

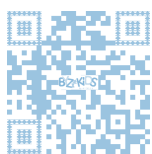


byzikids

August 2022

# Transfiguration

Learn about the Transfiguration  
The Icon of the Transfiguration  
Transfiguration Craft  
Mount Tabor cupcakes  
Homesick for heaven  
Transfiguration fun facts  
Choir Practice  
And more...



check us out  
online!

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# Glory be to Jesus Christ!

Dear ByziParents,



Many years ago, when I was a university student, I was a commuter, so it wasn't always practical to go home between classes. I could only spend so much time in the student-center drinking coffee and wasting time, so I decided to stop by the chapel on campus and say a prayer once in a while. Soon I found myself stopping every day, then on purpose...imagine my surprise. It became a wonderful habit, an addiction, and I began to fall in love with God in prayer. At first, I would recite the prayers I had memorized as a child, "Holy God, Holy Mighty One, Holy Immortal One..." Then, I began to rattle off a list of all of my petitions. As time went by, I found that, as He had already heard most of what I had to say, I would just sit there and be quiet, resting my soul in Him without a sound, movement, or even thought. That was nice. One day, as I knelt there, silent and still, it came over me like a tidal wave..."O God, how good it is to be here!" I prayed. "If only I could sit here forever, I would never, ever sin!" It was wonderful.

"Master, it is good that we are here!" When Peter, James, and John found themselves immersed in the presence of God, they could want nothing more. They were in the cloud of His presence. They were filled with that same kind of peace and utter joy that God had permitted me to experience in prayer that day. After having experienced that, they would never be the same. They would do things that would confound their friends and, quite frankly, terrify their enemies. Their devotion to Him would defy all logical reason, yet they would persevere. All they would ever want would be to convey that same love to others, let them feel what they felt, and know what they know. They would understand Him a bit better and would know and trust Him more, and they would begin to long for the day in which they could encounter Him like that again. Encourage your children to sit quietly in prayer and allow God to slowly transfigure them as well.

Enjoy the issue!  
Lynne Wardach

# I SPY IN MY LITTLE ICON



By Kh. Jocelyn Abyad



call Him, God answered “I am he who is” (Exodus 3:14). Those three letters in the halo represent the Greek words for God’s name, “He who is.”

On either side of Christ, you see that Moses and Elijah have appeared with Christ. Moses and Elijah represent the law and the prophets of the Old Testament. By standing with Christ, Jesus reaffirms his statement that He has come not to “abolish the law or the prophets ...but to fulfill.” (Matthew 5:17) Christ’s life in the New Testament is not a separate revelation of God, but the fulfillment of His promise to rescue us from sin and death, promised and foreshadowed in the Old Testament.

At the bottom of the mountain, we see Peter, James and John laying on the ground—shocked and covering their faces. These particular apostles were chosen by Jesus to see special glimpses of His divinity in three instances shared in the Bible. The first was the raising of Jairus’s daughter. The second was the Transfiguration, shared here; And the third was in the Garden of Gethsemane. We might wonder why Jesus chose these three apostles. There are several possible reasons, but generally, it is stated that Peter was the first Patriarch, James was the first martyr of the apostles, and John was present at the crucifixion. In these unique positions, these apostles were close to Christ in His suffering and also close to Him in His exaltation.

Mount Tabor has been revered as a holy site throughout history. In 1924 the Church of the Transfiguration was built there over the ruins of a much older, 5th century chapel. Many people continue to make pilgrimages to the mountain to retrace the steps of the apostles following Christ so long ago. May we all seek to follow Christ and allow Him to reveal Himself to us, in as much of His glory as we can behold!

The icon of the Transfiguration teaches us about the story of Christ showing the disciples some of His glory on Mount Tabor. They were so shocked that they literally fell down and covered their faces! You can read this story in your Bible at the beginning of chapter seventeen in the Gospel of Matthew. As you read, look for the events of the story in the icon.

Here in the icon, Christ is surrounded by a large blue mandorla which signifies His glory. Do you notice the three letters inside the halo of Christ? When Moses asked God what he should

# Transfiguration Fun Facts

Did You Know?...

The feast of the Transfiguration occurs exactly 40 days before the Feast of the Exaltation of the Holy Cross? Mount Tabor is a type of geological formation known as a *monadnock*. A *monadnock* is a hill that rises by itself from a level plane, rather than as part of a mountain range.

