

WINTER PASCHA / PHILIPPIAN FAST - 2024

The Library Ministry is once again sponsoring a **PHILIPPIAN FAST /WINTER PASCHA** program to support the spiritual growth of our parish family as we prepare for the birth of Our Lord.

To participate, please write your name and e-mail address on the sign-up sheet on the table in the vestibule, or you can send an e-mail to srflynn@comcast.net (Susan Ruglovsky). Beginning November 15th, each participant will receive a daily e-mail with meditations and information relating to the Philippian Fast and the Winter Pascha.

Please also consider “A La Carte Items” for your personal program:

1. Increase abstinence from meat on Mondays and/or Wednesdays in addition to Friday.
2. Observe a strict fast (abstinence from meat AND dairy/eggs) on any or all of the above days.
3. Do not eat in between meals and restrict the amount of food eaten.
4. Almsgiving to the needy or to charities.
5. Increase time spent in daily prayer and attend additional church services during the week.
6. Suggested reading: *Christ is Born*, published by the Archeparchy and available in our library.

The culmination of **PHILIPPIAN FAST / WINTER PASCHA** program is planned for Sunday, December 22nd after the 9:30 a.m. Divine Liturgy in the church hall/library. We will gather together to discuss and share our individual Philippian Fast journey with one another as we prepare for the Nativity of Our Lord and Savior, Jesus Christ.

If you have any questions, please contact Susan Ruglovsky via e-mail or call or text at 412-720-3542.

