



**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!**

**March 2024**

## Wisdom

Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

*Ephesians 5:18-21*

## Great Lent begins March 18

It is customary for Orthodox Christians to exercise the spiritual discipline of fasting for an extended period before Holy Pascha. The traditional guidelines for the Great Fast are provided on page 6 and will be available in the church foyer. You may speak to Fr. Herman if you have any special dietary needs or restrictions. For those new to fasting or are having a difficult time, it may be helpful to follow a gradual approach, just as you would do with any exercise program or physical discipline you undertake. The steps below were outlined by Fr. Boniface Black of blessed memory, and we offer it for your edification and spiritual growth.

### Fasting Discipline

**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 on all days of fasting.

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

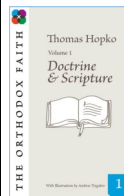
**Step 6:** Remember that all the above steps are combined with prayer. (A little bit of prayer every day is better than a lot of prayer now and then. Prayers before and after Holy Communion are always very important.)

**Step 7:** Refer to the guidelines available at Church for an even more strict approach.

**And last of all...** Receive the blessings of self control and “askesis.”

**May God bless you as you seek to do his will.**

## Bible Study & Inquirer / Orthodoxy Class



**Thursdays at 10 am and 6pm.** Both classes will be reading through Fr. Thomas Hopko’s *Doctrine and Scripture*, volume 1 of the series *The Orthodox Faith* (available in St. Andrew’s bookstore). **Both classes are open to all.** The evening class is ideal for anyone exploring the Orthodox faith, new to the Orthodox faith, or who would like a refresher on their faith. The morning class will delve more deeply into the Scriptures as they relate to the topics in the book.

## CPR / First Aid Classes

Those interested CPR and Basic First Aid Training, a 3-hr CPR Class (9-noon) will be held on Saturday 3/9 and a 3-hr Basic First Aid Class (9-noon) on Saturday 3/16. Both classes will be held at St Andrew. If interested, please contact Vic Zakrewsky (zakrewv@comcast.net) no later than Tuesday 3/5.

Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.

*Colossians 3:12-17*

## Charitable Works

### Lunchbox WEDNESDAY!

We have reached a milestone - one full year of providing sandwiches to the homeless each month! Many thanks to all who have participated in this important ministry! We started with making about 150 sandwiches in March 2023 and in February 2024 we made 287 sandwiches! **Please join us on WEDNESDAY, March 27 at NOON**, when we do it again. (Beginning in March, sandwich making will take place on the **last Wednesday of each month at noon**, to facilitate delivery requested by The Shepherd's Office.) Please see Lisa Wolak for details and to inquire about donations needed.

### 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.**

### 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.



## Women of St. Andrew's

On Friday, February 23, 16 ladies enjoyed an afternoon of painting, snacking, and fellowship. If you are a female member of St. Andrew's and are not on our email list, please give your email address to Kh. Vera so you can learn about upcoming events. If you do not use email, please ask a friend who does to keep you informed.



Our model painting

Discuss with your family & your priest

# Goals for Great Lent

*Keep this list in a prominent place to remind you of your goals.*

What foods will I set aside? \_\_\_\_\_

Can I stop snacking between meals? \_\_\_\_\_

Bible reading: \_\_\_\_\_

Other spiritual reading: \_\_\_\_\_

Extra services I will attend: \_\_\_\_\_

Confession: \_\_\_\_\_

How will I help those in need? \_\_\_\_\_

From what media will I unplug? \_\_\_\_\_

What sins will I try to overcome? \_\_\_\_\_

How will I grow in prayer? \_\_\_\_\_

How will I create stillness? \_\_\_\_\_

GREAT LENT



Icon by: K. Tikhomirova

## Special Giving Opportunity

We invite you to support summer camp attendance by making a donation to our **Camp Scholarship Fund**, which has helped send many of our kids to the **Antiochian Village Camp**.



AV Camp is a great place for kids to learn and realize that **Orthodoxy is not just their family and their church**. How many Orthodox kids do our kids know outside St Andrew's? At AV Camp they will meet **hundreds**. Many develop life-long friendships, which will encourage them to maintain ties with the Church as they seek opportunities to meet again with those friends.

