



**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 2023

Wisdom

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1 Corinthians 10:13

Lenten Schedule

Great Lent has begun! Fasting guidelines are available on page 5. You may contact Fr. Herman if you have questions about your personal fasting discipline.

Presanctified Liturgies: Wednesdays 6 pm, March 1 - April 5

Annunciation: Saturday, March 25 (NOTE: Liturgy on Friday, March 24, 6 pm)

Akathist: Friday, March 31, 6 pm

Lazarus Saturday: Saturday, April 8 (Liturgy, 10 am)

Palm Sunday: April 9

Holy Week: April 10-15. Schedule coming soon!

Holy Pascha: April 16 (Western Easter April 9)

Looking ahead - Spring Event!

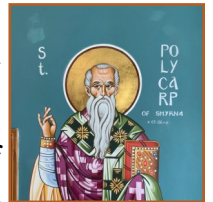
May 5 & 6. Our spring event is back! This year's event will include an indoor yard sale, bake sale, car wash, grilling, and a plant sale. Here's how you can help:

- ◇ Donate new and gently used gift and household items for the yard sale (no clothing please; shoes okay). Please be sure they are clean and in good condition, and tag them with an appropriate price. See Shelly Forzley or Myrna Vidos with questions.
- ◇ Bake a good quantity of yummy goodies for our bake sale. See Pam Smith for containers and any questions.
- ◇ Start seeds, divide perennials, or otherwise propagate plants for our plant sale. See Kh. Vera with questions.
- ◇ Watch for signup sheets for other preparations and staffing during the event.

Lenten Retreat - March 25

Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition

Saint Polycarp, Bishop of Smyrna and Holy Martyr (c. 69 - c. 156) is one of the Apostolic Fathers of the Church, i.e., one of the early witnesses and teachers of the Apostolic traditions of the Christian Church. As a witness, he led a life of heartfelt purity and ended his earthly sojourn as a faithful martyr for his Lord. The narrative of his martyrdom is the first Christian narrative of a martyrdom outside of the New Testament. As a teacher, he was a diligent transmitter of the Apostolic traditions which he had received. Please join us in this harvest of true wealth! Flyer on page 6.



Presented by Dr. Brian Ephrem Fitzgerald

2023 Stewardship

It's never too late to turn in your pledge! **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 note that your 2022 pledge does not automatically roll over to 2023. Stewardship packets and brochures are available in the foyer.



Iconographer's Corner -

Nicholas Papas

I was spending a little time writing this morning and going through some old stuff. I came across this poem from around 2018. It's subtitled "a poem for fear" but the "secret" and quiet message between the lines is that the "nest" or answer to the fear that I'm writing about is really "The Church" or even more specifically The Theotokos, with whom we are invited to have an intimate relationship!

The Church - She is the one who washes us ... in Baptism, feeds us ... with Holy Scripture and Holy Communion, comforts and heals us with confession, absolution, prayer and Unction, etc. She even sings us "lullabies" via David's Psalms, our church's prayers and Holy hymnography!

Peace,
Nick

Nest a poem for fear

by Nicholas Papas (c. 2018)

Angels, saints, gurus, seers
Vex with words, "Have no fears"!

Easy for them atop clouds fluffy
To me; heady, aloof & stuffy

The babe in me wants the breast
The teen KNOWS what's best

Toys toys toys make my toddler complete
That, and cakes with candy treat

Gimme, gimme ALL I want & NEED
If you don't I feel I'll bleed

What's this quiet voice I hear
In the silence, not in my ear?

"I love you from east to west
Come and suckle at MY breast

I'll rock you, sing you, wipe or play,
Every each second, every each day

If you bleed, fear or cry
Those tears I will gently dry

Come to Me, come to Me,
Come to Me child, you'll be free

Softly soften at My chest
A peaceful chick in warm safe nest"



Charitable Works

Lunchbox Tuesday



Tuesday, March 28, is Lunchbox Tuesday! **Please join us at 4 pm** to make sandwiches and assemble lunch bags for the homeless. Please see Lisa Wolak for details and to inquire about donations needed.