Although the feast of the Transfiguration occurs during the Dormition Fast, the fast is relaxed so that wine and fish are allowed.

It is customary to fast from eating grapes from the beginning of the Dormition Fast on August 1, until the feast of the Transfiguration.

We bless grapes on this feast because it occurs during harvest time, but more importantly because grapes undergo a transfiguration as well! They go from seed, to fruit, to wine. Then from wine, they are transformed during the Divine Liturgy into the Most Precious Blood of Christ in the Eucharist!

## Troparion of the Transfiguration

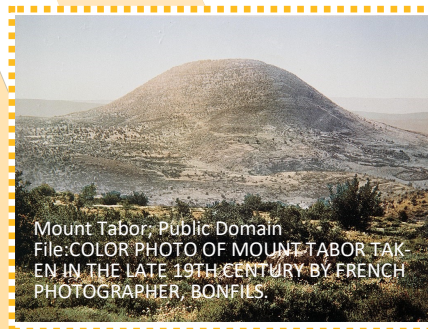
You were transfigured on the mountain, O Christ our God, revealing as much of your glory to Your disciples as they could behold. Through the prayers of the Theotokos, let your everlasting light also shine on us sinners.  
O Giver of Light, glory to you.

## Kontakion of the Transfiguration

You were transfigured on the mountain, O Christ our God, and your disciples beheld as much of your glory as they could bear, that when they would see you crucified, they would understand that you suffered willingly; so they would preach to the world that you are truly the radiance of the Father.

