



## Christos Karydis receives his Doctorate at Lincoln University.

Christos, a long time altar server at our church is seen here with **Elli Georgiou** before leaving to take up a post as Lecturer at the Higher Ecclesiastical Academy in Athens.

Sveta says “ *borrow a book from me - and learn more about our Church and Faith.*”



New library and bookstall in the hall after Liturgy on Sundays. Sveta is our new librarian and has Orthodox books & mags in English, Greek and Russian.

### More about the Nativity Fast....

there's more to it than giving up meat ! During the six weeks of the Fast we plan **more prayer time** into our daily schedule and increase our **almsgiving**. read more about how you can do this in the next column....

Parish priest: Fr Philip. Tel: 01652.655250.  
Assistant priest: Fr George Tel: 01636.626417.

### ALMSGIVING in the NATIVITY FAST

We have **two suggestions** to help you prepare for Christmass by helping others

1. To help people in need in and around Lincoln - increase your gifts of tinned foods to our **FOOD PROJECT** basket which you see inside our church door every Sunday.
2. To help very very poor and needy children overseas fill a shoe box with small gifts and bring it to church **before 15th November**. Your gifts will bring much joy when they are sent to the poorest and most needy of children in **Operation Christmas Child**.



More details on enclosed sheet.

E-mail: [FrPhilip@aol.com](mailto:FrPhilip@aol.com).  
E-mail: [fathergeorge@macace.net](mailto:fathergeorge@macace.net)

## DIVINE LITURGY

every Sunday

St Matthias, Burton Rd,  
Lincoln, LN1 3TX

**10 am**

Bring and Share breakfast  
in hall after service.

## The Orthodox Nativity Fast

is the equivalent to the Catholic Advent season, i.e. the period of preparation for the great Feast of the Incarnation of God in Christ, i.e. Christmass.

Catholic Advent last 4 weeks but the Orthodox Nativity Fast lasts for 6 weeks.

During the six weeks of the Nativity Fast Orthodox Christians abstain from the foods pictured below.

## CALENDAR for NOVEMBER

1st Sun. PENTECOST 21

8th Sun. PENTECOST 22

13th Fri. St John Chrysostom. No liturgy

**15th Sun PENTECOST 23.**

**Nativity Fast begins today**

and continues for 6 weeks  
until 25th December.

**Note:** The Nativity Fast is not  
as strict as the Lent Fast and  
fish, wine and oil are permitted  
on Saturdays and Sundays.

21st Sat. Entry of Mother of God.  
No liturgy.

**22nd Sun PENTECOST 24.**

**29th Sun. PENTECOST 25.**



**Meat, fish, milk, cheese, eggs, butter,  
wines, spirits & beer.**

Some kinds of people are excused from food fasting. These include young children, sick people taking medicines and those who are elderly or frail in health. The strong and fit should not excuse themselves. If in doubt ask the advice of your priest.

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# OPERATION CHRISTMAS CHILD

## What is it ?

Operation Christmas Child is the UK's largest children's Christmas appeal and has been running for over 19 years. Thanks to a huge army of volunteers who give their time to help make this Christmas 'miracle' come to life, we are able to deliver gift-filled shoeboxes to children in Africa, Eastern Europe and Central Asia.



We work with local churches and charities overseas to ensure that your shoebox gets delivered by hand to children who need it most, regardless of their background or beliefs.

## How can I get involved?

It couldn't be easier. Simply follow these steps:

1. Get hold of an empty shoebox.
2. Fill it with suitable gifts from the list below.
3. Bring your box to St Matthias church by **Sun 13th November**. Your box will then be processed by volunteers and sent to its destination to be distributed to a child in need.

**Yes please...**soft toys, tennis ball, small musical instrument, jig-saw, trucks and cars for a boy, dolls, clip on ear rings etc for a girl. Toothbrush, toothpaste, soap, comb, flannel, etc. gloves, scarf, sunglasses, cap, hat, bangles, sweets that will keep well, necklaces, etc.

**No thank you...**chocolate, medicine, toy guns, soldiers or war related items, glass, sharp items, novels or items of a political nature.

Label your wrapped box "**Boy**" or "**Girl**" and state suitable age.

Lincoln Orthodox Messenger No 55

NOVEMBER 2009

< [www.allsaintslincs.org.uk](http://www.allsaintslincs.org.uk) > & < [www.antiochian-orthodox.co.uk](http://www.antiochian-orthodox.co.uk) >

## “Getting ready for Christmass”

An Orthodox study programme for the Nativity  
Fast

Wednesday evenings & Friday mornings in Advent  
at St Matthias, Burton Road, Lincoln.

Five opportunities to learn more about the  
Orthodox Liturgy and to ask questions on any  
aspect of the Orthodox Faith

Each 2 hour session falls into two parts.

Part one - a talk on the Liturgy by Fr George coffee break
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Part two - your questions answered & discussed
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Wednesdays Nov 18 & 25th. Dec 2, 9 & 16th:

7 pm - 9 pm

Fridays Nov 20 & 27. Dec 4, 11 & 18th:

10.30 am - 12.30 pm

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Yes, I am interested in the Advent study course and am thinking  
about possibly taking part. Name\_\_\_\_\_

PLEASE TEAR OF THIS SLIP AND RETURN IT TO FR GEORGE. or email him.

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