

# BYZ\*KIDS

byz kids



February 2023  
Mysteries of Healing,  
Penance & Holy Anointing



St Blaise,  
Heiromartyr



Chalices



The Mystery  
of Holy Anointing



St. Peter  
Raises Tabitha



Know your Faith,  
Countdown to Great Lent  
Calendar, Crafts, Recipes,  
Cross-word Puzzle,  
AND MORE...



## ..... CONTENTS .....

3	.....I Spy in my little icon
4	.....Confession Craft
6	.....Meanwhile Back in Byzantium
7	.....Co-Ops
7	.....The Matthews
8	.....Know your Faith
10&11	.....Countdown to Great Lent Calendar
12	.....Caught you Listening
14	.....It's all Greek to me
15	.....Crossword Puzzle
16	.....Once Upon A Saint—St Blaise
18	.....Choir Practice
19	.....Coloring page
20	.....Calendar of Events

## .....THE BYZIKIDS TEAM.....

Lynne Wardach  
**CREATOR AND EXECUTIVE EDITOR**

Mirna Farahat  
**LAYOUT & DESIGNER EDITOR**

Katie Reetzke  
Julie Luckey  
Khouria Jocelyn Abyad  
Rebecca O'Loughlin  
Pani Sarah Tamiian  
**CONTRIBUTING EDITORS**

Khouria Sylvia Dorham  
**CONTRIBUTOR AT LARGE**

Pani Kim Bombak  
**CANADIAN DISTRIBUTOR**

Published by Ironjet



check us out  
online!

Christ is Among Us!  
Dear ByziParents

This issue is the second in a series of three which are dedicated to the Seven Holy Mysteries, and it treats the Mysteries of Healing: Confession and Holy Anointing of the Sick. We'll talk about each of these and explain aspects of them to the best of our ability to your ByziKids, but I'd like to offer one more topic to you as parents which can be another very powerful means of healing to your children, that of giving them your parental blessing.

Every parent has the spiritual authority to give a blessing to their children and the Church encourages us to do so! When my kids were little I did this once in a while, when they were afraid of the dark or on their first day of school. However, there was one occasion that helped me understand just how powerful a parental blessing could be. One of my children suffered with nervous habits that became overwhelming and upsetting both for the child and for those observing them. One day we had a discussion about it and my child told me that it was something they felt they were powerless to control. It was obvious that it was a source of sadness and helplessness. They asked me for a blessing, and so I found the holy oil that was kept from the first blessing of our home years before, and I anointed the head and hands of my child and prayed aloud that God would remove these difficulties and replace them with His grace and peace. My child went away satisfied and as the days passed, I noticed less of those habitual ticks. We repeated the blessing only once more at the request of my child when it became apparent that these habits were recurring, and soon we saw them disappear forever. I would be lying if I said I wasn't shocked at the effectiveness of this blessing, but I am so very grateful to God for allowing me to help my child overcome his difficulties in this way.

Don't be afraid to bless your children! It's powerful. Enjoy the issue!

Lynne



ByziKids Magazine is brought to you by the moms at ByziMom.com  
Issue also available at <https://www.byzimom.com/byzikids>.  
May be copied and shared for educational use. Not to be used for commercial purposes.  
All rights reserved Byzimom.com@2022

# I SPY IN MY LITTLE ICON



By Kh. Jocelyn Abyad



It's time for another round of I Spy in my Little Icon... and this one includes a little "spy" work of our own!! This month's image is the icon of St. Peter raising Tabitha from the dead. St. Tabitha was a widow who was known for her sewing skills and devotion to the poor. She served God and His Church in practical and important ways, making shirts and clothes for those who were in need. We know that she was a widow and well loved in her community. She was a highly respected model of Christian almsgiving and service.

Acts 9: 36-41 tells us the story of her death and subsequent miraculous rising from the dead. St. Peter was traveling and preaching in the area of Lydda when he was approached by messengers begging for his help. They told him that Tabitha was very ill and in need of healing from him. Unfortunately, by the time St. Peter arrived, she had already died. St. Peter sent everyone out of the room and prayed to God. He then called out "Tabitha, get up!" and she arose, healed and alive again!

The icon depicts this miracle for us, teaching the same as the written lesson but in image form. Tabitha lies on her bed, looking up at St. Peter. He is holding her hand,

calling her to rise! She, responding to him, sits up-healed, whole, and brought back to life. When we are healed, we are called to action. St. Tabitha is ready to get back to her good works for God!

At the head of her bed stand her friends, who were also widows and had asked for St. Peter to come to her aid. The gospel says that they were showing St. Peter all the beautiful sewing that Tabitha had been doing. May we all have friends as loyal and dedicated as our beloved St. Tabitha. Her friends saw her work and devotion to God and would not rest until they had found help for her. Their faith in God and love for her led to the miracle of St. Tabitha coming back to life!

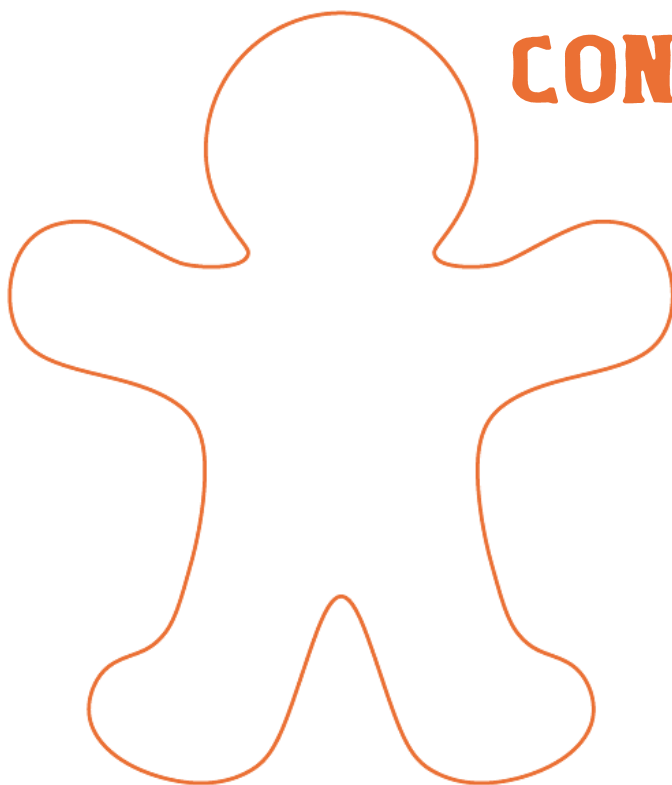
St. Peter stands at the center of the icon, accompanied by a young man...and here comes our mystery! When we researched this icon, we could not find a definitive answer for who he is! At first, we imagined that it could be St. John, St. Peter's traveling companion in the area. He does look young! Then, I thought perhaps it was St. Luke. He is the author of this gospel and worked with some of the apostles directly. It is possible that he witnessed this miracle or heard the account from St. Peter himself. Another possibility is that, like the widows, he is simply an unnamed relative of St. Tabitha. It would make sense that as a widow, other relatives would be looking out for her. Or even the local church representative coming to verify the miracle. His robes look more formal than we often see in icons. What do you think is the most likely answer? (We'd love to hear!)

