



## 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!**

**December 2024**

### Wisdom

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

*1 Corinthians 15:58*

### Angel Tree

St. Andrew's will sponsor an Angel Tree again this year for needy residents of Breakwater Village Nursing Home (formerly Harbor Healthcare) 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 15.** Thank you all for your continued love, support, and enthusiasm for this most worthy project!



### We Need You on our Team!

We are thankful for Myrna Vidos, who has been our stalwart leader in coffee hour kitchen prep and cleanup for a long time. Now it's time to create a **kitchen support team** of about a dozen people to take over the various tasks involved. The idea is to create a **rotating schedule of 3-4 people each Sunday** who will be responsible for kitchen support. Some of the duties are: Make sure paper and plastic supplies are set out in sufficient quantity; set out coffee supplies (creamer, sweeteners, etc. - coffee is prepared by a different team); heat (if necessary) and put out coffee hour foods that are brought in by parishioners; put everything away & wash dishes as needed at end of coffee hour; keep track of supply needs. A full list of tasks will be posted in the kitchen, or you can email Kh. Vera (standrewlewes@gmail.com) for the list. **Please sign up** on the sheet that will be posted soon, and a schedule will be created by the end of the year. Thank you to all who participate in this important ministry!

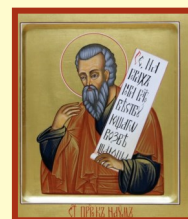


### Looking Ahead: Stewardship 2025!

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. More information coming soon!

God is jealous, and the LORD avenges; the LORD avenges and is furious. The LORD will take vengeance on His adversaries, and He reserves wrath for His enemies; the LORD is slow to anger and great in power, and will not at all acquit the wicked. ... The LORD is good, a stronghold in the day of trouble; and He knows those who trust in Him. But with an overflowing flood He will make an utter end of its place, and darkness will pursue His enemies.

Nahum 1:2-3, 7-8



The Holy Prophet  
Nahum is  
commemorated on  
December 1.

## Priest's Morning Prayers

Twelve morning prayers are said silently by the priest at the beginning of Orthros, while the readers are reciting the Six Orthros Psalms. These prayers are suitable for all believers; feel free to use them at home. Here are three; the others will be included in future issues of the Logos.

### First Prayer

We give thanks unto Thee, O Lord our God, who hast raised us up from our beds, and hast put into our mouths the word of praise that we may worship and call upon Thy holy name.

We pray, by Thy compassion which Thou hast always exercised in our life, send forth now also Thine aid upon those who stand before the presence of Thy holy glory, and await the rich mercy which is from Thee.

And grant that they always with fear and love may adore, praise and hymn Thee, and worship Thine indescribable goodness.

For to Thee belong all glory, honor, and worship, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

### Second Prayer

By night our spirit riseth early unto Thee, O our God, for Thine ordinances are a light upon the earth.

Make us to understand the perfection of righteousness and holiness in Thy fear.

We glorify Thee, O our God, who dost truly exist.

Bow down Thine ear and hear us; remember by name, O Lord, all those that are with us and pray with us, and save them by Thy power.

Bless Thy people and sanctify Thine inheritance. Give peace to Thy world, to Thy churches, to the priests, (to the authorities,) and to all Thy people.

For blessed and glorified is Thine all-honorable and magnificent name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

### Third Prayer

By night our spirit riseth early unto Thee, O God, for Thine ordinances are a light.

Teach us, O God, Thy righteousness, Thy commandments, and Thy statutes; enlighten the eyes of our intelligence that we may never fall asleep unto death in sin.

Drive out all gloom from our hearts. Grant unto us the Sun of Righteousness, and keep our life unassailed by the seal of Thy Holy Spirit.

Direct our steps in the way of peace. Give us the morning and the day in joy, that we may send up morning prayers unto Thee.

For Thine is the strength, and Thine are the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

## Charitable Works

### Lunchbox Wednesday

We gather together on the **second and last Wednesday of each month (normally) at noon** to make 300 sandwiches and bag them with other goodies for the homeless. **Please join us on WEDNESDAYS, December 4 & 18 (note changed dates), 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.

### Shepherd's Office Amazon Wish List

The good folks at the **Shepherd's Office in Georgetown** ([www.shepherdsoffice.org](http://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. If you are looking for **another way to help**, you can **donate funds** online at [www.degives.org/orgs/shepherds-office-inc](http://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](http://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](mailto:standrewlewes@gmail.com) to have these links sent to you for easy clicking!)

## THE CHRISTMAS FAST - AN OUTLINE

November 15 - December 24

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

**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

**December 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, December 1** **23rd Sunday after Pentecost**  
Prophet Nahum (6th cent. BC)

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

Epistle: Ephesians 2:4-10  
Liturgy Gospel: Luke 18:35-43

**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, December 8** **24th Sunday after Pentecost**  
Venerable Patapios of Thebes (4th cent.)

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

Epistle: Ephesians 2:14-22  
Liturgy Gospel: Luke 13:10-17

**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, December 15** **Forefathers (Ancestors) of Christ**  
Righteous Miriam the sister of Moses and Aaron (Exodus chap. 2 and following)

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

Epistle: 2 Timothy 1:8-18  
Liturgy Gospel: Luke 14:16-24

**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, December 22** **Sunday before the Nativity (Genealogy)**  
Great Martyr Anastasia the Deliverer from Poisons (c. 304)

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

Epistle: Hebrews 11:9-10, 32-40  
Liturgy Gospel: Matthew 1:1-25

**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, December 29** **Sunday after the Nativity**  
Venerable Basilisk the Hesychast of Siberia (1824)

Tone 2  
Eothinon 5 (St. Luke 24:12-35)

Epistle: Galatians 1:11-19  
Liturgy Gospel: Matthew 2:13-23

**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!

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

**Special dates in December:**

**St. Nicholas** (Dec. 6)  
**Thursday, December 5**  
Vespers 6 pm  
Followed by youth activity & games

**St. Herman of Alaska**  
**Friday, December 13**  
Divine Liturgy 10 am

**St. Ignatius of Antioch**  
**Friday, December 20**  
Divine Liturgy 10 am

**Christmas Liturgy**  
**Tuesday, December 24**  
6 pm

**Protomartyr Stephen**  
**St. Fabiola**  
**Friday, December 27**  
Divine Liturgy 10 am

**Stewardship****2024 Pledges**

We are nearing the end of the year - are you up to date on your pledge? Your regular and faithful giving is essential to St. Andrew's month-to-month financial health. If you are unsure where you stand on your 2024 pledge, please contact our treasurer at [standrewtreasurer@gmail.com](mailto:standrewtreasurer@gmail.com).

**MANY THANKS to all for your faithful support!**

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