



The Saint Andrew Bugle

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4700 Canyon Crest Drive, Riverside, California 92507

Dear Parishioners,

The Lord bless, calm, encourage and keep all of you. What a unique and challenging Great Lent we are having. I have been meditating upon patience and upon what the Lord is asking of us during these Holy Days. I found a beautiful word to share with you from the Philokalia that seems to me to address our particular situation so well. It comes from St. Gregory of Sinai in his work *On Commandments and Doctrines*.

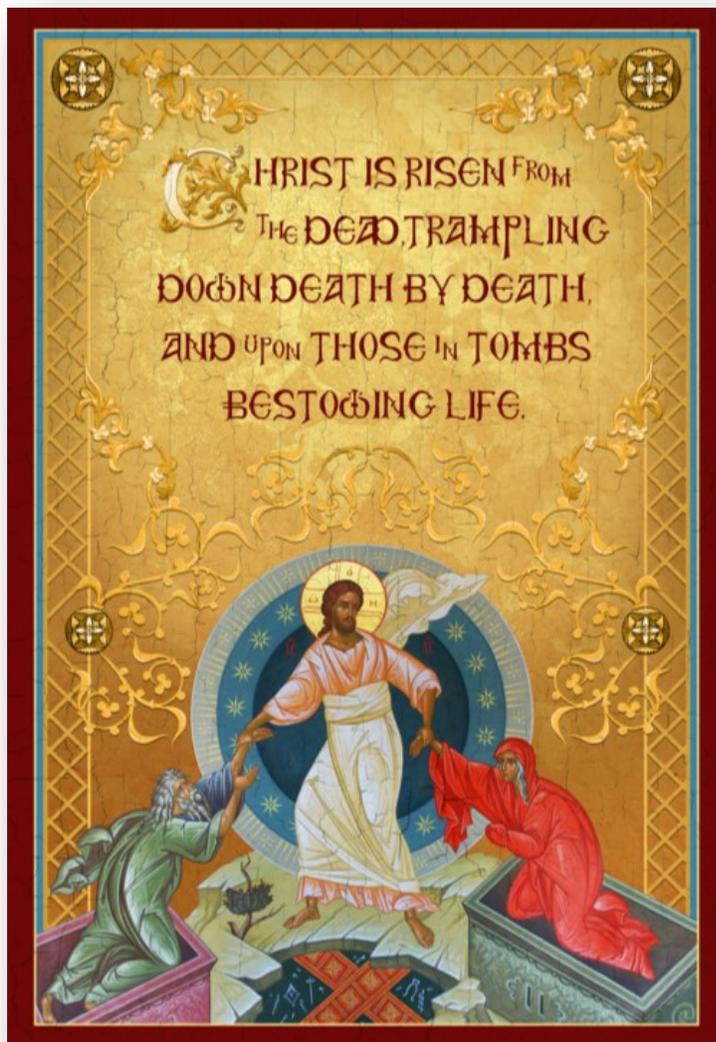
"With regard to patience the Lord says, 'You will gain possession of your souls through your patience endurance' (St. Luke 21:19). He did not say, 'through your fasting' or 'through your vigils'...it is patience that is peace amid strife, serenity amid distress, and a steadfast base for those who acquire it. Once you have attained it with the help of Christ Jesus, no swords or spears, no attacking armies, not even the ranks of demons, the dark phalanx of hostile powers, will be able to do you any harm."

Here is my conclusion about all the unusual circumstances we find ourselves in as we live through this coronavirus trauma. Let us singularly focus upon developing our patience, and let us do this knowing that it holds incredible promise for us in the middle of strife and distress, and if we acquire it we will not only not be vulnerable to viruses but "not even the ranks of demons, the dark phalanx of hostile powers," will be able to do us any harm.

We are confined, uncomfortable, "hard pressed" for sure - just the ingredients necessary to greatly increase our patience as believers. May the Lord God grant us this great grace during these days through which we can possess our very souls.

O Lord help! O Lord expand our hearts! O Lord save!

Fr Josiah



Icon Source:
Uncut Mountain Supply

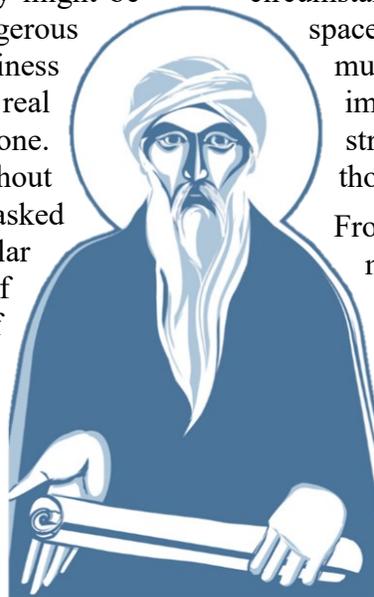
Valuing Your Afflictions as Gifts from God

Reflections by Sophia Porcu

One bright Sunday morning, I walked outside intending to get into the car to drive to choir practice before liturgy, but our car wasn't in our parking spot where I distinctly remembered leaving it only a few hours before. Our car was gone.

