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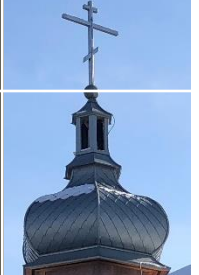
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SEVEN

St. Aidan Orthodox Church

Faith/Family



Kootenay Spotlight >>>

Christmas Markets

Saturday, November 18

Moyie Christmas Bazaar
11am – 2pm

Moyie Community Hall
\$2 Entry Fee

Saturday, November 25

12pm – 6pm

Sunday, November 26

11am – 3pm

Cranbrook Farmers Winter Market

Western Financial Place



Father's Desk

The Entrance of the Theotokos into the Temple

This wondrous feast is not simply one of the ancient feast days of the church. The blessed Virgin's birth was being prepared through every generation since the time of Adam and Eve. After Cain killed his brother Able, we see Eve give birth to a new son – Seth, meaning resurrected. Seth's lineage goes through to King David and Joachim and Anna, until she whom the prophets have been wondrously anticipating, Mary, the birth-giver of God, arrives.

We always hear the familiar Gospel from Luke 10 and 11 on the feast days of the Theotokos. Mary sitting at the feet of Jesus doing the one thing needful – keeping her eyes and attention on Christ, and Martha working away serving, and feeling sorry for herself. Serving is not the problem here, it is Martha's attitude. Serving with joy and being grateful for the opportunity, for the privilege of serving Christ, is always a blessing. Today we rejoice as we see the most-pure little 3-year-old Mary skipping up the 15 large stairs of ascent and being ushered into the very Holy of Holies by the high priest. Into

the most sacred part of the Temple where no-one was allowed except the high priest after strict preparation. What can this mean? The Holy of Holies, full of the glory of God, is a foreshadowing of the most blessed birthgiver of God. She is the true Holy of Holies. The most blessed virgin will contain in her womb that which all of heaven can not contain. God Himself will come and take His entire humanity, His very human flesh, from

She is the very fountain of wisdom, the new Eve who fulfils her blessed role, bringing life to all!

this most-pure ever virgin Mary. The most blessed mother of our God! "*Blessed is the womb which bore You, and the breasts which nursed You.*" Giving life to Him who is the very source of life to her and to all of mankind. The Creator of all, dwelt in

Mary's womb and nursed from her breasts. The blessed virgin Mary accepted with grace and humility to be the very gate, the portal, of our salvation; to allow her womb to be the throne of God. She, like all of mankind had complete free will, she had a choice. God works His salvation for each of us only in cooperation with us.

THE NATIVITY FAST

The Orthodox church has scheduled church fasting periods for about half the year. Until the modern era, these fasting periods would also include more services, giving participants more opportunity for alms-giving and communal prayer.

Prayer keeps us focused on the purpose of the fast. The focus of the Advent fast is the anticipation and preparation for the time when God entered into His creation by being born as the saviour of the world. Fasting periods were implemented within the Christian Church by the apostles. The fasts are a form of discipline to help us enter into the event occurring during that time. Combining the fast with prayer enables us to also humble our souls. As we humble our souls, we become more like Christ, more able to see God in all of His creation including His people.

This ascetic reminder is particularly needed at Advent, during this first world, 21st century season of excess and pride. Fasting during Advent reminds us that our happiness should not be dependent upon obtaining stuff whether for ourselves or others. These things take our focus off what is actually important, drawing closer to God. When we fast, we can consciously say no to over-indulgence and pride. When we fast, we may be more willing to live the spirit of Christmas; giving recognition and respect to every other person around us. Ideally, the money we save in food bills can be given to those who need it more. The time we save by not preparing elaborate meals can be spent in prayer. As we draw closer to God, drawing closer to others should become foremost



in our minds as we fast throughout the year and not just in December. We can maintain the message of the Christmas season year-round, the message that Christ was born to save all of creation.

Prayer and fasting helps us to overcome pride and enables us to love and help all people, to treat them as important to God and to us, not just once a year but every day of every year, forever and ever. Amen.

(from Glimpses of Glory, Fasting)

Upcoming Events >>>

November 2023

November 4 – 4pm: First Family Vespers

November 5 – 10:30am: Divine Liturgy

November 11 – 6pm: Great Vespers

November 12 – 10:30am: Divine Liturgy

November 15 – Nativity Fast Begins

November 18 – 6pm: Great Vespers

November 19 – 10:30am: Divine Liturgy

November 20 – 6pm: Great Vespers/Lytia

November 21 – 9am: Festal Divine Liturgy of the Entrance of the Theotokos into the Temple (Dennys breakfast afterwards)

November 25 – 6pm: Great Vespers

November 26 – 10:30am: Divine Liturgy



The Nativity Fast and Almsgiving

Salvation Army Kettles

Sign up for a time to volunteer again this year!

Stuff the Bus November 4

Stop by the Safeway Foods parking lot at Cranbrook Mall (1200 Baker St) from 10 am to 6 pm and help fill the bus with non-perishable food donations for Cranbrook Food Bank. Items needed most are School snacks: fruit cups, packaged cheese and crackers, trail mix and juice boxes; and Pantry essentials: sugar, flour, rice, oatmeal, and instant coffee. This year's Stuff the Bus event will also include a BBQ, with all the proceeds going towards the Cranbrook Food Bank.