Let me close with something we do know for sure...In the icon, we see St. Peter with his right hand elevated in blessing over Tabitha. The way he holds his hand is significant. His thumb and ring finger meet together in the middle of his hand, symbolizing the unity of Christ's humanity and Divinity. The three remaining fingers that point up symbolize the Trinity- Father, Son, and Holy Spirit. It is important to remember that anytime we hear of a miracle through a saint's prayers, it is the power of God working through that man or woman, not the man or woman themselves, who heals the person. When St. Peter holds his hand up for the blessing in this icon, he is teaching us that the power to heal comes from God and not from man.



# CONFESSION CRAFT

By Lynne Wardach



This pure white figure represents a brand new and spotless baby soul created by God. As you can see, it has no markings and begins life on earth totally fresh and clean. As the soul matures, it can become decorated by graces that it gains by attaining the mysteries of Initiation, performing good works, and learning to grow closer to God in prayer.

These graces are like brilliant colors that make the soul more beautiful! To symbolize these graces, take your crayons and begin to decorate the image of the soul. Use the blue color to represent the water of baptism. Then use a golden yellow to remind us of the holy chrism used to seal the senses at chrismation. Then use red for the precious Blood and Body of Jesus in the Eucharist. Green is for the Holy Spirit, who whispers to the soul in prayer. Purple can symbolize a royal priesthood to which we are all called, and orange is for the fire of love we carry within ourselves as true Christians. How beautiful is our soul when it is adorned with graces! Fill in every space and make the soul as colorful and beautiful as possible!

Now, we must talk about something sad. No matter how good we try to be, every person is prone to a condition known as sin. Sin is a conscious decision to separate ourselves from the will of God. Adam and Eve committed the first sin when they disobeyed God in the Garden of Eden. They listened to the serpent's lies and ate the fruit from the tree of Good and Evil after God specifically told

them not to do so. By making this decision, they separated themselves from the will of God, and this hid some of the brilliant colors, graces, from their souls.

To symbolize this, take your black crayon, your darkest one, and color over the colors on the image of the soul you see on this page.

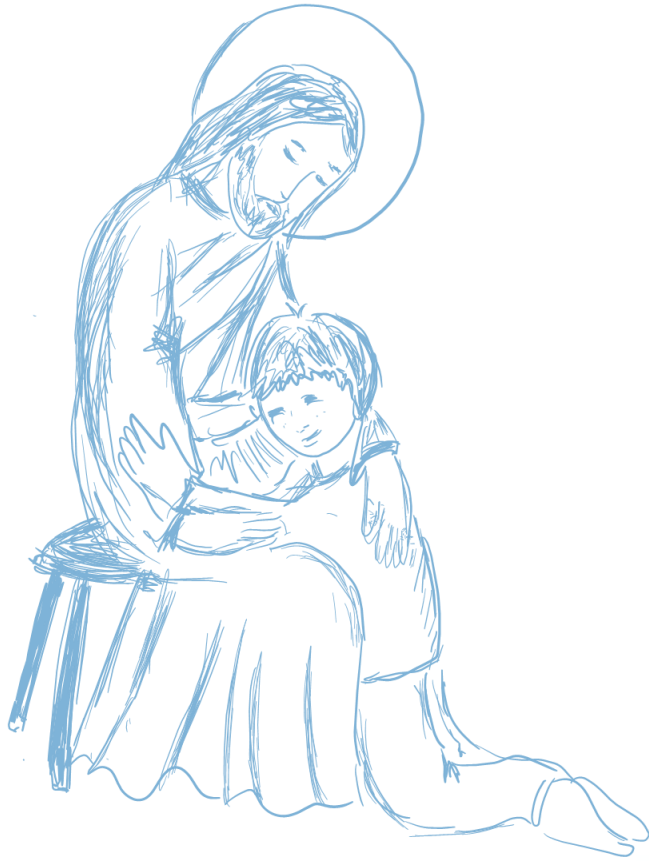
The more a soul sins, the thicker the darkness becomes. Continue to thickly color over all of the colors on the image of the soul until all of the graces are obscured by the black crayon.

Was it painful and sad to do this? Sin is painful and sad and obscures the graces of souls, so they become less brilliant and less beautiful. What is a sinful soul to do? Once a person sins, they can't go back and undo it. So what can be done to restore their soul to a better state?

Christ has ordained a very special process for us, the Mystery of Confession, that helps restore some of the beauty we lost through sin. Here's how it works.

When a soul realizes they have sinned, they can go to the priest and ask forgiveness (using the formula outlined on the next page!), and Christ promises us that whatever the priest forgives, He will forgive!! There is a catch, though. First, we must be genuinely sorry for the stain we have allowed to obscure our pure and brilliantly decorated soul. To the best of our ability, we must vow not to let that sin further damage us in the future.





## How to Go to Confession in the Eastern Church

+In the name of the Father and of the Son and of the Holy Spirit. Amen.