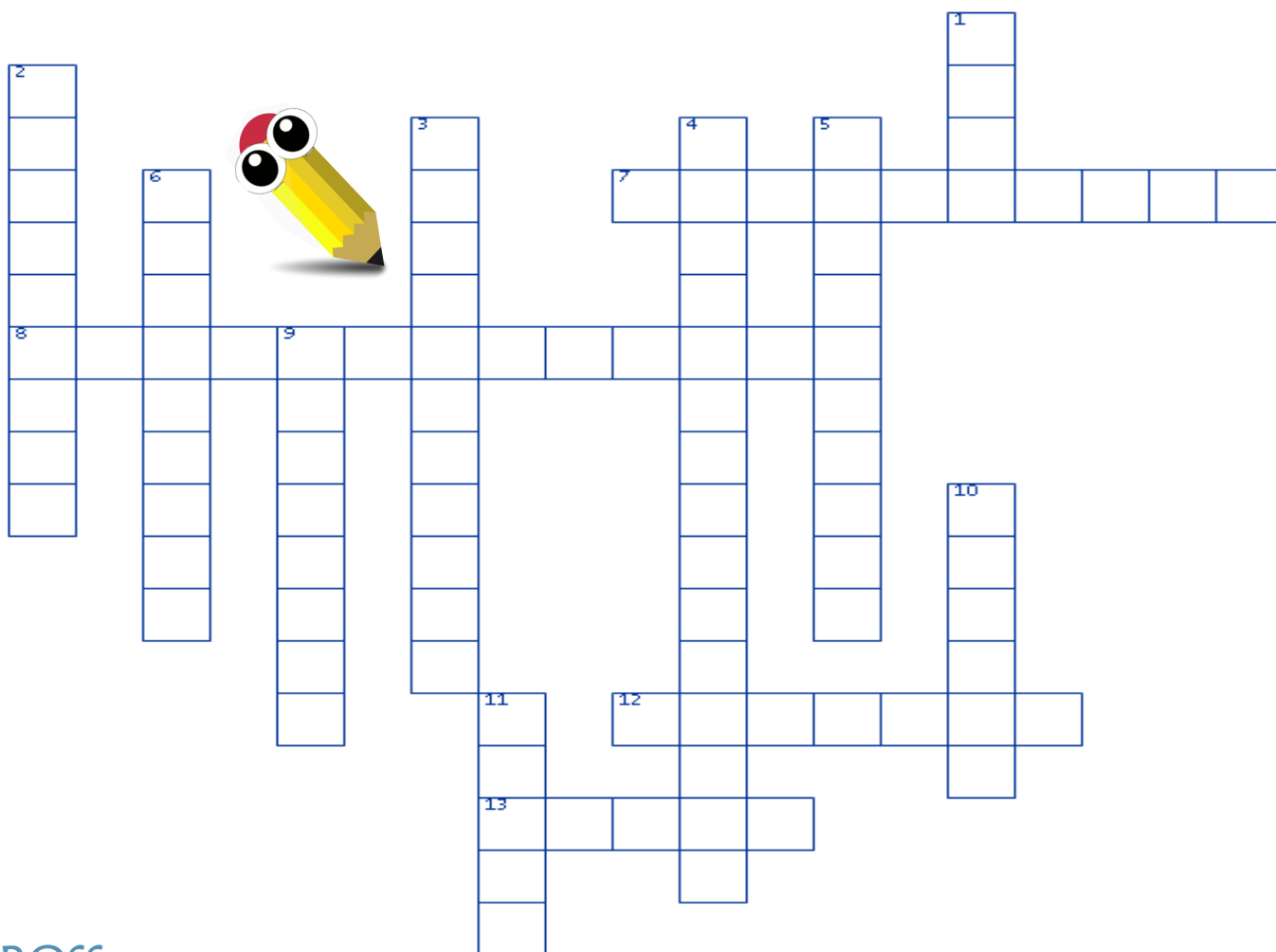


Source: <https://pemptousia.com/>



Mount Tabor: Public Domain  
File:COLOR PHOTO OF MOUNT TABOR TAK-  
EN IN THE LATE 19TH CENTURY BY FRENCH  
PHOTOGRAPHER, BONFILS.

# CROSSWORD PUZZLE



## ACROSS

7. in the article "Homesick for Heaven," it talks about \_\_\_\_\_ & moving away  
 8. This is the Greek word for the feast we are celebrating this month, meaning the process of changing shape

12. Our \_\_\_\_\_ home is heaven  
 13. Jesus was transfigured on Mount \_\_\_\_\_

## DOWN

1. At this feast, Peter said: "\_\_\_\_\_, it is good that we are here,"  
 2. Christ's life in the New \_\_\_\_\_ is not a separate revelation of God, but the fulfillment of His promise to rescue us from sin and death  
 3. "If You want, I will make three \_\_\_\_\_ (sometimes translated as 'booths') here: one for You, one for Moses, and one for Elijah," (Matthew 17:4).  
 4. Jesus became dazzling white at the \_\_\_\_\_ on the mountain

5. These three apostles were also with Jesus at the garden of \_\_\_\_\_  
 6. this insect is a great example of changing form and shape  
 9. \_\_\_\_\_ is "almond-shaped aureole of light surrounding the entire figure of a holy person" and can be seen in this month's icon  
 10. Moses and \_\_\_\_\_ appeared with Jesus at this month's feast  
 11. \_\_\_\_\_, James, and John were with Jesus

Use the clues to fill in the words above. Words can go across or down. Letters are shared when the words intersect.

# Choir Practice

Khouria Sylvia Dorham

## TRANSFIGURATION

Up to the heights went Peter, James and John  
Following their leader from behind  
Munching, crunching quietly on bits of bread and fish  
Wondering what Jesus had in mind.

At the top of the mountain  
Jesus gave them a surprise  
By taking off the spiritual  
Blindfolds from their eyes

And suddenly  
They could really see  
And they Fell  
Down  
On  
The  
Ground

There was Moses and Elijah  
And all the heavenly hosts  
Brilliant bands of angels  
Standing proudly at their posts

And Jesus shining brighter than the sun  
(Peter, James and John wished they could run)

Jesus showed them his real glory  
As much as they could hold  
It helped them face the coming days  
It made them sure and bold

But this transfiguration is as much for me and you  
As for Peter, James and John because it shows us what to do

Live your life  
So you can hold  
More of Jesus' glory  
Every  
Day  
Fast and pray and fast and pray

Scan  
To  
Hear



• IT'S ALL GREEK TO ME •

## The Transfiguration of Jesus

WITH GUEST **FATHER SEBASTIAN**



This month we celebrate the Transfiguration of Jesus on Mount Tabor. The English word "transfiguration" is from a Latin translation of the Greek word metamorphosis. This word is a combination of two Greek words, meta and morphos. The first word, meta, refers, in this case, to a "change." The second word, morphos, means shape. The -sis ending indicates "process of." Thus, "metamorphosis" means the process of changing shape. This word appears in the science realm often. Just think of the change of a little egg to a caterpillar to a beautiful butterfly!