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.

Essential items for the homeless

We are beginning to collect essential items for the homeless, to be distributed through the Shepherd's Office in Georgetown. **Always needed and welcome are personal hygiene items, new socks and undergarments, and gently used tents, tarps, and camping goods.**

In addition, we are collecting **different categories of items each month**, in keeping with the season. **In March, please bring in new or gently used rain gear** - raincoats, ponchos, umbrellas, tarps, etc. Keep in mind that both adult and children's sizes are needed. Your donated items will be delivered at the end of the month. (April's category will be shirts, blouses, and pajamas.)



Feeding the homeless through the winter

This is the first ministry undertaken by the Charitable Works Team, feeding the homeless through the winter with a local organization, Lighthouse for Broken Wngs. Six St. Andrew's parishioners have volunteered to be included in the rotation for providing meals to two locations,

Oh how I love your law! It is my meditation all the day. ...How sweet are your words to my taste, sweeter than honey to my mouth! Through your precepts I get understanding; therefore I hate every false way. Your word is a lamp to my feet and a light to my path.

Psalms 119:97, 103-105

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 5 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 notify Nick Spalaris, Pam Smith, or Myrna Vidos. (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!



St. Ephrem's Prayer

During the weekdays of Lent, the **Prayer of St. Ephrem the Syrian** is repeated many times during each service. 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.

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

The prayer is then repeated without prostrations to the end when one final prostration is made.



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 comes toward the end of the Anaphora after the formal Epiclesis or the Prayer to the Holy Spirit. This beautiful Hymn, in the Liturgy of St. Basil, starts with the words, "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.



March 2023

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.

March 5 1st of Lent (Orthodoxy)

Martyr Conon of Isauria (2nd cent.)
Virgin Martyr Irais (Rhais) of Antioch in Egypt (4th cent.)

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

Epistle: Hebrew 11:24-26, 32-40
Liturgy Gospel: John 1:43-51

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.

March 12 2nd of Lent (Gregory Palamas)

Righteous Phineas the grandson of Aaron (Exod. 6:25)
Venerable Simeon the New Theologian (1021)

Tone 6
Eothinon 6 (St. Luke 24:36-53)

Epistle: Hebrews 1:10 - 2:3
Liturgy Gospel: Mark 2:1-12

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!

March 19 3rd Lent (Holy Cross)

Martyrs Chrysanthus and Daria, and those with them at Rome(3rd cent.)

Tone 7
Eothinon 7 (St. John 20:1-10)

Epistle: Hebrews 4:14 - 5:6
Liturgy Gospel: Mark 8:34 - 9:1

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!

March 26 4th Lent (John Climacus)

Saint Malchus of Chalcis, Syria (c. 390)
New Martyr George of Sofia (Bulgaria, 1437)

Tone 8
Eothinon 8 (St. John 20:11-18)

Epistle: Hebrews 6:13-20
Liturgy Gospel: Mark 9:17-31

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

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

Other March Services:

See the Lenten Schedule on page 1.

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

Prophet Joad

Commemorated on March 30

Holy Prophet Joad came from Samaria and prophesied during the tenth century before Christ (See 1(3) Kings 13). The prophet was sent by the Lord from Judea to Bethel to denounce the Israelite king Jereboam for polluting his nation with idol worship.



The Lord commanded the prophet, "Eat no bread, and drink no water, and do not return by the way you came" (1(3) Kings 13:9). The prophet Joad appeared to King Jereboam and prophesied to him concerning the wrath of the Lord. When the king tried to gesture with his hand to seize the prophet, his hand suddenly withered. The king entreated the prophet to pray to the Lord that his hand would be healed. By Joad's prayer he received healing.

Deceived by the false prophet Emba of Bethel, Joad disobeyed the command given him by the Lord. The older man lied and told Joad that an angel had commanded him to bring him to his home and feed him. Because of his disobedience, the prophet Joad was killed by a lion. His body did not rest with his fathers, but was buried near the abode of the false prophet who led him astray.

<https://www.oca.org/saints/lives/2021/03/30/100945-prophet-joad>

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

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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.

