



Feasts

Beheading of St. John the Baptist
Sunday - 11th

Church New Year!
Wednesday - 14th

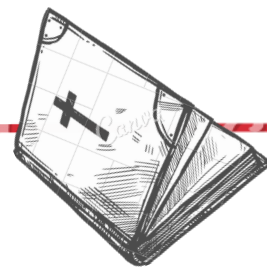
Nativity of the Theotokos
Wednesday - 21st

Exaltation of the Cross
Tuesday - 27th

Psalm 103:11-12

For as the Heaven is high above the earth, so great is His mercy toward them that fear Him.

As far as the east is from the west, so far hath He removed our transgressions from us.



New Church Year

is the start of a new church calendar year. Try preparing for the year by making spiritual goals. Here are some more ideas you can do:

- ▶ Mark your namesdays on the calendar
- ▶ Set up and clean your prayer corner
- ▶ Print and frame icons of your favorite Saints
- ▶ Hang a list of those you want to pray for in your icon corner

First Antiphon {Psalm 103}

Bless the Lord, O my soul; blessed art Thou, O Lord.
 Bless the Lord, O my soul / and all that is within me / bless His Holy name.
 Bless the Lord, O my soul / and forget not all that He hath done for thee.
 Who is gracious unto all thine iniquities / Who healeth all thine infirmities.
 Who redeemeth thy life from corruption / Who crowneth thee with mercy and compassion.
 Who fulfilleth thy desire with good things / thy youth shall be renewed as the eagle's.
 Compassionate and merciful is the Lord / long suffering and plenteous in mercy.
 Bless the Lord, O my soul / and all that is within me / bless His Holy name / blessed art Thou, Lord.

'Enjoying blessed fruit with the Angels'
by Nina Wood



My Faith

Making the sign of the Cross:

Who: Christians, young and old, have been crossing themselves since the beginning of our faith.

Why: We Cross ourselves for protection, to glorify God, to bless our meals, in times of temptation, fear, sadness or joy. The power of the Cross is great!

How: To Cross yourself, gently pinch together your thumb, index finger and middle finger on your right hand. These three fingers represent the Holy Trinity. Fold the other two fingers down to your palm. These two fingers represent the two sides of Christ, His humanity and His divinity.

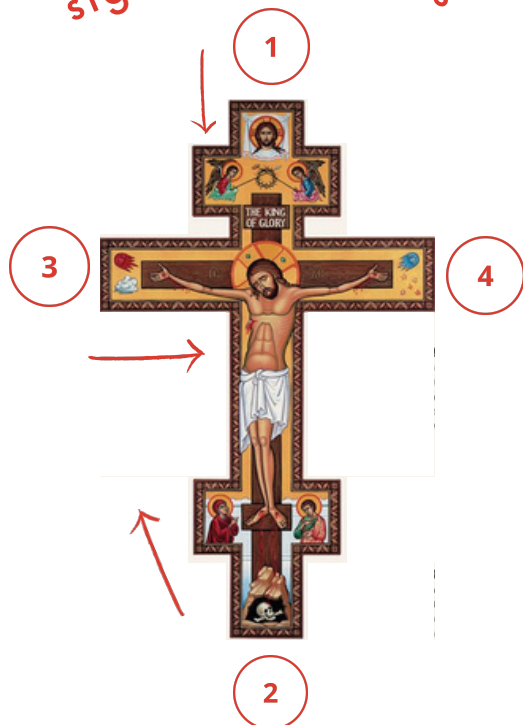
With the three pinched fingers touch **1. your forehead**, **2. your navel**, **3. your right shoulder**, and **4. your left shoulder**. When you do that you can say in your mind or out loud:

“In the name of the Father, the Son and the Holy Spirit.”

The sign of the cross should always be made with respect and reverence.

When and Where: You can cross yourself anywhere and anytime! Where the sign of the cross is, so is Christ Himself. You are never alone no matter what you're feeling. By making the sign of the cross over yourself you are turning to God and inviting Him into your heart. He is happy when you do.

Making the sign of the Cross



Did you know

Wild deer would wait for Mamas to milk them. He would make cheese, and that is what he offered the soldiers that came for him. He is most often depicted riding a lion and holding a little deer in his lap



Sept 15th

St. Mamas (Mamant)

The Holy Martyr Mamant was born to illustrious parents, Theodotos and Ruphina, who were arrested by the pagans for their faith. It was there, in prison, where Ruphina gave birth to Mamant. Preparing for their martyrdom, she gave her son up to a wealthy Christian woman who raised Mamant in piety. By good conversations and pious example young Mamant converted many of his peers to Christianity. When the emperor found out about Mamant, he tried at first kindly, but then with threats to turn St. Mamant back to the pagan faith. The saint bravely confessed himself a Christian and pointed out the madness of the pagans in their worship of mindless idols. Infuriated, the emperor subjected the youth to cruel tortures. He was thrown in the sea to drown but an Angel of the Lord saved St. Mamant and bid him to live on an high mountain in the wilderness. Bowing to the will of God, the saint built a small church and began to lead a life of fasting and prayer. Soon he received a remarkable power: wild beasts in the surrounding wilderness gathered near him and listened to the reading of the Holy Gospel! Soon the fame of St. Mamant's life spread throughout all of Caesarea and the governor sent soldiers to arrest him. Coming across St. Mamant on the mountain, the soldiers mistook him for a simple shepherd. The saint invited them to his dwelling, gave them a drink of milk and then told them his name, knowing that a suffering death for Christ awaited him. In surrendering himself, St. Mamant was brought to trial and subjected to many tortures. But they did not break the will of the saint. He was strengthened by the words said to him from above: "Be strong and take courage, Mamant". When they gave St. Mamant over for devouring by wild beasts, these creatures would not touch him. Finally, a pagan-priest struck him with a spear. Mortally wounded, St. Mamant offered up his spirit to God.

My Church

The Exaltation of the Life Giving Cross:

In church you will see a golden cross decorated with flowers laying on top of red oblachenye.

During the service you will hear a beautiful prayer sung by the choir:

“O Lord, save Thy people, and bless thine inheritance. Grant victories to Orthodox Christians over their adversaries. And by virtue of Thy Cross, preserve Thy habitation.”

The Nativity of Our Holy Theotokos:

Can you remember what colour the oblachenye was for our last Feast day of the Theotokos? You will see the same colour on this Feast day. The Troparion for this Feast day is:

“Your Nativity O Virgin, has proclaimed joy to the whole universe! The Sun of Righteousness, Christ our God, has shone from You, O Theotokos! By annulling the curse, He bestowed a blessing. By Destroying death, He has granted us eternal Life

Let's learn the First Antiphon

It is the 1st prayer sung in Divine Liturgy (see front page)

Parents: Read Psalm 103 to your children
Children: Memorize the shortened version sung in church

