



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!

November 2023

Wisdom

I planted, Apollos watered, but God gave the growth. So neither he who plants nor he who waters is anything, but only God who gives the growth. He who plants and he who waters are one, and each will receive his wages according to his labor. For we are God's fellow workers. You are God's field, God's building.

1 Corinthians 3:6-9

Bring Them To Church

Saturate their lives with the Word of God. Even if they lie on the floor. Even if they need 437 goldfish and a sucker to be quiet. Even if you stand in the back swaying back and forth holding them. Even when it's hard. Even when your row looks like a small hurricane just came through. Bring them to church. Let them see you worship. Let them see you pray. Let them see you running toward the Savior ...



because if they don't see and learn these things from you, who are they going to learn them from?

The world will teach them it's not a priority. The world will teach them it's okay to do other things, not to pick up their Bibles. The world will direct them so far off course, confuse them, and misinform them that just being "good" is enough. The world won't teach them about Jesus. That's our job.

Bring them to church.

~ Author Unknown

The Order of St. Ignatius



Congratulations to those inducted when Bp. Thomas visited in October: Alex Fadil, Hector Moses Garcia, Aeden Moses Ewell-Holms, Janice Petros, and Matt Messatzzia.

Fall Retreat - November 18. Saint Irenaeus of Lyons: On the Apostolic Preaching. See the flyer on p. 4.

	St. Andrew Fall Retreat
	Saturday, November 18, 2023
	Saint Irenaeus of Lyons: On the Apostolic Preaching Presented by Brian Ephrem Fitzgerald, PhD

Angel Tree

St. Andrew's will sponsor an Angel Tree again this year for needy residents of Harbor Healthcare Nursing Home who have no family to provide them with a gift for Christmas. Please reach into your heart and share your love this year with someone who would otherwise be overlooked. Angels will be available on the tree in the foyer in early December, and instructions will be posted nearby. Choose one item, or as many as you would like to give. Please package your gifts in a gift bag with tissue, and return to the church by December 17. Thank you all for your continued love, support, and enthusiasm for this most worthy project!



Fall Fest!

Many, many thanks to all who participated in and supported our Fall Fest!

leaders * coordinators * cooks * bakers * givers * prayers * greeters * workers * creators * mailers * heavy lifters * assemblers * disassemblers * packers * pricers * carriers * cleaners * supporters * sponsors ... and everyone who played a part in this tremendous endeavor!

May God bless you all!

"AND THE DISCIPLES WERE FIRST CALLED CHRISTIANS IN ANTIOCH" (Acts 11:26)

Time to think Stewardship!

As we think about our stewardship in the Church - how we “give back” to God for all His blessings - we ask that you consider making a commitment of financial support to St. Andrew’s.

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.

Stewardship packets will be available for pickup in the church foyer (please **save us a stamp!**) and the remainder mailed later. Information will also be posted on St. Andrew’s website at orthodoxdelmar.org/stewardship.

We ask that you also fill out the Ministries panel and the Contact Information panel of the Stewardship brochure, even if nothing has changed, for our records.



Charitable Works

Essential items for the homeless

We are continuing our collection of essential items for the homeless, to be distributed through the Shepherd’s Office in Georgetown. **Any** new or gently-used clothing or shoes are welcome. **Always needed and welcome are personal hygiene items, new socks and undergarments, and gently used tents, tarps, and camping goods.**



Lunchbox Tuesday

Thanks to all who joined us to make 237 sandwiches on Wednesday, October 25! **Please join us next time, on Tuesday, November 28, at 4 pm**, when we do it again. Please see Lisa Wolak for details and to inquire about donations needed.

Ongoing collection of non-perishable foods

We continue to collect non-perishable food items and paper goods for the food pantry at the Christian Storehouse in Millsboro. Please do not donate anything beyond its expiration date.

Stewardship in Action! Coffee Hour Reminders

We invite everyone to bring some food to share for Sunday coffee hour.

- **A note for the Advent Fast** (beginning November 15): Regardless of your personal fasting discipline at home, fasting at church functions should follow **the traditional discipline**. This means **no meat and no dairy** of any kind. Non-dairy creamer will be provided for coffee. Fasting guidelines are on pages 5-6 and on our website.
- It is not necessary to prepare any "meal" foods; it can be **something simple** you picked up on the way to church. Every contribution is greatly appreciated! **ALSO** - Please remember to gather and take home your serving dishes and utensils!
- We have lovely and generous helpers who work in the kitchen or come around and pick up your used plates and cups at coffee hour, but **please be sure to clean up after yourself** as needed and **help in the kitchen** from time to time.
- 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. (Note that **styrofoam, plastic cups, and napkins/paper towels are NOT recyclable.**)
- 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!)