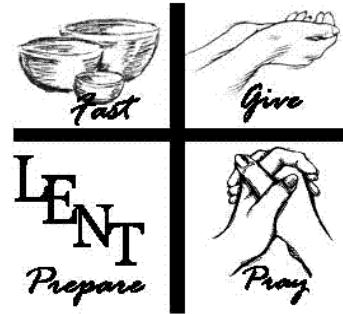
Feast-Day Exceptions:

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.

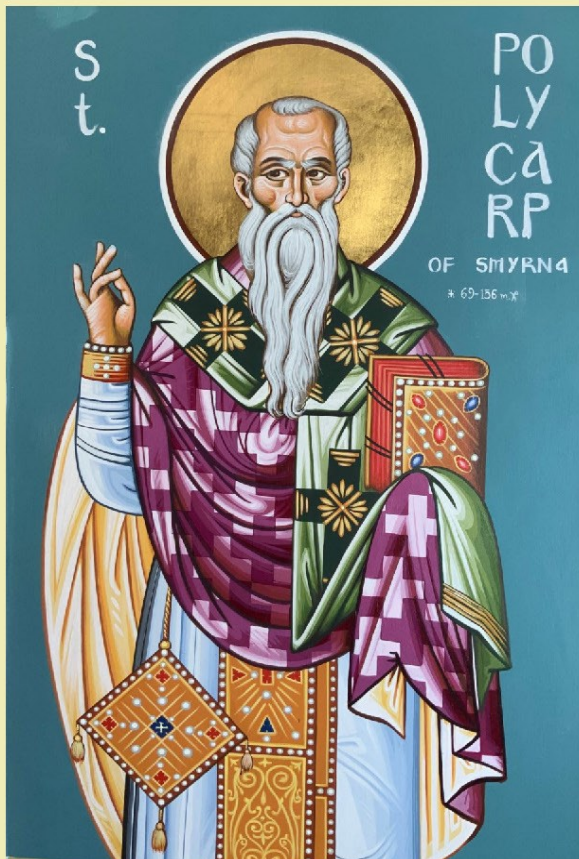
St. Andrew Lenten Retreat

Saturday, March 25, 2023

Saint Polycarp: Bishop, Martyr, and Teacher of Apostolic Tradition

Presented by Brian Ephrem Fitzgerald, PhD

Saint Polycarp, Bishop of Smyrna and Holy Martyr (c. 69 - c. 156) is one of the Apostolic Fathers of the Church, i.e., one of the early witnesses and teachers of the Apostolic traditions of the Christian Church. As a witness, he led a life of heartfelt purity and ended his earthly sojourn as a faithful martyr for his Lord. The narrative of his martyrdom is the first Christian narrative of a martyrdom outside of the New Testament. As a teacher, he was a diligent transmitter of the Apostolic traditions which he had received. Please join us in this harvest of true wealth!



Brian Fitzgerald is an independent scholar, adjunct professor at Eastern University, and long-term Orthodox Christian with publications at Liverpool University Press, the Abdul Hameed Shoman Foundation, and the Annual of the Department of Antiquities of Jordan. He has special interests in Byzantine and Syriac Christian history and theology, as well as Roman, Late Antique, Byzantine, and Middle Eastern history in general. He also has a series of online Patristic-related lectures freely available at the URL: https://sites.google.com/site/brianephrem/adult_patristic_studies

Retreat Schedule:

- 09:30 am: Coffee and welcome
- 10:00 am: Third Hour and First Presentation: St. Polycarp of Smyrna: The Man and his Epistle
- 11:15 am: Break
- 11:30 am: Second Presentation: *The Epistle to the Philippians: Exhortations unto Righteousness*
- 12:45 pm: Lunch
- 02:00 pm: Sixth Hour and Third Presentation: *The Martyrdom of St. Polycarp: About the Text and its Theology*
- 03:15 pm: Break
- 03:30 pm: Fourth Presentation: *The Martyrdom of St. Polycarp as Hagiography*
Free discussion and 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)

Please register so we may plan accordingly:

♦Email standrewlewes@gmail.com

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