



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*

Christ is born! Glorify Him!

February 2025

Wisdom

If we are on the watch to see our own faults, we shall not see those of our neighbor. ... To die to one's neighbor is this – to bear your own faults and not to pay attention to anyone else, wondering whether they are good or bad. Do no harm to anyone. Do not think anything bad in your heart toward anyone, do not scorn the man who does evil... . Do not rail against anyone but rather say 'God knows each one.' Do not agree with him who slanders. Do not rejoice at his slander and do not hate him who slanders his neighbor.

St. Moses the Ethiopian

<https://www.johnsanidopoulos.com/2010/08/wise-lessons-from-saint-moses-ethiopian.html>

Dealing with Pain & Anxiety from Grief & Loss

Saturday, February 22, beginning at 9:30 am. Led by Sharon Metaxas. This seminar will help participants to better understand and manage pain & anxiety from Grief and Loss. We will address the social, physical, and emotional effects of grief and loss, and learn healthy coping techniques. There will also be a session on how to help when others are grieving. This seminar's format will include both presentation and open discussion. More information is on the flyer on page 5.

Share the Love Donation Luncheon

A Pasta Luncheon Fundraiser will be held in place of Coffee Hour on Sunday, February 23, to benefit the Antiochian Women's Project: Endowment Fund for Widowed Clergy Wives. More information is on page 6.



2025 Annual Parish Meeting

St. Andrew's Annual Meeting was held on Sunday, January 26. Financial and Ministry reports were given, and Stephen Metaxas and Victor Zakrewsky were re-elected to the Parish Council. Please contact Kh. Vera if you would like a copy of the meeting notes.

Home Blessings

It is customary for Orthodox Christians to have their homes blessed following the Feast of Theophany. Please email or call Fr. Herman to schedule your home blessing, preferably before Lent begins on March 3.

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.

Please use the pledge form to help us to plan and budget the church's finances for the coming year.

Stewardship packets have been mailed. Information is also 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, so we can confirm our records.

*And whatever you do, in word or deed, do everything
in the name of the Lord Jesus,
giving thanks to God the Father through him.*

(Colossians 3:17)

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, February 12 & 26, at NOON**, when we do it again. 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.



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. 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!)

What are the Ten Commandments?

Exodus 20:1-17

And God spoke all these words, saying,

- ✦ I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me.
- ✦ You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them, for I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments.
- ✦ You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.
- ✦ Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.
- ✦ Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.
- ✦ You shall not murder.
- ✦ You shall not commit adultery.
- ✦ You shall not steal.
- ✦ You shall not bear false witness against your neighbor.
- ✦ You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.



REVERENCE

When in Church:

- ✦ We dress modestly and appropriately (shorts for small children only).
- ✦ We silence our cell phones and put them away until after the service.
- ✦ We venerate the icons, blotting off lipstick and lip balm before doing so.
- ✦ We arrive on time and quietly find a seat, and do not linger or chat in the narthex while the service is in progress.
- ✦ If arriving late, we stand quietly in the rear during the small & great entrances, the reading of the epistle & gospel, and during the sermon, before finding a seat.
- ✦ We are reverent and save conversations for after the service, outside the sanctuary after dismissal.
- ✦ Children remain seated with a parent or other responsible adult and do not wander unsupervised. (Parents may take small children to the icons for veneration and quiet instruction.)
- ✦ We pay attention to the words of the liturgy and the Scriptures.
- ✦ We sing the responses and hymns with the choir.
- ✦ We stand during the small and great entrances, during the gospel reading, during the Anaphora, during the Lord's Prayer, during Communion, and whenever Father comes out to bless us.
- ✦ We look to our own salvation and do not judge others.

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hebrews 10:25



OCP

At the request of our Bishop Thomas, we share with you links to **two talks recently given** at Ss. Peter & Paul Church in Bethesda, MD. Bp. Thomas encouraged his priests to view and send these links out to the faithful. The speaker at both was Fr. Paul Abernathy from the Church of St. Moses the Black in Pittsburgh, and the subject is the situation in Palestine.

The first talk took place after Great Vespers on Saturday, January 25. The talk begins at about 42 minutes into the video, which is the end of Vespers. It includes Fr. Paul's talk and a Q&A session.

<https://www.youtube.com/live/OLh3IfwdOYQ?t=2571>

The second talk is Fr. Paul's sermon at the Divine Liturgy the following day, which begins at about 1:32.

