke 12:16-21

*Litany in Blessed Memory of Thomas Bryan, Helen Pytlak, Mary Blitskan, Marjorie Yarmeak, Mary Sharon, Rose Pynch, Frank Barankovich, Mary Krevanich, Katherine Holowaty, & Robert Vitosky—Fr. Bob  
Parastas in Blessed Memory of Carolyn Holupka—Mike Holupka*

**SUNDAY, DECEMBER 09** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**TWENTY-SEVENTH SUNDAY AFTER PENTECOST; SAINT ALYPIUS THE STYLITE OF ADRIANOPOLIS; SAINT JAMES THE SOLITARY OF SYRIA; DEDICATION OF THE CHURCH OF SAINT GEORGE IN KIEV**

*Tone 2*

Ephesians 6:10-17

Luke 13:10-17

*Litany in Blessed Memory of Helen Pytlak—Walter & Evelyn Burlack*

**BULLETIN INSERT FOR 25 NOVEMBER 2012**  
**TWENTY-FIFTH SUNDAY AFTER PENTECOST; SAINT JOHN THE MERCIFUL-PATRIARCH OF ALEXANDRIA; SAINT NILUS THE FASTER OF SINAI; PROPHET AHIJA**

### **TROPARION—TONE 8**

Thou didst descent from on high, O Merciful One!

Thou didst accept the three-day burial to free us from our sufferings!  
Our Lord, our Life and Resurrection, Glory to Thee

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

### **KONTAKION—TONE 8**

By rising from the tomb,  
Thou didst raise the dead and resurrect Adam.  
Eve exults in Thy Resurrection,  
And the world celebrates Thy Rising from the dead,  
O greatly Merciful One!

### **PROKEIMENON—TONE 8**

**READER:** Pray and make your vows before the Lord our God!

**PEOPLE: Pray and make your vows before the Lord our God!**

**READER:** In Judah, God is known; His name is great in Israel!

**PEOPLE: Pray and make your vows before the Lord our God!**

**READER:** Pray and make your vows.

**PEOPLE: Before the Lord our God!**

### **ALLELUIA VERSES—TONE 8**

Come let us rejoice in the Lord! Let us make a joyful noise to God our  
Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to  
Him with psalms.

Everlasting King, Thy will for our salvation is full of power. Thy right arm  
controls the whole course of human life. We give Thee thanks for all Thy  
mercies, seen and unseen. For eternal life, for the heavenly Joys of the  
Kingdom which is to be. Grant mercy to us who sing Thy praise, both now  
and in the time to come. Glory to Thee, O God, from age to age!

*1st Kontakion from the Thanksgiving Akathist*

### **The Twenty-Fourth Sunday after Pentecost** Luke 8:41-56

*And there came a man named Jairus, and he was ruler of the synagogue.  
And he fell down at Jesus' feet and begged Him to come to his house, for he  
had an only daughter about twelve years of age, and she was dying. But as  
He went, the multitudes thronged Him. Now a woman, having an flow of  
blood for twelve years, who had spent all her livelihood on physicians and  
could not be healed by any, came from behind and touched the border of*

*His garment. And immediately, her flow of blood stopped. And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?'" But Jesus said, "Somebody touched Me, for I perceived power going out from Me." Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and she was healed immediately. And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace." While He was still speaking, someone came from the Ruler of the synagogue's house, saying to him, "Your daughter is dead. Do not trouble the Teacher." But when Jesus heard it, He answered him, saying, "Do not be afraid; only believe, and she will be made well." When He came into the house, He permitted no one to go in except Peter, James, and John, and the father and mother of the girl. Now all wept and mourned for her; but He said, "Do not weep; she is not dead, but sleeping." And they ridiculed Him, knowing that she was dead. But He put them all outside, took her by the hand and called, saying, "Little girl, arise." Then her spirit returned, and she arose immediately. And He commanded that she be given something to eat. And her parents were astonished, but He charged them to tell no one what had happened.*

The present Gospel describes two miracles. The woman with the longstanding flow of blood was healed. She had the condition for twelve years and physicians were unable to cure her condition.

The woman with the flow of blood reached out and touched the Lord Jesus Christ and she was healed. The power of healing went forth from the Lord Jesus Christ. The Lord Jesus Christ changed the woman's life completely.

The second miracle resulted in Jairus' daughter being restored to life after she had died. Jairus appealed to Jesus for help with his severely ailing daughter. Jairus' appeal was successful.