My husband Zac, my friend Matt, and I, all stood gazing at the inscrutably empty parking spot for a full minute before we could even form a hypothesis, much less a plan. Did I forget to lock the car last night, and it had been stolen? Or was it locked, but was broken into and stolen? Did I accidentally park in someone else's spot and the car was towed away? How were we going to get to church? Should we even go to church now, or should we file a police report and figure this out immediately? If the car was stolen, would putting off figuring this out for even a few hours be enough time for a potential thief to get far, far away?

My racing thoughts were interrupted by another, more intriguing thought borne from my spiritual reading. St. Isaac the Syrian has become a dear teacher to me through his teachings in his *Ascetical Homilies* over the past year, and I felt the seeds he had been sowing in the garden of my soul begin to suggest the promise of a little sprout. It was as though St. Isaac said to me: "Sophia! Attend! Here is a little test for you. How much do you value being joined to Christ in the Eucharist?" A little spark of joy for the challenge came over me, because while the consequences of waiting to handle this until after liturgy might be heavy, this was not a physically dangerous situation, or a situation where my tardiness or absence at church would cause any real trouble, confusion, or scandal to anyone. The choice was entirely up to me without much impediment. The situation just asked me a simple question — what dollar amount do I place on the value of meeting the Triune God, Creator of heaven and earth, God of our fathers, He who trampled down death by death for our sake, at the Chalice? And is that dollar amount greater or lesser than the value of my car, or whatever costs this adventure might incur?



"Value" is a tricky thing to pin down. It's easy to complain about the price of a latte at Starbucks, for example, but if you buy it anyway while the complaint is still on your lips, your actions show that you value drinking the latte more than keeping your money. And so, regardless of your complaints about it, the latte is demonstrably worth the cost to you. If you watch your actions carefully, they will tell you a lot about what you really value, whatever you may say to others or yourself.

We became determined to test our fiber as Christians and dedicate ourselves to what we say we believe, so the three of us painfully forced ourselves to lay aside our earthly cares, abandoned the car's circumstances to God's purview, and Uber'ed to liturgy. We were afraid — not knowing anything about the car's whereabouts was scary, so this was a real test of faith. Accordingly, it was a thrilling service. My heart was aflame. Each petition was alight with new, powerful meaning! I caught a tiny glimpse of how people could become eager for a life of sacrifice — maybe this is what real prayer is like, and what real trust and love is like.

After the service, Zac and Matt made some calls and discovered that our car had been towed for a minor violation that wouldn't be legal to tow for under most circumstances, especially from our own parking space in the wee hours of the morning. After much trouble, Zac bailed the car from the impound lot for about \$180. It was a struggle not to entertain every hateful thought that entered our minds!

From one perspective, \$180 is a lot of money. From another perspective, however, the value here is unbeatable, since I was presented with a physically safe situation that revealed many of my sins to me. \$180 for three, thorough spiritual appraisals and a chance to rest in God's care through the course of a liturgy is actually a steal. And here's generally what I learned: I have a long



way to go before I trust God with the entirety of my being. This trial was an excellent exploration of what things I am and am not willing to trust God with — specifically, I give to Him only those things that are already easy for me to give. I learned that I call God “Master” with my lips only. I live a life of ease and call my meager tithes “sacrifices!” Lord have mercy!

But glory to God for the insight He fashioned for me in His wisdom for what is good and profitable for my soul. This little trial was exceedingly valuable for me, and also enforced my growing appreciation for this kind of trouble. Does anyone profit from an easy life? St. Joseph the Hesychast, a contemporary saint, says that the demons and passions aren’t fought with “sweets and marshmallows, but with streams of tears, with pain of soul until death, with utter humility, and with great patience.” Times of peace within our lives are wonderful pauses for us to “catch our breath” spiritually, to recover for a moment from the strain of the race each of us are running, but an entire life without strife would have no profit for us. God allows afflictions in our lives for many reasons, and someone wiser than me might be able to tell you many more of

them, but a good reason that I’ve gleaned from St. Isaac is that struggle affords us to better see the contrast between life and death, between ungodliness and godliness, wealth and poverty, and joy and sorrow. Without troubles, we would never have the opportunity to see with clarity what passions are woven into us, so we can learn to fight them and purify ourselves. Without struggle, we would never be able to participate, in even a small way, in the suffering that our Lord endured for our sake, and share in the joy that so many martyrs have experienced in their eagerness to die for their Beloved. A life of ease would never reveal to us the movements of love with clarity and fullness.

