



## ST. MARY ANTIOCHIAN ORTHODOX CHURCH

A PARISH OF THE ANTIOCHIAN ORTHODOX ARCHDIOCESE OF NORTH AMERICA

PARISH NEWS & ANNOUNCEMENTS FOR DECEMBER 1, 2019

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- The Advent Fast continues. We ask you to follow the fasting guidelines when hosting coffee hour at the Church during Advent -- No meat, fish, eggs or dairy products. The Nativity Fast is one of the four Canonical Fasting Seasons in the Church year. This is a joyous fast in anticipation of the Nativity of Christ. We are also asked to make time to receive the Sacrament of Confession during this Advent Season. Confessions will be heard on Saturday evening prior to Vespers or by appointment.
- Please remember we will celebrate the Advent Paraclesis Service each Wednesday at 5:00 pm. Let us join together this evening to give thanks for all that God has done for us and continues to do for us.
- Attached is the December 2019 Church Calendar. Please pay particular attention to the services for the Nativity of our Lord. We will celebrate the Paraclesis each Wednesday during this Advent Season and the Royal Hours and the Matins and Liturgy of the Nativity on the Eve of the Feast.
- Next Sunday, December 8th, we will be celebrating St. Nicholas Day at Church.
- Sunday, December 15th, we will hold our Christmas gathering at the Wyoming Valley Country Club. Please make you reservations after Church this Sunday.