



# SAINT INNOCENT

## ORTHODOX CHRISTIAN CHURCH

### *November 2019 Newsletter*

#### News & Announcements

- Thank you to all of those who took the time to fill out a Stewardship form, or to pledge through Realm for our 2020 budget. This year so far we have had 24 people submit their financial stewardship commitment. Thank You! Of course, it is never too late to make a financial commitment for next year and get it in. If you haven't already, please do, the Budget committee will be meeting this month.
- Thank you to all those who helped make our Archbishop's visit a success, especially Mark & the choir, the altar servers, and everyone who helped set up, brought food, and our cleanup crew. We couldn't have done it without you!
- Family Church School is on Saturday the 9th
- Sunday the 10th is our last Sunday before the Nativity Fast
- The Nativity Fast starts on the 15<sup>th</sup> and lasts until December 25<sup>th</sup>.
- The Parish Council is scheduled to meet on Wednesday, November 13<sup>th</sup> at 7 pm.
- On Sunday the 17th, our choir will be participating in the choir fest.

- We are celebrating the Great Feast of the Entrance of the Mother of God with a Vespers on Wednesday the 20th at 6 pm and Liturgy on Thursday the 21st at 9 am.
- We will celebrate the Akathist of thanksgiving on Wednesday the 27th at 6 pm.

#### Fasting and Repentance

Fasting seasons are always good times to partake of the sacrament of confession. Fr. Theophan hears confessions on Saturday evenings, either before or after Vespers, on Sundays from 9:20-9:40 am (while the canons are being read during Matins), and if need be, by appointment. Confessing our sins to God in the presence of a priest is one of the ways we grow closer to Christ.

As Christians, we desire to have Christ abide in us and be born in us. In order for Him to abide in us we need to create room for Christ by cleaning out any sinful spiritual clutter we may have. This cleanings takes place in the sacrament of confession.

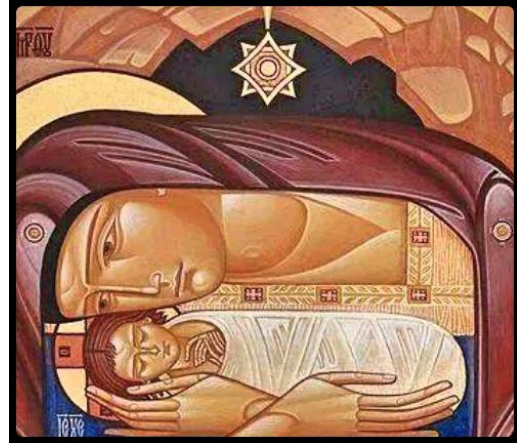
When we humble ourselves, by confessing our sins, the Spirit of God is drawn to us and Our Lord can dwell in us richly.

November 2019

## Many Years!

### Birthdays

1 Fr. Theophan Buck  
4 Christopher Mareska  
4 Aidan Magnusson  
5 Kimberly Guest  
7 Jacob Turner  
14 Elena Hintermaier  
23 Mariana Turner  
24 Joey Lopes  
25 Danielle Bush  
26 George Gordy  
26 Mary Gordy



## Nativity Fast Charity

### Nativity Fast Guidelines

- Mondays, Wednesdays, and Fridays of this fast are Strict Fast days. On these days we abstain from meat, dairy, fish with backbones, fowl, alcoholic beverages, and olive oil.
- Tuesdays & Thursdays of the fast are Wine and Oil days. On these days the fasting discipline is relaxed a bit to permit wine and olive oil.
- Saturdays & Sundays of the fast are Fish, Wine, and Oil days. On these days the fast is relaxed even more to permit fish with backbones in addition to wine and oil.
- During the forefeast of the Nativity, from December 20-24, our fasting is more strict. Each weekday that falls during this period is generally kept as a Strict Fast day, while any Saturday or Sunday is observed as a Wine and Oil day. The Eve of the Feast, December 24, however, is always kept as a Strict Fast day.

St. John Chrysostom teaches us, fast with the eye and the ear and the feet and the hands and all the members of our bodies.

“Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers?”

During the season of the Nativity Fast, we will be supporting The Child Abuse Reporting Enforcement (C.A.R.E.) Cottage, a division of the Monroe County Sherriff's Office.

C.A.R.E. Cottage is a combination child advocacy center and victim/witness program serving Monroe County since 1991. Services are funded by grants, 5% fine money and private donations.

Services include: assisting victims of child abuse, supporting crime victims through advocacy, and pursuing compensation, counseling and referral, teaching life skills to middle school students, including dealing with bullying and recognizing offenders. “Backpack Buddies” provides food for the weekend for children. In addition, they provide temporary emergency housing for victims and families.

They are in need, noting they depend heavily on financial support from the community. In addition, they need in-kind donations of canned and non-perishable food items, plastic cutlery and paper products, clothing in a variety of sizes, children's clothing, personal hygiene products, washer detergent and like items, and toys for the children.

Beginning November 15 we will begin collecting your generous donations through December. Please consider being a part of this charity. Make out any checks to St. Innocent with the charity noted in the subject line, cash placed in an envelope indicating the charity or on Realm indicating the same.

## November 2019

November 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10am Hierarchical Divine Liturgy 11:45am Agape	4	5 9am Morning Prayers	6 6pm Daily Vespers	7 9am Divine Liturgy 1-4pm Central State Prison Ministry	8	9 4pm Church School 5pm Confessions 6pm Great Vespers
10 8:45am Matins 10am Divine Liturgy 11:45am Agape 12:30 Catechism	11	12 9am Morning Prayers	13 6pm Daily Vespers	14 9am Divine Liturgy 1-4pm Central State Prison Ministry	15 Beginning of the Nativity Fast: Nov 15 <sup>th</sup> -Dec 25 <sup>th</sup> .	16 5pm Confessions 6pm Great Vespers
17 8:45am Matins 10am Divine Liturgy 11:45am Agape 6pm Choir Fest	18	19 9am Morning Prayers	20 6pm Vespers for the Great Feast of the Entrance of the Theotokos	21 9am Festal Liturgy 1-4pm Central State Prison Ministry	22	23 5pm Confessions 6pm Great Vespers
24 8:45am Matins 10am Divine Liturgy 11:45am Agape 12:30 Catechism	25	26 9am Morning Prayers	27 6pm Akathist of Thanksgiving	28 No Service Thanksgiving	29	30 5pm Confessions 6pm Great Vespers

## Tentative December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:45am Matins 10am Divine Liturgy 11:45am Agape 12:30 Everyday Orthodoxy	2	3 9am Morning Prayers	4 6pm Small Compline	5 1-4pm Central State Prison Ministry 6pm Great Vespers for St. Nicholas	6 9am Divine Liturgy for St. Nicholas' Feast Day	7 (3pm Bolingbroke Parade) 4pm Family Church School 5pm Confessions 6pm Great Vespers
8 8:45am Matins 10am Divine Liturgy 11:45am Agape 12:30 Catechism	9	10 9am Morning Prayers	11 6pm Small Compline	12 1-4pm Central State Prison Ministry 6pm Great Vespers for St. Herman	13 9am Divine Liturgy for St. Herman's Feast Day	14 5pm Confessions 6pm Great Vespers
15 8:45am Matins 10am Divine Liturgy 11:45am Agape 12:30 Everyday Orthodoxy	16	17 9am Morning Prayers	18 6pm Small Compline	19 1-4pm Central State Prison Ministry	20	21 5pm Confessions 6pm Great Vespers
22 8:45am Matins 10am Divine Liturgy 11:45am Agape 12:30 Catechism	23	24 Strict Fast 9am Nativity Royal Hours 6pm Great Vespers W/Litva	25 No Fast 9:40 3 & 6th Hours 10am Festal Divine Liturgy for Nativity 11:45am Agape	26	27	28 No Fast 5pm Confessions 6pm Great Vespers
29 8:45am Matins 10am Divine Liturgy 11:45am Agape	30	31 9am Morning Prayers				