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 The Academy of Classical Greek (ACADEMYOFCLASSICALGREEK.COM)



### Our Lady Undoer of Knots



BY  
Sylvia Dorham

ILLUSTRATED BY  
Mia Sasscer

## Sylvia Dorham has a new book out!

Available at  
Tan Books  
and  
Amazon

# KNOW YOUR FAITH

By Lynne Wardach



**Luke 9:28-36** But I tell you truly, there are some standing here who will not taste death until they see the kingdom of God." Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was about to accomplish at Jerusalem. Now Peter and those who were with him were heavy with sleep, but when they became fully awake, they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, "Master, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah"—not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, "This is my Son, my Chosen One; listen to him!" And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.

Peter, James, and John went on a hike to the top of Mount Tabor with Jesus one day. They knew that Jesus often went to the top of a mountain to pray, and so they expected that this was what they would be doing there. However, when Jesus began to pray on this day, something different happened.

Imagine what it would have been like if you were with them. Imagine you were among them when they suddenly saw Jesus illuminated with a brilliant light, so bright that they could not keep their eyes open to see Him, and they all put their faces to the ground! This light is no ordinary light but the glory of God, and this is why it is said that no one can look upon the face of God the Father and live.

**Exodus 33:17-20** So the LORD said to Moses, "I will also do this thing that you have spoken; for you have found grace in My sight, and I know you by name." And he said, "Please, show me Your glory." Then He said, "I will make all My goodness pass before you, and I will proclaim the name of the LORD before you. I will be gracious to whom I will be gracious, and I will have compassion on whom I will have compassion." But He said, "You cannot see My face; for no man shall see Me and live."

When the men were able to open their eyes a bit, they could see two men with Jesus who were not there before. They recognized them as Moses, to whom the ten commandments of the law were given, and Elijah, the great Old Testament prophet. The Jews had great reverence for the law and the prophets, and Jesus was letting them know that it was He who fulfilled them both. These two biblical figures were most certainly from the dead, yet Jesus was having a conversation with them, showing them that He had authority over death as well.

Emotion overcame him at this sight, and Peter suggested to Jesus that they should set up accommodations for their guests and remain there on the mountain together for a while, but he got it all backward! This glimpse into the heavenly realm isn't meant for living men to see. Rather than accommodating Moses and Elijah, Jesus had made a unique accommodation for Peter, James, and John to temporarily visit the heavenly realm! Christ loved these men so much that He had allowed them to briefly witness His heavenly glory, His true state as the Son of God so that when they would see the events that were about to unfold concerning His betrayal, trial, and horrible crucifixion, they would understand His tremendous power and realize that He set his power aside for our sake. Jesus wanted them to know this. He wanted them to know He loved us that much. He wanted them to believe in Him. This wonderful feeling of being in God's loving presence on Mount Tabor that day would remind them of who Jesus really was, even when it looked like His enemies defeated him, and all was lost.

God allows some people to feel that same loving glory of heaven when they are in prayer. Have you ever felt it?





# HOMESICK FOR HEAVEN

By Judith Jolma

Hot tears ran down 11-year-old Kolbe's face as he sat curled up beside his mother. "I want to go home," he whispered. Kolbe and his family moved across the country a year earlier leaving behind a church family that was as close to heaven-on-earth as one could hope in this life.

Although his family moved to a lovely new home and settled into a new parish blessed with love, beauty and many children, it was not home to Kolbe. He missed the friends he'd known since birth, the familiar hymns and the long Sunday afternoons spent building stick forts in the woods behind the church as his parents laughed with their friends on the back patio after Divine Liturgy.

Kolbe's friend Lucy moved away at just about the same time, and also aches with homesickness. "I never realized just how deeply these children loved each other," Lucy's mother said. "While all the parents were having our own little party each week, the children were sharing life with each other and growing up together."

While homesickness causes deep aching and sorrow, it is a common experience for all Christians who long for their ultimate home - Paradise.

We are told that after the Fall Adam sat outside the gates of Paradise weeping for his home for the rest of his life. Abraham journeyed his whole life seeking a home promised by God. And Moses wandered in the wilderness for 40 years along with the children of Israel leaving Egypt seeking a home promised by God.

In the Epistle to the Hebrews, there is a beautiful passage often nicknamed “The Hall of Faith” because it contains a list of patriarchs who wandered this life like pilgrims “looking for the city which has foundations, whose architect and builder is God” (Heb. 11:10).

