

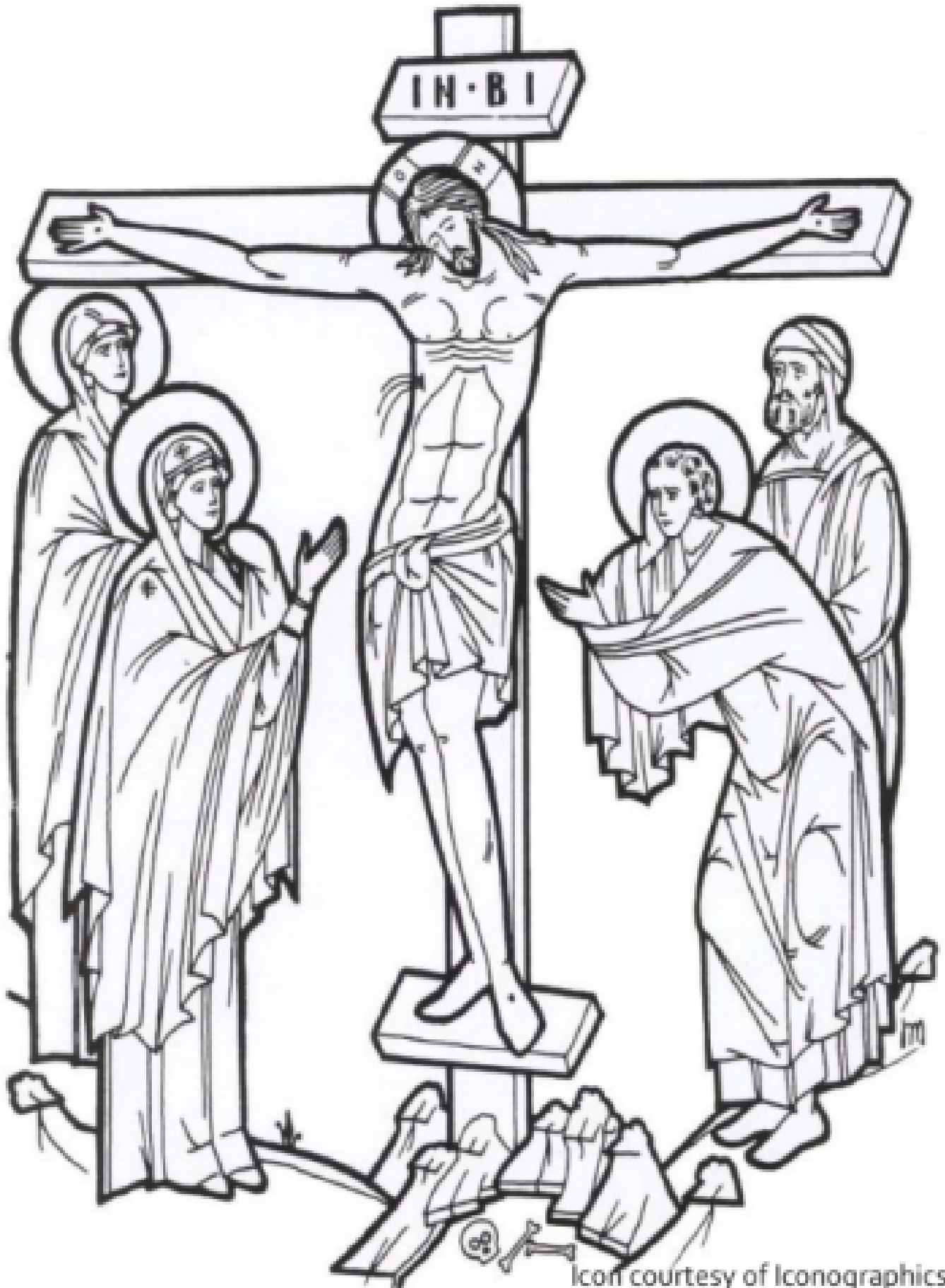
Sunday before the Exaltation of the Cross

Birth of the Theotokos

September 8, 2024



Coloring Icons



Icon courtesy of Iconographics

Galatians 6:

11-18

THE CROSS OF CHRIST, OUR TRUE BOAST. OBSERVE WHAT LARGE LETTERS I MAKE WHEN I AM WRITING TO YOU IN MY OWN HANDWRITING. 12 IT IS THOSE WHO WANT TO GAIN HUMAN APPROVAL WHO ARE TRYING TO COMPEL YOU TO BE CIRCUMCISED, THEIR SOLE PURPOSE BEING TO ESCAPE PERSECUTION FOR THE CROSS OF CHRIST. 13 EVEN THE CIRCUMCISED DO NOT THEMSELVES OBEY THE LAW. THEY WANT YOU TO BE CIRCUMCISED SO THAT THEY MAY BOAST IN YOUR FLESH.

