



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*

Glory to Jesus Christ! Glory forever!

February 2023

Wisdom

Do not believe your thoughts, neither when they tell you that you are terrible,
nor when they tell you that you are a saint.

St. Paisios the Athonite

The Triodion

Publican & Pharisee - February 5
(followed by a fast-free week)

Prodigal Son - February 12

Meatfare (Judgment) - February 19
(last day to eat meat)

Cheese Week (dairy and eggs permitted every day):
February 20-26

Cheesefare (Forgiveness) - February 26 (last day to eat
dairy). Forgiveness prayers following liturgy.

For more information on the Lenten Triodion, visit
www.goarch.org/triodion

Great Lent Begins Monday, February 27. Fasting
guidelines will be available on the literature table in the
foyer. You may contact Fr. Herman if you have questions
about your personal fasting discipline.

Looking Ahead

Presanctified Liturgies: Wednesdays 6 pm, March 1 -
April 5

Annunciation: Saturday, March 25 (Liturgy Friday,
March 24, 6 pm)

Akathist: Friday, March 31, 6 pm

Lazarus Saturday: Saturday, April 8 (Liturgy, 10 am)

Palm Sunday: April 9

Holy Week: April 10-15

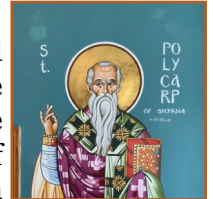
Holy Pascha: April 16 (Western Easter April 9)



Lenten Retreat - March 25

Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition

Saint Polycarp, Bishop of Smyrna and
Holy Martyr (c. 69 - c. 156) is one of the
Apostolic Fathers of the Church, i.e., one
of the early witnesses and teachers of
the Apostolic traditions of the Christian
Church. As a witness, he led a life of heartfelt purity and
ended his earthly sojourn as a faithful martyr for his
Lord. The narrative of his martyrdom is the first
Christian narrative of a martyrdom outside of the New
Testament. As a teacher, he was a diligent transmitter of
the Apostolic traditions which he had received. Please
join us in this harvest of true wealth!



Presented by Dr. Brian Ephrem Fitzgerald

2023 Stewardship

Please remember to turn in your
pledge! **Your pledge**, communicated
to us via the pledge form, **helps us to**
plan and budget the church's
finances for the coming year. If you give regularly but
don't pledge, thank you! But it would be helpful for us if
we know in advance what your planned giving will be. A
pledge is not binding; no one will send you a bill. If your
circumstances change, you are free to change your
giving plan.



**Please note that your 2022 pledge does not
automatically roll over to 2023.** Stewardship packets
and brochures are available in the foyer.



St. Andrew's Ministries - How will you serve? Contact Team Leads named below.

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

1 Peter 4:10

Antiochian Women – Kh. Vera Acker

As part of the Antiochian Women of North America, our purpose is to develop among our women a spirit of Christian leadership, awareness, and commitment; to foster a genuine expression of love and service through works of charity; and to install a sense of fellowship and a deeper understanding of our Holy Orthodox Faith. We are a "Sisterhood Serving Christ Through Serving Others."

Building Steward – Marty Smith

In conjunction with the Pastor, members of the Parish Council, and Ministry Leads, the Building Steward maintains the cleanliness and safety of the church building and grounds. Working with other parishioners and volunteers, he oversees and handles the daily operations of the church facilities, enabling all events/activities/services to occur.

Charitable Works – Lisa Wolak

The Charitable Works Team develops and coordinates the involvement of St. Andrew's parishioners in support of area ministries that provide services to the homeless and hungry in our community.



Choir – Kh. Vera Acker

St. Andrew's Choir leads the faithful of St. Andrew's in raising our voice to God in song, praising and worshipping Him with our hearts.

Emergency Response – Victor Zakrewsky

This team provides order, security and, when necessary, renders medical first aid until first responders arrive, when security or medical situations arise during services. Training will be provided.

Greeting and New Membership – Pam Smith

It is everyone's job to greet visitors to St. Andrew's! In addition, Pam Smith, our new member ambassador, makes every effort to welcome all newcomers to St. Andrew's and provides information about our church and pertinent information of our programs and stewardship, and helps to introduce them to others.

