

"The Fruit of the Spirit..." Galatians 5:22

The Fruit Basket

Love • Joy • Peace • Goodness • Kindness • Faith • Patience • Temperance • Gentleness

Volume IV, Number 12A friendly Orthodox Christian 'Zine DECEMBER 2009

The Nativity of Our Lord and Savior, Jesus Christ

Besides the glad tidings to the Bethlehem shepherds, the Nativity of Christ was revealed to the Magi by a wondrous star. St John Chrysostom and St Theophylactus, commenting on St Matthew's Gospel, say that this was no ordinary star. Rather, it was "a divine and angelic power that appeared in the form of a star." St Demetrius of Rostov says it was a "manifestation of divine energy" (Narrative of the Adoration of the Magi). Entering the house where the Infant lay, the Magi "fell down, and worshiped Him: and when they had opened their treasures, they presented Him gifts: gold, and frankincense, and myrrh" (Mt. 2:11).



<http://www.oca.org/FSlives.asp>

THE FRUIT BASKET

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by An Orthodox Christian

The goal of this publication is to provide a friendly, light, Orthodox Christian 'Zine (a mini-magazine) that contains a blend of "something to exercise our minds, something to make us laugh, and something to make us meditate on spiritual matters." It is also a venue for sharing our insights and interests.

Articles or comments from our readers are welcome. We reserve the right to edit for suitability, clarity and space. Printing of items does not imply endorsement by the church or the priest or even the editor of this publication. Please call if you need more info.

Send comments or articles

by phone to Margaret 440-238-7867 after 6 pm.

Email to fruit36basket@yahoo.com

or by snail mail to

**The FRUIT BASKET, 18893 Howe Road
Strongsville, OH 44136**

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Dear Folks,

We wish all of you a blessed Nativity feast,
and a new year filled with better health, appreciation of your loved ones, and an abundance of blessings including a closer and more loving walk with our Lord and Savior Jesus Christ.

The Editor





MEDITATION FOR DECEMBER

And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

John 1:14 OSB

Father, thank You for sending your Son to earth to be my Savior. Amen.

the *Bless Your Heart Each New Day* Calendar donated by Kathy Z, of Parma

THE WAY TO GOD

The way to God lies through love of people, and there is no other way. At the Last Judgment I shall not be asked whether I was successful in my ascetic exercises, how many bows and prostrations I made [in the course of prayer]. I shall be asked, Did I feed the hungry, clothe the naked, visit the sick and the prisoners. That is all I shall be asked. About every poor, hungry and imprisoned person the Savior says "I": "I was hungry and thirsty, I was sick and in prison." To think that he puts an equal sign between himself and anyone in need...I always knew it, but now it has somehow penetrated into my sinews. It fills me with awe.

—**Mother Maria Skobtsova**



Christ is Born! Glorify Him!

PRAYING THROUGH THE DAY

Taken from lectures by Father Andrew Harmon during the six-week session on How To Pray, Autumn 2009.

St. Paul says, in Ephesian 6:18, that we should be “praying always with all prayer and supplication in the spirit.” And St., John Chrysostom says, “Make sure that you do not limit your prayer merely to a particular part of the day.” (In *The Art of Prayer*, p.80) Following are two ways to strive to pray more during the day.

1. Sudden Impulses: Prayer isn’t just talking to God, but also listening to Him. Ask God to make you spiritually sensitive to when He wants you to pray about something in particular. And then watch and listen. God, and the circumstances of your day, will bring to what some Saints call “sudden impulses” to pray. Does an ambulance pass you on the street? Obviously, someone needs your prayers!

Do you happen to notice it’s a beautiful day outside? Say a prayer of thanks. Are you tempted by some sin? Say a prayer asking victory over the temptation. And the list can go on and on. The idea is to be open to “sudden impulses” and pray when they come. As you get more open to such impulses, God will send them more and more. If you keep on with this, the impulses will be constant—and so will your prayers! As Father Jack Sparks writes in his summary of some Saints’ teaching on prayer, *Prayer In the Unseen Warfare*, on p. 36, “These impulses to pray are, in fact, proof of progress in the work of prayer, and the more frequently they come, the more the spirit of prayer fills our heart.” Most of the time, prayers you pray in this fashion will be in your own words, which is fine.

