



**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*

CHRIST IS RISEN! INDEED HE IS RISEN!

May 2022

Wisdom

Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the LORD, and turn away from evil. It will be healing to your flesh and refreshment to your bones. Honor the LORD with your wealth and with the firstfruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine.

Proverbs 3:3-10

CHRIST IS RISEN : INDEED HE IS RISEN!

CHRISTOS ANESTI : ALITHOS ANESTI!

AL-MASEEH QAM : HAQAN QAM!

CHRISTOS VOSKRESE : VO ISTINU VOSKRESE!

CHRISTOS A- INVIAT : ADEVERAT K- INVIAT!

KRISHTI UNGJALL : VERTET UNGJALL!

CHRISTUS IST AUFERSTANDEN : ER IST IN WAHRHEIT AUFERSTANDEN!

CRISTO E RISORTO : E VERAMENTE RISORTO!

CRISTO HA RESUCITADO : EN VERDAD, HA RESUCITADO!

GLORY TO HIS THIRD DAY RESURRECTION:

LET US ADORE HIS THIRD DAY RESURRECTION!

**CHRIST IS RISEN FROM THE DEAD,
TRAMPLING DOWN DEATH BY DEATH,
AND UPON THOSE IN THE TOMBS BESTOWING LIFE.**

THE GREAT FEAST OF CHRIST'S RESURRECTION STANDS ABOVE ALL THE OTHERS.

We live from Pascha to Pascha! April 24, 2022 - April 16, 2023

**The Twelve Great Feasts of
Orthodoxy**

Keep these dates in mind as you schedule appointments, to keep these days clear for church services!

September 8, The Nativity of the Theotokos

September 14, The Elevation of the Holy Cross

November 21, The Presentation of the Theotokos

December 25, Christmas, the Nativity of Christ.

January 6, Theophany, the Baptism of Christ

February 2, The Meeting (Presentation) of the Lord.

March 25, The Annunciation

The Sunday before Pascha, Palm Sunday (*April 9, 2023*)

Forty Days after Pascha, The Ascension of Christ (*Jun 2, 2022*)

Fifty Days after Pascha, Pentecost (*Jun 12, 2022*)

August 6, The Transfiguration

August 15, The Falling Asleep of the Theotokos

It's time to return your Food for Hungry People boxes! It's not too late to make an offering! A return bin and envelopes are provided in the foyer.



How will you use your gifts?

As each has received a gift, **use it to serve one another**, as good stewards of God's varied grace. *(1 Peter 4:10)*

And God has appointed **in the church** ... teachers, ... gifts of healing, helping, administering ... *(1 Corinthians 12:28)*

For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, **let us use them.** *(Romans 12:4-6)*

Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, **as you did it to one of the least of these my brothers, you did it to me**' *(Matthew 25:37-40)*.

Here are some current needs at St. Andrew's:

- Assistant / Understudy Treasurer
- Transportation to church for parishioners with limited mobility
- Media / Technology Team
- Visiting the homebound & hospitalized
- *Your gift* in action

Please see Fr. Herman or Kh. Vera to offer your particular gift to God at St. Andrew's.

The word that came to Jeremiah from the LORD: "Stand in the gate of the LORD's house, and proclaim there this word, and say, Hear the word of the LORD, all you men of Judah who enter these gates to worship the LORD. Thus says the LORD of hosts, the God of Israel: Amend your ways and your deeds, and I will let you dwell in this place. Do not trust in these deceptive words: 'This is the temple of the LORD, the temple of the LORD, the temple of the LORD.' "For if you truly amend your ways and your deeds, if you truly execute justice one with another, if you do not oppress the sojourner, the fatherless, or the widow, or shed innocent blood in this place, and if you do not go after other gods to your own harm, then I will let you dwell in this place, in the land that I gave of old to your fathers forever. "Behold, you trust in deceptive words to no avail. Will you steal, murder, commit adultery, swear falsely, make offerings to Baal, and go after other gods that you have not known, and then come and stand before me in this house, which is called by my name, and say, 'We are delivered!'- only to go on doing all these abominations?

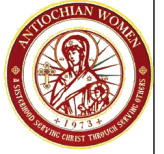
Prophet Jeremiah 7:1-10

The Holy Prophet Jeremiah is commemorated on May 1.



Women's Corner

To all our Antiochian Women (that's *all* the women at St. Andrew's), this is a new addition to the Logos to keep you informed about upcoming events and opportunities for you to get involved for the good of St. Andrew's. Many of you have asked how you can help. We plan to advertise important needs or projects here and via email blasts to all of our women. (Give Kh. Vera your email address if you haven't been getting emails already.)



