

VOL. 3 | NOVEMBER 2021

# THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



## NOVEMBER DATES TO REMEMBER

- St. Katherine Women - 11/7
- Fellowship of St. Moses the Black - 11/8
- Eastern Diocese Retreat - 11/11-13
- Parish Council - 11/14
- Liturgy (St. Katherine) - 11/25

## The Advent Season

by Fr. Joel Gillam

On November 15th we begin the Advent Fast. Its length is the same as Pascha, forty days, and that is no coincidence. The Advent season has been called the Winter Pascha. The structures of the fast and of the feast are based on the older Lenten and Paschal cycles that are the center point of our liturgical life.

He who will one day have a cave for his tomb is born in a cave as well. When Christ is born the star guides all to this wondrous event, and when he dies the sun dims in the heavens in acknowledgment of the act of love of the Son who outshines all the stars of heaven. The Gentile Magi come to worship him and at the cross the Gentile centurion declares that "Truly this was the Son of God."

These forty days of fasting are a call to us that we should reflect and repent for the kingdom of God is coming. In his works concerning the "Incarnation" of Christ, St. Athanasios tells us that the Savior's incarnation is about the saving

action of God brought about through His love for us. The Incarnation is not just in the cave but also on the Cross, for it is these two places that Christ reveals what it means to be human. One the Cross he show's God's love for us by dying, and at his birth he shows God's love by emptying himself and becoming like us.

It is no strange thing that we fast for the birth of our Lord for by his birth we are all given the chance to be reborn into that true humanity. A humanity not of the old sinful Adam but of the new Adam who offers himself to God and to us as mediator.

# Coat and Blanket Drive - 12 Baskets Philadelphia

Now through the end of January, we will be collecting **gently used** coats and blankets and **new** socks and underwear (men's and women's) to be distributed during our monthly 12 Baskets food distribution in Center City Philadelphia. Please be sure that all gently used coats and blankets are washed before being placed in the collection box in the fellowship hall.

Homelessness and food insecurity are prevalent issues in Philadelphia, and we are called in Scripture to help those facing these issues. As we read in Matthew 25:40, "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" To learn more about food insecurity in PA, check out [Feeding America](#).

Want to get involved in 12 Baskets? Email Caitlin at [office@saintgeorgeupperdarby.org](mailto:office@saintgeorgeupperdarby.org) for more info.

"The bread in your cupboard belongs to the hungry; the coat unused in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you hoard up belongs to the poor." - St. Basil the Great



## MINISTRY UPDATES

### St. Katherine Women

St. Katherine's Women's Group is a sisterhood of love, service, and education for the women of St. George Church to support one another and share the love of God with the church and community. We are a parish ministry within the Antiochian Women of North America <[link: Who Are the Antiochian Women?](#) | Antiochian Orthodox Christian Archdiocese> and the Antiochian Women of the East Antiochian Orthodox Women of the East.

We offer a variety of fellowship, education, and service opportunities. Some of our past activities have been theatre trips, monastery trips, brunches, a Holiday Gift Appeal for the People's Emergency Center (PEC) of Philadelphia, and an annual Palm Sunday bake sale. We support the parish through our "Pray For a Sunday School Student" initiative, sending greeting cards and participating in Meal Trains for our parish family as needed. See the announcements on page 3 to learn more about our holiday gift drive for PEC!

Please join us the first Sunday of the Month during Coffee Hour for our monthly meeting. We hope to see you on November 7. Then, come out for Liturgy on Thursday, November 25 at 9am to honor St. Katherine on her Feast Day!

## November Greeters and Readers

### November 7

Greeters: Teen SOYO  
Reader: Caroline Becker

### November 14

Greeters: Jerry Burke  
Reader: Kerry San Chirico

### November 21

Greeters: TBD  
Reader: Ed Donahue

### November 28

Greeters: TBD  
Reader: Sheri San Chirico

**Interested in being a greeter?** Contact Ed Donahue at [edjdonahue@gmail.com](mailto:edjdonahue@gmail.com)

**Interested in being a reader?** Contact Matt Gordon at [mmsgordon2@gmail.com](mailto:mmsgordon2@gmail.com)

## Upcoming Events

### Eastern Diocese Retreat - November 11-13

The 2021 Eastern Diocese Fall Retreat, hosted by St. John Chrysostom in York, PA, will be held virtually on November 11-13. Dr. Philip Mamalakis will be the keynote speaker. For the full schedule and additional information, visit [www.orthodoxyork.org/2021-virtual-fall-retreat.html](http://www.orthodoxyork.org/2021-virtual-fall-retreat.html).

### Thanksgiving Boxes for PEC

Through the month of November, we will be taking donations for the purchase of Thanksgiving meal boxes to donate to the People's Emergency Center (PEC) in Philadelphia. Please make all donations by November 19, with the memo "Thanksgiving box" included.

### Holiday Gift Drive

We are once again supporting the People's Emergency Center (PEC) in Philadelphia through our holiday gift drive. Due to current distribution methods, gift cards are preferred, but items may also be ordered and shipped directly from the wishlists ([please visit PEC's website to view the wishlists](#)). Alternatively, you may also make a donation to St. George's online or via cash/check (with the note "PEC holiday drive") no later than December 5th and we will direct it to the holiday drive.