I encourage you, brothers and sisters, to put on your scientist’s hat this Lenten season, and take cheerfully and humbly all that you can learn from the afflictions that our God allows for your growth. May we learn to embrace the value of struggle, especially in the dark troubles specific to each of our lives, so that we may be able to see God, know Him, and serve Him in hope with our whole selves.

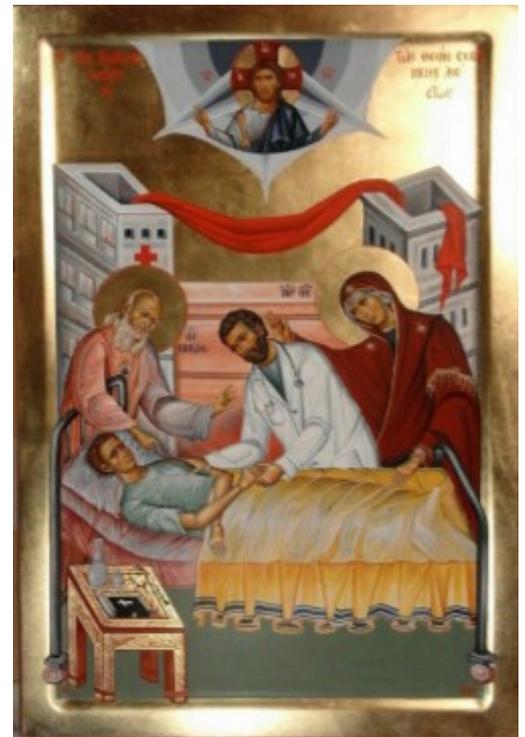
Orthodox Prayer for Doctors and Nurses

O Lord Jesus Christ our God, Lover of Mankind, Physician of our souls and bodies, who didst bear the pain of our infirmities, and by whose wounds we are healed; Who gave sight to the man born blind; Who straightened the woman who was bent over for 18 years; Who gave speech and sight to the mute demoniac; Who not only forgave the paralytic his sins, but healed him to walk; Who restored the withered hand of a troubled man; Who stopped the flow of blood of her who bled for 12 years; Who raised Jairus’ daughter to life; And brought the 4-day-dead Lazarus to life; And who heals every infirmity under the sun:

Do now, O Lord, grant Thy grace to all those who have labored and studied hour upon hour, to go into all the world, and also to heal by the talent Thou hast given to each of them. Strengthen them, by Thy strength, to fear no evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace, for Thou art our God, and we know no other, and to Thee we ascribe glory together with Thy Father who is from everlasting, and Thy most Holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

Source:

www.saintgregoryoutreach.org/2012/02/orthodox-prayer-doctors-nurses.html?m=1



Icon of The Lord, the Mother of God and St. Luke the Blessed Surgeon helping a doctor attend to the sick

ST. ANDREW COMMUNITY NEWS...

Parish Register

Births

Kassia Vasquez - born to Daniel & Stephanie Vasquez on September 7, 2019. Godparents are David & Anna Romero.

Owen Baker - born to Michael & Mary (Jennifer) Baker on November 17, 2019. Godparents are Jason & Lauren Simpson.

Ludmilla Shannon born to John and Stephanie Shannon on January 29, 2020. Godparents are John (Sirak) & Hannah (Waynee) Solomon.

Liesl Marie Conrad - born to James & Katie Conrad on February 25, 2020. Godmother is Waynee Solomon.

Marriages

Cody Porcu & Samantha Buckley - Married on December 29, 2019. Sponsors are Sbdn. Raphael & Theodosia Sammons.



Congratulations to George & Alexandra Rahal who celebrated 25 years of marriage on January 8, 2020. And to Ben & Esther Alcala who celebrated 60 years of marriage on February 13, 2020. May God grant them all many years.

Our wonder woman turns 90

Happy birthday to our dear Dorothy Henderson who celebrated her 90th birthday on March 23rd, 2020.

Dorothy is our head usher and one of the founders of St. Andrew Church, having been a longtime member of our mother church, St. Luke's in Garden Grove prior to joining St. Andrew.

May God grant her many more happy and healthy years!



ST. ANDREW COMMUNITY NEWS...(cont.)