**The priest first prays for the penitent:** *May our Lord and God, Jesus Christ, be in your heart and on your lips that you may confess all your sins worthily in the name + of the Father, and of the Son, and of the Holy Spirit. Amen.*

**Penitent:** *I confess to Almighty God, One in the Holy Trinity, to the Blessed Virgin Mary, Mother of God, to all the Saints, and to you, Father, all my sins.*

(The penitent mentions the time since their last confession and confesses their sins.)

**After confessing, the penitent prays:** *For these and all my other sins which I remember or cannot call to mind I am very sorry. I have offended God and have angered Him against me. I am sincerely repentant and promise with the help of God to better my life. For this I humbly ask of you, Father, salutary penance and absolution.*

(The priest offers spiritual advice at this time and gives them a penance.)

**Then the priest prays:** *Lord, our God, since You are gracious, accept the confession of your servant N, and remit all (her) (his) sins committed deliberately or through human frailty, either by word, deed, or thought. You alone have the power to forgive sins; for You are the God of mercies and loving kindness, and we give glory to You, + Father, Son and Holy Spirit, now and ever, and forever, Amen.*

**The priest places the epitrachil [stole] on the penitent's head, lays on his hands, and says the prayer of absolution:**

*May our Lord and God, Jesus Christ, by the grace and mercies of His love for mankind, forgive you all your transgressions. And I, a priest, although unworthy, by His power given me, forgive and absolve you from all your sins, in the name + of the Father, and of the Son, and of the Holy Spirit. Amen.*

**Priest:** *Go in peace and sin no more.*

**Penitent:** *Thank you, Father!*

Finally, we must do penance; this is the important part. The priest will assign us a task to be completed in reparation for our sinful task. This could be a good deed, a prayer or set of prayers, or something else which will prove to God that we are seriously sorry and desire to regain our lost grace.

Now, when we look at the image of the soul we drew, we realize that we can't erase the black crayon marks. These are permanent. So how does repentance restore our soul to its former beauty? Sadly, it can't. What it CAN do is make something beautiful out of what we have done, no matter how dark those deeds may have been. To understand this better, take a dull pencil, symbolizing our penance, and begin to draw some beautiful designs upon the blackened image of the soul. What do you see shining through? The brilliant colors of the graces are still there! The more penance one does, and the more artfully, skillfully, and lovingly this penance is performed, the more our former graces can begin to shine through the darkness! God can even take our sins and use them to make a deeper and richer pattern of beautiful colors upon our souls! Indeed, our soul can never be restored to its perfection, but it can become beautiful and colorful once again through the Mystery of Confession.



# MEANWHILE, BACK IN BYZANTIUM

by Kathryn Reetzke

What does the chalice look like at your local parish? Is it gold or silver? Are there small icons or engraved images on it? If you haven't noticed, the next time you go up to receive Communion, take a look or ask your priest if you can see it after the service.

Two silver chalices now located in the San Marco Cathedral in Venice, Italy have been linked to the Byzantine Empire and the looting of Constantinople during the Crusades. The one pictured below has an inscription at the base requesting prayers for the Byzantine Emperor Romanos (either the I or II) of the 10th Century.



(Photos: [http://www.meravigliedivenezia.it/it/oggetti-virtuali/TSM\\_027.html](http://www.meravigliedivenezia.it/it/oggetti-virtuali/TSM_027.html))

Sea pearls line the top and bottom of the chalice along with small enamel icons of the Theotokos, Christ, and other saints. The bowl within the chalice is made of sardonyx stone and is dated 200 years earlier than the rest of the chalice. Art Historians believe it was repurposed into a liturgical item because of its rarity and swirled coloring, reminding one of the red wine contained within it.

Why would Emperor Romanos request such rare and valuable items to be used in making this chalice? It is because during Liturgy it holds the Body and Blood of Christ, giving spiritual medicine to each of us. Our best things and artistic skills should be given to God first, because don't they already belong to Him?



Some worshippers kiss the icons on the base when receiving communion. Ask your parish priest about this tradition at your church.



November's issue was so much fun to bring to life. Our Co Op kids dressed up in their royal garb, each with their own robe and paper crown.

We drank from goblets and made crowns for our banquet, decorating the golden pineapple crowns with grapes and Kix cereal for the gems.

We laughed and laughed as we spoke in our "fancy" voices and clinked our glasses together for a toast.



# THE MATTHEWS





# KNOW YOUR FAITH

By Lynne Wardach

## The Mystery of Holy Anointing



When God created Adam and Eve in the Garden of Eden, He proclaimed them perfect. In their sinless state, they enjoyed perfect health of mind, body, and soul. They didn't have to worry about sin or sickness or even death! Wouldn't that be wonderful?

Then they made the choice to disobey, and sin entered the picture. That first sin caused a ripple effect that led to the evolution of everything bad that exists in the world and that includes illness. We understand from the story of the man who was born blind that it is not our own personal sin, nor that of our parents or ancestors, that directly causes us to become sick. Rather it is the existence of sin in general and our human tendency toward it that takes away the perfection of health that God had in mind for us all when He created the first human beings.

Everyone becomes ill now and then, and everyone sins. We can't help it. We can, however, recognize this and take precautions to keep ourselves bodily and spiritual healthy. We must remember that although God doesn't want us to be sick, but when we do fall ill, He provides a way for us to return to health and can turn even serious illness into an opportunity for our salvation and spiritual health.

**1 John 1:9** *If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*



In the Holy Scriptures we see that Christ's earthly ministry included a lot of healing. If you look, you can find over 25 accounts of either bodily or spiritual healing (the forgiveness of sins) included in the New Testament to prove it. The Church understands this and has provided two very important Mysteries for us to help us when we become spiritually or physically ill. These are the Mysteries of Confession and Holy Anointing of the Sick.

**James 5:14-16** *Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

We can make use of the Mystery of Holy Anointing when we are in a situation that places us in danger of physical death such as going into battle or facing dangerous medical conditions. This is why people call for the priest when someone becomes seriously ill and is in danger of dying. Many times this anointing alleviates the danger and the person is physically healed. Sometimes the danger remains, but the soul is alleviated of their anxiety and if it is accompanied by confession, their sins are alleviated as well.

