



The monthly bulletin of
Holy Trinity
 Serbian Orthodox Church
 St. Paul, Minnesota

The Word

Volume 22

Issue 12

www.holytrinityserbian.org

“And let them make Me a sanctuary, that I may dwell among them”

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ↔	2 ↔	3 ↔	4 ↔ Entrance of the Theotokos into the Temple— Vavedenje Rochester Litur- gija 10aAM 5PM Vespers
5 ↔ 10AM Liturgy Lenten lunch & movie	6 ↔	7 ↔ 6:30pm dance practice	8 ↔	9 ↔	10 ↔	11 ↔ 5PM Vespers
12 ↔ 10AM Liturgy Church Board Elections	13 ↔	14 ↔ 6:30pm dance practice	15 ↔	16 ↔	17 ↔	18 ↔ 5PM Vespers
19 ↔ St. Nicholas the Wonder- worker— Sv Nikola 10AM Liturgy 12PM St. Sava program meeting	20 ↔	21 ↔ 6:30pm dance practice	22 ↔	23 ↔	24 ↔	25 ↔ 5PM Vespers
26 ↔ 10AM Liturgy	27 ↔	28 ↔ 6:30pm dance practice	29 ↔	30 ↔	31 ↔	

Church Office
 651-641-0828

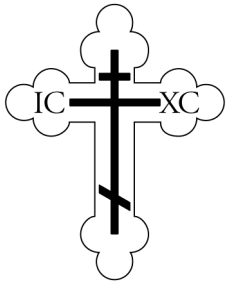
Fr. Ljubomir Krstić
 H: 651-773-5996
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Board President
Nebojša Vukomanović
 651-399-4496

Sunday School
Tanya Troska

Kolo Sisters
Nada Filipovich

Morava Dance Group
Mira Jurich



Community Notice

If you are interested in serving on the church board, please contact John Bulajic or Fr. Ljubomir

On Sunday December 5th, after the Liturgy, we will be having a Lenten lunch (fish, pasulj, salata) followed by the film *Jagoda*, which has won several awards at the Cannes Film Festival. The film will have English subtitles.

On Sunday December 19th, there will be gathering of children and the youth group to plan the St. Sava program from noon to 1pm. Food will be provided for the children.

Rules of the Nativity Fast

In the Orthodox Church, the fast entails fasting from red meat, poultry, meat products, eggs, dairy products, fish, oil, and wine. Fish, wine and oil are allowed on Saturdays and Sundays, and oil and wine are allowed on Tuesdays and Thursdays. The fasting rules permit fish, and/or wine and oil on certain feast days that occur during the course of the fast:, Great-martyr Barbara , St. Nicholas, St. Spiridon and St. Herman , St. Ignatius , etc. The Nativity Fast is not as severe as Great Lent or the Dormition Fast.

As is always the case with Orthodox fasting rules, persons who are ill, the very young or elderly, and nursing mothers are exempt from fasting. Each individual is expected to confer with their confessor regarding any exemptions from the fasting rules, but should never place themselves in physical danger.

There has been some ambiguity about the restriction of fish, whether it means the allowance of invertebrate fish or all fish. Often, even on days when fish is not allowed, shellfish may be consumed. More detailed guidelines vary by jurisdiction, but the rules strictly state that from the December 20 to December 24 (inclusively), no fish may be eaten.

The Eve of Nativity is a strict fast day, called *Paramony* (lit. "preparation"), on which no solid food should be eaten until the first star is seen in the evening sky (or at the very least, until after the Vespers Divine Liturgy that day). If Paramony falls on a Saturday or Sunday, the day is not observed as a strict fast, but a meal with wine and oil is allowed after the Divine Liturgy, which would be celebrated in the morning