



## WEEK TWELVE

### SPF: Say Prayers Frequently

On August 6th we celebrate the Feast of the Transfiguration. As a family, at home read the epistle and gospel for the feast at dinnertime. This feast has an afterfeast period of seven days. During these seven days, pray the festal hymns during your family prayer time. If you like, you can even learn how to chant them by listening online.

For more information about the feast and to hear the hymns, visit [www.goarch.org/transfiguration](http://www.goarch.org/transfiguration).

**EPISTLE:** II Peter 1:10–19

**GOSPEL:** Matthew 17:1–9

#### **Apolytikion of the Transfiguration**

You were transfigured on the Mount, Christ God revealing Your glory to Your disciples, insofar as they could comprehend. Illuminate us sinners also with Your everlasting light, through the intercessions of the Theotokos.

Giver of light, glory to You.

# Dive In: Cultivating Your Garden

The blessing of grapes, as well as other fruits and vegetables, is customary on the Feast of the Transfiguration. It signifies the final blossoming and fruitfulness of all creation in Paradise, where all will be transformed by God's glory.

To remind you of this, consider planting something special as a family. It can be vegetables, fruits, herbs, flowers, or even a tree. Some families might need something more simple like a potted plant that you'll keep in your home. Whatever you decide, research and decide as a family what to get and how to care for it.

**Take pictures, and don't forget to share with us!  
#soakuptheSON**

## Vitamin D: Transfiguration and Transformation

On August 6, we celebrate the Transfiguration. To learn more about this feast, watch this episode of *Be the Bee*: <http://bit.ly/btb-transfiguration>.

*Jesus Christ was transfigured on the Mount, not taking upon Himself something new nor being changed into something new, nor something which formerly He did not possess. Rather, it was to show His disciples that which He already was, opening their eyes and bringing them from blindness to sight.*

—St. Gregory of Palamas

