St. Herman of Alaska
ORTHODOX CHURCH • LANGLEY, BC

November 2026

Entrance of the Theotokos & Nativity Fast



Parish Contacts

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Donations: E-Transfer to:
treasurer@saintherman.net

Weekly Services:
Every Saturday:
530pm Great Vespers

Every Sunday:
930am Hours
10am Divine Liturgy
12pm Potluck Lunch
1pm Catechism Classes

Feast Days:
Please Check our Calendar

7221 - 198B Street
Langley, BC V2Y 1R9

Nativity Fast & Fasting

On November 15th we begin our 40 Day Fast, as we prepare ourselves to celebrate the Feast of the Nativity of our Lord (aka Christmas)!

So what's the deal with all of this Fasting!?

The world around us celebrates Christmas in advance with Christmas parties, get togethers, baking, eating, drinking and feasting. Company and Secular Christmas Parties all come to an end on December 25th. Almost nobody in our society says 'Merry Christmas' after December 25th...

This is not the way things have always been...Have you ever heard the Christmas Carol 'The Twelve Days of Christmas'?

This Christmas Carol is one of the last reminders in our modern world of the season that spans from December 25 to January 5, a period also known as Christmastide or Twelvetide. It concludes on January 5, known as Twelfth Night, and is followed by the Feast of the Theophany (the Baptism of Christ) on January 6.

In the Orthodox Church we prepare ourselves for Christmas (as we do other Great Feasts such as Pascha, Dormition, and Sts. Peter & Paul) with Fasting. The more we participate in the Fast, the more we appreciate the Feast.

We prepare ourselves for the Feast of the Nativity of our Lord with Fasting, and then we celebrate this Great Feast from Christmas day through Theophany.

Fasting is not just about abstaining from food. It is intended to be complimented with increased prayer and almsgiving, and as a spiritual discipline over our bodily passions and desires. I was once told: 'Fasting without Prayer is pointless...'

Nativity Fast is a great place to start for newer members who have not practiced Fasting before. It's an easier fast, with Fish, Wine & Oil allowed on many days. Please check the church calendar on the last page of this newsletter to see Fasting Guidelines.

The rules of fasting, while they need to be taken seriously, are not to be interpreted with legalism. One very important part of Fasting is not judging others. Not everyone is able to fast the same way. Elderly, the sick, and those with medical concerns are not able to fast the same way as a healthy 20 year old...

While preparing for the Fast we need to remember: 'for the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit' (Rom. 14:17)."

Fr. Gregory

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Archdiocesan Council Meeting @ St. Herman's October 20-21 2026

On October 20-21st, Vladyka Irenee and our Archdiocesan Council held their biannual Meeting at our Parish in Langley.

Being selected to host this event was a real honour for our Parish, and part of our growth and maturing as a community within the Archdiocese of Canada!

While an Honour, this was also a LOT of hard work!

Several Archdiocesen Council Members commented on how well things went, and this is thanks to all those who volunteered and helped!

Many thanks to all those who hosted overnight guests in their homes, who drove members to/from meetings and airport, for those who prepared meals, cleaned, set up, and served to help and support our Archbishop and his Archdiocesan Council!

Fr. Gregory





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2027 Church Service Schedule!

There's much more to our life in the Holy Orthodox Church than just Saturday Vespers & Sunday Divine Liturgies!

Our Liturgical Cycle includes 12 Great Feasts as well as many other Feast Days for which we plan Church Services.

Also don't forget Great Lent...where we have Church Services more days than not!

To help our community plan for our 2027 Liturgical Year, we prepared a Public Google Calendar that you can link to and download.

If you would like to Link to our 2027 Church Service Calendar, please click this link below:

https://calendar.google.com/calendar/u/0?cid=Y2FsZW5kYXJAc2FpbnRoZXJtYW4ubmV0

Sunday School CORNER

Stay tuned in late Novevmber for information on Nativity Skit preparation

"Prioritizing our children's spiritual well-being over their worldly success, offering them a Christ-like example of love and harmony within the home, molding the child's self-will, and striving continuously to become like Christ – to become saints: This is a brief glimpse into raising our children according the teachings of the Fathers and Holy Elders of the Church. It is a difficult path, but it is the surest way we have of raising children who will grow to love God and their fellow man, and who will be a joy for all of us to behold."