<https://www.youtube.com/live/Ng9s-wALbS8?t=5526>

These talks were sponsored by **Orthodox Christians for Palestine**. More information can be found at:

<https://www.facebook.com/OCPalestine> and
<https://linktr.ee/OrthodoxChristiansPalestine>

Let us pray for the peace of the whole world, the good estate of the Holy Churches of God, and the union of all men.

From Amos chapter 5:

¹Hear this word that I take up over you in lamentation, O house of Israel: ...

⁴For thus says the LORD to the house of Israel: "Seek me and live; ..."

⁶Seek the LORD and live, lest he break out like fire in the house of Joseph, and it devour, with none to quench it ...

⁷O you who turn justice to wormwood and cast down righteousness to the earth! ...

¹²For I know how many are your transgressions and how great are your sins- you who afflict the righteous, who take a bribe, and turn aside the needy in the gate. ...

¹⁴Seek good, and not evil, that you may live; and so the LORD, the God of hosts, will be with you, as you have said. ¹⁵Hate evil, and love good, and establish justice in the gate; it may be that the LORD, the God of hosts, will be gracious to the remnant of Joseph. ...

²⁴But let justice roll down like waters, and righteousness like an ever-flowing stream.

February 2025

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 2 Presentation of Our Lord

New Martyr Gabriel at Constantinople (1676)
St. Anthimus of Chios (1960)

Tone 7 Epistle: Hebrews 7: 7-17
Liturgy Gospel: St. Luke 2: 22-40



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!

PRESENTATION TROPARION - Tone 1 - Rejoice, O virgin Theotokos, who art full of grace, for from thee arose the Sun of justice, Christ our God, a light to those who dwell in darkness. Rejoice and be glad, O righteous old man, carrying in thine arms the Deliverer of our souls, who granteth us resurrection.

February 9 Pharisee & Publican

Martyr Nicophorus (Syria, 3rd c.)
St. Teilo, Bishop of Llandaff in Wales (6th c.)

Tone 8 Epistle: 2 Timothy 3: 10-15
Eothinon 11 (St. John 20:14-25) Liturgy Gospel: St. Luke 18: 10-24

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!

February 16 Prodigal Son

Pamphilus and his eleven companions, martyrs (Egypt, 309)
Saint Nicholas, Enlightener of Japan (1912)

Tone 1 Epistle: 1 Corinthians 6: 12-20
Eothinon 1 (St. Matthew 28:16-20) Liturgy Gospel: St. Luke 15: 11-32

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 23 Sunday of Judgment (Meat Fare)

Hieromartyr Polycarp, bishop of Smyrna (167)
Georgonia, sister of Gregory the Theologian, philanthropist (372)

Tone 3 Epistle: 1 Corinthians 8: 8 - 9: 2
Eothinon 3 (St. Mark 16: 9-20) Liturgy Gospel: St. Matthew 25: 31-46

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
for the most up-to-date schedule.

Other February Services:

Presentation of Christ (February 2)
Falls on a Sunday this year.
Saturday-Sunday services
scheduled as usual.

St. Raphael of Brooklyn
Tuesday, February 27
Divine Liturgy 10 am

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Ignorance of the Scriptures
is ignorance of Christ.

St. Jerome, Catechism, 133

Concerning the divine and holy
mysteries of the Faith, not even a
casual statement must be delivered
without the Holy Scriptures; nor
must we be drawn aside by mere
plausibility and artifices of speech.

Even to me, who tell thee these
things, give not absolute credence,
unless thou receive the proof of the
things which I announce from the
Divine Scriptures. For this salvation
which we believe depends not on
ingenious reasoning, but on
demonstration of the Holy
Scriptures.

Cyril of Jerusalem, Lecture IV.17

It is not within our capacity,
therefore, to say anything about
God or even to think of Him,
beyond the things which have been
divinely revealed to us, whether by
word or by manifestation, by the
divine oracles at once of the Old
Testament and of the New.

*John of Damascus, "Exposition of the
Orthodox Faith" I.III*

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



Dealing with Pain & Anxiety from Grief & Loss

Led by Sharon Metaxas, LCSW, ACSW

Saturday, February 22, 2025

This seminar will help participants to better understand and manage pain & anxiety from Grief and Loss. We will address the social, physical, and emotional effects of grief and loss, and learn healthy coping techniques. There will also be a session on how to help when others are grieving.