Right now there is an immediate need to **remove all the flowers and greenery from the Tomb of Christ** (and retain all that is removed so it can be burned) sometime within the next few weeks. If you are able to help with this, please let Kh. Vera know.

We could also use your help with clean-up after coffee hour on Sundays. If you notice we are short on any supplies (napkins, plates, etc.), please advise Nick Spalaris, Myrna Vidos, or Pam Smith to ensure we don't run out!

Thanks to all who give of their time and energy for St. Andrew's!

Coffee Hour Notes

- Please consider bringing some food to share for Sunday coffee hour. It can be something simple you picked up on the way to church, or a recipe you've been wanting to try. Every contribution is greatly appreciated!
- We do have lovely and generous helpers who come around and pick up your used plates and cups at coffee hour, but please be sure to clean up after yourself as needed.
- Please be careful to put trash in the trash receptacle and bottles/cans in the recycling receptacle. Liquids should be emptied into the sink before placing containers in either the trash or recycling bin.
- Make note of when supplies are needed, and notify Nick Spalaris, Pam Smith, or Myrna Vidos. (Donations of paper goods and other supplies are always welcome!)



I Have a Boo-boo

by Nicholas Papas

NOTE: This article originally appeared on OCN.net over ten years ago.

On our way to the coffee shop, Zoe kept slipping into random stores and announcing to the strangers she met that she had a “boo-boo”. Either that or that her name was “Yo-ee”. Since she was facing away from me, and since she has the pronunciation acuity of a 2 year old, I couldn’t quite tell.

She had recently taken a spill that gave a significant injury to her front teeth. This was the “boo-boo” I assumed she was referencing when talking to the strangers. It got me thinking. I was wondering how much that “boo-boo” must be on her mind that she would introduce herself with “I have a boo-boo”? The spill she took with the inherent trauma, subsequent visits to the dentist’s office and various probing and attention, measures up to be a big part of her little life. So, it makes sense that she might introduce herself with the announcement, “I have a boo-boo”.

I think Zoe might be onto something! Maybe this is how we should greet one another! Hello and other such introductions are nice and cordial but “I have a boo-boo”, THAT might cause a revolution in human interaction.

How would it impact our relationships if we saw one another as wounded? Or to expand the idea, how would it be if we saw one another as wounded, cute, innocent, scared, little toddlers?

In pop culture, one of the greatest moments on “Star Trek the Next Generation” was when Captain Jean-Luc Picard had an epiphany of perception. In the “Chain of Command” episodes, Picard was able to see his torturer as merely a scared little boy acting out from a place of fear.

In the examples of the Holy suffering martyrs we observe the same phenomenon. They are able to see their persecutors with compassion and forgiveness and understanding and as wounded, fear-filled children of God. One new example of this is when Saint Elizabeth the Grand Duchess repeated the words of Christ about her torturers “...forgive them, they know not what they do.”

And Jesus, our perfect example, at His passion said these words originally, “Forgive them...” Isn’t this the ultimate example of how to perceive the wounds inflicted on us? Jesus sees His persecutors as the fallen children of Adam and Eve. Shouldn’t we? He sees them as children that “know not what they do.” Shouldn’t we?

Some icons, too, seem to nudge us into seeing the little child in one another and ourselves. A hallmark of some ancient (and contemporary) Coptic and Arabic icons is the depiction of Saints as youthful or child-like.

Maybe Zoe’s “new” introduction is really an old one revisited. Jesus has already given this style of greeting to us in His appearance to the Apostles after His resurrection. Jesus greeted Thomas with “Look at my hands and my feet.” Could this be translated into toddler-speak as “I have a boo-boo”?

What would the effect be if, when we greeted each other, our initial thoughts inspired us to remember that we are all merely scared and wounded children? Would we be able to have compassion, patience, and forgiveness toward one another? I suspect we would.

Furthermore, what if we could turn a “boo-boo” greeting toward the vision we have of ourselves? Introspection like that might cause an even bigger revolution. Maybe we would be able to give the cute, little, wounded, fear-filled child within ourselves the things he/she needs: forgiveness, hugs, consolation, emotional and mental provisions, and best of all a true, healing relationship with God.

When Jesus showed His “boo-boos” to the Apostles He was taking away their fear. He means to take away our fear too. He shows the Apostles and us, not only His wounds. He shows us His humanity and approachability while simultaneously, as God, He shows the answer to the why and how questions of our “boo-boos.”

Maybe our ability to see and perceive the “boo-boos” in ourselves and others will bring us to the point where we can humbly bring them to Jesus. He has “boo-boos” too! Maybe we will be able, with some fear removed, to approach and announce and introduce ourselves to God. And maybe we will even be able to mutter to Him with peaceful sincerity and childlike innocence, “I have a boo-boo.”



