



## WEEK SIX

### SPF: Say Prayers Frequently

On June 23, the Orthodox Church commemorates the Sunday of All Saints, which honors the eternal memory of every man, woman, and child, throughout the ages, that “finished the race” having “fought the good fight” and received “the crown of righteousness” (2 Timothy 4:7–8). The list of saints includes names both known and unknown, a reminder of the high calling to holiness for each of us by our baptism and chrismation. Yes, we are ALL called to be saints! How is this possible? The Holy Tradition of the Church encourages us to look to the faithful example of the saints. We are inspired by their godly virtues and emulate them in ways that apply to our particular time, place, and capacity. We simultaneously follow a path to Christ that is both similar to others and unique to our circumstances.

This week, before or after your daily prayers, look up the saints commemorated for each day. If time permits, read the story designated for them. You can find this information at [www.goarch.org](http://www.goarch.org).

As a family, learn the *apolytikion* (dismissal hymn) for each individual’s patron saint or feast day. In time, you can add these to your family’s prayer rule, spoken or sung. Check with your priest, chanter, or choir director if you’d like additional guidance.

*The saints were people like all of us. Many of them came out of great sins, but by repentance they attained the Kingdom of Heaven. And everyone who comes there comes through repentance, which the merciful Lord has given us through His sufferings.*

—St. Silouan the Athonite

# Dive In: Random Act of Kindness

*Help the afflicted. Comfort those in sorrow. You who are strong, help the weak. You who are rich, help the poor. You who stand upright, help the fallen and the crushed. You who are joyful, comfort those in sadness. You who enjoy all good fortune, help those who have met with disaster. Give something to God in thanksgiving that you are of those who can give help, not of those who stand and wait for it; that you have no need to look to another's hands, but that others must look to yours. Grow rich, not only in substance, but also in piety; not only in gold but also in virtue; or rather, only virtue. Be more honored than your neighbor, by showing more compassion.*

—St. Gregory the Theologian

Try to commit a random act of kindness this week for a neighbor or stranger. If it can be done anonymously, so much the better!

Here are some suggestions:

- Sweep your neighbor's driveway.
- Pay for the car behind you in the drive-through.
- Deliver cookies with a note of thanks to your local firehouse.
- Buy flowers for someone who could use a pick-me-up.

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

## Vitamin D: A Saint Among Us

High atop a monastery on Holy Mt. Athos, there lived an abbot whose monastery suffered from constant gossiping and quarreling among the brother monks. A good and faithful servant of the Lord, the abbot was greatly troubled by this dilemma and sought to bring an end to this strife. To bring resolution to this increasingly divisive situation, he entrusted his spiritually ailing community to the care of one of the elders, bid farewell to the monks, and ventured off on a journey to a thriving monastery, the health of which was attributed to the leadership of its wise and discerning abbot. Upon approaching the humble cell of the brotherhood's luminary abbot, the troubled abbot prayed fervently that the meeting would render some sign of answer to bring back to his distraught community. Sitting for some time, the distraught abbot explained to the spiritual father, in great detail, the nature of the discord plaguing his flock. Listening patiently and intently, the latter responded thus, "Your situation sounds grave, but with much sadness I am afraid that I must confess to you that I have no advice or guidance to give to you. However, there is one thing that I think you should know. At your monastery there lives a saint among the monks." Astonished by this revelation, the abbot returned immediately to his flock and reported these words. In no time, a strange thing happened. Not knowing who among them might be a saint, the brothers began to look at one another in a new and more loving manner. They began to be kind to one another in a way the abbot never thought possible and, although the saint in question was never revealed, a miracle did happen: harmony and love were restored to the life of that Christian community.

—Author Unknown

**As you go about your daily lives this week, be mindful that there is a saint among you.**