-Fr. Hector Firoglanis GOARCH priest, Pennsylvania



" AS A CONTEMPORARY ELDER OF THE CHURCH, ELDER PORPHYRIOS, SAYS,

"BECOME SAINTS AND YOU WILL HAVE NO PROBLEMS WITH YOUR CHILDREN"

(WOUNDED BY LOVE, P. 198)."

Youth Happenings

GRADES 7-12



Post-liturgy Youth Connection every Sunday

IN YOUTH ROOM UNLESS OTHERWISE DETERMINED

UPCOMING PanOrthodox Youth Night



SATURDAY NOVEMBER 14 5:30-7:30

ST. HERMAN'S FELLOWSHIP HALL



Meal Train for Moses and Andrea

Meals are requested for only one week when Moses & Andrea get home from Surgery.

Pre-made freezer meals given to them ahead of time are preferred, or gift cards to Uber Eats!

Please no Shellfish or Groud Beef!

Please click on the link below to help out Andrea & Moses as they recover from Surgery!

https://mealtrain.com/19723z

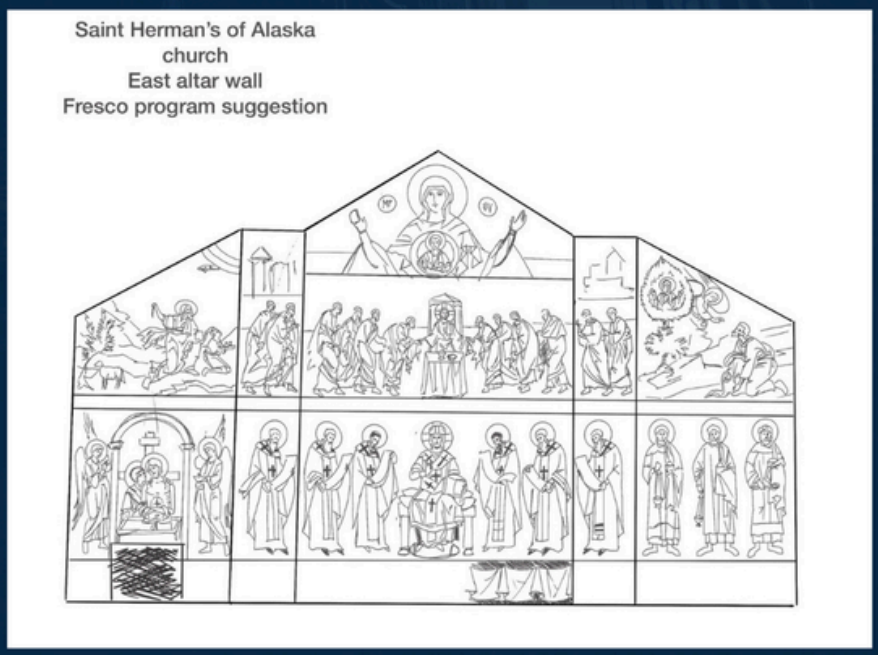
St. Herman of Alaska

ICON FRESCO PROGRAM

A vision for the East Altar Wall



Through God's grace, we are beginning the Icon Fresco program. We invite you to prayerfully consider making a pledge toward this project. Every gift is received with gratitude and contributes to the beauty of God's Holy house.



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Notes from the Choir:
Choir Changes!

Changes?!? But we're Orthodox - isn't change bad?

Actually, that depends on what is being changed and why it is being changed.

(For example, I think it's safe to assume that the original Divine Liturgy of St. John Chrysostom did not contain a petition for “those who travel by air”, as is our current practice.)

St. Herman's Choir has been making some changes to better enable us to fulfill our ministry as musical leader of the assembly.

First, you may have noticed that our physical space has been upgraded! Dn. Theodore has kindly built us a riser so that we can stand in a double row. Not only will we take up less space, but our proximity to each other should enable us to achieve a better blend of voices. (Of course, it will take us some time to get used to our new space and how to use it to our best advantage.) Dn. Theodore also designed a beautiful storage shelf, behind the pillar, a brilliant use of formerly-wasted space! An unexpected bonus of this is that blocking that space has further enhanced our resonance. A huge thank you to Fr. Deacon Theodore!

As well as improving the layout of the Choir Area, we've also been enhancing other aspects of our work. We are incorporating sight-reading exercises into our Choir practices, as well as other techniques to improve our musical skills both independently and corporately. Each singer has completed a brief self-assessment to become aware of musical and Liturgical knowledge gaps. We are learning some new music, including a setting of the Hymn to the Theotokos (“It is Truly Meet”) and a 4-part setting of the Great Doxology (that a few old-timers might remember St. Herman's Choir singing 30 years ago!)

