



SAINT ANDREW THE APOSTLE ORTHODOX CHURCH

Antiochian Orthodox Christian 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!

November 2025

Wisdom

Woe to those who decree iniquitous decrees, and the writers who keep writing oppression, to turn aside the needy from justice and to rob the poor of my people of their right, that widows may be their spoil, and that they may make the fatherless their prey! What will you do on the day of punishment, in the ruin that will come from afar? To whom will you flee for help, and where will you leave your wealth?

Isaiah 10:1-3

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 Late November, 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 14. Thank you all for your continued love, support, and enthusiasm for this most worthy project!



Fall Fest! Friday & Saturday, November 7 & 8
How will you help?

Sale Prep - Setup - Décor Staffing - Serving

We are relying on you!

How can you help?

Tell all your friends and neighbors (again!) about the Fall Fest and invite them to come!

A **flyer** is provided in this newsletter and is available in the church foyer for you to give out and post in community clubhouses and public spaces as permitted. Quarter-page **cards** are available as well. An electronic copy and **links** have been emailed so you can share it on **social media**; contact Kh. Vera if you need that email again.

November 3-6 - Pre-Fall Fest preparations:

Sign up for: Tent & table setup; package & price baked goods; preparation of side dishes; basket raffle setup.

November 7-8: - Work at the Fall Fest:

Sign up for: Cashier; kitchen help (many stations); ticket sales; coffee & dining room host(ess).

We need you!

Friendly faces needed! While it is everyone's responsibility to **greet our visitors**, we like to have a couple of people near the church doors to **greet folks as they arrive** for services. See a Parish Council member for details and guidance.

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.

Stewardship packets will be available for pickup in the church foyer in mid-November (please **save us a stamp!**) and the remainder mailed later. Information will also be 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, for our records.

Many thanks to all who support our church home!

Prayer of the Anaphora From the Divine Liturgy

Thou art God ineffable, inconceivable, invisible, incomprehensible, ever-existing and eternally the same. Thou and Thine Only-begotten Son and Thy Holy Spirit. Thou it was who didst bring us from non-existence into being, and when we had fallen away didst raise us up again, and didst not cease to do all things until thou hadst brought us back to heaven, and hadst endowed us with Thy kingdom which is to come. For all these things we give thanks unto Thee, and to Thine Only-begotten Son, and Thy Holy Spirit; for all things of which we know, and of which we know not, and for all the benefits bestowed upon us, both manifest and unseen And we give thanks unto Thee also for this ministry which Thou dost vouchsafe to receive at our hands, even though there stand beside Thee thousands of Archangels and ten thousands of Angels, the Cherubim and the Seraphim, six-winged, many-eyed, soaring aloft, borne on their pinions, singing the Triumphal Hymn, shouting, proclaiming, and saying: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory: Hosanna in the highest: Blessed is he that cometh in the Name of the Lord. Hosanna in the highest!



Stewardship in Action!

Coffee Hour Reminders

We invite everyone to bring some food to share for Sunday coffee hour.

- **A note for the Advent Fast** (beginning November 15): 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 pages 5-6 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, and napkins/paper towels are NOT recyclable.**)
- Make note of when **supplies** are needed, and jot it down on the little whiteboard on top of the big trash bin. (Be sure to use a dry erase marker!)

Fasting coffee hour and potluck ideas:

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

Many thanks to all who participate in this important ministry of hospitality!



Hearing the Word, Holding the Word: A brief reflection on Luke 8:1–18

Fr. Herman Acker



In this Gospel, Jesus tells the Parable of the Sower. A farmer scatters seed, but not every place where it falls produces life. Some seed is trampled or eaten by birds; some sprouts quickly but withers on rocky ground; some is choked by thorns. Yet seed that lands in good soil grows strong and yields a rich harvest.

Jesus explains that the seed is the Word of God, freely given to all. The different soils represent the conditions of human hearts. Some hear but quickly forget; others receive the Word with joy but fall away when trials come; still others let the cares and pleasures of life choke spiritual growth. But those who receive the Word with an honest and good heart—who 'hold it fast' and endure with patience—bear lasting fruit.

Luke shows that this parable reaches beyond its moment: it foreshadows how the gospel, once resisted by some in Israel, would take root among the nations. Those who truly 'hear' are those who believe, persevere, and walk in the light they have received.

The call to us today is simple and searching. The Sower still sows; the Word still falls upon hearts. Let us prepare our soil through repentance and faith, so that the seed of God's Word may take deep root, endure through testing, and bear fruit in patience to eternal life.

Soon afterward he went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. And the twelve were with him, and also some women who had been healed of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, and Joanna, the wife of Chuza, Herod's household manager, and Susanna, and many others, who provided for them out of their means. And when a great crowd was gathering and people from town after town came to him, he said in a parable: "A sower went out to sow his seed. And as he sowed, some fell along the path and was trampled underfoot, and the birds of the air devoured it.

