



## Parents' Cheat Sheet - Car Qs

Nov. 12/17, 1st Week of Pylypivka - St. Matthew (22nd Sunday after Pentecost)

### 1. What is St. Philip's Fast (Pylypivka)?

1. St. Philip's Fast (Pylypivka) is the 40 days leading up to Christmas. In the Roman Catholic Church it's called Advent.
2. Like during Lent, Pylypivka is a time to focus on prayer and fasting to help us get ready for the coming of Jesus on Christmas.
3. Check out Orthodox Mom at <http://www.orthodoxmom.com/orthodox-kitchen/> for recipes to make fasting easy and delicious for the whole family! This month's youth newsletter "The Word" also has a bunch of great ideas to help your family prepare for Christmas. You can pick up a copy in the church foyer or get it online at [saintnicksyouth.com](http://saintnicksyouth.com).

### 2. True or false: St. Matthew wrote one of the 6 Gospels.

1. False. There are only 4 Gospels.
2. The Gospels are attributed to Matthew, Mark, Luke, and John, and found in that order in the Bible. This is not the chronological order of the books, however. Most biblical scholars agree that Mark's Gospel was written first, then Matthew and Luke were written around the same time, and finally John's was written last.<sup>1</sup>

### 3. Name 3 things we can do to prepare for Christmas.

1. Find times to pray with your family, find time to be silent, give up certain foods (meat, junk food) during the fast, go to church regularly, find time to volunteer with the Mustard Seed Church or the Marian Centre, donate items/toys you aren't using anymore to those in need, focus on being extra kind to your family and friends, read the Gospels that lead up to Christmas (just check out <http://www.eeparchy.com/calendar/> for the readings of the day), watch movies about Jesus' birth ("The Nativity Story" looks pretty good!)

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<sup>1</sup> Check out Boston College's summer here: [https://www.bc.edu/schools/stm/crossroads/resources/birthofjesus/intro/the\\_dating\\_of\\_thegospels.html](https://www.bc.edu/schools/stm/crossroads/resources/birthofjesus/intro/the_dating_of_thegospels.html)