

*St. Phillip's (Nativity) Fast Activities*  
*(Suggestions from the Archdiocese of the UOC of the USA)*

Instructions:

1. Review the following List.
2. You can follow this list or make one of your own. The idea is to do something everyday during the FAST to prepare for the Birth of our Lord and Savior Jesus Christ.
3. If you can't do something every day, circle one or two or three items every week and do those.
4. Try saying a prayer every day for our Parish and its mission to bring the Gospel of Jesus Christ to the world.

Month	Day	Celebration	Do	Donate	Done
November	28	Start of Nativity Fast (St. Philip's Fast)	Write a list of things you are truly and deeply thankful for	Can of soup	
November	29		Write Christmas cards for military members (ASAP). Place cards/notes in UNSEALED envelopes in a larger envelope addressed to: Operation Christmas Cards at United Soldiers and Sailors of America - 700 Pennsylvania Ave SE - Suite 2104 - Washington, DC 20003	Box of cereal	
November	30		Leave a friendly note where someone will find it	Socks	
December	1		Tell a stranger to have a nice day	Ketchup	
December	2		Go to church and light a candle for someone you don't like very much	Mayonnaise	
December	3		Go up to a peer at work, school, or church, and spend 5 minutes speaking with them	Salt	
December	4	Entrance of the Theotokos into the Temple	Go to church this morning. Wear blue in honor of the Mother of God	Coffee	
December	5		Write Christmas cards for your local nursing home	Rice	
December	6		Hug someone today	Cocoa	
December	7		Smile all day, at everyone you meet	Ramen Noodles	
December	8		Compliment someone today	Canned corn	
December	9		Show your loved one you care by helping make dinner	Macaroni and Cheese	
December	10		Tell someone why you like and appreciate them	Peanut Butter	
December	11		Go through your books, and set aside a couple books to donate to the local nursing home or hospital	Blanket	
December	12		Make someone laugh - "What's the best thing about Switzerland? I don't know, but, the flag is a big plus." - or - "Why do seagulls fly over the sea? Because if they flew over a bay, they would be bagels." LOL!	Diapers	
December	13	Holy & All-praised Apostle Andrew	Learn about St. Andrew the First Called Apostle	Canned beans	
December	14		Go the entire day without complaining - it is harder than you think	Pasta	
December	15		Go to church and pray for your bishops, priest, and parish family	Cookies	
December	16		Purchase or pick a toy to donate	Chocolate bars	
December	17	Great Martyr Barbara	Read up on the life of St. Barbara	Gift card	
December	18		Write a generic Christmas card, and leave it on someone's windshield in the parking lot	Pickles	
December	19	St. Nicholas Day	Collect all your loose change, empty your pockets and jars, and set aside to donate	Sugar	
December	20		Put a happy note/card in your mailbox, for your mail carrier	Vegetable Oil	
December	21		Purchase a fast food lunch (or prepare lunch) and serve it to a homeless person	Popcorn	
December	22		Go to church and pray for the homeless, and all those who have nobody else to pray for them	Boxed potatoes	
December	23		Do a chore for someone else	Canned tuna	
December	24		Hold the door for someone	Applesauce	
December	25	St. Spyridon	Make Christmas cookies and share with loved ones	Canned fruit	
December	26		Thank someone and let them know they are important	Jello	
December	27		Allow someone to get in line before you	Pudding cups	
December	28		Do not angry today, no matter what	Oatmeal	
December	29		Leave a friendly note in a library book	Marshmallows	
December	30	Holy Prophet Daniel and the Three Holy Youths	Learn about the Prophet Daniel	Toy	
December	31		Take a walk, and pick up litter along the way	Protein bars	
January	1		Place a carepackage in your neighbor's mailbox	Socks, again	
January	2		Call a distant relative and let them know you love them	More socks	
January	3		Pay for someone's meal	Mittens	
January	4		Shovel snow for a neighbor	Scarf	
January	5		Go to church and to Holy Communion. Thank your priest for all he does	Stuffing mix	
January	6		Today is a strict fast day. Focus on prayer, kindness and not food. Go to church	Canned chicken	
January	7		CHRIST IS BORN! Go to church. Smile at everyone. Be happy all day, no matter what	Baby wipes	

