

The Nativity Fast: A Season of Preparation

While Great Lent is appointed as a time for fasting and deep repentance in the 40-days leading up to Holy Week and Pascha each spring, we are now given in the midst of the winter another 40-day period of fasting. The season we are now approaching, most commonly called in the Orthodox Church the Nativity Fast, is a fast not so much of penitence, but of quiet expectation and preparation for the coming of the Son of God in the flesh. The Nativity Fast (also called the Christmas Lent or St. Philip's Fast or even, more colloquially, the Advent Fast) inevitably bumps up against some of the excesses of secular Christmas celebrations and calls us to pull back from too much food, to offer our alms and efforts to others, to still our hearts, and to focus on the "One thing needful." In short, we are to discover the Incarnate Christ in this season so that we can proclaim with the angels, shepherds, and Magi, "Christ is Born! Glorify Him!"

Fasting Guidelines

Please consult your liturgical calendars. Note that this fast is less strict than the Great Lent, with many fish, wine, and oil days. In short, the fasting guidelines for the Nativity Fast are as follows:

- We abstain from meat and dairy throughout.
- We are allowed fish, wine and oil on the weekends.
- We are allowed wine & oil on m Tuesdays and Thursdays.
- Christmas Eve is kept with special strictness in expectation of the Birth of Christ.

Feasting Guidelines

In the aftermath of Nativity itself, the Church calls us feast together in the joy of the Lord. There is no fasting in the Orthodox Church (besides the Eucharistic fast before Liturgies) on any day between Christmas and Theophany Eve on January 5.



Saint Athanasius

ORTHODOX CHURCH

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100 Lime Lane, Nicholasville KY 40356

A Parish of the Orthodox Church of America, Diocese of the South
The Most Blessed Metropolitan Tikhon, Primate of the OCA
The Most Reverend Archbishop Nikon of boton,
Locum Tenens of the Diocese of the South
Reverend Justin Patterson, Rector

2014 Nativity Season Schedule

November 15, 2014 thru January 6, 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nativity/Advent Calendar						November 15 ^{f/w/o} Begin Nativity Fast 6:30pm <u>Vigil</u> 8pm Confessions
f/w/o 16 <i>Holy Apostle Matthew</i> 9am Sunday School 10am Divine Liturgy 12pm Fellowship (Team II) 12:30-1:15pm Bread Ministry (Team C) 6-7:30pm HS Girls Meeting	17	w/o 18 11am Moleben for Local Needs 7:30pm Parish Council	19 6:30pm Vespers 7:20pm Christian Education: "Historical Road of Orthodoxy" Part III 8:20pm Small Compline for Nativity Fast	w/o 20 <i>Forefeast of the Entry</i> 6:30pm Vigil for Entry of Theotokos into Temple	f/w/o 21 <i>Entry of the Most-Holy Theotokos into the Temple</i> 7am Festal Liturgy	f/w/o 22 6:30pm Vigil 8pm Confessions
f/w/o 23 9am Sunday School 10am Divine Liturgy 12pm Fellowship (Team III) 12:30-1:15pm Bread Ministry (Team D) 6-7:30pm Youth Group	24	w/o 25 11am Moleben for Local Needs	26 6:30pm Small Compline with Akathist Glory to God for all Things	w/o 27 Thanksgiving Day 8am Liturgy	28 No Service Today	f/w/o 29 6:30pm Vigil 8pm Confessions
f/w/o 30 <i>Holy Apostle Andrew</i> 9am NO Sunday School 10am Divine Liturgy 12pm Fellowship (Team IV) 12:30-1:15pm Bread Ministry (Team A)	December 1	w/o 2 11am Moleben for Local Needs	3 6:30pm Vespers 7:20pm Christian Education: "Historical Road of Orthodoxy" Part IV 8:20pm Small Compline for Nativity Fast	w/o 4 <i>Hieromartyr Alexander Hotovitzky</i>	w/o 5 <i>Ven. Sabbas the Sanctified</i> 7am Matins 8am Confessions 6:30pm Great Vespers for St. Nicholas	f/w/o 6 <i>St. Nicholas Day</i> 9am Liturgy for St. Nicholas 6:30pm Great Vespers 7:30pm Confessions
f/w/o 7 <i>St. Ambrose of Milan</i> 9am Sunday School 10am Divine Liturgy 12pm Fellowship (Team I) 12:30-1:15pm Bread Ministry (Team B) 6-7:30pm HS Girls Meeting	8	w/o 9 <i>Conception of Theotokos</i> 11am Moleben for Local Needs	10 6:30pm Vespers 7:20pm Christian Education: "Historical Road of Orthodoxy" Part V 8:20pm Small Compline for Nativity Fast	w/o 11	12 7am Matins 8am Confessions 6:30pm Great Vespers for St. Herman	f/w/o 13 <i>St. Herman of Alaska</i> 9am Liturgy for St. Herman 6:30pm Vigil 8pm Confessions
f/w/o 14 9am Sunday School 10am Divine Liturgy 12pm Fellowship (Team II) 12:30-1:15pm Bread Ministry (Team C) 6-7:30pm Youth Group	15	w/o 16 11am Moleben for Local Needs	17 6:30pm Vespers 7:20pm Christian Education: "Historical Road of Orthodoxy" Part VI 8:20pm Small Compline for Nativity Fast	w/o 18	19 7am Matins 8am Confessions	w/o 20 <i>St. John Kronstadt & Ignatius of Antioch</i> 6:30pm Vigil 8pm Confessions
w/o 21 9am Sunday School 10am Divine Liturgy 12pm Fellowship (Team III) 12:30-1:15pm Bread Ministry (Team D)	22	w/o 23 11am Moleben for Local Needs 8pm Small Compline 9pm Confessions	strict fast 24 <i>Nativity Eve</i> 8am Royal Hours 11am Vesperal Liturgy 6:30pm Nativity Vigil	25 <i>Nativity of our Lord</i> 8am Nativity Liturgy	26 <i>Synaxis of the Most-Holy Theotokos</i> 9am Synaxis Liturgy	27 <i>St. Stephen</i> 6:30pm Vigil 8pm Confessions
28 9am Sunday School 10am Divine Liturgy 12pm Fellowship (Team IV) 12:30-1:15pm Bread Ministry (Team A)	29	30 11am Moleben for Local Needs	31 <i>Leavetaking of Nativity</i> 6:30pm Great Vespers	January 1 <i>Feast of Circumcision and St. Basil</i> 9am Liturgy for New Year & Circumcision	2	3 6:30pm Vigil 8pm Confessions