May 2022

Every Saturday: 5:15 pm Confession
5:30 pm Choir Rehearsal
6 pm Vespers

TROPARION OF ST. ANDREW - Tone 4 – As the first-called Apostle and brother of their leader, O Andrew, intercede with the Master of all to grant peace to the world, and to our souls great mercy.

May 1 **Thomas Sunday**
Holy Prophet Jeremiah (6-7 cent BC); Right-believing Tamara, Queen of Georgia (12th cent.)

Eothonon 1 (St. Matthew 28:16-20) Epistle: Acts 5:12-20
Liturgy Gospel: St. John 20:19-31

TROPARION OF ST. THOMAS - Tone 7 - While the Tomb was sealed, thou didst shine forth from it, O Light! While the doors were closed, thou didst come in to thy disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of thy mercy!

May 8 **Sunday of the Myrrh-bearing Women**
Apostle and Evangelist John the Theologian (98-117);
St. Emmilia (375), mother of Ss. Macrina, Basil the Great, & Gregory of Nyssa

Tone 2 Epistle: 1 John 1:1-7
Eothonon 4 (St. Luke 24: 1-12) Liturgy Gospel: St. Mark 15:43 - 16:1-8

RESURRECTION TROPARION - Tone 2 - When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy godly power. And when Thou didst raise the dead from beneath the earth, all the powers of heaven did cry aloud unto Thee: O Thou who art risen from the dead, O Lord, glory to Thee!

May 15 **Sunday of the Paralytic**
St. Pachomius the Great (346); St. Dymphna, martyr of Geel, Flanders (7th c.)

Tone 3 Epistle: Acts 9:32-42
Eothonon 5 (St. Luke 24: 12-35) Liturgy Gospel: St. John 5:1-15

RESURRECTION TROPARION - Tone 3 - Let the heavens rejoice and the earth be glad; for the Lord hath done a mighty act with his own arm. He hath trampled down death by death and become the First-born from the dead. He hath delivered us from the depth of hades, granting the world the Great Mercy!

May 22 **Sunday of the Samaritan Woman**
Hieromartyr Basiliscus, bishop of Comana (Asia Minor, 308)
St. John-Vladimir, martyr and ruler of Serbia (1015)

Tone 4 Epistle: Acts 11:19-30
Eothonon 7 (St. John 20: 1-10) Liturgy Gospel: St. John 4:5-42

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!

May 29 **Sunday of the Blind Man**
Virgin-martyr Theodosia of Tyre (308); John of Ustiug, fool-for-Christ (1494)

Tone 5 Epistle: Acts 16:16-34
Eothonon 8 (St. John 20: 11-18) Liturgy Gospel: St. John 9:1-38

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.

Regular Schedule

Saturday 5:15 pm Confession
6 pm Vespers
Sunday 8:55 am Orthros
10 am Divine Liturgy

Be sure to visit our website at
www.orthodoxdelmar.org/calendar for special services and the most up-to-date schedule.

Other May Events:

Thursday, May 5
Greatmartyr Irene
Divine Liturgy, 10 am

Monday, May 9
Greatmartyr Christopher
Divine Liturgy, 10 am

Saturday, May 21
Ss. Helen & Constantine
Divine Liturgy, 10 am

Check our online calendar at
www.orthodoxdelmar.org/calendar for the most up-to-date schedule.

During the Paschal Season (until Ascension, June 2):

- ✦ We say or sing the **Resurrection Troparion** every day with our devotions.
- ✦ We continue to share the good news with the greeting, “**Christ is risen!**”
- ✦ We read the **Book of Acts and the Gospel of John** in our family Bibles.
- ✦ There is **no fasting on Wednesdays and Fridays**. (Communion fast continues as usual.)
- ✦ In honor of the Resurrection, there is **no kneeling**, in Church or at home, until Pentecost.

How to dress for Church

- ✦ Wear clean clothes.
- ✦ Wear modest clothing.
- ✦ Save "beach" wear and muscle shirts for the beach.
- ✦ Avoid clothing with slogans or advertisements.
- ✦ Long pants for men, skirts or slacks for women. (No one over 5 years old should wear shorts in church.)
- ✦ Be strict with yourself, be lenient with others.

Make note of our regular service times:

Saturday Confessions 5:15 pm Sunday Orthros/Matins 9:00 am
Saturday Vespers 6:00 pm Sunday Divine Liturgy 10:00 am

Please contact Father Herman for information about becoming a member of St. Andrew Orthodox Church

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