

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

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11 / 24 November 2019

TWENTY-THIRD SUNDAY AFTER PENTECOST (*Tone 6*)

Holy Martyrs Minas, Victor, & Vincent, of the Holy Martyr Stephanida, & of Our Venerable Father Theodore the Studite, the Confessor

SCHEDULE OF SERVICES THIS WEEK

23RD SUNDAY AFTER PENTECOST (*Tone 6*)

MM Minas & Companions; St Theodore the Studite

Saturday, 23 November (10 November, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 24 November (11 November, o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
Trapeza (coffee hour)

Holy Apostle Philip; St Gregory Palamas

Tuesday, 26 November (13 November, o.s.)

6:00 PM Ninth Hour, Great Vespers
7:00 PM Moleben to Ap. Philip & St Gregory

THANKSGIVING DAY

Thursday, 28 November (15 November, o.s.)

10:00 AM Moleben of Thanksgiving

24TH SUNDAY AFTER PENTECOST (*Tone 7*)

Martyr Platon of Ancyra; Hieromartyr Romanus

Saturday, 30 November (17 November, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 1 December (18 November, o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
Trapeza (coffee hour)

FASTING DAYS

Week of 24 November

Day of Week	Date	Commemoration and Type of Fast
Wednesday	27 November (14 Nov, o.s.)	Apostle Philip; St Gregory Palamas Wine & oil permitted
Thursday	28 November (15 Nov, o.s.)	MM Gurias, Samonas, & Habib Fast: wine & oil permitted
Friday	29 November (16 Nov, o.s.)	Apostle & Evangelist Matthew Fast: fish, wine, & oil permitted
Saturday	30 November (17 Nov, o.s.)	St Gregory of Neo-Caesarea Fast: fish, wine, & oil permitted
Sunday	1 December (18 Nov, o.s.)	Martyr Platon; Martyr Romanus Fast: fish, wine, & oil permitted

SCRIPTURE READINGS

Week of 24 November

Su	23rd Sunday after Pentecost	
	<i>1st Resurrectional Matins Gospel: Mt §116 [28:16-20]</i>	
	Eph. §220 (2:4-10)	Luke §53 (10:25-37)
24TH WEEK after PENTECOST		
M	1 Thess. §267 (2:20-3:8)	Luke §75 (14:12-15)
Tu	1 Thess. §268 (3:9-13)	Luke §77 (14:25-35)
W	1 Thess. §269 (4:1-12)	Luke §78 (15:1-10)
Th	1 Thess. §271 (5:1-8)	Luke §80 (16:1-9)
F	1 Thess. §272 (5:9-13, 24-28)	Luke §82 (16:15-18; 17:1-4)
Sa	2 Cor. §191 (11:1-6)	Luke §49 (9:57-62)
Su	24th Sunday after Pentecost	
	<i>2nd Resurrectional Matins Gospel: Mark §70 (16:1-8)</i>	
	Eph. §221 (2:14-22)	Luke §66 (12:16-21)

THIS WEEK'S ANNOUNCEMENTS

This is the final Sunday for the special collection for the Fund for Assistance to the Russian Orthodox Church Outside of Russia. If you have already donated may the Lord bless you. If you have not, please consider giving today.

This is the final Sunday for our formal collection of toys and personal care items for the 'Christmas Care' Program of the Jail Chaplaincy of Somerset County. However, if you still want to donate to this worthy cause, the Jail Chaplaincy can still use toys up to the 2nd Sunday of December and personal care items until the 3rd Sunday of December. May God bless you for your generosity to the needy.

Help Needed:

- **A man or two to help hang** the large central icon of the Communion of the Apostles above the High Place in the Altar.
- **A person or two to dust** and replace the burned out light bulbs on the chandelier in the nave.
- **A group of people** to empty, tighten, and refill the 5 sand-filled candle stands in the nave.

The Nativity Fast, also known as the 'St Philip's Fast' because it begins the day after the Feast of the Apostle Philip, begins on 28 November (n.s.) and continues for forty days until the Feast of the Nativity of the Lord on 7

January (n.s). We eat no animal products (meat, meat products, eggs, and dairy products) throughout the forty days. The general rules for this period are as follows: Mondays, Wednesdays, and Fridays are normal fast days; on Tuesdays and Thursdays, wine and oil are permitted; and on Saturdays and Sundays we may eat fish, wine, and oil. But since greater Saints' Days frequently brings a further mitigation of the fast from the general rules, it is important to consult an annual Orthodox calendar to find the correct fasting regimen for a particular weekday.