One of the biggest changes is that we now have formal Choir Expectations, that have been approved and blessed by Fr. Gregory. (If you're curious, please feel free to see them posted on the pillar in the Choir Area). Moving forward, any potential new singers will have to pass an audition in order to join St. Herman's Choir. (In all fairness, current Choir singers will also have “retroactive auditions”.)

To some people, that may seem off-putting, or even somewhat elitist. The reality is, that in order for the Choir to sing as one voice and to function as the musical leader of the assembly, each individual singer must have some basic musical skills and knowledge, and, more importantly, humility.

We will be starting auditions for new members in January 2027. If you think you might be interested in joining the choir, please speak to any of the Choir Directors: Andrea, Olga, James.

Andrea Rajan, Choir Director

We can Bearly Wait!

BABY SHOWER FOR

SARA

&

ALEXANDRA

SAT. NOV. 7TH

from 12:00 PM to 3:00 PM

IN THE CHURCH HALL

please bring a dish to share



SARA IS REGISTERED ON BABYLIST.COM "SARA & JASON TISCHER"

FOR THOSE THAT ARE INTERESTED IN A GROUP GIFT FOR ALEXANDRA. PLS SEE

St. Herman's Men's night

THURS. NOV 5

6:30 PM

5191 203rd St. Langley
(in the clubhouse, next to the playground of Longlea Eastates)

Call or text Sean for more details
778-875-4111

**please park in visitor parking only or across the street

Please bring a snack and your choice of drink.

THE CANDLE



The light of the candle represents the Light of Christ shining in the world.



The Holy Fathers of the 7th Ecumenical Council decreed that icons, relics, the Cross, and the Holy Gospel should be venerated through the offering of incense and the lighting of candles before them.



Candles are an indispensable part of the divine services of the Church.



BASILICA



The use of candles in the Orthodox worship has its origins in the Old Testament (e.g.: 1 Maccabees 4:50).



A candle may be an offering made to the Lord in prayer or an expression of thanksgiving for His blessings.



The faithful light candles before the icons in their homes, during their prayer rule or while reading the Holy Gospel.

The wax from which the candle is made symbolizes purity and sacrifice.

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Orthodox Christian Martial Arts & Fitness Classes



Next Orthodox Christian martial arts and fitness classes

Sunday November 1st @ 3pm
&
Sunday November 15th @ 3pm
&
Sunday November 29th @ 3pm

Revolution MMA
201-6001 196A st, Langley BC

Ages 12 and up
By donation

Any inquiry's email Jamesmcb66@gmail.com

November 2026

Father Gregory's day off is Tuesday
Emergency phone calls ONLY

Strict Fast (No meat, fish, wine, oil, dairy, eggs)

Fish, oil and wine (No meat, dairy and eggs)

Wine & Oil (No meat, fish, dairy, and eggs)

Great Vespers start at 5:30pm
Sunday Hours start at 930am
Divine Liturgy starts at 10am
Children's Sunday School 930am Sundays (in Church Hall)
Youth Connection- after liturgy during lunch in the youth room

Fr. Gregory Wright 604-788-7546 frgregory@saintherman.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7th - 12-3pm Baby Shower (pls see flyer) **15th- Nativity Fast Begins - Pls bring fast friendly foods for lunch**						
1 **9:30** Hours & Liturgy w/ Fr. Symeon	2	3	4	5 **6:30pm- Men's night**	6	7 **12-3pm Baby Shower** **5:30pm** Great Vespers & Confessions
8 **9:30** Hours & Liturgy **Bless Choir**	9	10	11	12 **6:30pm-online Catechism Class**	13	14 **5:30pm** Great Vespers & Confessions **5:30 - Youth event!**
15 8:30 Hours 9am Churching, Catechumens, Chrismation 10am Divine Liturgy **Nativity Fast Begins**	16	17	18	19 **6:30pm-online Catechism Class**	20 **6pm - Vigil - Entrance of the Theotokos**	21 **9am - Liturgy Entrance of the Theotokos** **5:30pm** Great Vespers & Confessions
22 **9:30** Hours & Liturgy	23	24	25 **6:30pm-online Catechism Class**	26	27	28 **5:30pm** Great Vespers & Confessions
29 **9:30** Hours & Liturgy	30					