2. Short Prayers: Distraction can’t be avoided when we pray while carrying out our usual daily activities. But since the early days of Christianity, many Christians have managed to pray very much during the day by praying short prayers. These are short prayers or psalm verses that you can repeat, simple prayer phrases that allow you to keep at least part of your attention on God even when you are doing other things. And some end up able to pray such prayers even when still very busy with other things. As we just saw previously, it is this type of prayer that has led some to a very close mystical union with God. The best known and most common short prayer is the Jesus Prayer. “Lord Jesus Christ, Son of God, have

mercy on me, a sinner.”

Start praying the Jesus Prayer whenever you get a chance during the day. It only takes a few seconds to pray so you can pray it whenever your mind isn't fully occupied with something else. It might be a matter of walking across the room to fetch something, doing the dishes, taking a break from the book you are reading, waiting in line or at the doctor's office. Just say the prayer, silently is fine. Try to think about the words as you do. Don't worry if sometimes your attention isn't on it as much as you'd like. As time goes by just try to pay a little more attention as you continue to pray it.



THE PROPHET NAHUM

Commemorated on December 1

The Holy Prophet Nahum, whose name means "God consoles," was from the village of Elkosh (Galilee). He lived during the seventh century B.C. The Prophet Naum prophesies the ruin of the Assyrian city of Nineveh because of its iniquity, the destruction of the Israelite kingdom, and the blasphemy of King Sennacherib against God. The Assyrian king Ashurbanipal died in 632 B.C., and over the next two decades, his empire began to crumble. Nineveh fell in 612 B.C.

Nahum differs from most of the prophets in as much as he does not issue any call to repentance, nor does he denounce Israel for infidelity to God.

Details of the prophet's life are unknown. He died at the age of forty-five, and was buried in his native region. He is the seventh of the Twelve Minor Prophets

The Prophet Nahum and St Nahum of Ochrid (December 23) are invoked for people with mental disorders.



<http://www.oca.org/FSlives.asp>

Christ is Born! Glorify Him!

The Forefeast of the Nativity of the Lord Begins

December 20

From now on, most of the liturgical hymns will be concerned with the birth of the Savior. Many of the Church's hymns of this period are slightly modified versions of the hymns of Holy Week.

From the 20th to the 23rd we sing the Troparion (Tone 4) "Prepare, O Bethlehem, for Eden has been opened to all. Adorn yourself, O Ephratha, for the Tree of Life blossoms forth from the Virgin in the cave. Her womb is a spiritual paradise planted with the fruit divine; if we eat of it we shall live forever and not die like Adam. Christ is coming to restore the image which He made in the beginning."

We also sing the Kontakion (Tone 3) "Today the Virgin comes to the cave where she will give birth past understanding to the Word from all eternity. Rejoice, O universe, when the tidings are proclaimed. Glorify, with the angels and shepherds, the one Who chose to be manifest as a newborn Child, while remaining the eternal God."

At Vespers on this first day of the prefeast we sing, "Let us celebrate, O people, the prefeast of Christ's Nativity; let us raise our minds on high, in spirit going up to Bethlehem...." (Sticheron on "Lord, I Call.")

December 21

During Matins (after the first Sedalen) on this second day of the prefeast of the Nativity we sing, "The unapproachable God in His tender mercy approaches me; He wills to be born in the flesh in the city of Bethlehem. He receives human nature from a Virgin maiden. Let us eagerly run to greet Him, crying out in fear: O Lord, glory to Thee."

December 22

At Vespers for this third day of the prefeast of the Nativity we sing, "Christ is born on earth to crush the power of evil, to enlighten those in darkness, and to free the captives. Let us go forth to meet Him."