**Mark 6:13** *And they cast out many demons and anointed with oil many who were sick and healed them.*

Did you know that this Mystery of Anointing isn't only for the sick and dying, but for every true believer? This makes sense because we all suffer from some kind of mental, physical, or spiritual difficulty at some point in our lives. The Mystery of Holy Anointing is offered to us on Holy Wednesday services each year to prepare us for Great Friday and in anticipation of the Resurrection.

Be sure to watch for this on Holy Wednesday, at the beginning of the Presanctified Liturgy, when the priest consecrates the oil, saying,

*"O Lord, through your mercy and compassion, you heal the afflictions of our souls and bodies. You, O Master, sanctify this oil that it may be for those who are anointed with it **healing and release from every passion, from defilement of flesh and spirit, and from every evil.** That in this, may your most holy Name, Father, Son, and Holy Spirit, be glorified, now and ever and forever. Amen."*

Later on in the service he continues to pray,

*"Holy Father, physician of souls and bodies, you sent your only-begotten Son, our Lord Jesus Christ, to heal every infirmity and to deliver us from death. **By this anointing, heal your servants of the spiritual and bodily ills which afflict them and restore life to them** by the grace of your Christ, through the prayers of our most holy Lady, the Theotokos and Ever-Virgin Mary and of all your saints. For you, our God, are the fountain of healing, and to you we give glory, with your onlybegotten Son and your consubstantial Spirit, now and ever and forever. Amen."*

Before the Great entrance, those who are to be anointed may come forward, but if they are too ill or disabled the priest may choose to go to them. He anoints each person on the forehead, cheeks, and the palms of the hands saying,

*"The servant of God (here you may tell him your name) is anointed for the healing of soul and body, for the forgiveness of sins, and for life everlasting. Amen."*

Source: Metropolitan Cantor Institute for Holy Week 2022, based on the work of the Inter-Eparchial Liturgica





**28**  
Remember to make a plan to give alms to those who are less fortunate! How will your family do that this lent?

**27**  
It's not just about food! Prepare your prayer plan too! Will you attend Presanctified Liturgy? Say the Jesus Prayer? etc?

**26**  
Don't fall out of your tree! Make sure your plan is practical and safe. Discuss it with your parents and/or your Spiritual Father first.

**25**  
When you climb YOUR tree this lent, will others try to pull you down? Surround yourself with supportive friends.

**24**  
Make a plan for fasting and discuss it with your family. Try to do one more thing than you did last year!

**23**  
Zacchaeus worked hard to see Jesus. Pray for the grace to make a good effort this Lent!

**January 22  
Zacchaeus Sunday:**  
Establish your plan and get ready to climb! Review your eparchy's rules for fasting and discuss what this will look like in your home. Ask your parents what they expect from you this lent. Make a Zacchaeus Tree Cinnamon Roll! See the recipe and instructions at [ByziMom.com](http://ByziMom.com)!

**January 29: Sunday of the Publican and Pharisee:**  
Work on humility and feast! Did you know that we are expected NOT to fast at all this week? Even on Friday! It's true! We need to practice humility by doing so, and also get rid of all the goodies in our pantries this week. Make Publican and Pharisee Cookies! See the recipe and instructions at [ByziMom.com](http://ByziMom.com)!



**30  
FEAST!**  
Begin to eat up the treats you have stored in your pantry and refrigerator so they won't tempt you.

**31  
FEAST!**  
Discuss with your family which foods are allowed and which are not during the fast and why.

## Our Countdown

### Pre-Lent

Get re

**1**  
Make a card of prayer for the world. Know who a Sometimes ing someone help them h feel better.

**16**  
Bad habits imprison those who cultivate them. Do you have any bad habits that you want to be free from? Make a plan to work on those during the fast.

**15**  
People who are ashamed often can't forgive themselves. Be quick to forget the shame of others and never bring it to anyone's attention.

**14**  
Are there any strangers in your church, school group, or neighborhood whom you can welcome?

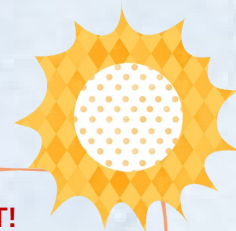
**13**  
People hunger and thirst for all sorts of things like love, patience, or understanding. How can you satisfy them?

**Sur**  
What of yo caref readi the a Final we w and it it righ Cupc instru

Start here !







### February 1 FEAST!

Which activities will you fast from and which will you begin to do during the fast?

### 2 FEAST

of the Encounter With Sim-eon Humility is also simplicity. Will you simplify your environment by taking down decorations in your house, or your room, for the fast?

### 3 FEAST!

The Pharisee boasted while the Publican humbled himself. Practice the Jesus Prayer today.

### 4 FEAST!

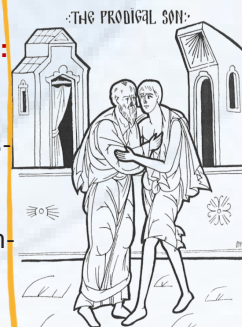
We all need to cultivate the virtue of humility, which means seeing ourselves as God does. Pray for this grace today.

### February 5:

#### Sunday of the Prodigal Son:

Work on mercy and forgive your neighbor. Remember, the son returned and fell prostrate before his father to beg forgiveness.

We do this before our Heavenly Father too, when we make prostrations in prayer.



# to Great Lent Calendar

## ten Weeks of Preparation

New Calendar Edition  
Ready! Here comes the Great Fast!

18

Whatever you do for the least of your friends, you do for Jesus! Do a good deed for someone today.

### 19: Cheesefare/Forgiveness Sunday: The Great Fast begins tomorrow!

Ask forgiveness of everyone in your household so that you may begin the fast tomorrow with a clean and humble heart!

6

Do you know how to make prostrations like the Prodigal Son? You may want to practice them!

7

Is there someone who has made you angry? Show them forgiveness today to prepare for the fast.

8

The Prodigal son took his father for granted. Go to your parents today and tell them how much they mean to you.

9

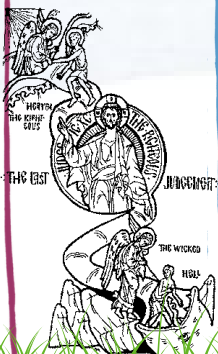
The Prodigal Son was so hungry he longed to eat animal food. Make a plan to donate some food to those who are in need.