Introducing the 2020 Parish Council from left to right:

John Shannon,
Gregory (Jonathan) Brubaker,
David Romano (Treasurer),
Christopher Kassaseya (Chairman),
Barbara Ball (Vice Chairman),
Leo Perrine (Secretary),
Michael Osadchuk,
Anna (Tamela) Yelland,
Lauren Covarrubias.



Fr. Josiah is happiest when he holds little ones in his arms. Left, double happy churching Jeremiah Hernandez and Owen Baker. Right, triple happy holding the Wahbeh triplets following their baptism!



Married

On Sunday, December 29, 2019, Cody Porcu & Samantha Buckley were united in Holy Matrimony, Congratulations to the happy couple. May God grant you many years!



Please remember in your prayers our sister in Christ, Gina Bernard, who is back at Kaiser Riverside Hospital with more internal infection. Please pray that the infection would resolve so that she can have her ruptured appendix removed without having to resection her intestines. May the Lord bless and heal her!

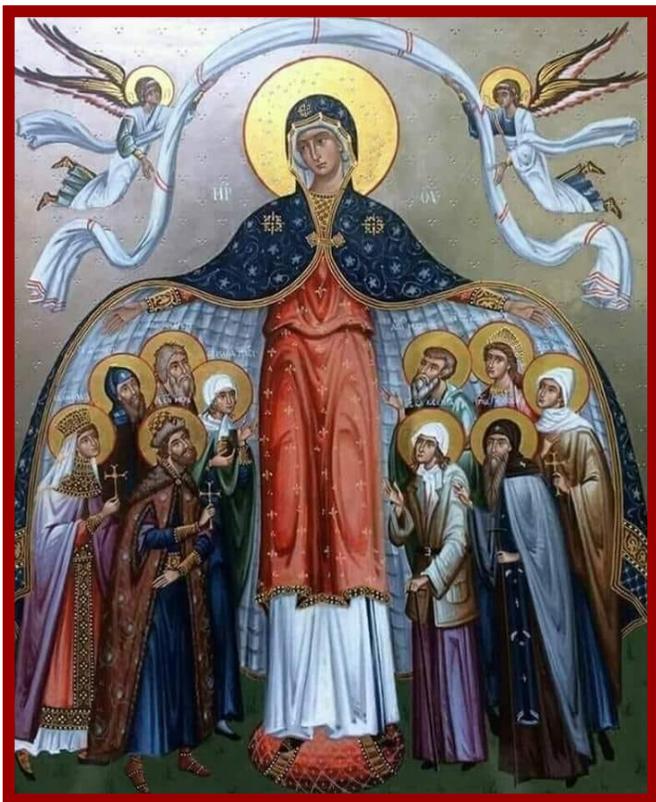
Wait for it...

*He's
80*



That's right folks! Our own Russom Araya turned 80 on December 30, 2019. His beautiful loving wife, Zaid, celebrated this event by hosting a surprise birthday party for him at the St. Andrew Fellowship Hall on December 28, 2019. The elegant, catered reception was attended by more than 200 of their closest family and friends. All had a great time and enjoyed lots of food and dancing. Oh, and Russom was really shocked. He had no clue. Everyone was so good about keeping the secret. May God grant you many years Russom!





*Most Holy
Theotokos
Save us!*

"No one is turned away from you, ashamed and empty, who flee to you for refuge, O pure Virgin Theotokos; but he asks the favor and receives the gift from you, to the advantage of his own request. In truth, you are the transformation of the afflicted and the relief of those in sickness, O Virgin Theotokos; save your people and your flock, you who are the peace of the embattled and the calm of the storm-driven, the only protectress of those who believe."

From the Service of the Small Paraklesis to the Most Holy and Ever-Virgin Theotokos

Prayer at the Time of the Coronavirus Pandemic

O Lord our God, look down from Thy Holy Heaven on the supplications of Thy sinful and unworthy servants, who have angered Thy graciousness by our transgressions, and have provoked Thy deep compassion, and enter not into judgment with Thy servants. But do Thou turn aside Thy fearsome anger that justly has seized us, appease the destructive threatening, avert Thy terrible sword that, although invisible, is cutting us grievously, and spare us. O Lord of heaven and earth, and of all creation visible and invisible, be Thou our Helper and Defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Coronavirus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus.

Do Thou bless the ministry of the clergy, guide the hands of physicians, nurses and caregivers, and inspire the scientists and researchers in search of a vaccine, who together are laboring to bring healing and relief to those who are suffering from this virus. Grant unto all Thy people a spirit of fortitude, a confident faith, a lively reliance upon Thy divine providence, and a sober meditation upon the fragility of life and certainty of death. Adorn us with a heart of compassion for all, and free us from the fear born of unbelief. Enable us to continue to worship Thee, our God, and to serve the suffering in peace that together we may glorify Thy most honorable and majestic Name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.



