



**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 2022

Wisdom

Ever let mercy outweigh all else in you. Let our compassion be a mirror where we may see in ourselves that likeness and that true image which belong to the Divine nature and Divine essence. A heart hard and unmerciful will never be pure.

St. Isaac of Syria

Angel Tree

St. Andrew's will sponsor an Angel Tree again this year for needy residents of Harbor Healthcare Nursing Home 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 are available on the tree in the foyer, and instructions are 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 18. Thank you all for your continued love, support, and enthusiasm for this most worthy project!

Did you know?

- ✦ Bill Kolyvas, our resident candle maker, is looking for any old candles you'd like to get rid of. Bill melts them down and makes new candles for the church (saving us hundreds of dollars!). He's looking primarily for white, but can use colors as well. Please speak to Bill if you have questions.
- ✦ Jan Petros has taken over the Prayer Team Ministry from Pam Smith. Please contact Jan to participate in this ministry of love.
- ✦ Irene Clenney has been beautifying our church for many years by providing beautiful flower arrangements for the church every week.
- ✦ Lisa Wolak is our new Charitable Works Coordinator. See the Charitable Works item elsewhere in this issue of the Logos for opportunities to serve.

Our thanks to Bill, Jan, Pam, Irene, Lisa, and all who minister to the St. Andrew's family! God bless you!

2022 Giving

Thanks to all who have been supporting St. Andrew's through 2022! Your pledge of regular giving helps St. Andrew's to plan and be confident of fulfilling our commitments, and to support important ministries. If you made a pledge for 2022 and want to know where you stand in fulfilling your pledge, or if you'd like to know the status of your giving for any reason, please contact our treasurer, Priscilla Szlachtianchyn, at standrewtreasurer@gmail.com. Please also consider making an additional contribution to St. Andrew's general fund or any of our special funds, such as the Needy Fund, Beautification, or Camp Scholarships. You may also pick up the list of Special Project needs in the foyer.

Charitable Works

Our new Charitable Works Team, headed by Lisa Wolak, is exploring ways we at St. Andrew's can help local ministries support our neighbors in need. Here are a few ways you can help:

- ✦ Sign up to provide meals (2x/month) for the homeless throughout the winter. (Lighthouse for Broken Wings)
- ✦ Bring in non-perishable foods for local food pantries and place them in the box in the foyer. (Christian Storehouse)
- ✦ Take an angel from the angel tree (see above) and give a gift with love. (Harbor Healthcare)
- ✦ Watch for further information about supporting the ministry of the Shepherd's Office in Georgetown.

The Centrality of Prayer, Part 7: Ceaseless Prayer or Prayer of the Heart

Fr. Herman Acker

July 2020

In this, the seventh and final segment of the Centrality of Prayer, we will turn finally to Ceaseless Prayer or Prayer of the Heart and the invocation of God's Name. The Psalmist prayed, "Bless the LORD, O my soul, and all that is within me, bless his holy name!" (Ps. 103:1).

Jesus taught his disciples "that they ought always to pray and not lose heart" (Lk. 18:1). The Apostle Paul wrote, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thess. 5:16-18).

Consider the following quotations from the Fathers of the Church:

"It is ordained that man must put before all things the universal commandment - to remember God - of which it is said: 'thou shalt remember the lord thy God' (Deut. 8:18). For, by the reverse of that which destroys us, we may be secure. What destroys us is forgetfulness of God, which shrouds the commandments in darkness and despoils us of all good." - St. Gregory of Sinai (1265-1346)

"Let no one think, my brother Christians, that it is the duty only of priests and monks to pray without ceasing, and not of laymen. No, no; it is the duty of all Christians to remain always in prayer." - St. Gregory Palamas (1296-1359)

"For the sake of saving your souls, do not neglect the practice of unceasing prayer. At first it may appear difficult to you, but be assured, as it were from the Almighty God, that this very Name of Our Lord Jesus Christ, constantly invoked by you, will help you to overcome all difficulties, and in the course of time you will become used to this practice and will taste how sweet is the Name of the Lord." - St. Gregory Palamas (1296-1359)

"A mind which is not dispersed among external things, returns to itself, and from itself ascends to God by an unerring path." - Basil the Great (329- 379)

"We must understand, then, that even though God doesn't always give us what we want, He gives us what we need for our salvation." - St. Augustine (354-430)

(These Patristic quotations are taken from *Ye Shall Know the Truth: Christianity and the Perennial Philosophy*, page 73.)