Visit [avcamp.org](http://avcamp.org) for more information about the summer camp and other programs.

## Orthodox Christian Mission Center

Many thanks to Mary Ann Bulko, who has agreed to be St. Andrew's OCMC parish ambassador! In the hope that we can foster greater mission mindedness in our community, Mary Ann will be making a short missions presentation during coffee hour on Sunday, March 17. We hope you will take the time to listen and learn about the good works being done in God's name throughout the world, so that you can support these efforts by your prayers and financial gifts. May God bless you and Mary Ann for your participation in this ministry!

**PRAY GIVE GO**

## Coffee Hour Reminders

We invite everyone to bring some food to share for Sunday coffee hour, as well as for the potluck supper after Wednesday Presanctified Liturgies.

- **A note for the Great Fast:** 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 page 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, plastic wrap, foil, 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!)

## Lenten coffee hour and potluck ideas:

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



May God grant us a profitable fast and a joyous Pascha!

## 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)*

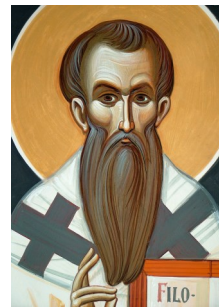
*The prayer is then repeated without prostrations to the end when one final prostration is made.*



## The Divine Liturgy of St. Basil the Great

On Sundays during Great Lent in the Orthodox Church, we pray the Liturgy of St. Basil rather than that of St. John Chrysostom. What are the differences between the two?

The first difference between the Liturgy of St. John Chrysostom and that of St. Basil is in the Anaphora prayers, which are longer in St. Basil's Liturgy. The



Anaphora prayers carry a wealth of teaching and spirituality very beneficial for our meditation, particularly during the period of the Great Fast.

The second major difference is in the Megalynarion, the hymn to the Theotokos which in the St. Basil Liturgy begins, "In you, O full of grace, all creation rejoices... ." The equivalent hymn for the Liturgy of St. John Chrysostom starts with "It is meet and right to call you blessed, O Theotokos... ." There is also a slight difference in the Thanksgiving Prayers after Communion.

St. Basil's Liturgy is used only ten times a year, namely: The vigils of Christmas and Theophany, the feast of St. Basil on January 1, the first five Sundays of Lent, Holy Thursday, and Holy Saturday.



**March 2024**

**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, March 3** **Sunday of the Prodigal Son**

Martyrs Eutropius, Cleonicus, and Basiliscus of Amasea (Asia Minor, 308)  
Blessed Virgin Piamoun (Egypt, 4th cent.)

Tone 6  
Eothinon 6 (St. Luke 24:36-53)

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

**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!

**Sunday, March 10** **Sunday of the Last Judgment (Meat Fare)**

Saint Anastasia the Patrician of Alexandria (Egypt, 567)  
Martyr Quadratus and those with him at Corinth (3rd cent.)

Tone 7  
Eothinon 7 (St. John 20:1-10)

Epistle: 1 Corinthians 8:8 - 9:2  
Liturgy Gospel: Matthew 25:14-30 + Luke 8:8

**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!

**Sunday, March 17** **Sunday of Forgiveness (Cheese Fare)**

Saint Patrick, Bishop of Armagh, Enlightener of Ireland (461)  
Hieromartyr Gabriel the Lesser (Georgia, 1802)

Tone 8  
Eothinon 8 (St. John 20:11-18)

Epistle: Romans 13:11 - 14:4  
Liturgy Gospel: Matthew 15:21-28

**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!

**Sunday, March 24** **1st Sunday of Lent (Sunday of Orthodoxy)**

Venerable Zachariah the Ascetic of the Kiev Caves (13-14th cent.)  
Venerable Zachariah the Recluse (Egypt, 4th cent.)

Tone 1  
Eothinon 9 (St. John 20:19-31)

Epistle: Hebrews 11:24-26  
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!