Departed - Memory Eternal

Dr. Lotfy Hanna - husband of Lucy Hanna - fell asleep in the Lord on January 18, 2020 at the age of 88, after enduring a long trial with liver cancer, diabetes and other ailments. Funeral service was held at St. John Coptic Church, Covina, CA on January 25th, followed by a mercy meal at St. John's Fellowship Hall. Burial was on February 4th at Riverside National Cemetery. May his soul rest in peace and may God grant you all health of body and soul.

Lucy wishes to thank her St. Andrew family for their amazing support whether by attending the funeral and burial, or by visits, cards, phone calls and memorial donations to St. Andrew Church. May God reward you abundantly.

Letter from Stephanie Vasquez

Visitation Ministry Leader

Dear St. Andrew family,

I hope you are all well in this unexpected season! If you are a parishioner experiencing a particular need, especially with getting meals, needing a call, requiring items hard to find in stores, or especially if you have a medical need please do not hesitate to contact our ministry!"

Here is also a list of a few St Andrew ministries that need additional volunteers during this time. If you are desiring to help, please contact the ministry leader individually.

Meals Ministry - Gina Bernard is back in the hospital. We are looking for a stand-in meals coordinator while Gina is out. In the meantime, please reach out to Suzie Wahbeh or Stephanie Vasquez if you are in need of meals or want to take a meal to someone. We could also use more volunteers in this area!

Suzie Wahbeh - wahbehsuzie@yahoo.com

Stephanie Vasquez - stephanie.nicole.vasquez@gmail.com or call/text 830-279-2900

Phone Visitation - Fr.Josiah mentioned that we should all have lists of those who we are keeping in touch with during this time where many can feel isolated.

Many of our parishioners have done a fantastic job reaching out to most of our parish now for check-in calls and determining needs. If you are interested in reaching out to people in the church outside your immediate circle please contact Stephanie Vasquez can get you a list.

Stephanie Vasquez - Stephanie.nicole.vasquez@gmail.com

Material Needs - Suzie Wahbeh will be heading up our alms outreach with coordinating donations or meeting material needs of those in our parish.

If you have items that you want to donate to others or have a need please contact Suzie.

Suzie Wahbeh - wahbehsuzie@yahoo.com

Sick/Coronavirus Infections - God forbid that any become ill, but if we do end up with coronavirus cases we have a limited number of individuals who are interested in aiding those in need.

Bereavement - Lex Enquist is starting a class for those who have are grieving for recent losses. Stay tuned for developments for this from Lex.

Lex Enquist - lexenquist3575@att.net

Much love and forgive me!

Stephanie Vasquez

Hours Temple is Open for Prayer						
	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
10am to noon	X	X	X	X	X	X
4pm to 6pm			X			
5pm to 7 pm	X	X		X	X	X
<p><i>Remember to wash your hands thoroughly before entering temple.</i></p> <p><i>Only 10 people allowed to enter the temple at one time – do not congregate into groups on terrace</i></p> <p><i>Ask Temple Keepers on duty for bookstore access.</i></p>						

Word of Consolation for the Pandemic

From Archimandrite Zacharias Zacharou - 19 March 2020

Many people are in confusion and others panic because of the threat of the Coronavirus epidemic that spread in the whole world. I think, however, that this should not happen, for whatever God does with us, He does it out of love. The God of Christians is a good God, a God of mercy and lovingkindness, 'Who loveth mankind'. God created us out of His goodness in order to share His life and even His glory with us. When we fell into sin, He allowed death to enter our life again out of goodness, so that we may not become immortal in our wickedness, but to seek for a way of salvation. Although we have fallen, God has never stopped to provide for us, not only material goods in order to sustain our race, but He also sent prophets and righteous, preparing His way so that He might come and solve our tragedy, and bring eternal salvation through the Cross and Resurrection of His inconceivable love. He came and took upon Himself the curse of sin, and He showed His love to the end: 'Having loved His own which were in the world, He loved them unto the end' (John 13:1). All the things that God did when He created us, when He provided goods in order to sustain the world, when He prepared His way for Him to come on earth, when He came Himself in person and wrought our salvation in such an awesome way, all these things He did out of goodness. His goodness is boundless. He saves us and is so longsuffering towards us, waiting until we 'come to the knowledge of the truth' (1 Tim. 2:4) and bring true repentance, so that we may be with Him for all eternity. Thus, at every stage of His relationship with man, our God shows only His goodness and mercy, 'which is better than life' (Ps. 63:3); goodness is His Nature and He does all things for the benefit and salvation of man.