We started off these pages on prayer with the following words: "No action is more important in the believer's life than prayer. This is because prayer involves us in a direct relationship between God and ourselves and nothing is more necessary for our life than God. Prayer is that which engages us in a direct communication with God. Since God is necessary for the continuation of our lives, it is necessary for us to be in regular communication with Him."

The necessity of this communication between us and God is illustrated by the Patristic quotations above. Notice particularly the last quotation from Augustine: "We must understand, then, that even though God doesn't always give us what we want, He gives us what we need for our salvation." God wants us to have a relationship with Him, that is, to know him, and most importantly to be known by him (Ps.1:6; Matt. 7:23).

That which God gives us for our salvation lacks nothing in efficacy to bring about its desired end. It does entail, however, without exception, a responsibility upon all who seek to know - and again most importantly - to be known by him. This responsibility is prayer. In the preceding pages I have mentioned Individual or Personal Prayer and Canonical Prayer or recitation/meditation of Scripture, and now I turn to the third and final kind of prayer, which is Ceaseless Prayer or Prayer of the Heart. Those who seek to follow this path of prayer will have to put it into practice, as the Psalmist says, "day and night." There is no way around the sacred responsibility to pray. Prayer is the beginning and foundation of a truly human life. Prayer in terms of mere words, however, is not enough. Prayer as a responsibility bears intrinsically within it another non-negotiable responsibility, which is to obey the very words which God through the Scriptures puts in our mouths.

Personal Prayer comes from our individual unique situation and comes, we could say, naturally and easily as we reach out to God to take away pain or help us in a particular way. Canonical prayer, the recitation of Scripture, is God's way for us to encounter him directly and not as an individual who only wants something other than God Himself. This prayer does not do away with the former but is more perfect because the words are God's. Ceaseless Prayer or Prayer of the Heart is the taking of God's words and building our lives around them. Through recitation of Scripture, we seek to unite ourselves directly to God, not to get something, but rather to become more human. That is, we seek to be in line with God's will, to listen to him, to know him, and to be known as one who mirrors God in one's thinking, willing and doing God's will. Ceaseless prayer or remembrance of God is intended to prolong our consciousness of God and is made possible by the practice of reciting short portions of Scripture. One example of this is the "Jesus Prayer": "Lord Jesus Christ, Son of God, have mercy on me." This short prayer has a larger context in the Gospels.

Cont'd on next page.

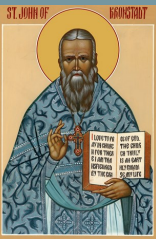
Cont'd from previous page.

The more one knows and is familiar with Scripture as whole, the better one can make use of short passages in the practice of remembering God throughout the day. For example, if one is familiar with the Four Gospels, one can with greater profit say the Jesus Prayer. The Jesus Prayer is a very short prayer based on the Scripture and in its brevity is where the power lies. It can be recited throughout the day in any situation and brings us directly into God's presence through Christ.

Wishing you all the very best, I offer in conclusion the following general suggestions:

1. In the morning and evening devotions
 - ✦ Read Scripture in sequence
 - ✦ Say the Lord's Prayer
 - ✦ Pray for family, friends, neighbors, etc.
2. Throughout the day, recite a short Scriptural prayer, for example the Jesus Prayer, or a verse from the Book of Psalms.
3. Always seek to live a life of faithfulness to God based on God's teaching as presented, for example, in the Sermon on the Mount in Matthew 5-7.

*All Scripture references are taken from the English Standard Version (ESV).
To join our prayer team, contact Jan Petros.*



With sincere Christians, prayer is continual, because we continually sin; gratitude is perpetual, because every day, every moment we receive fresh mercies from God, besides the old mercies which are numberless. Praise is also perpetual, because we perpetually see the glory of our God's works in ourselves and in the world, especially the glory of His infinite love to us.

*Righteous John, Wonderworker of Kronstadt
My Life in Christ p. 514*

NEW PASTOR WARRANTY

It has come to our attention that the pastor you received was shipped with a slight defect—he is not psychic. Because of this, you must observe certain procedures to ensure optimum performance.