Media – Kh. Vera Acker

The Media Team coordinates and manages online communication, including streaming, website, social media, online meetings, and online publicity, as well as providing resources for spiritual growth and communicating to parishioners and others information regarding the services and events of St. Andrew's.

Men's Fellowship – Steve Metaxas



St. Andrew's Men's Fellowship reaches out to all men, members or visitors to St. Andrews Orthodox Church, to invite and encourage them to share their gifts in His name for the benefit of our church community. Our ministry is founded on inclusion in the act of fellowship, sharing faith, talent, and time caring for the needs of the parish members and the growth of our church community.

Order of St. Ignatius – Pam Smith

The Order of St. Ignatius of Antioch is an organization of the Antiochian Orthodox Archdiocese of North America with the objective of financially supporting the departments, programs, and charitable works of the Antiochian Archdiocese, Patriarchate of Antioch, and the Orthodox Christian faith. The Order assists the Antiochian Archdiocese in its continuing effort to reach out to all in need and bring to them the message of the Gospel.

The membership of the Order is comprised of clergy and lay individuals who make a lifetime financial commitment and pledge to work together in harmony to promote the spiritual and financial well-being of the Antiochian Archdiocese and the Orthodox Christian faith.

Prayer Team – Jan Petros

The Prayer Team prays for and acts as the liaison for all people in need of prayer who have requested the prayers of the Prayer Team.

Continued on next page

St. Andrew's Ministries *Continued*

Stewardship – John Townsley

The purpose of this team is to plan, organize, staff, and direct efforts to promote parishioner involvement while following diocesan requirements and church by-laws, promoting Stewardship throughout the year and maintaining pledge and time and talent records in the parish database.

Sunday School – Joy Smith

St. Andrew's Sunday School provides Christian education to our children and youth, communicating knowledge of the Scriptures and encouragement to live a Christian life.



Sunshine – Myrna Vidos

The Sunshine Coordinator sends cards, and flowers when appropriate, to those of our St. Andrew's family who have experienced a live event, such as a birth or death in the family, illness, etc.



Charitable Works

St. Andrew's has formed the Charitable Works Team to develop and coordinate the involvement of St. Andrew's parishioners in support of area ministries that provide services to the homeless and hungry in our community. So far, we have been in contact with and supported Christian Storehouse (pantry foods and thrift store items), Lighthouse for Broken Wings (feeding the homeless through the winter), and The Shepherd's Office (feeding and clothing the homeless year-round). More projects are in the works, so be on the lookout for details on how you can help. Please see Lisa Wolak for more information or to offer your assistance on this team.

Following is a reflection from Mary Ann Bulko on our visit to The Shepherd's Office in Georgetown:

THE SHEPHERD'S OFFICE

On Tuesday, December 6, 2022, Fr. Herman, Kh. Vera, and Mary Ann Bulko visited The Shepherd's Office in Georgetown to familiarize ourselves with the work they do in the surrounding community.

In their brief existence of only four years, the volunteers have encountered and shared food, clothing, and other necessities of life, to countless numbers of adults and children, many of whom are homeless, often resorting to shelter in tents, cars, or whatever refuge they may encounter, even in the woods! This past Thanksgiving several hundred individuals received a traditional home-cooked turkey dinner with all the trimmings.

When the concept of reaching out to those in need was conceived, The Shepherd's Shelf provided meals each day to 60 or 70 individuals. Today the number of folks seeking nutrition has risen to approximately 150 per day. Take-out Meals are served Monday thru Friday, alternating 2 Lunches (Mon & Thurs) and 3 Dinners (Tues, Wed & Fri). Small protein snacks are included to offset the daily meal. The facility is closed Saturdays and Sundays.

There is also a need of clothing for a number of the individuals and families with winter quickly approaching.

The following is written on the website of The Shepherd's Office (www.shepherdsoffice.org):

WE'RE HERE TO HELP YOU!

We often help the "Run-aways," and we sometimes help the "Stow-aways,"
but we always help the "Throw-aways."

The Founder of The Shepherd's Office is a believer in Jesus Christ.

We at St. Andrew's Orthodox Church are believers as well!

What shall we do or offer to help those 'sheep' who are also our brothers and sisters?

With Love in Christ,

Mary Ann Bulko



February 2023

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.

February 5 Pharisee and Publican

Afterfeast of the Presentation of Christ; Martyr Agatha of Palermo in Sicily (3rd cent.)

