



WEEK TWO

SPF: Say Prayers Frequently--and Read the Bible too!

We are focusing this summer on our calling to “go forth” as apostles. This isn’t an invitation for a select few; we are all called to live in, and share, the light of Christ. The following prayer for missionaries has been adapted in order to help in discerning how God might send us out to the world as His witnesses. As we continue our journey, add the following to your family’s prayer time this week.

Christ our God, you called the Apostles to follow You and to become fishers of men. You commissioned them to make disciples of all nations and to feed your sheep. On the day of Pentecost, You sent the Holy Spirit to fortify them, enabling them to fill peoples lives with Your saving love. Continue to act today, loving Savior, for the good of Your Holy Church. Send Your Holy Spirit upon all of us and inspire us to respond to Your Great Commission and to serve You as apostles in the world, for the building up of Your Body, the Church.

Through the prayers of all the holy missionary Saints, strengthen us in humility and love. For You are a loving and merciful God, and unto You we give glory, together with Your eternal Father, and Your all-holy, good and life-giving Spirit, now and forever and unto ages of ages. Amen. – Adapted from a Prayer for Missionaries

As a family, go over the epistle reading for Pentecost Sunday and discuss the following questions:

WHEN THE DAY of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, “Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God.” - Acts of the Apostles 2:1-11

- *What is happening in this epistle reading?*
- *What do you think it would have been like to be present with those in the house when the Holy Spirit descended?*
- *We receive the "gift of the seal of the Holy Spirit" at our chrismation--often, just after we are baptized into the Church. How can we be mindful of this so our own tongues can confess "the mighty works of God," living daily by the guidance of the Holy Spirit that dwells in us?*

LIFE GUARD: St. Macrina the Elder (May 30)

St. Macrina was the mother of St. Basil the Elder, the mother-in-law of St. Emilia and the grandmother of St. Basil the Great, St. Gregory of Nyssa, St. Peter of Sebaste, and St. Macrina the Younger. She lived in Neocaesarea in the late in the third century at a time when Christians were being persecuted. She became acquainted with St. Gregory Thaumaturgus, the first bishop of Neocaesarea, when she was a child. He was responsible for converting the many people of that city to Christianity.

Macrina and her husband fled to a forest near their home during the persecutions under the rule of the Roman emperor Diocletian. They endured many hardships but patiently waited and prayed for the abuses to end. When they were able to return home, they discovered that their belongings and property had been taken from them.

Macrina's example of faith had a tremendous influence, as we can see from the recognized saints in her family tree. She didn't do this as a learned theologian or tireless missionary but, rather, by being a wife, mother, and grandmother that loved her family second only to her love and devotion to God.

To learn more about the life of St. Macrina the Elder, read the book *Keeper of the Light: St. Macrina the Elder, Grandmother of Saints* by Bev Cooke and published by Ancient Faith Publishing. You can also listen to the book on the podcast Under the Grapevine with Dr. Chrissi Hart by going to <http://www.ancientfaith.com/podcasts/grapevine>.

DIVE IN: Apostles Log

Reflect on the epistle account of Pentecost. Maybe you can draw a picture of it in your journal. Consider writing something about how, like St. Macrina, we can faithfully serve and witness Christ in our current family role (parent, child, grandchild, godparent, etc.) and in our vocation (student, homemaker, professional, etc.).

Don't forget to share your pictures with us!

#soakuptheSON

VITAMIN D: From St. Basil the Great (Grandson of St. Macrina)

"[The Holy Spirit] is present as a whole to each and wholly present everywhere. He is portioned out impassably and participated in as a whole. He is like a sunbeam whose grace is present to the one who enjoys him as if he were present to such a one alone, and still he illuminates land and sea and is mixed with the air. Just so, indeed, the Spirit is present to each one who is fit to receive him, as if he were present to him alone, and still he sends out his grace that is complete and sufficient for all. The things that participate in him enjoy him to the extent that their nature allows, not to the extent that his power allows."