It is necessary to inform him of any members who are hospitalized.

If someone you know is in need of prayer, the pastor must be told, or he won't know.

If you are in need of a pastoral visit, you will get best results if you ask him.

We regret any inconvenience this may cause.

Time to think Stewardship for 2023!

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.

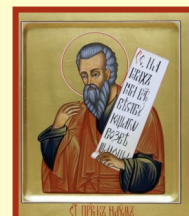
Stewardship packets and brochures are available in the foyer. Information is also posted on St. Andrew's website at orthodoxdelmar.org/stewardship.

We ask that you also fill out the Ministries panel and the Contact Information panel of the Stewardship brochure, even if nothing has changed, for our records.



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.

December 2022

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.

December 4 St Barbara & St John of Damascus

Barbara, Great Martyr (Palestine, 306)
John of Damascus, theologian & hymnographer (749)

Tone 8 Epistle: Galatians 3:23 - 4:5
Eothinon 3 (St. Mark 16:9-20) Liturgy Gospel: St. Luke 13:10-17

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!

December 11 29th Sunday after Pentecost

Daniel the Stylite (Mesopotamia, 489)
Righteous Susanna (6th cent. BC)

Tone 1 Epistle: Colossians 3:4-11
Eothinon 4 (St. Luke 24:1-12) Liturgy Gospel: St. Luke 14:16-24

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!

December 18 Sunday before the Nativity

Sebastian and his companions, martyrs (Rome, 300)
Modest, Archbishop of Jerusalem (663)

Tone 2 Epistle: Hebrews 11:9-10, 32-40
Eothinon 5 (St. Luke 24:12-35) Liturgy Gospel: St. Matthew 1:1-25

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!

December 25 Nativity of Christ (Christmas)

Nativity of our Lord, God, and Savior, Jesus Christ

Matins Gospel: St. Matthew 1:18-25 Epistle: Galatians 4:4-7
Liturgy Gospel: St. Matthew 2:1-12

NATIVITY TROPARION - Tone 4 - Thy Nativity, O Christ our God, hath given rise to the light of knowledge in the world; for they who did worship the stars did learn from them to worship Thee, O Sun of justice, and to know that Thou didst come from the east of the highest. Glory to Thee, O Lord!

**Regular Schedule**

Saturday 5:15 pm Confession
6 pm Vespers
Sunday 9 am Orthros
10 am Divine Liturgy

Be sure to **visit our website** at www.orthodoxdelmar.org/calendar for special services and the most up-to-date schedule.

Other December Services:

St. Nicholas (Dec. 6)
Monday, December 5
Vespers 6 pm
Followed by youth activity

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

Advent Paraklesis
Wednesdays, December 14 & 21
3 pm

St. Ignatius of Antioch
Tuesday, December 20
Divine Liturgy 3 pm

Christmas Liturgy
Saturday, December 24
6 pm
(no services on Sunday, December 25)

Protomartyr Stephen
St. Fabiola
Tuesday, December 27
Divine Liturgy 3 pm

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

To the Son Who was begotten of the Father before the ages without change, and in these last days was without seed made flesh of the Virgin, to Christ our God let us cry aloud: Thou Who hast raised up our horn, holy art Thou, O Lord.

Ode 3 of the Nativity Canon

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



**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: PV016/2022

Nativity 2022

CHRIST IS BORN! GLORIFY HIM!



Blessed is He Who gave Thee to us without our asking,
so that by Thee we might thank Thy Father for His gift.

—St. Ephraim the Syrian, Hymn 4 on the Nativity

On this holy feast of the Nativity of Christ, God gives us everything through Christ: true knowledge of Him, inspiration to seek Him, empowerment to serve Him, and the means by which to thank and praise Him. May His Gift spiritually enrich all our lives, always and in every way.