**Sunday, March 31** **2nd Sunday of Lent (Gregory Palamas)**

Righteous Joseph the Patriarch (Genesis 37-50; c. 1700 BC)  
Repose of Saint Innocent, Enlightener of the Aleuts, Apostle to the Americas (1879)

Tone 2  
Eothinon 10 (St. John 21:1-14)

Epistle: Hebrews 1:10 - 2:3  
Liturgy Gospel: Luke 18:10-14

**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!

**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](http://www.orthodoxdelmar.org/calendar)  
for the most up-to-date schedule.

**Other March Services:**

See the Lenten Schedule on page 5  
or pick one up in the church foyer.  
**Be sure to set aside time to attend  
some of the many special services  
during the Great Fast.**

**Annunciation****Monday, March 25**

Divine Liturgy 10 am  
Potluck Luncheon (Fasting Menu)

Check our online calendar at  
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for the most up-to-date schedule.

**FOOD FOR HUNGRY PEOPLE**

Every year during the Great Fast all churches and missions of our Archdiocese gather alms for feeding the hungry. As we ourselves fast from rich foods and entertainments, we put money into **our Lenten boxes**. After Pascha we bring these alms boxes back to church and we send the collected offerings to the Archdiocese for distribution by His Eminence, Metropolitan SABA, to as many needy situations as possible. May God bless us as we remember those who are hungry. Saint John Chrysostom has said that "feeding the hungry is a greater work than raising the dead."

ALSO, donations to our local **Needy Fund** can be given any Sunday at the Coffee Hour.

**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**

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302-645-5791

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orthodoxdelmar.org

# St Andrew's Lenten Services 2024

**Lent begins March 18 - Mark your calendar now!**

**Set aside the time for these important services.**

Wednesday, March 20	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Friday, March 22	10:00 am	Presanctified Liturgy
Friday, March 25	10:00 am	Divine Liturgy for <b>Annunciation</b> Lenten potluck Luncheon
Wednesday, March 27	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Saturday, March 30	10:00 am	<b>Soul Saturday</b> Divine Liturgy
Wednesday, April 3	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Friday, April 5	10:00 am	Presanctified Liturgy
Wednesday, April 10	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Friday, April 12	10:00 am	Presanctified Liturgy
Wednesday, April 17	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Friday, April 19	6:00 pm	Akathist
Wednesday, April 24	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Saturday, April 27	10:00 am	Divine Liturgy for <b>Lazarus Saturday</b> Preparation of Palms & Youth Activity
	6:00 pm	Vespers & Artoklasia for <b>Palm Sunday</b>
Sunday, April 28	9:00 am	Orthros for <b>Palm Sunday</b>
	10:00 am	Divine Liturgy for <b>Palm Sunday</b>

## Great & Holy Week and Pascha

Sunday, April 28	6:00 pm	Bridegroom Matins
Monday, April 29	6:00 pm	Bridegroom Matins
Tuesday, April 30	6:00 pm	Bridegroom Matins
Wednesday, May 1	6:00 pm	Sacrament of Holy Unction
Thursday, May 2	3:00 pm	Vesperal Liturgy of St. Basil
	6:00 pm	Twelve Gospels Matins
Great Friday, May 3	10:00 am	Royal Hours
	3:00 pm	Vespers of Burial (taking down from the cross)
	6:00 pm	Lamentations Matins
Great Saturday, May 4	10:00 am	Vesperal Liturgy of St. Basil
	<b>10:00 pm</b>	<b>PASCHAL SERVICES</b>
		<b>Please join us after the services for blessing of baskets &amp; breaking of the Fast</b>
Sunday, May 5	3:00 pm	Agape Vespers & Easter egg hunt

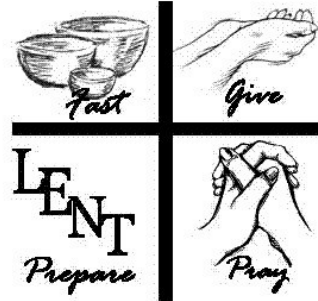
# GREAT LENT

## 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**

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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.