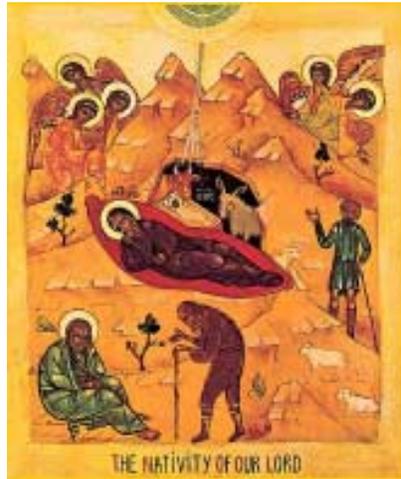
December 23

At Compline on this fourth day of the prefeast of the Nativity we sing, "Let us purify our minds, washing ourselves with the divine Mysteries; let us draw near in soul and body to Bethlehem, that we may behold the fearful dispensation of the birth of the Lord" (Ode Five of the Canon).

December 24

In Slavic practice, on the eve of the Nativity of the Lord, the liturgical services consist of the Royal Hours with the Typika, Vespers, and the Divine Liturgy of St Basil the Great. At Vigil in the evening, Great Compline is followed by Matins.

If the Nativity falls on Sunday, however, the Royal Hours with the Typika are read on the preceding Friday. On Friday evening, the office of the Forefeast, December 24. The Liturgy of St John Chrysostom is served on Saturday morning. At Vigil in the evening, Great Compline is followed by Matins. On Sunday morning, the Liturgy of St Basil is celebrated.



If the Nativity falls on a Monday, Royal Hours with the Typika are read on Friday December 22. On Saturday evening and Sunday morning we follow the order for the Sunday before the Nativity with the office of the Forefeast for December 24. On Sunday morning the Liturgy of St John Chrysostom is served. Vigil on Sunday evening consists of Great Compline is followed by Matins. On Monday morning the Liturgy of St Basil is celebrated.

On the eve of the Nativity, instead of three readings from the Old Testament at Vespers, there are eight readings (from Genesis, Numbers, Micah, Isaiah, Baruch, Daniel, and two more readings from Isaiah). The entrance is made with the Gospel.

At the end of Liturgy the priest places a lighted candle in a candlestick in the center of the church. Then the troparion and kontakion of the Feast are sung. At Vigil on the evening of the twenty-fourth, Great Compline is followed by Matins.



Christ is Born! Glorify Him!

THE NATIVITY OF OUR LORD JESUS CHRIST

Our Lord Jesus Christ, the Savior of the world, was born of the Most Holy Virgin Mary in the city of Bethlehem during the reign of the emperor Augustus (Octavian).

The present Feast, commemorating the Nativity in the flesh of our Lord Jesus Christ, was established by the Church. Its origin goes back to the time of the Apostles. In the Apostolic Constitutions (Section 3, 13) it says, "Brethren, observe the feastdays; and first of all the Birth of Christ, which you are to celebrate on the twenty-fifth day of the ninth month." In another place it also says, "Celebrate the day of the Nativity of Christ, on which unseen grace is given man by the birth of the Word of God from the Virgin Mary for the salvation of the world."

In the second century St Clement of Alexandria also indicates that the day of the Nativity of Christ is December 25. In the third century St Hippolytus of Rome mentions the Feast of the Nativity of Christ, and appoints the Gospel readings for this day from the opening chapters of St Matthew.

In 302, during the persecution of Christians by Maximian, 20,000 Christians of Nicomedia (December 28) were burned in church on the very Feast of the Nativity of Christ. In that same century, after the persecution when the Church had received freedom of religion and had become the official religion in the Roman Empire, we find the Feast of the Nativity of Christ observed throughout the entire Church. There is evidence of this in the works of St Ephraim the Syrian, St Basil the Great, St Gregory the Theologian, St Gregory of Nyssa, St Ambrose of Milan, St John Chrysostom and other Fathers of the Church of the fourth century.