14 MAY I NEVER BOAST OF ANYTHING EXCEPT THE CROSS OF OUR LORD JESUS CHRIST, THROUGH WHICH THE WORLD IS CRUCIFIED TO ME AND I TO THE WORLD. 15 NEITHER CIRCUMCISION NOR UNCIRCUMCISION IS IMPORTANT, BUT ONLY A NEW CREATION.

16 BLESSING AND A PLEA. MAY PEACE AND MERCY BE GIVEN TO ALL WHO FOLLOW THIS RULE, AND TO THE ISRAEL OF GOD.[B]

17 IN THE FUTURE, LET NO ONE MAKE TROUBLE FOR ME, FOR I BEAR THE MARKS OF JESUS BRANDED ON MY BODY.

18 MAY THE GRACE OF OUR LORD JESUS CHRIST BE WITH YOUR SPIRIT, BRETHERN. AMEN.

Philippians

2:5-11

5 LET YOUR ATTITUDE BE IDENTICAL TO THAT OF CHRIST JESUS.

THE HUMBLING AND EXALTED CHRIST[A]

6 THOUGH HE WAS IN THE FORM OF GOD, HE DID NOT REGARD EQUALITY WITH GOD AS SOMETHING TO BE GRASPED.

7 RATHER, HE EMPTIED HIMSELF,[B]

TAKING THE FORM OF A SLAVE, BEING BORN IN HUMAN LIKENESS.

BEING FOUND IN APPEARANCE AS A MAN,

8 HE HUMBLING HIMSELF, AND BECAME OBEDIENT TO DEATH, EVEN DEATH ON A CROSS.

9 BECAUSE OF THIS, GOD GREATLY EXALTED HIM

AND BESTOWED ON HIM THE NAME THAT IS ABOVE ALL OTHER NAMES,

10 SO THAT AT THE NAME OF JESUS EVERY KNEE SHOULD BEND

OF THOSE IN HEAVEN AND ON EARTH AND UNDER THE EARTH,

11 AND EVERY TONGUE SHOULD PROCLAIM TO THE GLORY OF GOD THE FATHER:

JESUS CHRIST IS LORD.[C]

John 3:

13-17

Jesus Christ, Savior and Judge[\[a\]](#)

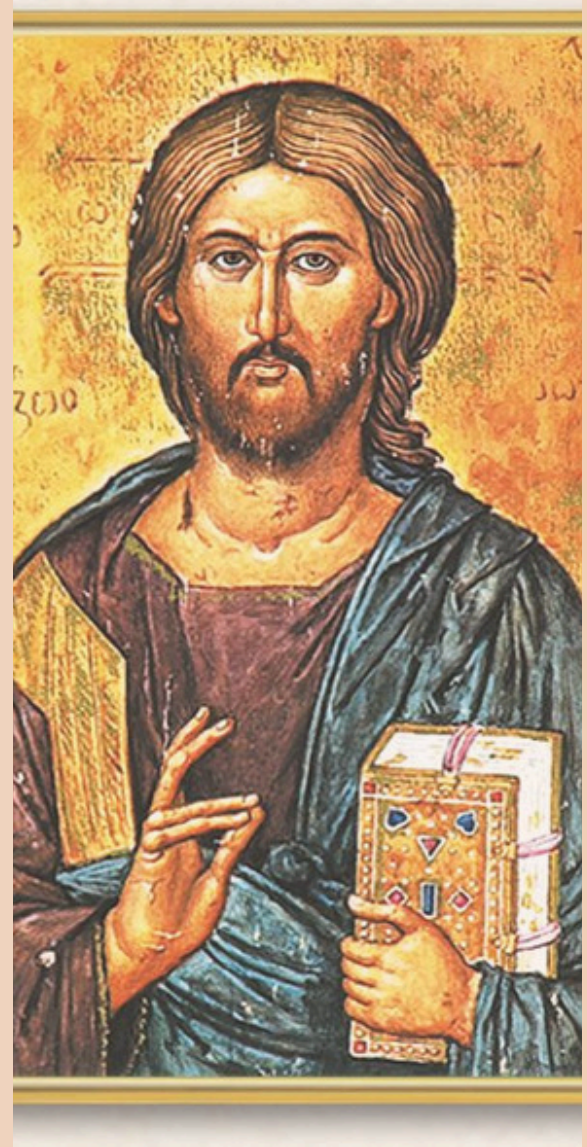
13 “No one has gone up to heaven except the one who descended from heaven, the Son of Man.