10

The Father rushed to greet his son when he repented. Be eager to forgive those when they ask you to do so.

11

Today is the first All Souls Saturday: Pray for the Departed! Make a list of those departed of your family for whom you will pray this lent



### February 12: Sunday of Meatfare/Last Judgment:

Can you do for the least of our brethren? Listen fully to this Gospel because it contains answers to the very final Exam of life! This is how we will be judged before God. It's important that we get it. Make Lamb cakes! See the recipe and instructions at ByziMom.com!



# Caught You Listening

Khouria Sylvia Dorham

February 5, 2023

Gospel: Luke 15: 11-32

Something is missing from each line of this re-telling of the Prodigal Son parable.

Add the correct letter where it's missing.

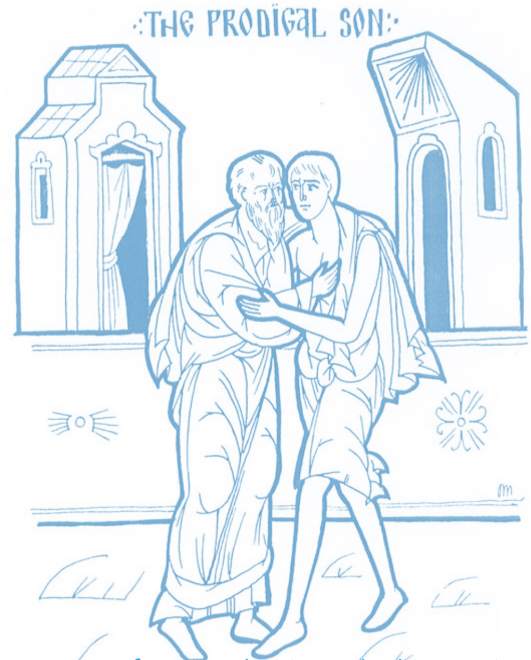
There was a man who had two **ons**.

The man **ivided** his living between them.

The youngest **asted** the money.

When he was **ungry**, he came back to his father.

The father **gleomed** him home.



Icon courtesy of Iconographics ([www.theologic.com](http://www.theologic.com))

February 12, 2023

Gospel : Matthew 25: 31-46

What actions match sheep behavior?

What actions are the work of the goats?

If you heard today's Gospel reading, you'll be able to draw a line from each action to the right animal.

Didn't pay attention to the new student.

Gave a granola bar to a friend who forgot her lunch.

Ignored the thirsty workers.

Ate 72 cookies in one afternoon.

Sheep

Gave a cup of water to a lifeguard.

Refused to visit an elder in the hospital.

Smiled and shook hands with the new family.

Bought a shirt and gave it to the homeless man.

Has 247 shirts in his closet.

Sent an email to a man in prison.



TheCatholicKid.com



February 19, 2023

## Gospel: Matthew 6: 14-21

Use the word bank to fill in the missing words of today's Gospel passage.

And when you fast, do not look \_\_\_\_\_, like the hypocrites, for they may \_\_\_\_\_ their faces that their fasting may be \_\_\_\_\_ by men.

Truly, I say to you, they have their \_\_\_\_\_.

But when you fast, \_\_\_\_\_ your head and \_\_\_\_\_ your face, that your fasting may \_\_\_\_\_ be seen by men but by your \_\_\_\_\_, who is in secret; and your Father who sees in secret will \_\_\_\_\_ you.

seen      wash      reward      Father      disfigure  
not      anoint      reward      dismal

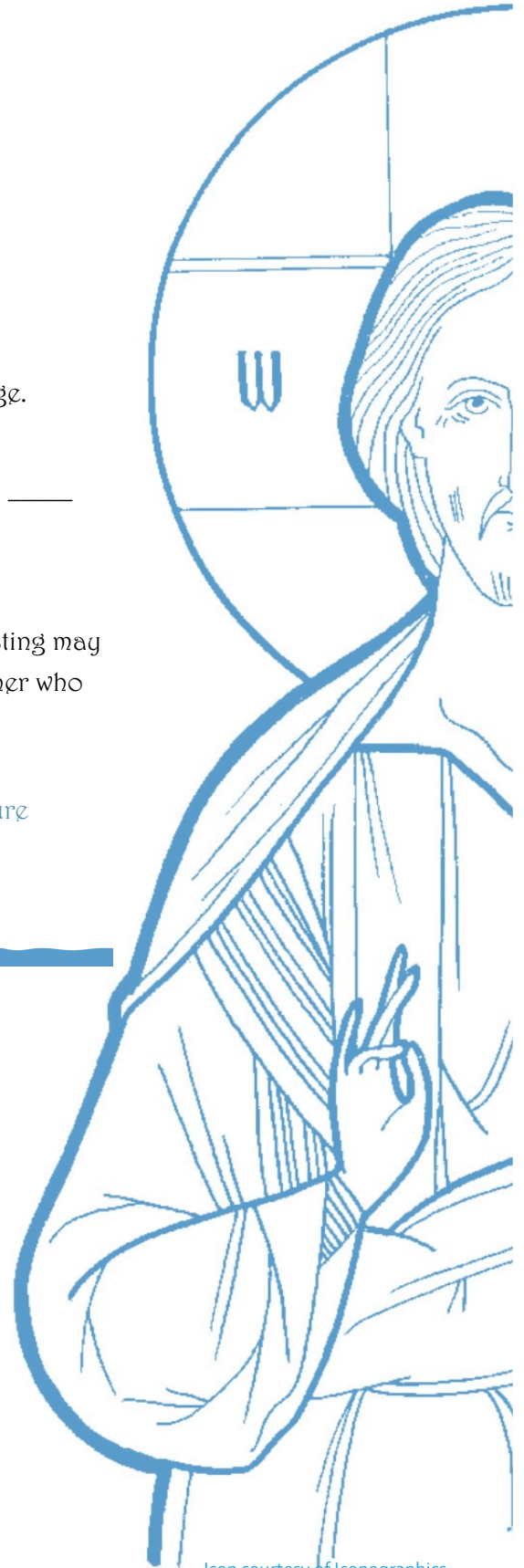
February 26, 2023

## Gospel: John 1: 43-51

Jesus called Andrew. Andrew called Peter. Jesus called Philip. Philip called Nathaniel. Each disciple Jesus called brought other people to meet Jesus.