If you take the time to read about these great patriarchs, you will see how often the Lord gives them a little glimpse of that Kingdom they are seeking and that little glimpse is enough to set a fire in their hearts so that they never turn back from seeking it. Abraham “rejoiced to see my day, and he saw it,” Jesus told the Pharisees. The Patriarch Joseph received dreams that kept his faith alive. To Moses, God showed him the promised land from a mountain top. And Apostles Peter, James, and John, witnessed the Transfiguration.

As Jesus stood on Mount Tabor with Moses and Elijah shining in their glorified state, the apostles were amazed and didn’t know what to say or do. All they knew was they wanted to stay there forever: “Lord, it is good that we are here,” Peter blurted out. “If You want, I will make three tabernacles here: one for You, one for Moses, and one for Elijah,” (Matthew 17:4).

But Jesus did not show the Apostles His glory and a glimpse of the promise so they could stay there or have the fulfillment immediately. He showed it to them so they would have strength through difficult and confusing trials. You see, just after the Holy Transfiguration, the religious leaders in Israel would begin seeking to kill Jesus and soon they would. The Lord knew that after his ascension, the apostles would be hunted for the rest of their lives and would have to give their lives for the testimony of Christ.

That glimpse of eternal glory on Mt. Tabor must have reassured the apostles often that the sufferings of this present age are not worthy to be compared with the glory of the eternal home they were seeking.

Sometimes, like little Kolbe, Lucy and their families, we have seasons in life where we get to bask in the glory of friendships and beauty, but then the Lord calls us away to a more difficult season. We can let those glimpses of glory keep us homesick for heaven, to remind us that we are seeking a kingdom beyond this world where we will love one another with perfect love, glowing in theosis for all eternity in our divine kingdom.



# CRAFT TIME

Here's a fun craft to make at home to remember the Transfiguration!

1. Print out the image of Jesus provided here. (cardstock works best)
2. Draw a mountain for Christ to stand on. If you would like, you can draw Moses and Elijah on either side of Christ as well.
3. Use a glue bottle to create a mandorla shape around Christ- feel free to add some extra details with the glue as well.
4. Pour a small amount of glitter over your picture and gently shake the piece of paper so that glitter adheres to all of the glue.
5. Dump off the excess glue into the trash.
6. Now you have a "Transfigured Christ" who shines with "Divine Light!"





A Feast Day RECIPE from ByziMom.com  
for the TRANSFIGURATION

# Mount Tabor Cupcakes



*When Peter, James, and John found themselves immersed in the presence of God, they could want nothing more. They were in the cloud of His presence. After having experienced that, they would never be the same. They would do things that would confound their friends and, quite frankly, terrify their enemies. Their devotion to Him would defy all logical reason, yet they would persevere. All they would ever want would be to convey that same love to others, let them feel what they felt, and know what they know, and they would begin to long for the day in which they could encounter Him like that again. At the feast of the Transfiguration, we gather fruit, historically the first fruits of the season (usually grapes), to take as an offering to the church to be blessed and distributed to the congregation. This recipe will help you remember Peter,*

*James, and John who witnessed the white sparkly light that surrounded Jesus on Mount Tabor that day!*

*Because this feast occurs during the Dormition Fast, the recipe is fast-friendly!*

## Ingredients

- One box of chocolate cake mix
- One can of soda, any flavor
- One can of non-dairy whipped topping
- Both green and red grapes
- A few sprigs of fresh mint
- 1 small jar of grape jam
- 2 Tbsp sparkly castor sugar

## Preparation

Preheat your oven to 350 degrees. Empty the contents of the cake mix into a large mixing bowl and slowly whisk in the can of soda. Line a muffin tin with paper cupcake liners and fill each  $\frac{2}{3}$  full with batter. Bake for 20 minutes at 350 degrees and allow to cool completely while you have dinner.

Immediately after dinner, when your cakes have cooled, remove the paper liners from each cake and turn each one upside down on a serving platter. These are little Mount Tabors! Place a spoonful of grape jam on top of each cake, and sprinkle a few mint leaves on top of each of our mountains. Now place 2 Tbsp of jam into a separate bowl and add  $\frac{1}{4}$  cup of hot water. Mix this to make a syrup. Place three red grapes and one green grape into the syrup and mix to coat. These are Peter, James, John, and the green one is Jesus! Now, transfigure Him by dipping the green grape into the sparkly castor sugar! Place a “cloud” of whipped almond cream onto the top of your Mount Tabor cake (over the jam) and place your three red grapes (Peter, James, and John) on top, and the sparkly green grape in the center of the three (this is Jesus!) Repeat this process for each of your cupcakes and enjoy immediately!