Church School

Use the liturgical seasons of feasting and fasting to create lovely rhythms and traditions for your family. The Nativity Fast is a special gift that the Church gives us in order to help us re-focus our lives on Christ. It is quite the marathon for the faithful, as it is 40 days of fasting during the Christmas season. The key is to do ONE thing and build from there!



The marking of time has always been an important part of human existence. For children, this is especially important to help them “mark the time” as we journey through advent. You can use some sort of 40 day advent calendar and/or an Advent Wreath. On the first day of advent (November 15th), light the first candle. From then on, light one additional candle each Sunday, increasing by one each week. By Christmas Eve, every candle in the circle is lit, and on the feast of the Nativity of our Lord, you light the one in the center! You should use an advent wreath in the way that best suits your family. Some people light the candle(s) every day during evening prayers, or light them and

sing a hymn. Others prefer to just light them on Sundays and share the daily Bible readings of the Jesse Tree together. There is no “right way” to use an Advent Wreath - just find the routine that benefits and blesses your family!

Important elements to any fasting period in the Orthodox Church are (1) Prayer (2) Fasting and (3) Almsgiving. According to St John Chrysostom, no one can be saved without giving alms and without caring for the poor. We are stewards of what belongs to the Lord and should share the gifts of His creation with one another as much as we can.

For those who struggle every fasting season with planning fatigue and overwhelm of “What am I going to cook for my family,” these are tried-and-true [recipes](#) the whole family will love.

Celebrating the fast is a wonderful way to create traditions that your family will look forward to year after year! This is also a way to bring the life of the church into our homes.

For more ideas, follow the link below:

asceticlifeofmotherhood.com/blog/Adventguideforfamilies

If you want some help, please let Rebecca know at saintaidancranbrook@gmail.com



Church Youth

November 11 Remembrance Day

Every single one of us is born to die and when that happens, within Orthodox circles, we sing “Memory Eternal.” It is a prayer to the eternal God on behalf of the departed. It’s like saying, ‘may this person forever be in God’s memory’.

Creation exists only because it has a relationship with its Creator. America had a tradition of Decoration Day where families would have a family reunion at the graves of loved ones complete with picnic. Graves were tended, stories told and children learned about family history. Eventually, this tradition became Remembrance Day, a day set aside to remember the soldiers who had died fighting in battle.

Whether a soldier who gave up his life for our country, the missing and murdered women, the lonely homeless person, our parents, our miscarried child or someone who had fame and riches in this lifetime. We need to remember them all, but this is a task virtually impossible for us who are trapped in time. I can’t do it, but God can.

November 11 is a time to remember our heroes, those who made the ultimate sacrifice. They gave their lives so others may live. Let us lift them up to God and may their memory be eternal.

(from Glimpses of Glory, Remembrance)

Questions Answered >>>

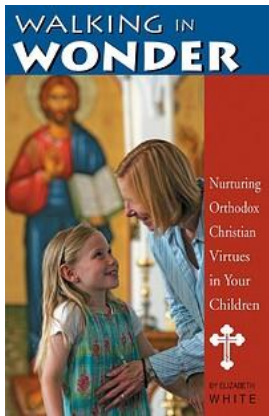
Q: Why do we celebrate the Entrance of the Theotokos in November?

A: This is a feast of anticipation and that is why it is celebrated during the Nativity Fast. It is the beginning of Mary’s total dedication to God and the beginning of her preparation to become Mother of the Incarnate Lord. (from Glimpses of Glory, Advent)



Outreach Ministry Updates ...

Bookstore and Library



The Library has been set up in our newly renovated church building. Please come and check out the books you are interested in. You can also [check out books online](#) at our website.

The Bookstore has been set up in the church as well. It is just in the process of being stocked up with Nativity items. You will also find things such as calendars, candles, icons, prayer beads, bumper stickers, ect.

If you want to order any Orthodox books, icons etc. it is always best to check with our Bookstore chief Jessie Bartlett to see if she can save you money. You can email her at staidanbookstore@gmail.com



Fasting Recipes

By fasting, we “shift our focus” from ourselves to others, spending less time worrying about what to eat, when to eat, how much to eat, and so on in order to use our time in increased prayer and caring for the poor. We learn through fasting that we can gain control over things which we sometimes allow to control us.

Just as we would refrain from eating a lot before going to an expensive restaurant for dinner—if we “ruin our appetite” we will enjoy the restaurant less—so too we fast before the Nativity in order to more fully feast and celebrate on the Nativity itself.

During the Nativity Fast, we are called upon to refrain from meat, dairy, fish, wine, and olive oil. If we must modify the extent to which we fast within this framework, it is of course possible, but in every instance our fasting should be consistent and regular.

(oca.org)

As we prepare for the upcoming Nativity Fast, please visit our website for [fasting recipes](#). There are many favorites that were posted in the past by Presbyterian Jaime, Matka Trish, Cassandra, and Kt.

Please add your favorite recipes of any type at the ‘Submit your Recipe’ section of the recipe page.



coming soon >>>

In The Next Issue

Dec. 6 – St. Nicholas Day

Dec. 13 – St. Herman of Alaska

Nativity Services Schedule

Youth Group Update

Church School Update

Outreach Ministry Updates



Social Media Links

Website: saintaidan.ca

[Facebook](#)

[Facebook Group](#)

[Instagram](#)

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