



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!

August 2024

Wisdom

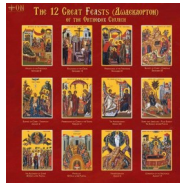
Make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. Therefore, brothers, be all the more diligent to make your calling and election sure, for if you practice these qualities you will never fall.

2 Peter 1:5-10

INTRODUCTION TO EASTERN ORTHODOXY: The Feasts of the Church

Thursdays at 6pm, beginning August 15

For those interested in refreshing or deepening their understanding of the Orthodox Faith, and those who wish to explore Eastern Orthodoxy.



- ✦ You will learn which Gospel provides the text for each of the Great Feasts and why.
- ✦ You will reflect on the poetry and imagery of some of the festal texts which are read, chanted, and/or sung.
- ✦ You will become acquainted with the meaning and importance of each of the feasts.

We will be using the two-volume set: *The Incarnate God: The Feasts of Jesus Christ and the Virgin Mary* (SVS Press), which will be available for purchase at the church (\$30/set).



VACATION RAFFLE WINNER!

Congratulations to Marguerite Toroian, our vacation winner! Marguerite has graciously donated the vacation back to the church to give to a worthy family. Thank you, Marguerite! Many years!

CHURCH MEMORIAL COORDINATOR WANTED

With the loss of our beloved Maria Kolyvas, we are in need of someone to coordinate the church memorials for our departed loved ones. Responsibilities include advising Father when learning of an upcoming memorial, planning for koliva, grapes, or bread for the memorial, and advising families of memorial donations. Please see Fr. Herman or Kh. Vera if you'd like to take this important ministry.

DO YOU HAVE A ROOM TO RENT?

A mature woman in our congregation needs to move from her current apartment because it is too costly. Do you have a room you could offer? She has a crate-trained dachshund. Please contact Fr. Herman or Kh. Vera.

SHEPHERD'S OFFICE AMAZON WISH LIST

The good folks at the **Shepherd's Office in Georgetown** (www.shepherdsoffice.org) love to help others and bring them love, care and peace. They provide meals, clothing, and services to the needy in our area. **St. Andrew's helps** them by providing 300 **sandwiches** twice a month and donating **clothing** we no longer need. (See info on p. 2.) If you are looking for **another way to help**, you can **donate funds** online at www.degives.org/orgs/shepherds-office-inc or purchase needed items from their **Amazon wishlist** (www.amazon.com/hz/wishlist/ls/2JFM9O9TP1VTC/ref=hz_ls_biz_ex), which can be shipped directly to them. **Thank you for your generosity to those in need!** (Email Kh. Vera at standrewlewes@gmail.com to have these links sent to you for easy clicking!)



Charitable Works

Lunchbox Wednesday

We gather together on the **second and last Wednesday of each month at noon** to make 300 sandwiches and bag them with other goodies for the homeless. **Please join us on WEDNESDAYS, August 14 and 28, at NOON**, when we do it again. Please see Lisa Wolak for details and to inquire about donations needed.



It's Easy to Help!

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 July 24, ten women gathered for fellowship and creating garden stones. See some of our creations below!

Ladies, please join us on August 20 for fellowship and creating our own body scrubs and other related items. Please let Sharon Metaxas or Kh. Vera know if you'll be joining us, so we can be prepared with materials. An email will go out with more details, so please let Kh. Vera (standrewlewes@gmail.com) know if you have not been getting emails about women's events.



THE DORMITION FAST – AN OUTLINE August 1-14

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
	Abstinence of:	No Abstinence of:
Monday	Meat & Meat products Dairy products Fish Wine Oil	Fruit Shellfish Vegetables & vegetable products
Tuesday		
Wednesday		
Thursday		
Friday		
Saturdays and Sundays	Wine and oil are permitted.	
August 6 Feast of the Transfiguration	Fish, wine and oil are permitted	

If the Feast of the Dormition falls on a Wednesday or Friday, the fasting guidelines for that day apply, except that fish, wine and oil are permitted.

TAKE NOTE! The commemoration of the Beheading of Saint John the Baptist, August 29th, is a day of STRICT FAST.

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.

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.

It is understood that those desiring to partake of the Mystery of the Eucharist frequently and regularly, must also keep the Wednesday and Friday fast.

GROWTH - More than Just Numbers

by Mary Ann Bulko

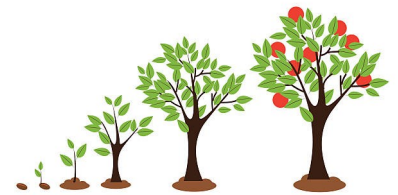
“And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head - Christ - from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.” (Eph. 4: 11-16)

In the early 2000's I came across some old parish bulletins dating back almost ten years. Inside were the names of parishioners alongside the amount of their Sunday offerings. It's interesting to note that there were sixty-four adults listed on the page and donations ranged from \$1.00 each (given by seven persons and one married couple), to the highest figure of \$30.00 offered by one individual. The average donation was about \$5.36.