# co-ops BYZiKIDS

## CONNECTION

By Lynne Drozdik Wardach

This month we are featuring our friends from the ByziKids Co-Op at Saint Basil the Great Byzantine Catholic Church in Irving TX where Rev. Fr. Elias L. Rafaj is Pastor, and Mr. Andrew Gill coordinates the education program.

The Co-op meets monthly to share their lessons, lunch, and playtime together. They tell us that it has been a great way for their congregation to build community and get to know each other! Here they are playing the Good Sheep Relay Race Game.



# Caught You Listening

August 7, 2022

Khouria Sylvia Dorham

Gospel: Matthew 14: 22-34

Today's Gospel tells us about the time Jesus and Peter walked on the water. Jesus had no trouble hiking across the waves, but Peter started to sink very soon after his first steps on the sea. Why did Peter sink?

Comes after 'G': \_\_\_\_

Comes before 'F': \_\_\_\_

Third letter after 'A': \_\_\_\_

Two letters before 'Q': \_\_\_\_

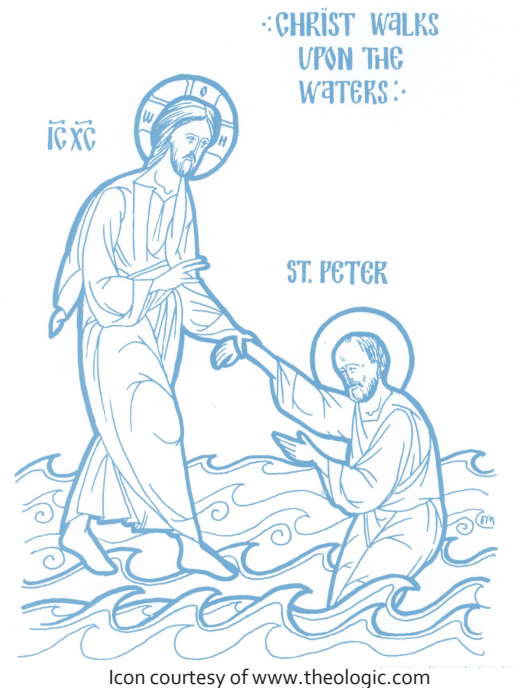
Letter before 'V': \_\_\_\_

Second letter of the alphabet: \_\_\_\_

Third letter after 'Q': \_\_\_\_

Second vowel in the alphabet: \_\_\_\_

Third letter before 'G': \_\_\_\_



August 14, 2022

Gospel: Matthew 17: 14-23

Today's Gospel tells the story of a father seeking a cure for his son. The disciples don't have the faith to cure him. Jesus cures him instead. Write down the definitions to these words from today's Gospel. If you don't know them, ask! Or use a dictionary to find out what they mean. Write the definitions on the blanks beside each word.

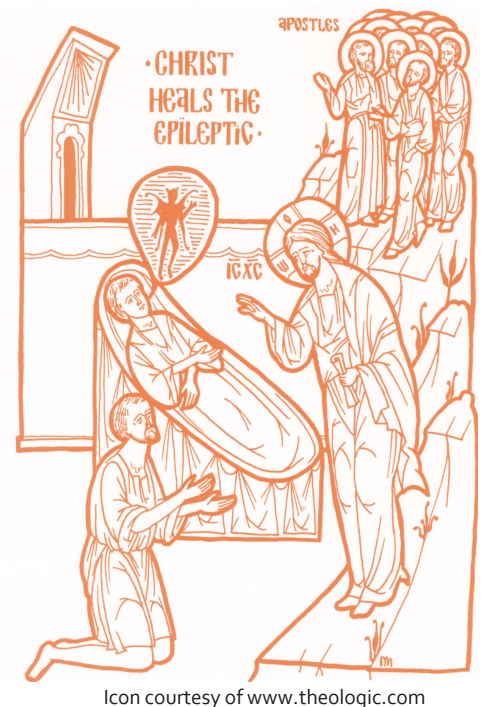
Epileptic: \_\_\_\_\_

Faithless: \_\_\_\_\_

Generation: \_\_\_\_\_

Rebuke: \_\_\_\_\_

Impossible: \_\_\_\_\_



August 21, 2022

Gospel: Matthew 18: 23-35

Fill in the blanks in today's Gospel. Use the words in the word bank to help you!