Both miracles involved strong faith. Jesus told the woman: "Daughter, be of good cheer, your faith has made you well." When told that Jairus' daughter was dead, Jesus said: "Do not be afraid. Only believe, and she will be made well."

Strong faith is necessary for Christians to face the adversities of life. Crises arise in life unexpectedly. Crises can be extreme in impact. The woman with the issue of blood did not have an acute crisis. She had a long-standing condition.

The woman had great patience and hope. She continued to look for a cure for her condition. She did not give up in frustration. She did not withdraw in a state of despondency and depression. She was persistent in searching for the cure.

Jesus was the cure for the woman's condition. Jesus is the cure for individuals seeking peace of mind and contentment in life. Jesus is the source for personal fulfillment and authentic nourishment of the soul.

Jairus turned to Jesus in hope. Jairus sought out Jesus so that his daughter's condition could be improved. Too often Christians fail to seek the healing power of the Lord Jesus Christ.

Too often Christians turn to non-Christian sources in an attempt to find remedies for problems in their lives. Too often individuals suffer from a lack of personal peace of mind, heart and soul.

The Lord Jesus Christ is capable of bringing peace to the mind, heart and soul. The Lord Jesus Christ is capable of helping individuals view bodily conditions much differently. Christ is able to offer a new outlook on life.

No day was darker in history than the day Jesus died upon the Cross. The darkness of the first Great and Holy Friday was not a permanent darkness. When Jesus died on the Cross, the darkness was great and lasting in remembrance.

The outlook for life appears dark when serious illness occurs or a dramatic change in personal relationships or employment takes place. The Resurrection of Christ is the supreme source of light and hope for every moment of darkness.

Whenever life seems overwhelming and gloomy, the Resurrected Christ gives hope and lights the path to the Kingdom of God. The Resurrected Christ always lights the path enabling individuals to seek safety and personal peace.

The Gospel readings at each Divine Liturgy nourish and enrich believers. The Gospel readings give necessary strength and direction for daily life. The Gospel readings reach to the depths of the soul and make a difference.

Gospel readings are repeated each year, year after year. The lessons are lasting lessons. The nourishment replenishes the souls of attentive believers. Each reading of the Gospel offers newness for life.

Faith and hope are necessary throughout the Christian life. Christ is always stronger than any adversary. Christ is always the source of hope in all circumstances of life. Christ's love is enduring and plentiful.

Death was not able to defeat Christ. Christ defeated death. Christ showed His power over death in the current Gospel. He showed His power over death when He rose from the tomb.

Christians need to be resolute in faith in times of adversity. Christians need to cherish and act on the hope firmly established by the Resurrection of Christ.

Christ's Resurrection provides everlasting light and joy.

*St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. November 5/18, 2012.  
Twenty Fourth Sunday after Pentecost. Holy Galacteon and Epistmis; Holy Apostles  
Patrobus, Hermas and Others. Very Rev. Father Rodney Torbic*

"Love does not seek its own, it labors, sweats, watches to build up the brother: nothing is inconvenient to love, and by the help of God it turns the impossible into the possible... Love believes and hopes... It is ashamed of nothing. Without it, what is the use of prayer? What use are hymns and singing? What is the use of building and adorning churches? What is mortification of the flesh if the neighbor is not loved? Indeed, all are of no consequence... As an animal cannot exist without bodily warmth, so no good deed can be alive without true love; it is only the pretense of a good deed." *St. Tikhon of Zadonsk*

### **So, What's the Big Deal about Fasting Anyway?**

Today [November 15/28] is the first day of the Nativity Fast so I thought I would share some thoughts about fasting in general and why the Orthodox Church considers the discipline beneficial. We are being asked by the Church to fast from AT LEAST MEAT until we celebrate the Nativity of Christ on December 25<sup>th</sup>. It HAS to be more than just about the food right?

Right! First, we must acknowledge that it is in fact a spiritual discipline and not a diet. The fast is not merely abstaining from meat as much as it is being conscious of our spiritual season. I think more than ever our society has lost sight of the 40 days leading up to Christmas. It has become barely more than an extended shopping season when stores "make it or break it" in their profit margins for the year. When we, as Orthodox Christians, FAST by altering our daily diet, we are making a conscious effort to remain focused upon the spiritual season in which we find ourselves. The same holds true for the weekly fast on Wednesdays and Fridays throughout the year. The very fact that we have to be AWARE what day of the week it is JUST SO THAT we can fast helps us maintain our focus upon the Lord.