14 And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up,[\[b\]](#)

15 in order that everyone who believes in him may have eternal life.

16 “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may attain eternal life.

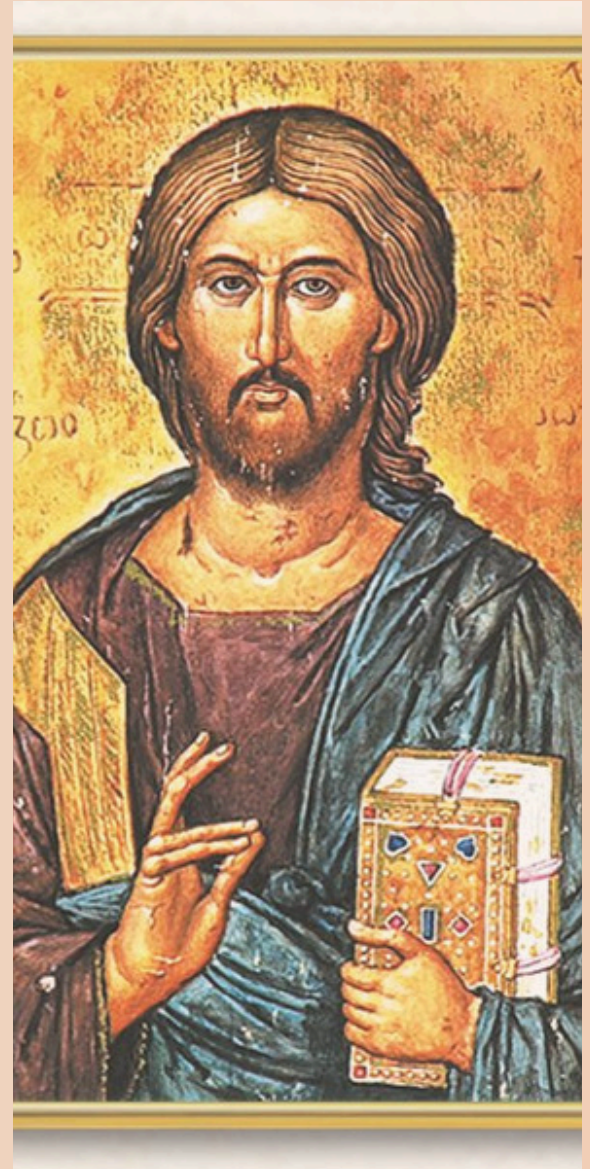
17 “For God did not send his Son into the world to condemn the world but in order that the world might be saved through him.



Luke 10:38-42 & 11:27-28

38 Martha and Mary.[a] In the course of their journey, he came to a village where a woman named Martha welcomed him into her home. 39 She had a sister named Mary who sat at the Lord's feet and listened to what he was saying.

40 But Martha was distracted by her many tasks. So she came to him and said, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her to come and help me." 41 The Lord answered her: "Martha, Martha, you are anxious and upset about many things, 42 when only one thing is necessary. Mary has chosen the better part, and it will not be taken away from her."



27 True Blessedness.[a] While he was speaking, a woman in the crowd called out to him and said, "Blessed is the womb that bore you and the breasts that nursed you!" 28 Jesus replied, "Blessed, rather, are those who hear the word of God and obey it!"

Caught you Listening

○ **Gospel: John 3: 13-17**

Today's Gospel includes one of the most famous verses in the Bible, John 3:16.