St John Chrysostom, in a sermon which he gave in the year 385, points out that the Feast of the Nativity of Christ is ancient, and indeed very ancient. In this same century, at the Cave of Bethlehem, made famous by the Birth of Jesus Christ, the empress St Helen built a church, which her mighty son Constantine adorned after her death. In the Codex of the emperor Theodosius from 438, and of the emperor Justinian in 535, the universal celebration of the day of the Nativity of Christ was decreed by law. Thus, Nicephorus Callistus, a writer of the fourteenth century, says in his History that in the sixth century, the emperor Justinian established the celebration of the

Nativity of Christ throughout all the world.

Patriarch Anatolius of Constantinople in the fifth century, Sophronius and Andrew of Jerusalem in the seventh, Sts John of Damascus, Cosmas of Maium and Patriarch Germanus of Constantinople in the eighth, the Nun Cassiane in the ninth, and others whose names are unknown, wrote many sacred hymns for the Feast of the Nativity of Christ, which are still sung by the Church on this radiant festival.

During the first three centuries, in the Churches of Jerusalem, Antioch, Alexandria and Cyprus, the Nativity of Christ was combined together with the Feast of His Baptism on January 6, and called "Theophany" ("Manifestation of God"). This was because of a belief that Christ was baptized on anniversary of His birth, which may be inferred from St John Chrysostom's sermon on the Nativity of Christ: "it is not the day on which Christ was born which is called Theophany, but rather that day on which He was baptized."

In support of such a view, it is possible to cite the words of the Evangelist Luke who says that "Jesus began to be about thirty years of age" (Luke 3:23) when He was baptized. The joint celebration of the Nativity of Christ and His Theophany continued to the end of the fourth century in certain Eastern Churches, and until the fifth or sixth century in others.

The present order of services preserves the memory of the ancient joint celebration of the Feasts of the Nativity of Christ and Theophany. On the eve of both Feasts, there is a similar tradition that one should fast until the stars appear. The order of divine services on the eve of both feastdays and the feastdays themselves is the same.

Thus the Nativity of Christ, a most profound and extraordinary event, was accompanied by the wondrous tidings proclaimed to the shepherds and to the Magi. This is a cause of universal rejoicing for all mankind, "for the Savior is Born!"

Concurring with the witness of the Gospel, the Fathers of the Church, in their God-inspired writings, describe the Feast of the Nativity of Christ as most profound, and joyous, serving as the basis and foundation for all the other Feasts.

Christ is Born! Glorify Him!



Condensed from an article found at <http://ocafs.oca.org/>

Christ is Born! Glorify Him!

TWELVE THOUGHT PROVOKING ANGEL SAYINGS

1. Music is well said to be the speech of angels.
—*Thomas Carlyle*
2. I'm no angel, but I've spread my wings a bit.
—*Mae West*
3. A man does not have to be an angel in order to be a saint.
—*Albert Schweitzer*
4. Angels fly because they take themselves lightly.
—*G. K. Chesterton*
5. Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels.
—*The Bible*
6. In Heaven an angel is nobody in particular.
— *George Bernard Shaw*
7. It is not because angels are holier than men or devils that makes them angels, but because they do not expect holiness from one another, but from God only.
— *William Blake*
8. It's easy to be an angel when you are in heaven.
—*Anonymous*
9. We are each of us angels with only one wing, to fly we need only embrace each other.
—*Anonymous*
10. The golden moments in the stream of life rush past us and we see nothing but sand; the angels come to visit us, and we only know them when they are gone. —*George Elliot*
11. Philosophy will clip an angel's wings.
— *John Keats*
12. All God's angels come to us disguised.
—*James Russell Lowell*
13. Music is well said to be the speech of angels.



OUR FUTURE SCIENTISTS...

Science test answers handed in by children.

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour? (Brilliant, love this!)

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this.

Q: What are steroids?

A: Things for keeping carpets still on the stairs...

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen)

A: The body is consisted into three parts -- the brainium, the borax and the abdominal cavity.. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: What does 'varicose' mean? (I do love this one...)

A: Nearby.

Q: Give the meaning of the term 'Caesarian Section.'

A: The Caesarian Section is a district in Rome.

Q: What does the word 'benign' mean?

A: Benign is what you will be after you be eight.