Write the names of people you invite to meet Jesus.

What are some ways you invite people to meet him?



Icon courtesy of Iconographics  
([www.theologic.com](http://www.theologic.com))



•IT'S ALL GREEK TO ME•



## The Mysteries of Healing

Written by Father Sebastian

This month, along with the Holy Mystery of Confession, we also remember the Holy Mystery of Anointing. In the biblical world oil was understood to assist in healing. For example, think of the story of the Good Samaritan and the use of wine and oil. Wine, as a fluid, was used to flush out a wound. Since it contains alcohol, it also sterilizes the wound in the process. Oil was then applied to protect the wound from the elements and future infection. For this reason, oil, seen as a protection and medicine, was applied to people with just about any kind of illness and was even used by the apostles when praying for the sick (Mark 6:13; James 5:14). The Greek name for this Holy Mystery is euchelaion, which means "prayer of oil."

Rev. Sebastian Carnazzo, PhD is pastor of St Elias Melkite Church in San Jose, CA (STELIASMELKITE.ORG) and teaches online Greek classes for kids through



## St. Apollonia's Tooth Polish

A Feast Day ACTIVITY from ByziMom.com for February 9



*St. Apollonia was an elderly deaconess who lived in the third century, at a monastery in Alexandria Egypt during one of the fiercest persecution of Christians. During her martyrdom, she lost every one of her teeth, causing her to become the patron of dentistry and a great intercessor for those suffering tooth ailments. Rather than deny Christ, she eventually leaped to a fiery death and entered eternal life.*

*Everyone knows that St. Apollonia is the real Tooth Fairy, which is why our family homeschool celebrates Dental Health week this week each year as we celebrate St. Apollonia. It's a great week to "brush" up on good dental hygiene and make something special to keep our teeth especially bright. She likes all the teeth she collects to be pretty and clean so, once a week, we can polish them up to perfect brilliance with our own natural tooth polish. It's very easy to make!*

### Ingredients

- 1/2 cup baking soda
- 1 tsp fine sea salt
- 10-15 drops essential oil of your choice (peppermint, spearmint, orange, lemon)

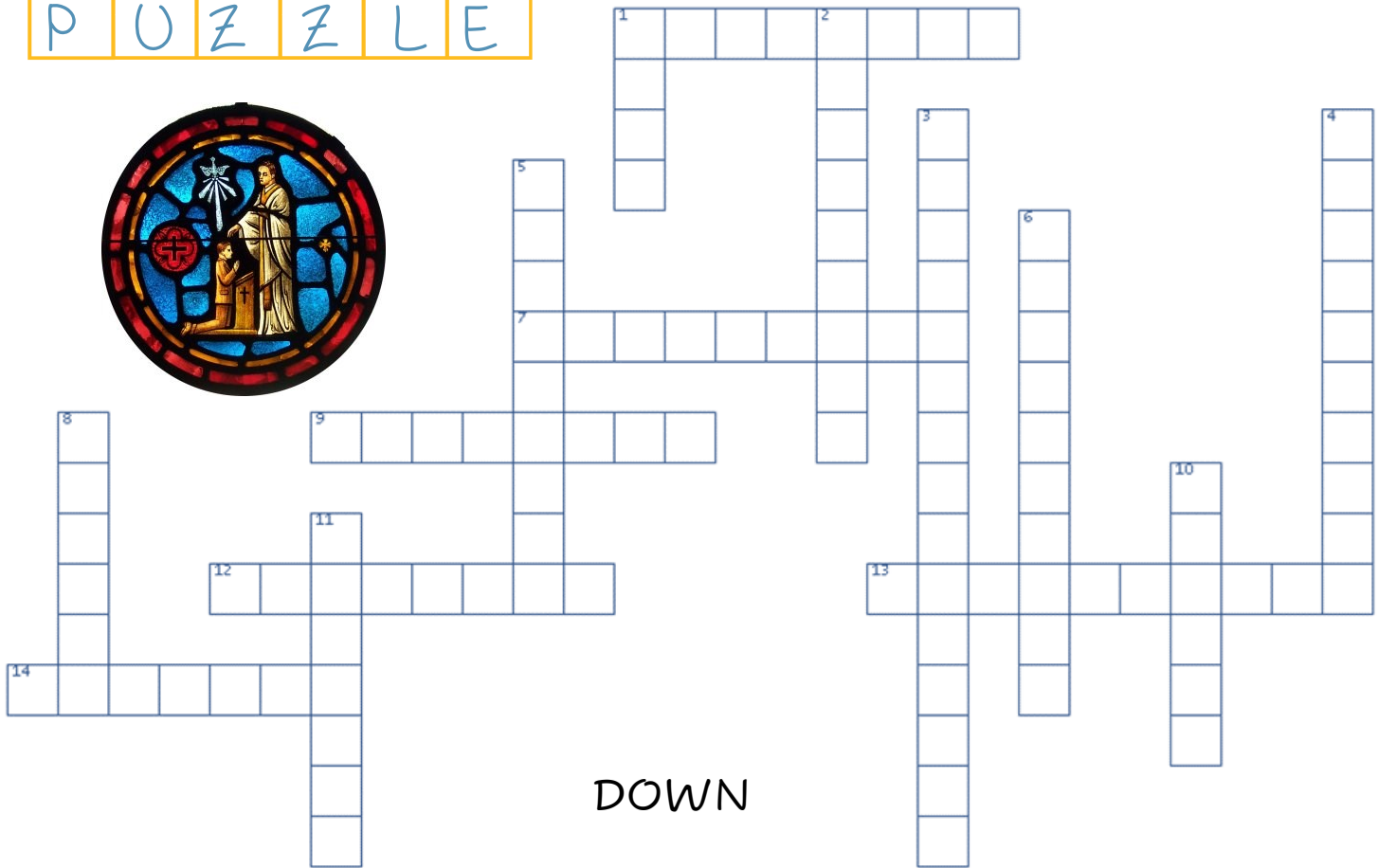
### Preparation

Mix all these ingredients together and spoon it into a clean pint-size jar with a tight-fitting lid. Keep it in your bathroom and use it about once a week to remove stains and polish teeth to their natural whitest. It is a bit more abrasive than your usual toothpaste, so be sure not to damage your enamel by using it every day! Just dip your wet toothbrush into the mixture and polish away! You can make a pretty label and tie a ribbon around your jar and give it to a neighbor as a gift to remember our friend, St. Apollonia.