### 2022 Offering Envelopes

We are preparing to order offering envelopes for 2022. If you do not currently receive envelopes and would like to be assigned a box number, please contact Caitlin at [office@saintgeorgeupperdarby.org](mailto:office@saintgeorgeupperdarby.org) by November 15.



# Antiochian Village

*worship | fellowship | education | love*

## Winter Camp and Family Camp Registrations are Now Open!

Winter Family Camp will be held at the Antiochian Village from January 14-17, 2022. Fr. Paul Abernathy, parish priest at St. Moses the Black Orthodox Church in Pittsburgh, will be the guest speaker for the weekend. [You can register online today on the Antiochian Village's website.](#)

Winter Camp will be held February 18-21, 2022. [For more info and to register, visit the Antiochian Village's website.](#)

On Saturday, December 11, we'll be hosting a special Advent event and church cleaning day. We'll share more details online and in the Parish Life Notes when they become available.

Information for Nativity flower donations will be made available shortly after Thanksgiving. Keep an eye on the Parish Life Notes and the December newsletter for more details later this month.

COMING  
SOON

# Guidelines for the Nativity Fast

## November 15 - December 24

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. That is the reason it is less strict than other fasting periods. The fast is divided into two periods. The 1st period is November 15th through December 19th when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil on Tuesdays and Thursdays. Similarly, fish, wine, and oil are permitted on Saturdays and Sundays. The 2nd period is December 20th through 24th when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil only on Saturday and Sunday during this period. Here are the guidelines:

Meat	Dairy	Fish	Wine	Oil
beef, chicken, pork, turkey, elk, veal, lamb, deer, rabbit, buffalo, and so forth	milk, eggs, cheese, butter, yogurt, cream, and so forth	fish with a backbone (not including shrimp, octopus, shellfish, squid, or other seafood)	(some include all types of alcohol in this category)	(some include all types of oil in this category)
Abstain	Abstain	Permitted only on Saturdays and Sundays before 12/20 (some permit fish Tuesdays and Thursdays also)	Permitted only on Tuesdays, Thursdays, Saturdays, & Sundays before 12/20	Permitted only on Tuesdays, Thursdays, Saturdays, & Sundays before 12/20

Abstinence includes refraining from the food and drink mentioned above, as well as from smoking. The Eucharistic Fast means abstaining from at least the previous midnight for communing at a morning Liturgy.

### The Purpose of Fasting

The purpose of fasting is to focus on the things that are above, the Kingdom of God. It is a means of putting on virtue in reality, here and now. Through it we are freed from dependence on worldly things. We fast faithfully and in secret, not judging others, and not holding ourselves up as an example.

- Fasting in itself is not a means of pleasing God. Fasting is not a punishment for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.
- We fast to be delivered from carnal passions so that God's gift of Salvation may bear fruit in us.

- We fast and turn our eyes toward God in His Holy Church. Fasting and prayer go together.
- Fasting is not irrelevant. Fasting is not obsolete, and it is not something for someone else. Fasting is from God, for us, right here and right now.
- Most of all, we should not devour each other. We ask God to "set a watch and keep the door of our lips."

### Do Not Fast

- between December 25 and January 5 (even on Wednesdays and Fridays);
- if you are pregnant or nursing a newborn;
- during serious illness;
- without prayer;
- without alms-giving;
- according to your own will without guidance from your spiritual father.

# November 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Matins 9am Akathist 7pm Choir Practice 7pm	3 Paraklesis 6pm 12 Baskets prep 7pm	4 3rd Hour 9am 12 Baskets 8pm	5	6 Vespers 4:30pm
7 Orthros & Liturgy 9:30am SKW 12pm	8 Orthros & Liturgy @ St. Demetrios Upper Darby 9am Fellowship of St. Moses the Black 7pm	9 Liturgy 9am Akathist 7pm Orthodoxy on Tap 7pm	10 Maintenance Committee 8:30pm	11 <b>Eastern Diocese Virtual Fall Retreat</b> 3rd Hour 9am	12 <b>Eastern Diocese Virtual Fall Retreat</b>	13 <b>Eastern Diocese Virtual Fall Retreat</b> Vespers 5pm
14 Orthros & Liturgy 9:30am Parish Council 12:30pm	15 Vesperal Liturgy @ St. Matthews, Blandon PA 6:30pm	16 3rd Hour 9am Akathist 7pm Choir Practice 7pm	17	18 3rd Hour 9am Icon Committee 7:30pm	19 Wedding Rehearsal 6pm	20 Wedding 2:30pm Vespers 5pm
21 Orthros & Liturgy 9:30am	22	23 Matins 9am Akathist 7pm Choir Practice 7pm	24	25 Liturgy - St. Katherine 9am	26	27 Vespers 5pm
28 Orthros & Liturgy 9:30am	29	30 Liturgy - Apostle Andrew 9am Akathist 7pm Choir Practice 7pm				

To view the full calendar, visit [www.saintgeorgeupperdarby.org](http://www.saintgeorgeupperdarby.org)

**Not on our mailing list? Contact Caitlin at [office@saintgeorgeupperdarby.org](mailto:office@saintgeorgeupperdarby.org) to add your name to our mailing list.**