



SAINT ANDREW THE APOSTLE ORTHODOX CHURCH

Antiochian Orthodox Archdiocese of North America

Christ is The Word LOGOS

*The mission of Saint Andrew the Apostle Orthodox Church
is to glorify our Lord and God and Savior Jesus Christ through our words and actions according to the Holy Traditions and Sacred Teachings of our
Holy Orthodox Christian Faith*

Great Lent

Almsgiving - Prayer - Fasting

Matt. 6:1-18

March 2020

Wisdom of the Fathers

When we are praying, the first thing that's needed is attentiveness. Without attentiveness prayer is not worthwhile, but if one neglects prayer completely, that is the worst. You have to work!

Elder Thaddeus(Strabulovich) of Vitovnica; *Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica* p. 196

Valentine's Day Pasta Luncheon Fundraiser

Many thanks to all who supported Sussex Pregnancy Center through our fundraiser luncheon! Over \$1200 was raised for their important ministry to our community. In addition, our Basket Raffle raised \$657 for our mortgage elimination fund. God bless all our cheerful givers!

Growing in Fasting Discipline

However you have fasted in the past, see **there may be room for improvement**. Here is a progression suggested by Fr. Boniface Black of blessed memory.

Step 1: Quit eating between meals. Instead of snacking, take water or fruit juice. (This is a good step for most of us).

Step 2: Eliminate meat, meat products, and dairy products on Wednesdays and Fridays. (This is what is called for most weeks of the year anyway).

Step 3: Eliminate meat, meat products, and dairy products on Mondays, Wednesdays and Fridays.

Step 4: Eliminate meat, meat products, and dairy products all days during this Fast.

Step 5: Remember that the above steps are combined with almsgiving. (Generosity; for example: your pledge, Food for Hungry People).

Step 6: Remember that all the above steps are combined with prayer. (A little bit of prayer every day is better than a lot of prayer now and then. Prayers before and after Holy Communion are always very important.)

Step 7: Refer to the guidelines made available at Church for an even stricter approach.

And last of all ... Receive the blessings of self control and "askesis."

St. Ephrem's Prayer

During the weekdays of Lent, the **Prayer of St. Ephrem the Syrian** is repeated many times during each service. It is a prayer of true repentance: **it shows that we want to make a change in our lives**. When we say our own prayers at home during Lent, we should add the Prayer of St. Ephrem.

O Lord and Master of my life,
do not give to me the spirit of sloth, meddling, lust of power,
and idle talk.

(prostration)

But give rather the spirit of chastity, humility, patience and love to thy servant.

(prostration)

Yea, O Lord and King,
grant me to see my own sins, and not to judge my brother,
for Thou art blessed unto ages of ages.

Amen.

(prostration)

The prayer is then repeated without prostrations to the end when one final prostration is made.

Save the Dates!

PICK UP A LENTEN SCHEDULE IN THE NARTHEX.

March 2 GREAT LENT BEGINS

March 6 SAY gathering, 6 pm

March 14 Soul Saturday
Divine Liturgy 10 am; Lenten Potluck Luncheon

March 25 ANNUNCIATION TO THE THEOTOKOS
Divine Liturgy w/Artoklasia 10 am
Lenten Potluck Luncheon

April 12 Palm Sunday

April 19 GREAT AND HOLY PASCHA

Church Schedule for March 2020

Every Saturday: 5 pm Choir Rehearsal
5 pm Confession
6 pm Vespers

MARCH 1 SUNDAY OF FORGIVENESS (CHEESE FARE)

Martyr Eudokia of Heliopolis (1st cent.)
Saint David, Bishop of Wales (601)

Tone 4 Epistle: Romans 13:11 - 14:4
Eothinon 4 (St. Luke 24: 1-12) Liturgy Gospel: St. Matthew 6:14-21

RESURRECTION TROPARION - Tone 4 - Having learned the joyful message of the resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation, and proudly broke the news to the disciples saying, Death hath been spoiled. Christ God is risen, granting the world great mercy!

MARCH 8 1st SUNDAY OF LENT (SUNDAY OF ORTHODOXY)

Apostle Hermas of the Seventy (1st cent.)