Submitted
by Augie

WORD SEARCH FOR DECEMBER

C H R T D A T S N O R K F O N H O J T S P
I S T I S B O R N ! G L O R I F Y H I M R
! Z K I N G W E N C E S L A U S X J R M O
G L E I N A D T E H P O R P F K M L D K T
J L L G M K L N K L Q L N B N M H E R D O
K C L B S Q J T M V C M G A S P C R Q T M
C R N Z L T X C M T E W T H E E M Y W H A
S H Y K G F A Y X H M I T S M B B N N G R
Z A R L Z C H R E T V A O B F T F V K I T
A W L I L K Z L C I E J E T M L X K B N Y
Y J K O S O H K T R Z R R R N T C G Y Y R
R R I V H T H Y W S T F I G H P O J M L S
A C T L E C M R Q L P W M G N S O H I O T
M L W B E N I A M Z B M I D H D K Y S H E
N W W B Q V K N S S R N Q C S R I K T T P
I M R X V N X K T T T V N X L E E L L C H
G L Y T L S N O W N R D G J E H S B E V E
R M N C K I L Q E J I E V K G P L F T K N
I C J N M L G L Q Q V A E F N E Q N O V Q
V R V X E F I H X L Q G S Q A H Q V E M F
N W G N M S D N T M X N F Y V S V N R R N
T K C K Z B D B M S G C H R I S T M A S L

Baseball Angels

Where is the first baseball game in the Bible?

In the big innings, Eve stole first, Adam stole second.

Cain struck out Abel, and the Prodigal Son walked home. The Giants and the Angels were rained out.

WORD SEARCH LIST FOR DECEMBER

Angels	Holy Night	Shepherds
Bethlehem	Joseph	Silent Night
Christmas	King Wenceslaus	Snow
Christmas tree	Lights	St John of Kronstadt
Cookies	Mistletoe	Star
December	Nativity	Stollen
Gifts	Prophet Daniel	Velija
Holly	Protomartyr Stephen	Virgin Mary
	Saint Nicholas	Wreaths

SECRET MESSAGE

After you find and circle all of the words from the word list there is a secret message spelled out in the leftover letters.

Clue: The letters are in order, reading from left to right, and the message may continue down on the next line or lines.

BIBLE BRAIN WORKOUT FOR DECEMBER

271. Which prophet describes a man as wagging his hand?
272. Where are the Gentiles bidden to beat their ploughshares into swords and their pruning hooks into spears?
273. When was a devout woman mistaken for a drunkard while she was praying?
274. Of what two false prophets was it declared that they would be “roasted in the fire” by the king of Babylon?
275. When did an apostle pay rent?
276. What creatures had hair as the hair of women and teeth as the teeth of lions?
277. What bird is described in Scripture as long winged?
278. When did a priest weep while he was praying?
279. Which book in the Bible ends with two verses which are repeated at the beginning of the first chapter in the next book?
280. Where do we read of great grasshoppers which camp in the hedges?

Answers on page 19

How did you score? A+ Bible Scholar 6 or more Correct ; A Superior 5 +correct; B+ Pretty good 3+ correct: C Fair 2+ correct; Less than 2, an opportunity to make reading the Bible daily a wonderful habit!

Christ is Born! Glorify Him!

Never criticize or condemn or it will all come back on you. Go easy on others; then they will do the same for you. Luke 6

What Does The Christmas Angel Look Like?

- Angels come in all shapes and sizes; all ages and skin types.
- For example, the little old lady who returned your purse last week.
- They come disguised as enemies, teachers, students, even fools.
- Like the taxi driver who told you that your eyes light up the world, when you smile.
- They don't take life too seriously, they travel light.
- Remember the small child who showed you the wonder in simple things.
- An angel leaves no forwarding address, they ask nothing in return.
- Like the poor man who offered to share his lunch with you.
- Like the rich man who showed you that it really is all possible, if only you believe.
- Remember the stranger who just happened to come along, when you had lost your way.
- Think back to the friend who touched your heart, when you didn't think you had one.
- Some cherubs have freckles, some have dimples, think of some with wrinkles, some without.
- They are hard to find when your eyes are closed, but when you choose to see, angels are everywhere you look.
- So, open your eyes and count all your Angels; for you are truly blessed.