This seminar's format will include both presentation and open discussion.

Sharon Metaxas is a retired licensed clinical social worker (LCSW, ACSW) with 40 years of experience in mental health. Most recently she worked as a therapist in private practice in Newark, Delaware.

Sharon has worked with a range of emotional and psychological issues, including depression, anxiety, bi-polar disorder, sexual abuse, and relationship conflicts.

In addition, she has taught at the college level, presented innovative workshops for the National Association of Social Workers, counseled international expats, taught parenting classes, developed a pregnancy support program for teens, and worked in a hospital psychiatric unit.

Born and raised in Bay City Michigan, Sharon earned a triple major in Social Work, Psychology, and Sociology from Saginaw Valley University, and a master's degree in Social Work from the University of Michigan.

* Retreat Schedule:

- 09:30 am: Coffee and welcome
- 10:00 am: Third Hour and First Session: *What is Grief? Identification of Losses and Mourning*
- 11:15 am: Break
- 11:30 am: Second Session: *Understanding Fight/Flee and Stages of Grief*
- 12:45 pm: Lunch
- 02:00 pm: Sixth Hour and Third Session: *How Can Grief Become Positive? Creating a New Identity and Connection*
- 03:15 pm: Break
- 03:30 pm: Fourth Session: *How to Help Someone Who is Grieving*
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)

Limited spaces available.

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

Lenten Psalter Group

Do you love praying the Psalms? I do! I love their beauty and humanity, emotion and poetry, prayer and song! They speak to my heart!

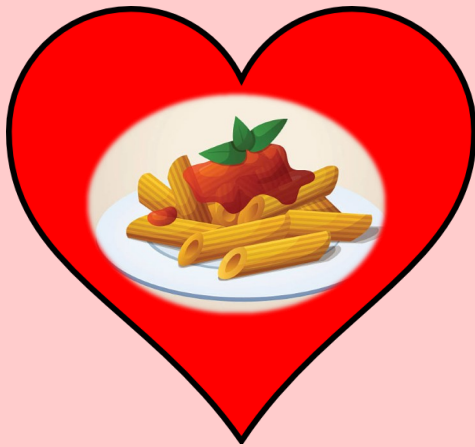
Father Herman has given his blessing for St. Andrew to form a Psalter Group this Lent. Many of us have enjoyed participating in a Psalter Group in past years.

✦ *What is a Psalter Group?* It is a group of at least twenty individuals (there can be more!) who agree to read one Kathisma each day.

✦ *What is a Kathisma?* In the Eastern Church, the Book of Psalms is traditionally divided into twenty sections of about 6-7 Psalms. Each section is a Kathisma.

When a Psalter Group is formed the members agree to read one Kathisma every day. Each member is assigned a different Kathisma to start reading. The participant moves to the next Kathisma the next day, etc. When the Psalter Group has at least twenty members the entire Book of Psalms is ready every day. Since Lent is forty days, the group will read the entire Book of Psalms twice by Pascha! What an exciting spiritual journey to undertake together! Lent will be here before we realize it (March 3rd!) Please consider joining our Psalter Group. No Zoom calls, no meetings, just the commitment to read one Kathisma of the Book of Psalms each day, at the time and place most convenient for you! If you have any questions, or wish to join the Psalter Group, please contact me at pszlach76@gmail.com.

Your sister in Christ, Priscilla Szlachtianchyn



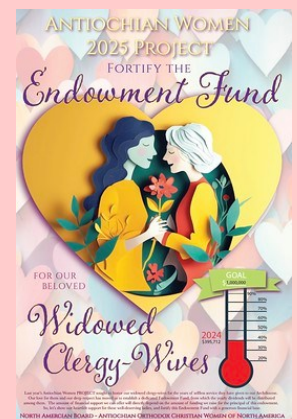
St. Andrew's
Share the Love
Pasta Luncheon Fundraiser
Sunday, February 23
In place of Coffee Hour

Suggested Donation \$15 for adults
appreciated. Kids eat Free!

Luncheon proceeds benefit









**Antiochian Women 2025 Project: Endowment Fund
for Widowed Clergy Wives**

Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world. +James 1:27



OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 9th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 16th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 2nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 9th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 16th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 23rd	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 30th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 6th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 13th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 18th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 20th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!