The \_\_\_\_\_ of heaven may be compared to a \_\_\_\_\_ who wished to settle \_\_\_\_\_ with his \_\_\_\_\_. When he began the reckoning, one was brought to him who \_\_\_\_\_ him ten \_\_\_\_\_ talents, and as he could not pay, his lord ordered him to be \_\_\_\_\_, with his \_\_\_\_\_ and \_\_\_\_\_ and all that he had and payment to be \_\_\_\_\_. So the servant fell on his \_\_\_\_\_ imploring him, "Lord, have \_\_\_\_\_ with me, and I will \_\_\_\_\_ you everything." And out of \_\_\_\_\_ for him the lord of that servant \_\_\_\_\_ him and \_\_\_\_\_ him the \_\_\_\_\_.



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

### Word Bank

wife accounts children made thousand knees kingdom patience pay owed pity  
released king forgave servants sold debt



August 28, 2022

Gospel: Matthew 19: 16-26

A rich young man who was hungry for eternal life came to Jesus in today's Gospel. Unscramble the words that tell us what Jesus invited him to do.

Og les! hwat ouy sssspoe nad vegi ot het oopr...  
nda emoc willofo em.



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

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



# BYZANTIUM

by Kathryn Reetzke



([https://en.wikipedia.org/wiki/Transfiguration\\_of\\_Jesus\\_in\\_Christian\\_art#/media/File:Transfiguration\\_of\\_Christ\\_Icon\\_Sinai\\_12th\\_century.jpg](https://en.wikipedia.org/wiki/Transfiguration_of_Jesus_in_Christian_art#/media/File:Transfiguration_of_Christ_Icon_Sinai_12th_century.jpg))

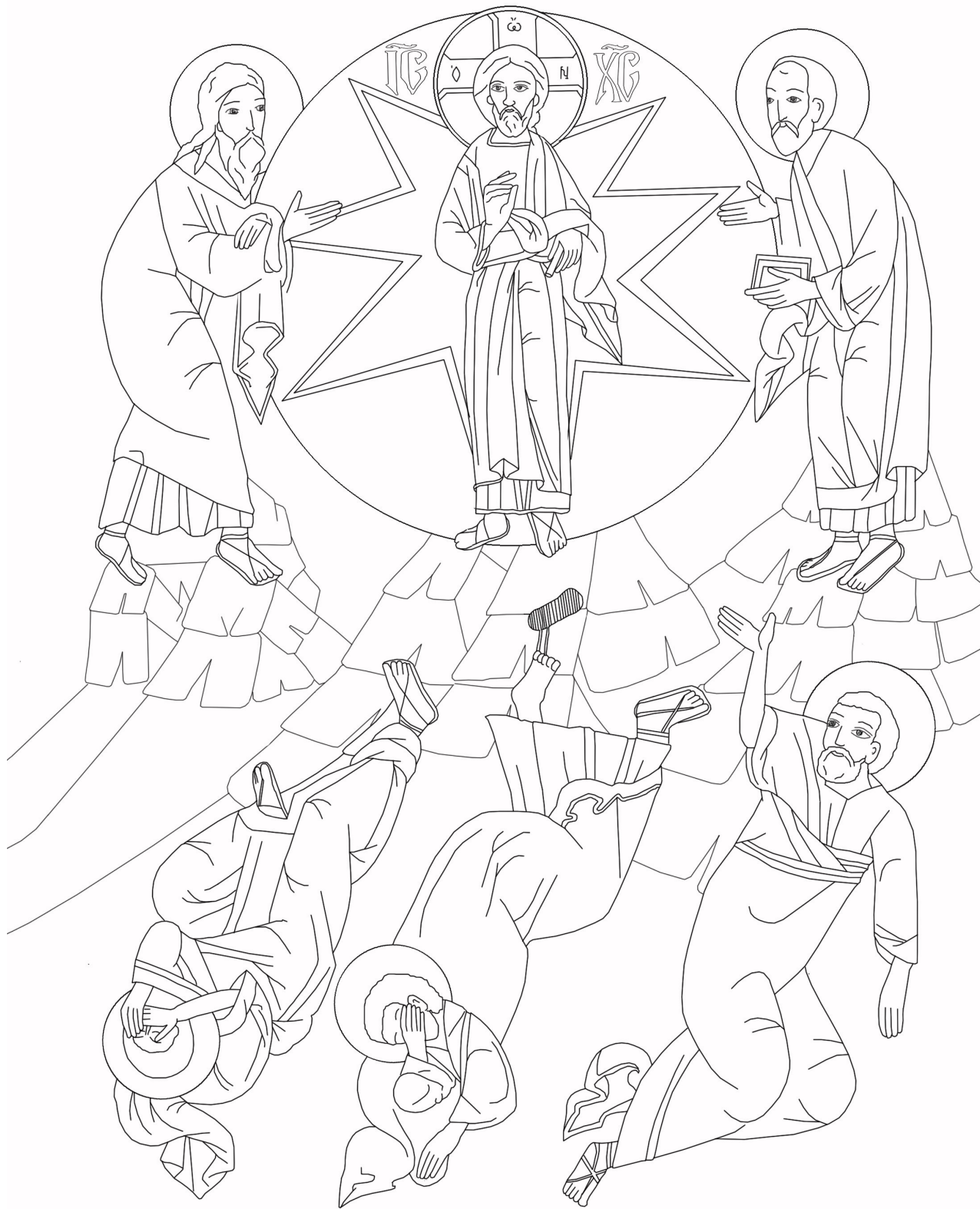
It seems right that a monastery on top of a hill standing like a beacon off the coast of Constantinople should be named Holy Transfiguration Monastery. As Mt. Tabor served for the Transfiguration of Christ, the hill atop the island of Proti (now Kinaliada) in the Sea of Marmara was home to the Holy Transfiguration Monastery during Byzantine times and also served as a place of exile for Byzantine Emperors who were forced from their thrones.

