September 2019

Family Supplement

Stillness

We began this month’s examination of “Becoming Human” by discussing *stillness.*. In reading the Gospel passage of Martha and Mary (Luke 10:38-42), we see an example of stillness in Mary who sat at the feet of Christ to hear His words and to be close to Him. Continuing the lesson we looked at what stillness looks like in the midst of the hustle and bustle of life, and discussed “laying aside our worldly care so we can receive the King of all” by trying to live in the present moment more intentionally. Continue this conversation by asking your child what they learned, as well as exploring the resources on this page.

For Discussion:

* What does stillness look like in our home? Can you think of times family members are still or calm?
* Why is stillness so important to our relationship with Christ?
* How can we create times for stillness in our home?

*Make a plan for your family to have times of stillness by setting attainable goals that everyone can share in. This can vary depending on your children’s ages and temperaments. Perhaps spend a few minutes sitting near an icon corner or outside under a tree thinking about a story from scripture that you read together first. For more guidance, talk to your parish priest or spiritual father.*

Saint Story

Read the life of St. Seraphim of Sarov:

<http://ww1.antiochian.org/learning-about-saint-st-seraphim-sarov>

How did St. Seraphim’s practice of *stillness* bring him closer to Christ?

Bible Verse

“Be still, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth!” -Psalm 46:10

Building Stillness In the Home

The podcast *Raising Saints* with Elissa Bjeletich offers tools to bring the Orthodox Christian faith to life for our children. In this episode Elissa discusses building stillness in our children, “If we are always busy and noisy, we cannot hear the voice of God.”

<https://www.ancientfaith.com/podcasts/raisingsaints/stillness>

Consider how you can build stillness in your children’s hearts as well as your own.

Activity

Many of us are constantly plugged in to computers, tablets, television, and smartphones in a quest to be constantly “connected”, leaving little time to be physically and mentally still. Set aside time as a family to “fast” from electronics. The duration can be as short or as long as you choose. When the fast is complete, talk about how it went. Can you make an occasional electronics fast a regular practice in your home—monthly, weekly, or even daily?

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“Acquire the spirit of peace and thousands around you will be saved.” – St. Seraphim of Sarov