Consequently, when He shall come again to judge the world, will a different God judge it? Will it not be the same good God, the God of mercy and lovingkindness, Who loves mankind? Let us be certain that we shall not appear before any other God than Him Who created us and saved us. And so, it is again with the same mercy and love that He will judge us. For this reason, we should neither panic nor waver, for it will be the same God that will receive us in the other life and will judge us with the same kindness and compassion. Some fear that the hour of their end has come. This plague of Coronavirus has also a positive aspect, because we have a few weeks from the moment it will assail us until our end. Therefore, we can dedicate this time to prepare ourselves for our meeting with God, so that our departure may not occur unexpectedly and without preparation, but after we have run through our whole life each time we stand in prayer before God, at times with thanksgiving unto the end for all the things God has done for us and at other times with repentance, seeking the forgiveness of our transgressions. Nothing can harm us with such a God, Who allows all things out of His goodness. We must simply keep thanksgiving unto the end

and the humble prayer of repentance for the forgiveness of our sins.

As for myself, this plague is helping me. I longed to find again the prayer I had before, with which I can run through my whole life from my birth until now, thanking God for all His benefits 'whereof I know and whereof I know not'; and also, with which I can run through my whole life repenting for all my sins and transgressions. It is wonderful to be able to run through your life praying, bringing all things before God with persistence in prayer. Then you feel that your life is redeemed. This is why this situation is truly helping me. I am not panicking but 'I will be sorry for my sin' (Ps. 38:18).

We must see the goodness of God in all the things that are happening now. The Holy Fathers did see His lovingkindness. A similar epidemic occurred in the 4th century in the Egyptian desert, which harvested more than a third of the monks, and the Fathers were saying with great inspiration that, 'God is harvesting souls of saints for His Kingdom,' and they did not waver. The Lord Himself speaks in the Gospel about the last days, about the trials and afflictions which the world will go through before His Second Coming. However, we discern neither morbid sadness nor despair in His words. The Lord Who prayed in the garden of Gethsemane with a sweat of blood for the salvation of the whole world, says that when we see the terrible things that precede His Second Coming, we should lift up our heads with inspiration, for our redemption draws nigh (cf. Luke 21:28). Some tell me, 'May God extend His helping hand.' But this is precisely the hand of God. He desires and works our salvation 'at sundry times and in divers manners' (Heb. 1:1): 'My Father worketh hitherto, and I work' (John 5:17). This virus may be a means that God uses in order to bring many to themselves and to repentance, and to harvest many ready souls for His eternal Kingdom. Therefore, for those who surrender and entrust themselves to the Providence of God all will contribute for their good: 'All things work together for good to them that love God' (Rom. 8:28).

Thus, there is no room for morbid dismay. Neither should we resist the measures that the government is taking in order to diminish the spreading of the afflictions we see in the lives of so many people. It is wrong to go against the authorities. We should do whatever the Government says, because they are not asking for us to deny our faith, they are only asking us to take a few measures for the common welfare of all people, so that this trial may pass, and this is not at all unreasonable. Some people take it too confessionally, they raise flags and play the martyrs and the confessors. For us there is no doubt: we shall show pure



submission to the orders of the Government. It is unfair to disobey the Government since, when we fall ill, it is to their hospitals that we run [in the U.K. virtually all hospitals are government run] and they are the ones who undertake all the expenses and our care. Why not listen to them?

This is the ethos of Christ that God showed in His life on earth and this is the apostolic commandment that we have received: ‘...be subject to principalities and powers, obey magistrates, be ready to every good work, speak evil of no man, be no brawlers, but gentle, shewing all meekness unto all men’ (cf. Tit. 3: 1-2); and ‘Submit yourselves to every ordinance of man for the Lord’s sake: whether it be to the king, as supreme...’ (see 1 Pet. 2:13-17). If we do not obey our governors who are not asking much, how will we obey God, Who gives us a divine law, which is far more sublime than any human law? If we keep the law of God we are above human laws, as the apologists of the 2nd century said during the Roman Empire which was persecuting the Christians. It is surprising to see in the country where we live, in the United Kingdom, that the footballers show such understanding and discernment so as to be the first to withdraw from their activities with docility towards the indications of the Government to take prophylactic measures. It would be sad for us, people of faith, to fail reaching the measure of the footballers and showing the same docility towards the authorities for which our Church prays.