A Thanksgiving Moleben will be served on the morning of Thanksgiving Day at 10:00. It is most appropriate that we begin this day, which is set aside by our Country as a Day of National Thanksgiving, in Church offering grateful thanks to Almighty God for all the blessings He bestows upon us individually and as a People. In the process of preparing and enjoying our Thanksgiving Feast, let us not allow ourselves to forget the One to Whom we are supposed to be giving thanks on this day.

About Thanksgiving Day and the Fast: This year the Nativity Fast begins on Thanksgiving Day, Thursday 28 November. This happens on the average of one out of seven years. Because Wednesdays are also fast days, the Fast effectively begins the day before Thanksgiving Day on Wednesday, 27 November. As Orthodox Christians, we do not break the fast for the sake of secular holidays – and Thanksgiving Day is not a Church holiday – and so we should keep the fast on this day. What should we do, therefore, about the traditional Thanksgiving dinner? We have three choices:

- 1) We could transfer the family Thanksgiving dinner to the previous Sunday, 24 November, and invite our Orthodox family and friends that day to share our Thanksgiving meal;
- 2) We could transfer the Thanksgiving dinner to Tuesday, the last non-fasting day before Christmas; or
3. We could keep the family Thanksgiving meal on Thanksgiving Day itself, Thursday 28 November, but with a different menu in keeping with the Fast.

Since this is a Thursday, and some Orthodox traditions permit fish on Thursdays, we could substitute stuffed salmon or other large fish for turkey as the main course. There are a number of harvest-themed accompaniments that we could serve at a fasting Thanksgiving dinner: mashed potatoes, yams, sweet potatoes, corn on the cob, turnips, squash, all made with margarine instead of butter and, if necessary, non-dairy milk or creamer instead of dairy milk and cream. Stuffing can likewise be made without the turkey broth, milk and butter, but with the broth of the broiled or baked fish, or simply without broth. There are several commercially available stuffing mixes that are fasting. Cranberry sauce is fasting. Instead of pumpkin pie, we can serve instead a fruit pie with a fasting crust: apple, blueberry or rhubarb.

And so we can still have a festive meal on

Thanksgiving, and yet observe the Fast. Please remember, though, that we should be reasonable in our consumption, for gluttony is a sin, and the point of the fast is to bring our appetites under control. So let us not go overboard by devouring huge quantities of food.

LOOKING AHEAD

All Parishes of the Eastern American Diocese have been directed by the Metropolitan to take a special collection to be given to the St Herman's Youth Conference Executive Committee. These donations help the Committee keep the fees for the attendees very low. This is important so that as many youth as possible can attend the Youth Conference in December. At St Elizabeth's, we will be asking for special donations for this worthy cause on the Sundays of December. Please give generously.



The annual St Herman of Alaska Youth Conference will take place in Boston, Massachusetts, at **Holy Epiphany Church**, from Sunday, 23 December through Thursday, 27 December 2019, with the blessing of His Eminence Metropolitan Hilarion, First Hierarch of the Russian Orthodox Church Outside of Russia and of His Grace, Archbishop Gabriel of Montreal and All Canada. The St Herman's Youth Conference is being devoted this year to the Life and Teachings of Hieromonk Seraphim Rose. The program includes spiritual lectures and discussion groups, church services, the chance to meet other Orthodox youth, and social outings. Youth from age 16 through young adult are invited. The Registration fee includes all lectures, activities, meals and lodging (quad occupancy). Transportation will be provided from the hotel to all activities and services. The cost for the conference will be a discounted rate of \$300 prior to the November 30th deadline and includes lodging, meals, and local transportation. Limited scholarships are available. After 30 November, the price will increase to \$350. Please register early, as space is limited. For further information and registration, please visit the website at www.StHermanConference.com This is a wonderful opportunity to meet and socialize with other Orthodox Christian youth and clergy from the United States, Canada, Russia, and elsewhere. We would love to see all our youth from St Elizabeth's in Rocky Hill participate in this event.