Second, we must come to the understanding that our ancient human fallen condition is selfish by default. Ever since Adam and Eve struggle with their will vs. the Will of God in the Garden, human beings have been engaged in a war between our flesh and our soul. St Paul characterizes this well when he says, "For the good that I will to do, I do not do; and the evil I will not to do, that I practice." (Romans 7.19) When we fast in general, but especially when we ALLOW the Church to guide our fasting, we are forcibly placing our will as below the Will of the Church, the Body of Christ. For example, when I tell my body, "There will be no meat for you for the next forty days because I'm offering our time to God EVEN though big juicy

beef hamburgers are your favorite food," we are taking control over our flesh in favor of our relationship with the Lord. It sometimes helps to consider fasting as "self-control training" and "giving up my will for God's Will" rather than self-denial. This is also why I don't advise the "what shall I give up for Lent," custom popular these days because when WE choose how WE shall fast, then it remains all about OUR will rather than God's. It might seem trivial, but trust me on this one....our will is VERY strong which probably explains the whole, "Thy will be done on Earth as it is in Heaven," thing. Fasting helps us focus on God's Will rather than our own.

Finally, when we fast, we are making an offering of our selves directly to God as Saint Paul says, "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service." (Romans 12.1) If we are seeking to unite our bodies with the Lord's in Holy Communion, which we SHOULD seek, then the least we could do as a beginning is to make an offering to Him of our own flesh, not on the Cross as He did, but in fasting. It is important to remember that "sacrifice" in this context doesn't mean "slaughter" but "sanctify." Too often we envision sacrifice as killing rather than the actual "to make holy" which is true meaning in Latin of the word.

So this year for the Nativity Fast (also known as Advent) I invite you to embrace the Fast of the Orthodox Church and make an offering of yourself to God while training your will to be less focused upon your own desires by remaining conscious of the season ahead. Then Christmas will be a glorious celebration.

*Posted by Fr. Athanasios C Haros* ✉

### **Orthodox Thought for the Day on Religious Debates**

In debates, if you say a few words about religion you will prevail. Let the person who has a different opinion give free rein to his thoughts and speak as much as he likes. Let him sense that he is addressing himself to a calm and uncontentious person. Influence him through your graciousness and prayer and then speak briefly. You achieve nothing if you speak heatedly and tell him, for example, 'What you're saying is untrue, a downright lie!' What will you achieve? *Be as sheep among wolves.* What should you do? Show indifference outwardly, but be praying inwardly. Be prepared, know what you are talking about and speak boldly and to the point, but with saintliness, meekness and prayer. But in order to be able to do this, you must become saints. *Elder Porphyrios, Wounded by Love*, pg. 188

Just as the sun's rays are sometimes hidden from the earth by thick cloud, so for a while a person may be deprived of spiritual comfort and of grace's



brightness. This is caused by the cloud of the passions. Then, all of a sudden, without that person being aware, it is all given back. Just as the surface of the earth rejoices at the rays of the sun when they break through the clouds, so the words of prayer are able to break through to drive the thick cloud of the passions away from the soul. *St. Isaac the Syrian*

### **NO ACT OF KINDNESS IS MEANINGLESS BEFORE GOD**

Vatican City, 11 November 2012 (VIS) - At midday, Benedict XVI appeared at the window of his studio to pray the Angelus with faithful gathered in St. Peter's Square. He commented on this Sunday's liturgy of the Word, which presents two widows as examples of faith: one in the First Book of Kings, the other in the Gospel of Mark.

"Both these women are very poor, and it is precisely in this condition that they demonstrate their great faith in God. The first widow appears in the cycle of narratives on the prophet Elijah. During a period of famine he receives an order from the Lord to go to Sidon, therefore outside Israel and in pagan territory. There he encounters a widow and asks her for some water to drink and a little bread. The woman answers that all she has is a handful of flour and a drop of oil, but since the prophet insists and promises her that, if she listens to him, she will no longer lack flour and oil, she grants his request and is rewarded. The second widow, from the Gospel, is noticed by Jesus in the temple of Jerusalem, in the treasury where the people offer contributions. Jesus sees that this woman throws two coins into the chest and then calls the disciples to Him, explaining that her offering is greater than that given by the rich as, while they gave what was superfluous to them, she gave all she had to live on".