Perhaps more noteworthy is that twenty-two of those listed had since “fallen asleep in the Lord.” Yet another eleven were generally unable to attend liturgical services due to varying circumstances. So, statistically speaking, fewer than half of those listed in that 1990's bulletin were still physically participating within the midst of our worshipping community ten years later. This is not to say that the importance of the spiritual participation of those in hospitals or homes is insignificant; on the contrary, they are with us, like the Saints.

There are, however, several bits of information which can be gleaned from a study of this information.

Holy Scripture and Tradition refer to the growth of a Christian in a number of ways. If we were to look at our stewardship or giving to the Church, we are reminded in Chapters 8 and 9 of the Second Letter to the Corinthians that we give or offer our monies, gifts, or talents out of love for our Lord Jesus Christ. First and foremost, we give ourselves to the Lord, since He gave Himself by grace for our sake and for our salvation. He became poor, by “emptying Himself of His heavenly glory to join our humanity to His divinity, and to suffer and die on our behalf” (Phil. 2:5-8). He did this in order that we might “become rich” in His salvation. As we then grow in our understanding of our purpose as Christians, our giving on every level should reflect this and grow as well.



Our giving is a reflection of our growth. We are called to be generous, not giving merely as an obligation (2 Cor. 9:5). We should not give “grudgingly or of necessity” but rather cheerfully. We are not giving in order to take ownership of the church or even a property - God forbid. Rather we give because God has first given to us and for this we give thanks and should give generously. Being good stewards does not mean simply the giving of money, as important as that is. In the writings of St. Paul to the Corinthians, God provides the seed, and the sower is to plant it to multiply and be fruitful. Our giving then is not to maintain what we have, but to make it grow and multiply by the grace of God.

Furthermore, growth is also measured in one's spiritual maturity. Do we truly grow in God's Spirit? Is our thinking in line with that of Christ Himself? There is a term “metanoia” which refers to a change of mind - a new mindset. Growing into Christ and into that likeness which man is given at birth is a lifelong process for we are always facing the obstacles and temptations of a fallen world. As +Bp. Kallistos wrote:

“The Incarnation ...is an essential stage upon man's journey from the divine image to the divine likeness. The true image and likeness of God is Christ himself; and so, from the very first moment of man's creation in the image, the Incarnation of Christ was in some way already implied. The true reason for the Incarnation, then, lies not in man's sinfulness but in his unfallen nature as a being made in the divine image and capable of union with God” (*The Orthodox Way*, p.93, Ware).

So growth implies change as well as potential. Fr. Coniaris writes, “Like Michelangelo who looked at a rough, shapeless stone and saw a statue of David in it, Jesus was constantly looking at people in terms of what they can become” (*Theosis*; p. 4, Coniaris).

We are called to grow spiritually, to give more generously, to witness more fervently, and to reach our potential in Christ. And then, God willing, our numbers will grow as well!



August 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.

August 4 6th Sunday after Pentecost

7 Holy Youths "Seven Sleepers" of Ephesus (3rd & 5th cent.)
Martyr Eudokia of Persia (4th cent.)

Tone 5 Epistle: Romans 12:6-14
Eothinon 6 (St. Luke 24:36-53) Liturgy Gospel: St. Matthew 9:1-8

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.

August 11 7th Sunday after Pentecost

Martyrs Basil and Theodore of the Kiev Caves (11th cent.)
Saint Mary Syncletica (8th cent.)

Tone 6 Epistle: Romans 15:1-7
Eothinon 7 (St. John 20:1-10) Liturgy Gospel: St. Matthew 9:27-35

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!

August 18 8th Sunday after Pentecost

Martyrs Florus and Laurus of Illyria (2nd cent.)
Venerable John, Abbot of Rila (Bulgaria, 946)

Tone 7 Epistle: 1 Corinthians 1:10-17
Eothinon 8 (St. John 20:11-18) Liturgy Gospel: St. Matthew 14:14-22

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!

August 25 9th Sunday after Pentecost

Apostle Titus of the Seventy and Bishop of Crete (1st cent.); Return of the Relics of the Apostle Bartholomew from Anastasiopolis to Lipari (6th cent.)

Tone 8 Epistle: 1 Corinthians 3:9-17
Eothinon 9 (St. John 20:19-31) Liturgy Gospel: St. Matthew 14:22-34

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!

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

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 August Dates:

Dormition Fast
August 1-14
(see p. 2 for guidelines)

Monday, August 5
Transfiguration Liturgy 6 pm
Followed by potluck supper (fasting)

Thursday, August 15
Dormition of the Theotokos
Divine Liturgy 10 am
Followed by potluck luncheon (festal)

Wednesday, August 28
St. Moses the Ethiopian
Divine Liturgy 10 am

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And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

Galatians 6:9-10

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

frherman1@gmail.com
orthodoxdelmar.org