http://www.guy-sports.com/humor/christmas/christmas_angel_funny.htm#Funny_Angels_for_Christmas



Never criticize or condemn or it
 will all come back on you. Go
 easy on others; then they will
 do the same for you. Luke 6

CRYPTOGRAM CHALLENGE FOR DECEMBER

The following message is written in code using regular letters. Your task is to figure out which real letters the code letters stand for. Start by writing the real letters (shown in the Cheat Chart below) above the code letters in the message. That should help you to figure out some of the words. When you discover another letter, write it above the code letters in the puzzle.

BIZ PAN JKHL RJNUU ICL DHKPNT P ZKX;

BIZ PAN JKHL'U OITN HILQIPN MQPA

EKZ RNTIXUN KO ZKX; BIZ AN RN

WHITQKXU PK ZKX, UAKM ZKX AQU

OISKH, ICL WQSN ZKX AQU DNITN.

To make this more of a challenge cover up or have somebody cross out some or even all of the Cheat Chart!!!

CHEAT CHART--IT GIVES YOU SOME OF THE LETTERS.

REAL LETTERS	c	e	i	f	n	p	r	s	t
CODE LETTERS	T	N	Q	O	C	D	H	U	P

Tougher Challenge for the Whiz Kids!

To make the puzzle even harder simply have someone cross out or cut from the page one or two of the clue letters. You can do the same with the easier puzzle above.

AJIH CBD WIIR SLXZIWDR WBL

UBKIZJGHS BZJILU JXFI YBHI

WBL CBD, AJC HBZ ZIRR ZJIK

XOBDZ GZ?



I=e Z=t W=f

Christ is Born! Glorify Him!

Father James and His Young Parishioner

It was the Sunday after Christmas at St Peter and Saint Paul's Church in Borden, Kent, England. Father James was looking at the nativity scene prior to packing away the figures when he noticed the baby Jesus was missing from the scene.

Immediately, Father James turned towards the vicarage in order to call the police. But as he was about to do so, he saw little Harry with a red wagon, and in the wagon was the figure of the little infant, Jesus.

Father James walked up to Harry and said, 'Well, Harry, where did you get the little infant?'

Harry replied honestly, 'I took him from the church, Father James.' 'And why did you take him?'

With a sheepish smile, Harry said, 'Well, about a week before Christmas I prayed to little Lord Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it. 🌿



A Medley of Nonsense

Q:What goes ho, ho, ho, bonk?

A:Santa Claus laughing his head off.



Q:What do you call a cat on the beach at Christmas?

A:Sandy Claus.



THE SECRET OF STUFFING A TURKEY

How many cooks does it take to stuff a turkey?
Only one, but you REALLY have to squeeze to get him in.

CHUTZPAH

Chutzpah is a Yiddish word meaning gall, brazen nerve, effrontery, kohones, sheer guts plus arrogance. It's Yiddish and, as Leo Rosten writes, "No other word, and no other language," can do it justice. This example is better than 1,000 words . . .

THE ESSENCE OF CHUTZPAH

A little old lady sold pretzels on a street corner for 25 cents each. Every day a young man would leave his office building at lunch time, and as he passed the pretzel stand, he would leave her a quarter, but never take a pretzel. And this went on for more than 3 years. The two of them never spoke.

One day, as the young man passed the old lady's stand and left his quarter as usual, the pretzel lady spoke to him.

"Sir, thank you for your business. You are a good customer, but I have to tell you that the pretzel price has gone up to 35 cents." 🌿



BLESSED DOGS

Liz took her litter of cocker spaniel puppies to the veterinary clinic for their inoculations and deworming.

As the look alike pups squirmed over and under one another in their box, the vet realised it would be difficult to tell the treated ones from the rest. The veterinarian turned on the tap over the sink, wet her fingers, and moistened each dog's head when she had finished. After the fourth puppy, the vet noticed the usually talkative Liz had grown silent. As the vet sprinkled the last pup's head, Liz leaned forward and whispered, 'I hadn't realised that they had to be baptised.' 🌿

Christ is Born! Glorify Him!

