



WEEK FOUR

SPF: Say Prayers Frequently

This Saturday, June 15, is the fourth and final Saturday of Souls service. Praying for those who have departed this life is not something we should do on Saturday of the Souls or Memorial Services—rather it should be part of our regular prayer life. Print out the prayer below and keep it where you pray. At the bottom write names of loved ones who have passed away. Make a point to pray for them weekly using this prayer.

Christ our eternal King and God, You have destroyed death and the devil by Your Cross and have restored man to life by Your Resurrection; give rest, Lord, to the soul of Your servant(s) (name/names) who has/have fallen asleep, in Your Kingdom, where there is no pain, sorrow, or suffering. In Your goodness and love for all men, pardon all the sins he (she, they) has/have committed in thought word or deed, for there is no man or woman who lives and sins not; You only are without sin. For You are the Resurrection, the Life, and Repose of Your servant(s) (name/names), departed this life, O Christ our God; and to You do we send up glory with Your eternal Father and Your all-holy, good and life-creating Spirit, both now and forever and to the ages of ages. Amen.

—Prayer for Those Who Have Departed This Life

Dive In: Saturday of the Souls

During the Saturday of the Souls Liturgy, a memorial service for those who have fallen asleep in the Lord will be offered. This is a great time to prepare koliva (memorial wheat) as a family and make a list of departed loved ones to submit with it. Consider doing the following as you prepare:

- Take some time to pull out pictures of family and friends who have passed. Share memories and stories of them. Those who knew them will enjoy telling the stories, and those

who never met them will learn about both the departed and those telling the stories. In doing this, you are making their memory eternal!

- If you are near the cemetery where your loved one is buried, visit and take flowers or something to adorn the gravesite. If possible light a vigil candle. Some people sprinkle blessed koliva on the graves as well.
- Read the Epistle (Thessalonians 4:13–17) and Gospel (John 5:24–30) readings from the funeral service and discuss.

For a step-by-step guided video on how to make koliva, plus a recipe, visit <http://vscardbox.com/2017/02/preparing-koliva/>.

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

Vitamin D: Memory Eternal

When people pass away, we pray that their memory will be eternal. We're not simply asking God to think about them: we're asking Him to save them (and us) and bring us all into His Kingdom. It's the Church's answer to the loneliness and emptiness of death. Watch at <https://www.youtube.com/watch?v=DiCHBmHNoPs>.

Who are the people who have passed from this life that you want to remember eternally?