Fasting coffee hour and potluck ideas:

- Tortilla chips and salsa, potato chips, pretzels
- Salads (no mayo), fresh veggies, fresh fruit
- Cooked veggies, potatoes, shellfish
- Pasta with marinara sauce
- Bagels/bread and jam
- Vegan soups and chili
- Beans and rice

Many thanks to all who participate in this important ministry of hospitality!



November 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.

Sunday, November 5 **22nd Sunday after Pentecost**
Martyrs Galaction and his wife, Epistemis, at Emesa (253)

Tone 5
Eothinon (St. John 20:14-25)

Epistle: Galatians 6:11-18
Liturgy Gospel: Luke 16:19-31

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.

Sunday, November 12 **John the Merciful**
Holy Prophet Ahijah, (cf. 1/3 Kgs 11:29 ff.; c. 960 BC)

Tone 6
Eothinon 1 (St. Matthew 28:16-20)

Epistle: 2 Corinthians 9:6-11
Liturgy Gospel: Luke 10:25-37

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!

Advent Fast begins Wednesday, November 15. (see pp. 5-6 for guidelines)

Sunday, November 19 **24th Sunday after Pentecost**
Holy Prophet Obadiah [or Abdia] (9th cent. BC)

Tone 7
Eothinon 2 (St. Mark 16:1-8)

Epistle: Ephesians 2:14-22
Liturgy Gospel: Luke 12:16-21

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!

Tuesday, November 21 - Entry of the Theotokos into the Temple
Divine Liturgy 10 am

Sunday, November 26 **25th Sunday after Pentecost**
Righteous Gideon (Judges chs. 6-8)

Tone 8
Eothinon 3 (St. Mark 16:9-20)

Epistle: Ephesians 4:1-7
Liturgy Gospel: Luke 18:18-27

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!

Thursday, November 30 - Feast of St. Andrew
Divine Liturgy 10 am, followed by a potluck luncheon
(fasting menu)

**Regular Schedule**

Saturday 5:15 pm Confession
6 pm Vespers
Sunday 9 am Orthros
10 am Divine Liturgy

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

Other November Services:

Entry of the Theotokos into the Temple
Tuesday, November 21
Divine Liturgy 10 am

Feast of St. Andrew
Wednesday, November 30
Divine Liturgy 10 am
Potluck Luncheon (fasting menu)

Check our online calendar at
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Stewardship**Operating revenue & expenses**

September 2023:
Rev. \$13,008 Exp. \$13,028
(\$20)

YTD 9/31:
Rev. \$109,430 Exp. \$124,617
(\$15,187)

Operating expenses are those that are necessary for the functioning of the church, such as utilities and maintenance. Stewardship and un-designated offerings are routed to the General Fund for Operating Expenses. These do not include purchases/projects covered by donations to special funds, such as Charitable Ministries, Iconography, Camp, etc. Offerings given specifically for Designated Funds are kept for those uses only.

Details can be found on the bulletin board in the hallway. You may contact the church treasurer (StAndrewTreasurer@gmail.com) if you have any questions.

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

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

frherman1@gmail.com
orthodoxdelmar.org

St. Andrew Fall Retreat

Saturday, November 18, 2023

Saint Irenaeus of Lyons: On the Apostolic Preaching

Presented by **Brian Ephrem Fitzgerald, PhD**

Saint Irenaeus, Bishop of Lyons (c. 130-202), was born in Smyrna in Asia Minor and had childhood memories of the life and teachings of Saint Polycarp of Smyrna (c. 70-156). In his adulthood he migrated to the Roman West, probably spending some time in Rome where he very likely encountered Saint Justin the Martyr (c. 100-165), under whose influence he clearly fell. During the reign of Marcus Aurelius (r. 161-180), Saint Irenaeus became a presbyter in Lyons and would soon be made bishop of that see. As the author of *Against Heresies* and *On the Apostolic Preaching*, he is the first of the great Patristic Fathers of the Church. Having known Saint Polycarp, a living bridge to the Apostolic era, and having studied the works of Saint Justin Martyr, Saint Irenaeus opens the Patristic era with firm roots in both the Apostolic and sub-Apostolic eras. Yet he is more than a transitional figure. He is the first in the line of the great Patristic Fathers, proclaiming a mature message of the economy of God's plan of salvation as well as defending the true faith against the multi-headed threat of heresy. He is a great resource for and proclaimer of the Orthodox Christian faith.



