



WEEK NINE

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

Welcome back, families! For the final week of Soak Up the SON we'll focus on the virtue of humility and the role it plays as we "go forth." The Prayer of St. Ephrem is traditionally offered during Great Lent, and it lifts us toward heaven as we humbly ask that our sinful passions be replaced with divine virtues. Add it to your family prayers this week. (After each stanza, add a full prostration or a bow as is physically possible.)

*O Lord and Master of my life! Take from me the spirit of sloth,
faint-heartedness, lust of power, and idle talk.*

*But give rather the spirit of chastity,
humility, patience, and love to Thy servant.*

*Yea, Lord and King! Grant me to see my own errors
and not to judge my brother, for Thou art blessed unto ages of ages. Amen.*

As a family, go over the following scriptural passage and discuss the questions that follow. If you have younger children, paraphrase for their understanding.

Now before the Feast of the Passover, when Jesus knew that His hour had come that He should depart from this world to the Father, having loved His own who were in the world, He loved them to the end. And supper being ended, the devil having already put it into the heart of Judas Iscariot, Simon's son, to betray Him, Jesus, knowing that the Father had given all things into His hands, and that He had come from God and was going to God, rose from supper and laid aside His garments, took a towel and girded Himself. After that, He poured water into a basin and began to wash the disciples' feet, and to wipe them with the towel with which He was girded.

Then He came to Simon Peter. And Peter said to Him, "Lord, are You washing my feet?" Jesus answered and said to him, "What I am doing you do not understand

now, but you will know after this." Peter said to Him, "You shall never wash my feet!" Jesus answered him, "If I do not wash you, you have no part with Me." Simon Peter said to Him, "Lord, not my feet only, but also my hands and my head!" Jesus said to him, "He who is bathed needs only to wash his feet, but is completely clean; and you are clean, but not all of you." For He knew who would betray Him; therefore He said, "You are not all clean."

So when He had washed their feet, taken His garments, and sat down again, He said to them, "Do you know what I have done to you? You call Me Teacher and Lord, and you say well, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you. Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them (John 13:1-17).

- What is taking place in the passage?
- Why was this an important example for Christ to model?
- How can we 'go forth,' allowing Christ's humility to translate within our lives?

LIFE GUARD: St. Porphyrios (December 2)

Saint Porphyrios was an Athonite hieromonk known for his gifts of spiritual discernment, a type of clairvoyance he, at times, called "spiritual television." He was born February 7, 1906 in the village of St. John Karystia, in the province of Evia. His parents, Leonidas and Eleni Bairaktaris, baptized him "Evangelos." He was the fourth of five siblings.

He was tonsured as a monk at the age of fourteen or fifteen with the monastic name "Nikitas." He served in the Athonite skete of Kafsokalyvia, in the Cell of St. George under two spiritual fathers: Fr. Panteleimon and Fr. Ionnakios. Suffering with pleurisy, he departed from the Holy Mountain and returned to his birthplace, where he was unexpectedly ordained to the priesthood at the age of 21. With the outbreak of World War II he became a hospital chaplain in Athens, a post he continued to serve in from 1940–1970. His latter years were devoted to the construction of the Holy Convent of the Transfiguration of the Savior.

After 1984 he returned to Mount Athos, occupying the same cell he had been forced to abandon in earlier days. Through his role as spiritual father, Elder Porphyrios would become known to a great number of Orthodox Christians. He fell asleep in the Lord on December 2, 1991, and was declared a saint by the Synod of the Ecumenical Patriarchate on November 27, 2013.

-Adapted from multiple online sources. For more information, visit www.goarch.org.

VITAMIN D: Wisdom from St. Porphyrios

"It is a great art to succeed in having your soul sanctified. A person can become a saint anywhere. He can become a saint in Omonia Square*, if he wants. At your work, whatever it may be, you can become a saint through meekness, patience, and love. Make a new start every day, with new resolution, with enthusiasm and love, prayer and silence — not with anxiety so that you get a pain in the chest." – from the book *Wounded by Love*

** Omonia Square is the commercial center of Athens*

To hear reflections on St. Porphyrios' about parenting, listen to the Family Matters podcast from Fr. Alexander Goussetis, Director of the Center for Family Care, on September 5, 2017:

www.ancientfaith.com/podcasts/familymatters/st_porphyrios_and_child_rearing

DIVE IN: Apostles Log

Final Journal Entry:

This summer we have explored some of the characteristics that allow us the grace to serve as witnesses of our faith. Take some time to reflect on what you have gained from the 2018 version of *Soak Up the SON* through writings or images.

Gifts and Talents
Sacrifice
Love
Truth
Compassion
Humility

**Don't forget to take lots of pictures and videos and share with us!
#soakuptheson**

**Thanks for spending a part of your summer with us!
We, at the Center for Family Care, pray that your family
gracefully transitions to its fall routines. We'll Soak Up
the SON again in the summer of 2019!**



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