If they ask us to stop our Church services, let us simply surrender and bless the Providence of God. Besides, this reminds us of an old tradition that the Fathers had in Palestine: in Great Lent, on the Sunday of Cheese fare, after the mutual forgiveness, they would go out in the desert for forty days without Liturgy; they would only continue in fasting and prayer so as to prepare and return on Palm Sunday to celebrate in a godly way the Passion and the Resurrection of the Lord. And so, our present circumstances force us to live again that which existed of old in the bosom of the Church. That is to say, they force us to live a more hesychastic life, with more prayer, which will however make up for the lack of the Divine Liturgy and will prepare us to celebrate with greater desire and inspiration the Passion and Resurrection of the Lord Jesus. Thus, we will turn this plague into a triumph of hesychasm. In any case, whatever God allows in our life is out of His goodness for the well-being of man, for He never wants His creature to be harmed in any way.

Certainly, if we will be deprived of the Divine Liturgy for a longer period of time, we can endure it. What do we receive in the Liturgy? We partake of the Body and Blood of Christ, which are filled with His grace. This is a great honour and benefit for us, but we also receive the grace of God in many other ways. When we practice hesychastic prayer, we abide in the Presence of God with the mind in the heart calling upon the holy Name of Christ. The Divine Name brings us the grace of Christ because it is inseparable from His Person and leads us into His

Presence. This Presence of Christ which is purifying, cleanses us from our transgressions and sins, it renews and illumines our heart so that the image of God our Saviour, Christ, may be formed therein.

If we shall not have Easter in the Church, let us remember that every contact with Christ is Easter. We receive grace in the Divine Liturgy because the Lord Jesus is present in it, He performs the sacrament and He is the One imparted to the faithful. However, when we invoke His Name, we enter the same Presence of Christ and receive the same grace. Therefore, if we are deprived of the Liturgy, we always have His Name, we are not deprived of the Lord. Moreover, we also have His word, especially His Gospel. If His word dwells continually in our heart, if we study it and pray it, if it becomes our language with which we speak to God as He spoke to us, then we shall have again the grace of the Lord. For His words are words of eternal life (John 6:68), and the same mystery is performed, we receive His grace and are sanctified.

Furthermore, each time we show kindness to our brethren the Lord is well-pleased, He considers that we did it in His Name and He rewards us. We show kindness to our brethren and the Lord rewards us with His grace. This is another way in which we can live in the Presence of the Lord. We can have the grace of the Lord through fasting, alms giving and every good deed. So, if we are forced to avoid gathering in Church, we can also be united in spirit in these holy virtues which are known within the Body of Christ, the holy Church, and which preserve the unity of the faithful with Christ and with the other members of His Body. All the things we do for God is a Liturgy, for they minister unto our salvation. The Liturgy is the great event of the life of the Church, wherein the faithful have the possibility to exchange their little life with the boundless life of God. However, the power of this event depends on the preparation we perform before, through all the things we have mentioned, through prayer, good deeds, fasting, love for neighbor, repentance.

Therefore, my dear brethren, it is not necessary to make heroic confessions against the Government for the prophylactic measures that it takes for the good of all people. Neither should we despair, but only wisely machinate ways so as not to lose our living communication with the Person of Christ. Nothing can harm us, we must simply be patient for a certain period of time and God will see our patience, take away every obstacle, every temptation and we shall again see the dawn of joyful days, and we shall celebrate our common hope and love that we have in Christ Jesus.

Archimandrite Zacharias, Ph. D., is a disciple of Elder Sophrony (of blessed memory), who was a disciple of St. Silouan of Mount Athos. Fr. Zacharias has been for forty years a monk in the Monastery founded by Elder Sophrony: The Patriarchal Stavropegic Monastery of St. John the Baptist, Tolleshunt Knights by Maldon, Essex, England.

Disinfectants to use against the Corona Virus....

From the Orange County Register

Thanks to COVID-19, we've never had to wash our hands more and spring cleaning is even more important.

It's not easy being clean

The COVID-19 virus is about 10,000 times smaller than the period at the end of this sentence. How long it can linger on surfaces is not certain.

A new analysis published in the New England Journal of Medicine found that the virus can remain viable in the air for up to 3 hours, on copper for up to 4 hours, on cardboard up to 24 hours and on plastic and stainless steel up to 72 hours.

The virus also needs moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster. A report by Johns Hopkins University found coronavirus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.

UV light on any object that may contain it breaks down the virus protein.

The virus cannot go through healthy skin.

Meaning of clean

Clean or disinfected? The Centers for Disease Control and Prevention gets technical about the difference.

Cleaning refers to the removal of germs, dirt and impurities from surfaces. Cleaning does not kill germs.

Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

The coronavirus is a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

The CDC urges people to wash their hands regularly with soap for 20 seconds.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Hard surfaces

The CDC recommends wearing disposable gloves when cleaning and disinfecting surfaces.

Hard surfaces should be cleaned using a detergent or soap and water prior to disinfection.