39 C 16 R 21 O 27 S 27 S

14 W 21 O 16 R 74 D

68 P 19 U 37 Z 37 Z 34 L 15 E



DOWN

## ACROSS

1. The \_\_\_\_\_ was sorry for his sins; the Pharisee was proud
7. Mystery of Healing
9. The \_\_\_\_\_ son came back to his father's house after he was sorry for his sins
12. Parents can give their children a \_\_\_\_\_ with holy water or holy oil
13. the Greek word for the mystery of anointing
14. Saint Peter brought \_\_\_\_\_ back to life through the power of God!

1. "Is anyone among you sick? Call for the church elders, & let them \_\_\_\_\_ over him, anointing him with oil in the name of the Lord."
2. "Holy Father, physician of souls and bodies, you sent your only-begotten Son, our Lord Jesus Christ, to heal every \_\_\_\_\_ & to deliver us from death"
3. "If we confess our sins, He is faithful & just and will forgive us our sins & purify us from all \_\_\_\_\_."
4. another word for the mystery of penance
5. the Good \_\_\_\_\_ used wine & oil to heal the wounded traveler
6. The priest places the \_\_\_\_\_ or stole on the penitent's head in confession
8. some people bring sweet \_\_\_\_\_ to enjoy after services during Great Lent
10. Saint \_\_\_\_\_ was a bishop & martyr who we can pray to for help with throat ailments and more
11. Mystery of Healing



Once Upon a

# SAINT

Rebecca O'Loughlin

## St Blaise, Heiromartyr



My dearest children, a long time ago, when our Church was still young, a little boy was born in Armenia. Armenia borders now modern day Turkey. This little boy was called Vlas (Blaise in English), and he grew up devoted to the Lord, living as a humble and pious Christian. He prayed constantly, always aware of God's presence with him (you can pray like this yourself: "Jesus Christ, Son of God, have mercy on me, a sinner"). As he got older, other Christians began to notice Blaise's great holiness. So when it came time to choose a new bishop, the people knew who they wanted! They wanted a man

who was close to God in prayer and in his quick response to serve others. Blaise was chosen by everyone and consecrated bishop of Sebaste. In those days it wasn't uncommon for the people to choose a new priest or bishop from among themselves. Even today some of our eastern Churches, such as the Coptic Church, carry on the tradition of choosing their own priests.

At the time, the Christian Church was heavily persecuted. Some of Bishop Blaise's many tasks were to cheer up his flock, visit those in prison, and encourage those who were about to die for the True Faith. Bishop Blaise lived

in a cave on Mount Argeos, a little way outside of the city, where he could live and pray in relative peace. However, he wasn't left alone at all! All the wild animals recognized that this was a man of God. The animals would listen to his prayer and wait for him to finish praying so that they could receive a blessing. Many animals would come to him for healing. And not just the animals. People also came to visit this holy bishop and ask him for healing, consolation and prayer. Blaise lived a very active life in his quiet Poustinia ("desert" or hermitage), working many miracles, healing everyone who came to him, both man and beast. More importantly, he healed the souls of the people that came to him to confess their sins and ask for God's forgiveness.

Eventually the governor of the nearby city could not help but take notice. He sent an envoy to capture the bishop. Bishop Blaise cheerfully met the soldiers outside his cave, already dressed for the journey to the city. He informed the soldiers that he had had a vision of their coming and indeed, he was all ready to go and die for Christ.

As the soldiers escorted Bishop Blaise, the holy man continued to bless his people and the animals as he always did. When they passed by a widow weeping because a wolf had eaten her pig, the bishop told her: "Do not cry, the wolf will give you back your pig." Whereupon, to the astonishment of everyone present, the wolf came running back and vomited the pig whole and safe at her feet.

A little later, a woman was crying because her son was choking on a fish bone. A blessing from Bishop Blaise, and the fish bone flew out of the boy's mouth.

Eventually, the soldiers brought Bishop Blaise to the governor. They tortured him with rods, taunting him to profane the name of the Lord and worship idols. He remained strong, and when he was brought back to the prison after being beaten, seven devout women followed behind and wiped up his drops of blood on the ground as a precious relic. When the women were arrested, they were told to worship idols. The women said that they needed to bring the idols to the lake for proper cleansing ceremonies. When they were brought to the lake, the women threw the idols as far into the lake as they possibly could. They were tortured with wool combs, and when they began to glow with divine light, the emperor grew frightened and had them beheaded.

When the Holy Bishop was brought before the governor, he eagerly confessed his love for the true God. Because the holy women had just thrown the idols into the lake, the governor decided that would be how the holy man was going to die, too. Blaise made the sign of the cross over the lake, and when he was thrown in, he began walking on the water as though it was dry land. This showed that God's power through Blaise was stronger

than the idols, and the Governor didn't like this one bit. He roared angrily at Blaise. In response, Bishop Blaise challenged the governors' servants to call on their own gods and join him. The 68 men who attempted the feat immediately drowned. Bishop Blaise then saw an angel who asked him:

"Well, Blaise, are you ready to receive the crown of martyrdom?"

Blaise responded: "Yes! I am!"

"Then go to shore! The governor will kill you, and then you will dwell in Heaven with God forever!"

Blaise returned to shore, shining with God's Glory, and the livid governor beheaded him. Bishop Blaise went straight to Heaven where he was greeted by Jesus and his holy family who had died before him, eagerly waiting for his arrival.