St. Felix of Burgundy, Bishop of Dunwich and Enlightener of East Anglia (Britain, 648)

Tone 5 Epistle: Hebrews 11:24-40
Eothinon 5 (St. Luke 24: 12-35) Liturgy Gospel: St. John 1:43-51

RESURRECTION TROPARION - Tone 5 - Let us believers praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation; for he took pleasure in ascending the cross in the flesh, to suffer death, and to raise the dead by his glorious resurrection.

MARCH 15 2nd SUNDAY OF LENT (ST. GREGORY PALAMAS)

Agapios of Palestine and those with him (303)
New-Martyrs Manuel of Crete and Parthenios (1792)

Tone 6 Epistle: Hebrews 1: 10 – 2: 3
Eothinon 6 (St. Luke 24: 36-53) Liturgy Gospel: St. Mark 2: 1-12

RESURRECTION TROPARION - Tone 6 - When Mary stood at thy grave, looking for thy sacred Body, angelic powers shone above thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led'st hades captive and wast not tempted thereby; thou didst meet the Virgin and didst give life to the world. O thou who art risen from the dead, O Lord, glory to thee!

MARCH 22 3rd SUNDAY OF LENT (CROSS VENERATION)

Martyr Dorsida of Antioch and five nuns with her (104)
Venerable-Martyr Euthymios of Prodromou Skete on Athos (1814)

Tone 7 Epistle: Hebrews 4: 14 - 5: 6
Eothinon 7 (St. John 20: 1-10) Liturgy Gospel: St. Mark 8: 34 - 9: 1

RESURRECTION TROPARION - Tone 7 - Thou didst shatter death by thy Cross, thou didst open Paradise to the thief; thou didst turn the sadness of the ointment bearing women into joy, and didst bid thine Apostles proclaim a warning that thou hast risen, O Christ, granting to the world the great mercy!

MARCH 29 4th SUNDAY OF LENT (ST. JOHN CLIMACUS)

Eustathios of the Confessor, Bishop of Bithynia (9th cent.)
Saints Gwynllw and Gwladys, parents of Saint Cadoc (Wales, 6th cent.)

Tone 8 Epistle: Hebrews 6: 13-20
Eothinon 8 (St. John 20: 11-18) Liturgy Gospel: St. Mark 9: 16-30

RESURRECTION TROPARION - Tone 8 - From the heights Thou didst descend, O Compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion. Thou art our Life and our Resurrection, O Lord. Glory to Thee!

God bless all our Faithful Stewards!

Thank you for your pledges to support Christ's work through Saint Andrew's in the Year of our Lord 2020.

Pledges as of February 23, 2020: 48
Total Pledged: \$100,615

Stewardship in Action

Many, many thanks to all who support Saint Andrew's through your gifts of supplies that assure the smooth operation of our facility and events!

SAY - Saint Andrew Youth

Gathering the **First Friday** of every month.
Prayer - Reflection - Pizza - Games - Planning future events

Orthodox "Good Manners" in Church

We light our candles with prayer and quietness. A candle is a prayer offering.

We venerate the icons. (If wearing lipstick or lip balm, please blot your lips before kissing the icons).

Remember, focus on the Altar and don't look around to see what others are doing.

Remember that our forefathers and mothers would never cross their legs in church.

When the Priest blesses you with the cross or his hand, or when he honors you with incense, we bow to receive the blessing.

It is good to pray the Creed, the Our Father, and "I believe O Lord, and I confess," and to sing along with hymns you know.

It is good to join in AMEN and AMEN and AMEN, AMEN, AMEN when the Holy Spirit is changing the bread and wine into the Body and Blood of Christ.

If non-Orthodox visitors are present and not receiving Communion, it is a Christian gesture to bring back a piece of the holy bread to them.

We dismiss from the church quietly and reverently.

Saturday Confessions 5:00 pm
Saturday Vespers 6:00 pm

Sunday Orthros/Matins 9:00 am
Sunday Diving Liturgy 10:00 am

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Please contact Father Herman for information about becoming a member of the Saint Andrew Orthodox Church

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