

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Fast Day</i>	2 5:00 pm Choir Practice 6:00 pm Great Vespers
3 19th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	4	5	6 <i>Fast Day</i> 6:00 pm Paraklesis	7 6:00 pm Discovering Orth	8 <i>Fast Day</i> 🐟🍇🍷 Synaxis of the Archangels 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	9 <i>Saint Nektarios</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
10 20th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	11	12	13 <i>Fast Day</i> 🐟🍇🍷 <i>Saint John Chrysostom</i> 6:00 pm Paraklesis	14 6:00 pm Discovering Orth	15 <i>Nativity Fast</i> <i>Beginning of the Nativity</i> <i>(Saint Philip's) Fast</i>	16 <i>Nat. Fast</i> 🐟🍇🍷 <i>Saint Matthew</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
17 <i>Nat. Fast</i> 🐟🍇🍷 21st Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	18 <i>Nativity Fast</i>	19 <i>Nativity Fast</i> 🍇🍷	20 <i>Nativity Fast</i> 6:00 pm Great Vespers	21 <i>Nat. Fast</i> 🐟🍇🍷 Feast of the Entrance 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	22 <i>Nativity Fast</i>	23 <i>Nat. Fast</i> 🐟🍇🍷 5:00 pm Choir Practice 6:00 pm Great Vespers
24 <i>Nat. Fast</i> 🐟🍇🍷 22nd Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	25 <i>Nativity Fast</i> 🍇🍷 <i>Leavetaking of the Feast of the Entrance</i>	26 <i>Nativity Fast</i> 🍇🍷	27 <i>Fast Day</i>	28 <i>Nativity Fast</i> 🍇🍷 Thanksgiving	29 <i>Nativity Fast</i> <i>All Services at St Andrew Parish in Delta, Colorado</i> 5:00 pm Great Vespers	30 <i>Nat. Fast</i> 🐟🍇🍷 <i>Feast of Saint Andrew</i> <i>All Services at St Andrew Parish in Delta, Colorado</i> 8:30 am Divine Liturgy 5:00 pm Choir Practice 6:00 pm Great Vespers

Fasting

Fast Days: On fast days, we abstain from (a) all vertebrate products, including meat, dairy items, and fish (by “fish” we mean vertebrate fish; shellfish may be consumed on any day), (b) olive oil, and (c) wine (all alcohol).

Weekly Fast Days: According to the ancient tradition of the Orthodox Church, we fast on Wednesdays to recall the betrayal of Judas and on Fridays to recall the crucifixion of the Lord.

Fast Day: The *Nativity Fast* is a forty-day period, from November 15th through December 24th, during which we abstain from all vertebrate products, olive oil, and wine.

Fast Day 🐟🍇🍷 On Saturdays and Sundays the Nativity Fast, as well as on certain major feast days, the Fast is relaxed to consume fish, olive oil, and wine.

Fast Day 🍇🍷 On Tuesdays and Thursdays the Nativity Fast, the Fast is relaxed to consume olive oil and wine.

Holy Wisdom
Orthodox Church



Grand Junction,
Colorado