And some fell on the rock, and as it grew up, it withered away, because it had no moisture. And some fell among thorns, and the thorns grew up with it and choked it. And some fell into good soil and grew and yielded a hundredfold." As he said these things, he called out, "He who has ears to hear, let him hear." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God, but for others they are in parables, so that 'seeing they may not see, and hearing they may not understand.' Now the parable is this: The seed is the word of God. The ones along the path are those who have heard. Then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe for a while, and in time of testing fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. As for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience. . "No one after lighting a lamp covers it with a jar or puts it under a bed, but puts it on a stand, so that those who enter may see the light. For nothing is hidden that will not be made manifest, nor is anything secret that will not be known and come to light. Take care then how you hear, for to the one who has, more will be given, and from the one who has not, even what he thinks that he

has will be taken away."
Luke 8:1–18

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, October 15 (date change) & 29, at NOON.** Please see Lisa Wolak for details and to ask about donations needed.

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.

Essential items for the homeless are collected for them at St. Andrew's. **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.**

In addition to making sandwiches with us, you can **donate funds** online at www.degives.org/orgs/shepherds-office-inc or purchase items from their **Amazon wishlist** (www.amazon.com/hz/wishlist/ls/2JFM9O9TP1VTC/ref=hz_ls_biz_ex), which can be shipped directly to them.

Ongoing collection of non-perishable foods

Non-perishable food items and paper goods are distributed through the food pantry at the Christian Storehouse in Millsboro. Please do not donate anything beyond its expiration date.



Thank you for your generosity to those in need! (Email Kh. Vera at standrewlewes@gmail.com to have the above links sent to you for easy clicking!)

November 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.

November 2 21st Sunday after Pentecost

Acindynus & his companions, martyrs (Persia, 345)
St. Ere, bishop of Slane (Ireland, 512)

Tone 4 Epistle: Galatians 2: 16-20
Eothinon 10 (St. John 21: 1-14) Liturgy Gospel: St. Luke 16: 19-31

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!

November 9 St. Nektarios of Aegina, Wonderworker

Matrona, abbes in Constantinople (492)
Simeon Metaphrastes, author & hymnographer (Constantinople, 10th c.)

Tone 5 Epistle: Ephesians 5: 8-19
Eothinon 11 (St. John 20: 14-25) Liturgy Gospel: St. Luke 8: 41-56

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.

November 16 Apostle & Evangelist Matthew

Fulvanus of Abyssinia, disciple of Apostle Matthew (1st c.)
Serfius of Pinega, priest & missionary (Russia, 1585)

Tone 6 Epistle: 1 Corinthians 4:9-16
Eothinon 1 (St. Matthew 28: 16-20) Liturgy Gospel: St. Matthew 9: 9-13

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!

November 23 24th Sunday after Pentecost

Gregory, Bishop of Agrigentum (Sicily, 7th c.)
Mitrophan, Bishop of Voronezh (Russia, 1703)

Tone 7 Epistle: Ephesians 2: 14-22
Eothinon 2 (St. Mark 16: 1-8) Liturgy Gospel: St. Luke 12: 16-21

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!

November 30 Holy Apostle Andrew the First-Called

Frumentios, archbishop and enlightener of Ethiopia (380)
Tudwal, bishop in Wales and Brittany (6th c.)

Tone 8 Epistle: 1 Corinthians 4: 9-16
Eothinon 3 (St. Mark 16: 9-20) Liturgy Gospel: St. John 1: 35-51

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!

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.

Special dates in November:

St. John Chrysostom
Thursday, November 13
Divine Liturgy, 10 am

Christmas (Advent) Fast begins
November 15.

See pages 5-6 for guidelines (in effect for coffee hour and potlucks).

Entry of the Theotokos into the Temple
Friday, November 21

Divine Liturgy 10 am
Potluck Luncheon
(fasting menu)



St. Andrew the First-Called
Our Patronal Feast Day
Sunday, November 30
Weekend services as usual.

**Women of St. Andrew's**

December 6, 2 pm, at Clear Space Theatre in Rehoboth Beach. "A Christmas Carol." Cost \$25. (Please write "senior" on your check if you are over 60. Envelopes on the table by the bulletin board.)

Ladies' Valentine Tea. February 7, 2026, 1:00 pm. Mark your calendar and invite your friends! Check the church calendar for planning dates. Share the Tea webpage: www.orthodoxdelmar.org/tea

Contact **Sharon Metaxas** for more information on Ladies' events.

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**.

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Orthodoxdelmar.org

THE CHRISTMAS FAST - AN OUTLINE

November 15 - December 24

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

(OVER)

**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