



**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 2025

Wisdom

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee: O merciful One, have mercy upon me who am fallen.

Kontakion of Forgiveness Sunday (tone 6)

Great Lent begins March 3

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 is 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 who 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.)

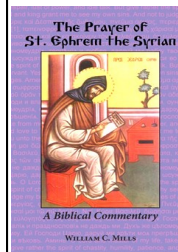
Step 7: Refer to the guidelines available at Church for an even more strict approach.

And last of all... Receive the blessings of self control and "askesis."

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

Lenten Book Study

Tuesdays at 10 am and 6pm. The two sessions of this class will run in parallel. We will be reading through *The Prayer of St. Ephrem the Syrian: A Biblical Commentary* by Fr. Bill Mills (available in St. Andrew's bookstore). See the flyer on page 5.



O Lord and Master of my life,
do not give to me the spirit of sloth,
despair, 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)

This prayer is repeated many times during the services on the weekdays of Lent. 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.**

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, March 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 in Georgetown

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.

In addition, you can support the Shepherd's Office through the **Do More 24 Contest** beginning on **March 6th at 6 pm to March 7th at 6 pm**. Set up your "Reminder To Donate" today and together, we can make a difference for those who are homeless, hungry, or lonely. Click on this link and then hit the orange colored "Reminder to Donate" button:

www.domore24delaware.org/fundraisers/do-more-for-the-homeless-hungry-or-lonely

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!)

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? _____



Icon by: K. Tikhomirova

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** (or, feel free to write a check!). 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 at any time.

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 take a turn **helping in the kitchen.**
- 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 Marty Smith, or jot them on the whiteboard atop the recycle bin. (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!

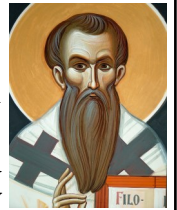
A PRAYER OF THANKSGIVING AFTER COMMUNION:

May thy holy Body, O Lord Jesus Christ our God, be unto me for life eternal, and thy precious Blood unto remission of my sins. May this Eucharist be unto me for joy, health, and gladness; and at thy dread Second Coming make me, a sinner, worthy to stand at the right hand of thy glory: through the intercessions of thine all-immaculate Mother and of all thy Saints. Amen.



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.

Ministry Leads

MANY THANKS to our dedicated Ministry Leads! If you have a talent you'd like to share with your St. Andrew's family, contact the corresponding ministry lead.

Ministries

- Altar Servers
- Antiochian Women
- Book & Gift Shop
- Building Improvement / Steward
- Building Steward
- Charitable Works
- Choir, Media/Communications
- Emergency Response
- Garden / Landscaping
- Lending Library
- Men's Fellowship
- Beautification, Order of St. Ignatius, New Member Ambassador
- Prayer Team
- Publicity
- Stewardship
- Sunday School
- Sunshine

Lead

- Tom Szlachtianchyn
- Kh. Vera Acker
- Joy Smith
- Marty Smith
- Bill Kolyvas
- Lisa Wolak
- Kh. Vera Acker
- Vic Zakrewsky
- Michele Forzley
- Kh. Vera Acker
- Steve Metaxas
- Pam Smith
- Jan Petros
- Lois Hamaty
- Ray Wolak
- Joy Smith
- Myrna Vidos

Hospitality * Welcoming Newcomers * Pledging * Generosity are everyone's holy task!

March 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.

Sunday, March 2 **Sunday of Forgiveness (Cheese Fare)**
Saint Arsenius, Bishop of Tver (1409); Saint Sabbatius of Tver (1434)

Tone 3 Epistle: Romans 13:11 - 14:4
Eothinon 3 (St. Mark 16:9-20) Liturgy Gospel: Matthew 15:21-28

RESURRECTION TROPARION - Tone 3 - Let the heavens rejoice and the earth be glad; for the Lord hath done a mighty act with his own arm. He hath trampled down death by death and become the First-born from the dead. He hath delivered us from the depths of hades, granting the world the Great Mercy!

Sunday, March 9 **1st Sunday of Lent (Sunday of Orthodoxy)**
Forty Holy Martyrs of Sebaste (4th cent.)
Venerable Vitalius of Castronovo (994)

Tone 4 Epistle: Hebrews 11:24-26
Eothinon 4 (St. Luke 24:1-12) Liturgy Gospel: John 1:43-51

RESURRECTION TROPARION - Tone 4 - Having learned the joyful message of the resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation, and proudly broke the news to the disciples saying, Death hath been spoiled. Christ God is risen, granting the world great mercy!

Sunday, March 16 **2nd Sunday of Lent (Gregory Palamas)**
Synaxis of the Venerable Fathers of the Kiev Caves Lavra
Martyr Sabinus of Egypt (287)

Tone 5 Epistle: Hebrews 1:10 - 2:3
Eothinon 5 (St. Luke 24:12-35) Liturgy Gospel: Mark 2:1-12

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, March 23 **3rd of Lent: Veneration of the Cross**
Martyr Nikon and 199 disciples with him in Sicily
Righteous Basil of Mangazea in Siberia (17th cent.)

