

Some info for the Pre-Christmas Fast:

Filipovka (Pylypiwka): Traditional beginning is the feast of St. Philip the Apostle, November 14th.

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Filipovka

When You Fast: Nativity Fast Traditions for Byzantine Catholics

The Byzantine Catholic Church invites all to participate more fully in the central mysteries of the Gospel of Jesus Christ through her calendar of feasts and fasts.

The feast of the Nativity of Our Lord God and Savior Jesus Christ (Christmas, December 25) is one of the great feasts of the Church year, celebrating the coming or advent of the Messiah (which in Hebrew means "He who is anointed by the Spirit" or in Greek, Christos), Jesus Christ. Christ was born into the world through the Theotokos and ever-virgin Mary to offer us the wondrous gifts of salvation and theosis, our transformation into the likeness of God by sharing in His holiness through the energies of His grace.

Through the mystery we celebrate in the Nativity, we too are invited to become the children of God, sons and daughters of our Heavenly Father. But this transformation does not occur overnight. Rather, it requires a rediscovery of the essential disciplines of a disciple of Jesus Christ.

Training for Body, Mind and Spirit

For Saint Paul, Christian discipleship is like an athletic contest in an arena, which requires both training and effort. This is the root of the Christian understanding of asceticism and praxis.

By training our body, mind and spirit with the help God's grace to seek and follow His commands and cultivate the virtues of the saints, in turn we help to extract the poison of corruption, sin and death within our own lives and to realize the saving and transforming power of Christ's life given to us in Holy Baptism.