One such exiled ruler, Emperor Leo V the Armenian's (r. 813-820 AD) burial site is linked to the founding of the Holy Transfiguration Monastery. Other records show that the monastery was completed between 1070-1080 AD and is also connected with the exiled Emperor Romanos IV Diogenes (11<sup>th</sup> Century). After the fall of Constantinople by the hands of the Ottoman Empire, in 1453, the monastery fell into disrepair. After years of neglect, in 1722, a group of devout Greek Orthodox Christians, from the island of Chios, rebuilt parts of the monastery structure and added a chapel devoted to St Paraskevi. The next year, 1723, Tsar Peter the Great of Russia sent the icons that are currently on the iconostasis in the new chapel located next door to the Byzantine monastery ruins.

The original icons recovered from the monastery were transferred to the Orthodox Church of Istanbul for preservation.

I imagine that when the Holy Transfiguration Monastery was lived in those in Constantinople, perhaps even leaders in turmoil, saw the lights of the monastery on the hill across the water and felt hope that even if abandoned by their political power and supporters, Christ would provide a place for them.





Based on a XVI century icon from Polyana, Lviv Oblast, Ukraine found in the *Catechism of the Ukrainian Catholic Church: Christ Our Pascha*.  
May be freely copied and shared for educational use. [byzimom.com](http://byzimom.com) and SS Joachim and Anna Ukrainian Catholic Church, Front Royal, Virginia [ssjoachimandanna.org](http://ssjoachimandanna.org)

.....COLORING PAGE.....

# Activities Calendar



*Log on to [ByziMom.com](http://ByziMom.com) and click on the Activities Index on the ByziKids page for links to all these fun activities!*

## **August 1: Feast of the Procession of the Holy Cross**

The Dormition Fast Begins!

Some parishes bless honey on this day!

Make a Festal Wreath for your cross for the feast

Make Medovnicki with blessed honey

## **August 4: First Falling Asleep of the 7 Sleepers of Ephesus**

Make up a batch of 7 Sleepers Pot Pies for dinner!

## **August 6: Transfiguration**

Get the Coloring Page

Make some Mount Tabor Treats for dessert!

## **August 8: St. Myron of Crete**

Steal away some Grain Bundles for lunch today! Get the Recipe!

## **August 15: Dormition**

Hold a Floral-themed, After-Liturgy, Dormition Tea!

Get the Dormition I Spy, Coloring Page, and maze printables!

Perform a Dormition Tableau for your parish or family

Find out what you can do with Your Blessed Dormition Flowers

Dormition Fast Vase Craft/Activity

## **August 18: Sts. Florus & Laurus**

They are the patron saints of horses! Honor them by baking a batch of our Carrot Horseshoe Cookies!

## **August 29: Beheading of St. John the Baptist**

Make up some Crispy Chocolate Locust treats!

## **August 31: The Last Day of the Liturgical Year**