Wishing you and your loved ones a most joyous feast, I remain,

Yours in Christ,

✠Metropolitan ANTONIOS

Antonios

Metropolitan of Zahle, Baalbek, and Dependencies
Patriarchal Vicar of New York and All North America

“The disciples were first called Christians in Antioch” (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T na.patvicar@gmail.com (201) 871-7954 F

His Eminence
The Most Reverend
Metropolitan ANTONIOS

The Right Reverend
Bishop THOMAS



Patriarchal Vicar of New York
and All North America

Diocese of Oakland, Charleston,
and the Mid-Atlantic

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

2022 – Feast of the Nativity of our Lord

Beloved in Christ,

My message to our faithful for the Feast of the Nativity of our Lord comes at a time when we are facing many challenges in the world, as well as our Archdiocese and diocese. Needless to say, there is a joy to taking up our cross and following our Lord. I would like very much for you to share this message with the faithful. Many of you have reviewed this homily before, but I believe it is appropriate for it to be shared again and again. This homily has been put together by Fr. John Parker of St. Tikhon's Seminary. Obviously, the inspiration for it is the Paschal homily of St. John Chrysostom. Enjoy it. May the words be written on all of our hearts.

Homily on the Nativity of Christ

If any man be devout and love God,
 Let him enjoy this fair and radiant natal feast!
If any man be a wise servant,
 Let him rejoicing behold the birth of his Lord!
If any has labored long in preparing,
 Let him draw near, "for all is now ready"!
If any "has bought a field",
 Let him today approach the Sower.
If any has "bought five yoke of oxen",
 Let him with thankfulness flee to his Master's crib.
If any has "married a spouse",
 Let him have no misgivings
 And make haste to the Bridegroom.
Come "poor and maimed"!
Come "blind and lame"!
For the Lord, who prepares the banquet
 Compels you to draw near!

He displays his glory to him who comes at the last hour
 Even as unto him who has drawn near since the first hour.
And he welcomes the last, and serves the first.
 And from the one he accepts honor, and from the other he accepts gifts.

"The disciples were first called Christians in Antioch" (Acts 11: 26)

4407 Kanawha Ave. SE, Charleston, WV 25304-1734
(724) 787-9832 Phone
Bpthomasjoseph@gmail.com

And he both commands the deeds,
 And welcomes the worship, And honors the adoration,
 And praises the offering.
Wherefore, enter you all into the Nativity of your Lord;
 And receive your King,
 Both the Gentile and likewise the Jew.
You rich and you poor together, hold high festival.
You sober and you heedless, honor the day!
Rejoice today, both you who have prepared,
 And you who have ignored.
The Cave is made paradise; adore you all with joy!
The fatted calf is born; let all draw near and behold!

Enjoy you all the feast of faith;
Receive you all the riches of loving-kindness.

Let no one bewail his low estate,
 For the Universal King has been revealed.
Let no one weep for his iniquities,
 For pardon is born in the manger!
Let no one fear death, for the Savior's birth begets our liberty.
The Uncircumscribed Word is bound in swaddling clothes to set us free!
By condescending to be born, Divine Radiance illumines the earth.
Light comes to shine in the darkness, which shall not overcome it!

And Isaiah, foretelling this, did cry:
A virgin, said he, would bear a Son,
 And call His name Immanuel.
The universe rejoices for the Lord has sent Word!
It rejoices for to us a Child is born!
It rejoices for to us a Son is given!
It rejoices for the government shall be upon His shoulders!
It rejoices for of His peace there shall be no end!

The earth received a baby, and met God face to face.
The Virgin's womb became more spacious than the heavens.
It received He who is, who came to be that which he was not.

O Herod, behold your King! O World, behold your Lord!

Christ is Born; darkness retreat!
Christ is Born; ox and ass keep watch! Magi come to worship!
Christ is Born, choirs of angels rejoice!
Christ is Born, all of creation is renewed!
Christ is Born, and not one creature remains untouched!

"The disciples were first called Christians in Antioch" (Acts 11: 26)

For Christ, being born in the flesh,
Is become the first-born of all creation!
To Him be glory and dominion unto ages of ages. Amen.

Once again, may the Christ who is born in the flesh leave no one untouched.
Christ is born! Glorify Him!

Yours in Christ,

A handwritten signature in cursive script that reads "Bishop Thomas".

Rt. Rev. Bishop THOMAS (Joseph)
Auxiliary Bishop, Diocese of Oakland, Charleston, and the Mid-Atlantic

"The disciples were first called Christians in Antioch" (Acts 11: 26)

4407 Kanawha Ave. SE, Charleston, WV 25304-1734
(724) 787-9832 Phone
Bpthomasjoseph@gmail.com