We celebrate the feast of Saint Blaise on February 3rd or 11th, depending on which Christian tradition you follow. Did you know the name "Blaise" means "to stutter" or "to stammer"? I don't know if Blaise himself had a stutter, but if he did, he was not the first (or last!) holy man to have one. God worked through him and can work through any of us, too. He loves us in our weakness and loves when we give Him our troubles to transform into His glory. We pray to Saint Blaise for the health of domestic animals, for protection from wild beasts, for ailments of the throat, and for the suffering that comes with stuttering and having trouble saying the right things! Many people pray to St. Blaise when they are afraid or don't know how to say their sins in the Sacrament of Reconciliation, and he helps them courageously confess the sins that trouble them.

Troparion

You shared in the apostles' way of life and succeeded to their throne, divinely inspired bishop. You found access to contemplation in the active life. Therefore, you rightly taught the word of truth and struggled for the faith to the shedding of your blood. O Priest Martyr Blaise, pray to Christ our God to save our souls.

Kontakion

O God-bearing Blaise, you were a holy plant, an unfading flower, and a fertile vine in the vineyard of Christ. Fill with joy the hearts of those who celebrate your memory with fervor and never cease to intercede for all of us.







# CHOIR PRACTICE

Khouria Sylvia Dorham

## Anointing of the Sick

All Rights Reserved

Is anyone among you sick?  
(groan loudly and hold your head or stomach)  
Let him call for the elders of the church  
(yell "Elders!")

And let them pray over him  
(extend both arms above the sick person and say, "Help him, Lord!")

Anointing him with oil  
(make the sign of the cross with your thumb in the air, saying "pshht" for each stroke of the cross)

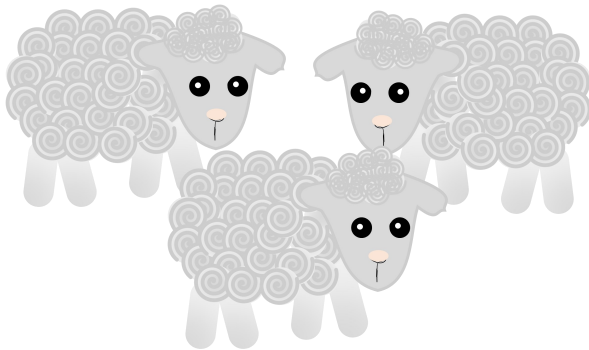


Scan  
To  
Hear

In the name of the Lord.  
(make the sign language sign for 'Jesus,'  
touching each palm with the opposite middle finger,  
one hand at a time) (James 5:14)

A GAME for Meatfare Sunday from ByziMom.com

## GOOD SHEEP RELAY RACE



We all know the story of the Final Judgment, where God will separate the righteous people from the evildoers like a shepherd separates his sheep from his goats. We will separate into two equal teams (the white sheep and the black sheep) because we all know that everyone here is among the number of good sheep and not an evil goat! Right?

Prepare a starting line and a finish line. Set a basket or a table for each team at the starting line with the following items. These are symbols of the virtues that a good sheep should have!

## YOU WILL NEED

- I was **HUNGRY** and you gave me to eat;
  - Item : **Can of Beans**
- I was **THIRSTY** and you gave me to drink;
  - Item: **glass of water**
- I was a **STRANGER** and you WELCOMED me;
  - Item: **Pineapple**
- I was **NAKED** and you CLOTHED me;
  - Item: **Tshirt**
- I was **SICK** and in PRISON and you visited and COMFORTED me.
  - Item: **Box of tissues**

## INSTRUCTIONS

Each team member carries one item from the starting line to the finish line as fast as he can, but only one team member can run at a time! The first team to transport all their items and all their members across the finish line wins!

\*\*If there are more items than team members, one team member can run back across to the starting line, but ONLY if there are no other members of his team running at the time!

\*\*If there are fewer items than there are team members, the remaining members may run to the finish line empty-handed.

# The Prodigal Son





## ACTIVITIES CALENDAR FEBRUARY

Check out the Activities Index on the ByziKids Page at ByziMom.com for links to more fun!

### February 1:

Make a Birdfeeder in honor of St. Tryphon, and make your own Flying Falcon!

### February 2:

Encounter with Simeon: Get the Coloring Page



### February 5:

Commemoration of St. Agatha of Sicily. Whip up a batch of St. Agatha's

Volcanic Chocolate Lava Bark

### Sunday; February 5:

**EC:** Sunday of the Prodigal Son

Review the St. Ephrem Prayer and Prostration lesson

**EC:** Sunday of the Publican and Pharisee

Make The Jesus Prayer Chotki Craft  
And Beware of the Publican & Pharisee Cookies Recipe ;)

### February 6:

Remember the story of St Dorothy by baking our special Baked Apple Roses!

### February 9:

We commemorate the REAL tooth fairy! Take care of your teeth with

St. Apollonia's Tooth Polish

### Saturday, February 11:

**EC:** All Souls Saturday

### Sunday, February 12:

**EC:** Meatfare / Sunday of the Last Judgment

Review the Ways to be a Sheep

Print the Pantocrator Icon Coloring Page and the I Spy in my Little Icon

Make some Meatfare Sunday Sheep Cupcakes for after Divine Liturgy

**EO** Sunday of the Prodigal Son

### February 14:

St. Cyril, Teacher of the Slavs, Brush up on your Cyrillic alphabet.

### February 17:

St. Theodore the Recruit...we have a coloring page for you!

### Saturday, February 18:

**EO:** All Souls Saturday

### Sunday, February 19:

**EC:** Cheesefare/ Forgiveness Sunday

**EO:** Meatfare / Sunday of the Last Judgment

### Monday, February 20:

**(EC)** Clean Monday, the First day of the Great Fast!

Learn The Great Fast Song  
Make a kite with our Template and go fly it!

### February 24:

1st & 2nd Finding of the Head of John the Baptist.  
Crispy Chocolate Locusts Recipe.  
**(EC):** Make some Koliva (Kutja) & bring it to Presanctified Liturgy on Friday Night!

### Saturday, February 25:

**(EC)** Miracle of the Boiled Wheat

**(EO)** All Souls Saturday



Scan the QR code to see the links