STRANGE BUT TRUE

Q. Traveling with you to work, to the store, to a visit with friends, to your doctor—everywhere you go—is your “human thermal plume.” What is it?

A. Streaming upward off your head and shoulders—and sucking along swarms of particles of you like a gaseous signature—is the excess body heat you need to shed, or risk overheating, says Gary Settles, a professor of mechanical engineering at Pennsylvania State University and director of its Gas Dynamics Laboratory.

This airborne quintessence of you rises 6 feet or more above your head, until you start moving, when your plume now becomes a trailing wake. It contains skin flakes, which float and settle to become 70 percent to 90 percent of house “dust”; hundreds of bioeffluents such as moisture, carbon dioxide and salts; and not-so-bio perfumes and colognes. And it gets far more personal than that, carrying aloft clothing fibers, traces of drugs, explosives and lots more. As for diseases, “signs of diabetes, gangrene, some skin disorders, tuberculosis, some cancers and many others appear in a person’s thermal plume,” Settles says. “All warmblooded animals have plumes,” he says. “To see your own, just step out of a hot shower or bath into chilly air. The moisture condensation will reveal it to you.”

(Interesting, but probably not a good idea to actually do that because stepping from a hot shower or bath into chilly air might be a shock to the system. Ed.)

From The Cleveland Plain Dealer, Thursday November 19, 2009



Oops! Answer for November L/U is EX. 29:20-21

BIBLE BRAIN WORKOUT answers for December

- | | |
|---------------------|------------------------|
| 271. Zeph. 2:15 | 276. Rev. 9:8 |
| 272. Joel 3:9-10 | 277. Ezek. 17:3 |
| 273. I Sam. 1:12-15 | 278. Ezra 10:1 |
| 274. Jer. 29:21-22 | 279. 2 Chron. 36:22-23 |
| 275. Acts 28:30 | 280. Nah. 3:17 |

A Slovak's Night Before Christmas

author unknown

Tw'as the night before Vianoce, and all through the house
The family had gathered to eat sauerkraut.
The kolach was nestled all snug in its dish.
Bobalki was cooking, and so was some fish.

Babushkaed women and men in their caps
Had all settled down with food in their laps.
When out in the lawn there arose such a clatter
We all went to see what was the matter.

Away to the window Baba flew like a flash,
Screaming "Lock all the doors and hide all the cash".
When what to our wondering eyes should appear
But a pagach shaped sleigh complete with reindeer.

With a little old Slovak so lively and quick,
We knew in a moment it was Janosik*.
Faster than Novenas his reindeer all came
As he shouted "On Stefan" and each reindeer's name.

"On Stefan, on Boris, on Janos, and Olga,
On Jasko, on Cyril, on Sandor and Volga".
Then out to the smokehouse the reindeer all flew
With a sleigh full of Kolbasa and Janosik, too.

Into the smoke vent he lept with a bound,
Dancing the czardas and twirling around.
He did a quick polka, then went to his work.
He gave us Oplatki then turned with a jerk.

We gave honey and garlic to tickle his nose,
Then sang *Ticha Noc*** as up the vent he rose.
But we heard him exclaim as we took off our coats,
"Vesele Vianoce to all and to all dobre noc".

**Janosik is a Slovak folk hero similar to Robin Hood who robbed the rich and gave to the poor peasants. ** Silent Night*

Christ is Born! Glorify Him!

THE FRUIT BASKET

18893 Howe Road
Strongsville, OH 44136

Sunshine Greetings from
St. Theodosius Orthodox Cathedral



CALENDAR for December 2009

- 6 St. Nicholas
- 13 Ven. Herman of Alaska
- 24 Eve of Nativity
- 25 Nativity of our Lord and
Savior Jesus Christ
- 26 Synaxis of the Most-holy
Theotokos
- 27 Third Day of Nativity