Tone 1
Eothinon 1 (St. Matthew 28:16-20)

Epistle: 2 Timothy 3:10-15
Liturgy Gospel: Luke 18:10-14

RESURRECTION TROPARION - Tone 1 - While the stone was sealed by the Jews, and the soldiers were guarding thy most pure Body, thou didst arise on the third day, O Saviour, granting life to the world. For which cause the heavenly powers cried aloud unto thee, O Giver of life: Glory to thy resurrection, O Christ! Glory to thy kingdom! Glory to thy providence, O thou who alone art the Lover of mankind!

February 12 Prodigal Son

Saint Kristo the Gardener of Albania (1748); Saint Prochorus of Georgia (1066)

Tone 2
Eothinon 2 (St. Mark 16:1-8)

Epistle: 1 Corinthians 6:12-20
Liturgy Gospel: Luke 15:11-32

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!

February 19 Last Judgment (Meatfare)

Venerable Conan, Abbot of the Pethukla Monastery (555)
Martyr Philothea the Monastic (1589)

Tone 3
Eothinon 3 (St. Mark 16:9-20)

Epistle: 1 Corinthians 8:8-9:2
Liturgy Gospel: Matthew 25:31-46

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 depths of hades, granting the world the Great Mercy!

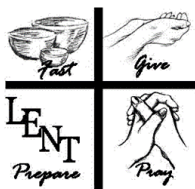
February 26 Forgiveness (Cheesefare)

Saint Porphyrius, Bishop of Gaza (420); New Martyr John Kalphes, the Apprentice (1575)

Tone 4
Eothinon 4 (St. Luke 24:1-12)

Epistle: Romans 13:11-14:4
Liturgy Gospel: 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!



*Great Lent begins
Monday, February 27*

Regular Schedule

Saturday 5:15 pm Confession
6 pm Vespers
Sunday 9 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 February Services:

Presentation of Christ
Thursday, February 2
Divine Liturgy 3 pm

St. Sava of Serbia
Wednesday, February 8
Divine Liturgy 3 pm

St. Raphael of Brooklyn
Wednesday, February 27
Divine Liturgy 3 pm

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



Then the King will say to those on His right hand, 'Come, you blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me.'

Matthew 25:34-36

Judgment Sunday (Meatfare), February 19

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

Rev. Father Herman Acker, Pastor
33384 Mackenzie Way, Lewes, DE 19958
302-645-5791

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

frherman1@gmail.com
orthodoxdelmar.org

GREAT LENT

FASTING GUIDELINES ACCORDING TO THE HOLY CANONS

From sundown on Cheesefare Sunday to Pascha:

Abstinence of:

Meat and meat products
Dairy products and eggs
Fish with backbones
Olive Oil
Wine (all alcoholic beverages)

No abstinence of:

Shellfish
Fruit
Vegetables and vegetable products (includes grains: rice, wheat, flour, non-egg pasta, breads; tofu/bean curd; nuts)

No food should be eaten between meals. At meal time, smaller portions should be eaten.

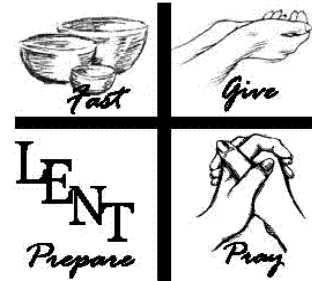
Feast-Day Exceptions:

Annunciation (March 25) & Palm Sunday: Fish, Wine, & Oil permitted.

Exceptions on weekends:

On Saturdays* and Sundays, Olive Oil, and Wine are permitted.
The quantity and number of times food may be consumed is not restricted.

**No exception on Great Saturday on which a strict fast is kept.*



IT IS IMPORTANT TO REMEMBER THAT FASTING IS INCOMPLETE WITHOUT PRAYER AND ALMSGIVING

Fasting, to whatever extent, should be undertaken after consultation and with a blessing from your spiritual Father.

It can be beneficial to reduce or eliminate TV, social media, and all other unnecessary media.

FASTING PRIOR TO COMMUNION (THROUGHOUT THE YEAR):

Complete fast from bedtime or midnight from all food and drink. For an evening Liturgy, a complete fast from all food and drink after lunch. Any breakfast and lunch meal should include fasting foods only.

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