Brian Fitzgerald is an independent scholar, adjunct professor at Eastern University, and long-term Orthodox Christian with publications at Liverpool University Press, the Abdul Hameed Shoman Foundation, and the Annual of the Department of Antiquities of Jordan. He has special interests in Byzantine and Syriac Christian history and theology, as well as Roman, Late Antique, Byzantine, and Middle Eastern history in general. He also has a series of online Patristic-related lectures freely available at the URL: https://sites.google.com/site/brianephrem/adult_patristic_studies

Retreat Schedule:

- 09:30 am: Coffee and welcome
- 10:00 am: Third Hour and First Presentation: Saint Irenaeus of Lyons: His Life, Times, and Works
- 11:15 am: Break
- 11:30 am: Second Presentation: The Economy of God's Salvation
- 12:45 pm: Lunch
- 02:00 pm: Sixth Hour and Third Presentation: Saint Irenaeus' Biblical Hermeneutics
- 03:15 pm: Break
- 03:30 pm: Fourth Presentation: Wrapping up the Apostolic Kerygma Q & A

All are welcome to remain for coffee, fellowship, and Vespers at 6:00 pm.

Lunch will be provided. (Free-will offerings will be accepted)

Please register so we may plan accordingly:

♦ Email standrewlewes@gmail.com

St. Andrew Orthodox Church

33384 Mackenzie Way - Lewes, DE 19958
302-645-5791 - standrewlewes@gmail.com
www.orthodoxdelmar.org

THE CHRISTMAS FAST - AN OUTLINE

November 15 - December 24

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
Sunday Monday Tuesday Thursday Saturday	<u>Abstinence of:</u> Meat & Meat products Dairy products	<u>No Abstinence of:</u> Fish Shellfish Olive Oil Vegetables & vegetable products Fruit Wine
Wednesday Friday	(As on all Wednesdays, Fridays, and other days of Fast) <u>Abstinence of:</u> Meat & Meat products Dairy products Fish, Wine, & Oil	

Note: From Dec. 13 to Dec. 24 inclusive, the Fast becomes stricter, and olive oil and wine are permitted only on Saturdays and Sundays. Also, fish is not permitted on any day during this period.

Wine and oil are permitted on the following commemorations, even when they fall on a Wednesday or Friday:

- November 16 - Holy Apostle Matthew the Evangelist
- November 21 - Entry of the Theotokos - fish is also permitted on this day.
- November 25 - St. Catherine the Great Martyr
- November 30 - Holy Apostle Andrew the First-Called
- December 4 - St. Barbara the Great Martyr and St. John of Damascus
- December 5 - St. Sabbas the Sanctified
- December 6 - St. Nicholas the Wonderworker, Bishop of Myra in Lycia
- December 9 - Conception by St. Anna of the Holy Theotokos
- December 12 - St. Spyridon the Wonderworker
- December 13 - St. Eustratius and Companions, and St. Lucia
- December 15 - St. Eleutherius the Bishop-Martyr
- December 17 - Holy Prophet Daniel & the Three Youths, and St. Dyonysius of Zante
- December 20 - St. Ignatius the God-bearer

Note: December 24 is a day of strict fast.
 There is no fasting from December 25 through January 4.
 January 5 is a day of strict fast (day before Theophany).

(OVER)

**FASTING PRIOR TO RECEIVING HOLY COMMUNION
(Throughout the year)**

**Sunday Morning
Divine Liturgy**

Complete fast from all food and drink from bedtime or midnight on Saturday evening. Saturday evening should be a quiet time of prayer and preparation for communion.

Evening Liturgies

Complete fast from all food and drink after lunch. Any (very light) breakfast or lunch meal taken should include only fasting foods.

Note: It is assumed that those who desire to receive Holy Communion regularly and frequently will also keep the Wednesday and Friday discipline.

A Note from Bishop Thomas:

Please remember that the Fast of the Holy Nativity or the Advent Fast will commence on November 15 and continue until the Feast (December 25). This fasting period is ordained by the Holy Church in order to prepare for the Holy Nativity of Our Lord. The particulars of the fast are as follows: During the first 28 days of the Fast, from November 15 to December 13 all meat products and dairy products are forbidden. On Wednesdays and Fridays, of course, olive oil, wine, all alcoholic beverages and fish are also forbidden as on most Wednesdays and Fridays during the year. This means that one can eat fish, shellfish, vegetables, and fruit during this time. On Wednesdays and Fridays, only shellfish, vegetables and fruit. During the last twelve days, December 13-24, fish, olive oil, wine, and all alcoholic beverages are not used at all, except oil and wine can be used on Saturdays and Sundays. Therefore, in the last twelve days, we may eat shellfish, vegetables and fruit. Please remember to increase your prayer life, read more scripture and spiritual books, especially the lives of the saints. A little less television, no anger, no gossip, no laziness, and let's try to avoid the pre-Christmas parties. If we prepare in this way, God will bless us, and we will find the Feast of the Nativity of Our Lord to be far more spiritually rewarding than ever before. May God help us to struggle courageously.

Thank you.

Yours in Christ,

+Bishop THOMAS