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol and most common EPA-registered household disinfectants should be effective. The EPA lists more than 350 disinfectants to help fight the virus.

Prepare a bleach solution by mixing: 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water

Products with EPA-approved emerging viral pathogens are expected to be effective against COVID-19.

Do not mix list

Bleach and vinegar

Bleach and ammonia

Bleach and rubbing alcohol

Hydrogen peroxide and vinegar

Soft (porous) surfaces

For carpeted floor, rugs and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

After cleaning, launder items and if possible, use the warmest appropriate water setting then dry items completely.

The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

Do not shake used or unused clothing, sheets or cloth. While the virus is glued to a porous surface, it is very inert and disintegrates only between 3 hours on fabric.

If someone is sick

Clean and disinfect high-touch surfaces daily in household common areas.

In the bedroom/bathroom dedicated for use by an ill person, consider reducing cleaning frequency to as-needed.

As much as possible, an ill person should stay in a specific room.

The caregiver can provide personal cleaning supplies

for an ill person’s room and bathroom. These supplies include tissues, paper towels, cleaners and EPA-registered disinfectants.

Bathrooms should be cleaned and disinfected after each use by an ill person. If this is not possible, the caregiver should wait as long as practical after use by an ill person to clean and disinfect the high-touch surfaces.

Household members should follow home care guidance when interacting with suspected/confirmed COVID-19 cases. More info: [coronavirus.org](https://www.cdc.gov/coronavirus)

Wash hands regularly



Wet your hands with clean, running water (warm or cold).



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them. Use the towel to turn off water.

Hand-washing study

These are some of the results of a 2013 study by Michigan State University’s School of Hospitality Business that was published in the Journal of Environment Health. When asked, 95% of people claimed to wash their hands after using public restrooms, but the observational study found the following:

The study also found that:

People are more likely to wash their hands in the morning than in the afternoon or evening.

More women than men wash their hands with soap.

Health care and hand-washing

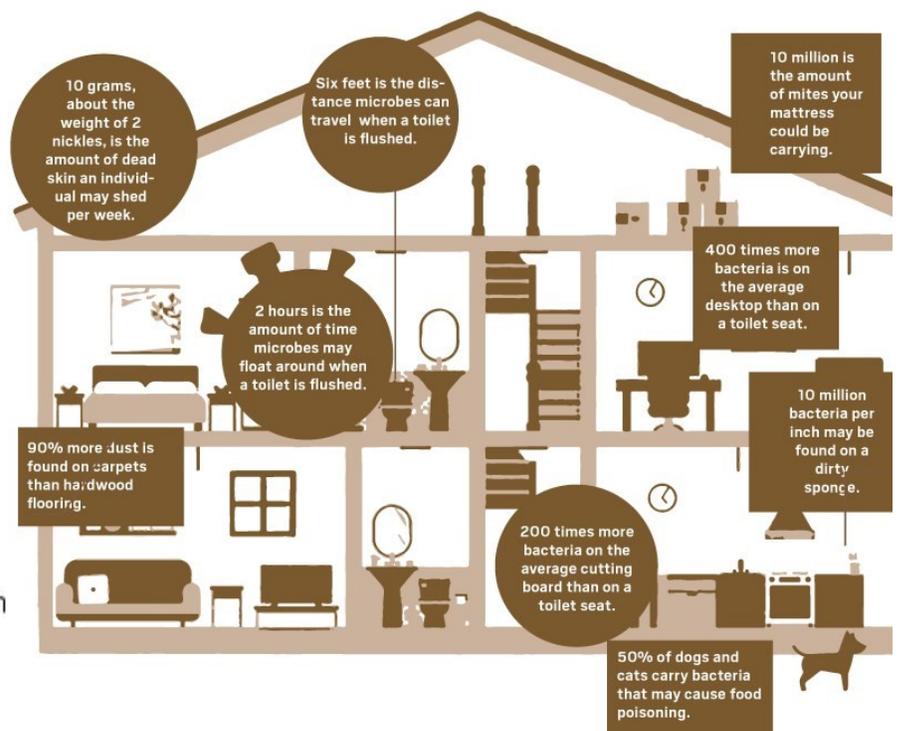
In the history of hand-washing, it’s helped the most in hospitals.

In the 1850s, Florence Nightingale, considered the founder of modern nursing, insisted people wash their hands in war hospitals during the Crimean War. This resulted in greatly reduced infection rates among wounded soldiers.

In today’s hospitals, the most commonly used method to track hand hygiene compliance is direct observation, or someone watching health-care workers.

Germs in the house

The invisible enemy isn’t alone. Here’s a look at germs around the house compiled by British company SCS Cleaning. The information comes from the British National Health Service and the BBC.





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