Tone 6 Epistle: Hebrews. 4:14 - 5:6
Eothinon 6 (St. Luke 24:36-53) Liturgy Gospel: Mark 8:34 - 9:1

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 30 **4th of Lent: St. John Climacus**
Prophet Joad (10th cent. BC; 1/3 Kings chap. 13)
Apostles Sosthenes, Apollos, Cephas, Caesar, and Epaphroditus of the Seventy (1st cent.)

Tone 7 Epistle: Hebrews 6:13-20
Eothinon 7 (St. John 20:1-10) Liturgy Gospel: Mark 9:17-31

RESURRECTION TROPARION - Tone 4 - Having learned the joyful message of the resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation, and proudly broke the news to the disciples saying, Death hath been spoiled. Christ God is risen, granting the world great mercy!

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 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
Tuesday, March 25
Divine Liturgy 10 am
Potluck Luncheon (Fasting Menu)

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



This is the message we have heard from him and proclaim to you: **that God is light, and in him is no darkness at all.**

If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, **we have fellowship with one another**, and the blood of Jesus his Son cleanses us from all sin.

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to **forgive us our sins** and to cleanse us from all unrighteousness.

1 John 1:5-9

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 Orthodox Church
The Prayer of St. Ephrem the Syrian
A Lenten Book Study

**The Prayer of
 St. Ephrem the Syrian**



A Biblical Commentary

WILLIAM C. MILLS

We will be using the book *The Prayer of St. Ephrem the Syrian: A Biblical Commentary* by William C. Mills (OCABS Press), which will be available for purchase at the church.

Please RSVP so we can have enough books on hand.

The author, Fr. William C. Mills, PhD, is the rector of the Nativity of the Holy Virgin Orthodox Church in Charlotte, NC, and the author of numerous books on the Bible and Pastoral Theology.

**March 11 & 18,
 April 1 & 8**
Tuesdays at 10 am & 6 pm
(Two sessions running in parallel)

St. Ephrem the Syrian (306-379) is perhaps one of the most prolific Fathers of the Eastern Church, composing four hundred liturgical hymns and scriptural commentaries, earning him such titles as the Harp of the Spirit and the Pillar of the Church. St. Ephrem is best known for the short prayer, The Prayer of St. Ephrem, which is used throughout the season of Great Lent. The prayer outlines both the sins and virtues of community life: sloth, despair, lust of power, idle talk; as well as chastity, humility, patience, and love for the neighbor. The Prayer of St. Ephrem: A Biblical Commentary provides the reader with the scriptural background to the words and metaphors contained in this short but inspirational prayer.

O Lord and Master of my life,

do not give to me the spirit of sloth, despair, 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)

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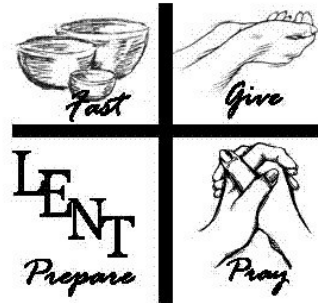
GREAT LENT

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

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.

St Andrew's Lenten Services 2025

Lent begins March 3 - Mark your calendar now!

Set aside the time for these important services.

Wednesday, March 5	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Saturday, March 8	10:00 am	Soul Saturday Divine Liturgy
Wednesday, March 12	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Wednesday, March 19	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Tuesday, March 25	10:00 am	Divine Liturgy for Annunciation Lenten potluck luncheon
Wednesday, March 26	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Wednesday, April 2	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Friday, April 4	6:00 pm	Akathist
Wednesday, April 9	6:00 pm	Presanctified Liturgy, Lenten potluck supper
Saturday, April 12	10:00 am	Divine Liturgy for Lazarus Saturday Preparation of Palms & Youth Activity
	6:00 pm	Vespers for Palm Sunday
Sunday, April 13	9:00 am	Orthros for Palm Sunday
	10:00 am	Divine Liturgy for Palm Sunday

Great & Holy Week and Pascha

Sunday, April 13	6:00 pm	Bridegroom Matins
Monday, April 14	6:00 pm	Bridegroom Matins
Tuesday, April 15	6:00 pm	Bridegroom Matins
Wednesday, April 16	6:00 pm	Sacrament of Holy Unction
Thursday, April 17	3:00 pm	Vesperal Liturgy of St. Basil
	6:00 pm	Twelve Gospels Matins
Great Friday, April 18	10:00 am	Royal Hours
	3:00 pm	Vespers of Burial (taking down from the cross)
	6:00 pm	Lamentations Matins
Great Saturday, April 19	10:00 am	Vesperal Liturgy of St. Basil
	10:00 pm	PASCHAL SERVICES
		Please join us after the services for blessing of baskets & breaking of the Fast
Sunday, April 20	3:00 pm	Agape Vespers & Easter egg hunt

CHRIST IS RISEN : INDEED HE IS RISEN!

Christos Anesti : Alithos Anesti!	GREEK
Al-Maseeh Qam : Haqan Qam!	ARABIC
Christos Voskrese : Vo Istinu Voskrese!	SLAVONIC
Christos A- Inviat : Adeverat A- Inviat!	ROMANIAN