These two biblical episodes offer us "valuable teaching on faith", said the Pope. "The faith is presented as the interior attitude of one who bases his or her own life on God, on the Word, and who confides fully in Him. To be a widow, in ancient times, constituted in itself a condition of grave need. Thus, in the Bible, widows and orphans are people of whom God takes particular care; although they have lost their means of subsistence on earth, God remains as their Spouse or their Father. However, the Scriptures state that the objective condition of need, in this case the fact of being a widow, is not enough: God always asks us to adhere willingly to faith, which is expressed as love for Him and for one's neighbour. No one is so poor that they are unable to give something. And indeed, both these widows show their faith in an act of charity: one towards the prophet and the other in giving alms. They therefore demonstrate the indivisible unity of faith and charity, which is like that between love for God and love for neighbour". The Pope concluded by recalling the words of St. Leo the Great, "No act of kindness is meaningless before God, no mercy is fruitless".

We bless Thee, O most high God and Lord of mercy, Who art ever doing numberless great and inscrutable things for us--glorious and wonderful; Who grants to us sleep for rest from our infirmities, and repose from the burdens of or much toiling flesh. We thank Thee that Thou hast not destroyed us with our sins, but hast loved us forever; and though we are sunk in despair, Thou hast raised us up to glorify thy power. Therefore, we implore Thine incomparable goodness: enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence; open our mouth and fill it with Thy praise, that we may be able--without distraction--to sing and confess Thee, Who are God glorified in all and by all, the eternal Father, with Thine Only-begotten Son, and thine All-Holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen

*St. Basil the Great*

### **Spiritual Counsels of the Blessed Elder Thaddeus of Serbia +2002**

That we need to imitate the birds

"The birds are always singing praises to the Lord. They begin their song early, at three o'clock in the morning, and don't stop until nine. At nine they calm down a bit. It's only then that they go looking for food to feed their young. Then they start singing again. Nobody tells them to sing. And what about us? We're always frowning, always pouting; we don't feel like singing or doing anything else. We should follow the example of the birds: They are always joyful, whereas we're always bothered by something. What is it that bothers us? Nothing, really. Isn't that right?"

On preparing to receive Holy Communion

"Fasting is the preparation of a humble heart. The Holy Fathers say, 'He who has no obedience, fasts and prays to God in vain. Obedience is greater than either fasting or prayer.' When I was younger, I did not quite understand this teaching of the Holy Fathers. Later, I learned why this was so. The man who does not humble himself and does not cleanse his heart from evil desires fasts in vain. He may eat nothing at all, but it will be to no avail if evil is inside him. In order to receive the Lord, he must first cleanse himself from the evil within."

The story is told of Blessed Basil that, making a visitation of his monasteries, he said to one of the hegemons, "Have you got any saints here?"

The Abba said, "Through your prayers, my lord, we all desire to be saints."

And again, Blessed Basil said to him, "No, I mean have you GOT any saints here?" And the Abba tumbled to it (for he, too had spiritual insight). "Yes," he says, and he sent for a certain brother. When he arrived, the Saint said to him, "Wash my feet," and he went and fetched what was necessary. And after his feet were washed, Basil said to the brother, "Wait till I wash your feet." And without a murmur he allowed himself to be washed by the holy man. After testing the brother in this way, he said, "When I enter the sanctuary, you come too! And remind me to ordain you."

Again without a murmur, the brother obeyed, and when he saw the holy Basil in the inner sanctuary, he went up and reminded him, and Basil ordained him and took him with him, for who else but this blessed brother was suitable to be with the holy god-bearing father? You do not have experience of this un murmuring obedience; neither do you know what real internal peace is. *Dorotheos of Gaza, On Renunciation*

How will humanity escape from the birth that is subject to death, if it is not by means of a new birth, given in a wonderful and unexpected manner by God - that very regeneration that flows from the Virgin through faith?

*St. Irenaeus of Lyon, 2nd century*

The Russian ascetic, Father Tychon, who lived sixty years on Mt. Athos after he had visited three hundred monasteries in Russia, said, "God blesses with one hand in the morning the entire world, and uses both hands to bless the humble man. A humble person is above the whole world."

**A REMINDER:** The Nativity Fast, also known as Saint Philip's Fast, Philipkiva, or Advent, begins on Wednesday, November 28<sup>th</sup> and lasts until Nativity Eve, January 6<sup>th</sup>, which is a strict fast day. Please try to keep the fast as best you can—remember that your health is very important so you might want to discuss your fasting with your doctor! Also, as always, remember that WHAT COMES OUT OF YOUR MOUTH IS MORE IMPORTANT THAN WHAT GOES INTO IT! May God grant you a peaceful and blessed preparation for His entrance into this world as a helpless baby! If you have any questions, please see Father Bob.