



WEEK FIVE

SPF: Say Prayers Frequently

On Sunday, June 16, we celebrate Pentecost. To learn more about this great feast day, click here: www.goarch.org/-/the-sunday-of-the-feast-of-holy-pentecost.

Take time to learn to chant the apolytikion/troparion to sing during the feast and through the Apodosia (Leave-Taking) of Pentecost on Saturday, June 2.

Apolytikion of Pentecost

Blessed art Thou, O Christ our God, who has shone forth the fisherman as supremely wise by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. O Befriender of Men, glory be to Thee.

Listen to the festal hymn in English and Greek:
www.goarch.org/-/byzantine-music-and-the-orthodox-family.

As the tongues of fire descended on the Apostles, they were filled with the Holy Spirit and began to speak many different languages.

Listen to the festal hymn in Greek, Arabic, Romanian, and Slavonic:
www.youtube.com/watch?v=AuVAqqNkkXU.

Pray to the Holy Spirit the following prayer, which is a regular part of our Orthodox worship both in church and in our private prayers. During the days following Pascha and until Pentecost, this prayer is omitted.

Prayer to the Holy Spirit

Heavenly King, Comforter, the Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of life: come and abide in us, cleanse us from every impurity and save our souls, O Good One.

Dive In: Explore

Vacation time in the summer = opportunity to meet new Church family members. Did you know there are thousands of Orthodox churches throughout the world? Commit to visiting a different Orthodox Christian church in your area or in the places you travel this summer. To find a canonical Orthodox Christian church in America, visit the website for the Assembly of Canonical Orthodox Bishops of the United States of America: www.assemblyofbishops.org.

Here are some conversation starters for after your visit:

How did this church look similar to our home church?
How did it look different?

If you attend a service there, continue the conversation:

What was familiar about the service in the church?
What appeared different?

If you can't visit another Orthodox Christian church this summer, explore Orthodoxy worldwide through the work of the Orthodox Christian Mission Center (OCMC) by visiting www.ocmc.org. OCMC's mission is to make disciples of all nations by bringing people to Christ and His Church.

Watch this beautiful video of Orthodox Christians in Kenya receiving communion:
<http://bit.ly/kenya-communion>

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

Vitamin D: DRITA

As a family listen to Dr. Chrissi Hart read the Orthodox children's book *Drita* by Renee Ritsi on her podcast *Readings from under the Grapevine*:
<http://www.ancientfaith.com/podcasts/grapevine>.

This book can be found in episode 54 at minute 9:58 and lasts for around 13 minutes. Once you have listened, discuss the following, adapting questions as needed for the age of your child(ren):

How do you think your life would be different today if you lived in a place where being a Christian was illegal?

What did the people who were Orthodox Christian in the book do to keep practicing their faith?

What can we do daily to help people in countries where Christianity is illegal or Christians are persecuted?