Put the words of the verse in order and write them below.

**That Believes Loved But Gave In Should For Whoever Life. Him He
Eternal Only Not World God His The Have So Son That Perish**

Notes

Sunday Before The Exaltation Of The Cross Word Search Puzzle

Words run horizontally, vertically, diagonally & even backwards
Find words as fast as possible to win.

K	K	S	A	V	I	O	R	C	F	K	S
A	E	E	P	A	C	S	E	J	H	F	R
O	N	H	N	L	D	N	L	T	X	B	Q
N	U	Q	R	L	E	C	E	Y	U	R	C
I	G	Z	L	J	L	S	E	V	C	N	J
O	E	V	A	U	B	S	N	I	A	M	E
O	B	O	N	D	U	O	S	W	M	E	N
B	P	S	R	G	O	R	Z	B	Q	D	H
E	E	K	E	E	R	C	C	D	G	N	A
A	F	V	T	R	T	G	A	I	I	O	R
Q	I	E	E	R	V	G	K	T	S	C	P
F	L	Q	E	P	D	E	T	O	Y	R	C

JUDGE OBSERVE TROUBLE LIFE ESCAPE CONDEMN HEAVEN
CROSS SAVIOR ETERNAL

<https://www.proprofsgames.com/word-search/>

Happy New Year!

Did you know that the Byzantine Church calendar actually begins on September 1st and that it counts the years since the creation of the universe?

According to the official calendar of the Creation Era of Constantinople, which was used during the time of the Byzantine Empire from 988-1453 AD, this September 1st you can calculate the official Byzantine New Year!

This date is based on a calculation that came from the Septuagint version of Scripture which determined that the world was created 5509 years before the birth of Jesus. Simply use this calculation: 5509 + the current year = The Byzantine Year!

Things to do for the New Iturgical Year

Plan a New Year's Eve Party!

What does your family do on New Year's Eve? Wouldn't it be fun to plan a party on the evening of August 31st to welcome the new year?

You may want to:

- Invite some guests over for vespers or an akathist
- put up some shiny decorations
- prepare some fancy food
- prepare a list of resolutions for making the coming Iturgical year the best one yet!



Make Some New Years Resolutions

You can use our worksheet to do this individually, or as a family.

Here are some ideas to get you started!

- Resolve to improve your personal daily prayer rule! Say Morning and Evening prayers; Always pray before meals; Pray the Jesus Prayer 10 times, 33 times, 100 times daily, as you can; Pray the Rule of the Theotokos daily if you can;
- Read from the Scriptures or the Church Fathers daily and learn the tenets of the faith well
- Resolve to overcome a bad habit, especially one that keeps you from being the best Christian that you can be.
- Resolve to nourish your physical body properly. Be sure to learn how to join your church family in fasting every Wednesday and Friday, and all other fast days prescribed by the Church Calendar.
- Do an act of service on a regular basis for someone who is disadvantaged.
- Take on an extra chore in your household
 - Visit an elderly relative regularly and help them with household chores;
 - Donate your old clothing, food items, or your extra pensiles to the poor each month.
- Learn more about our Church family! Resolve to get to know your patron saint! Look up the story of the saint after which you were named, or any of the saints of the Church. Did you know that there is a saint or martyr who is celebrated each day? Look at your Church calendar and see! Learn about what made each of them remarkable and how you can learn from their example.
- Resolve to look for ways to help your Church community to grow! Join the choir; Volunteer to clean the church or tend to the grounds as a family or youth group; Make up welcome packets for visitors, collection boxes for food to gather for those in need, or organize activities for the little ones during socials.

Prayer before Communion

O LORD, I BELIEVE AND PROFESS THAT YOU ARE TRULY CHRIST, THE SON OF THE LIVING GOD, WHO CAME INTO THE WORLD TO SAVE SINNERS OF WHOM I AM THE FIRST.

ACCEPT ME TODAY AS A PARTAKER OF YOUR MYSTICAL SUPPER, O SON OF GOD, FOR I WILL NOT REVEAL YOUR MYSTERY TO YOUR ENEMIES, NOR WILL I GIVE YOU A KISS AS DID JUDAS, BUT LIKE THE THIEF I PROFESS YOU: REMEMBER ME, O LORD, WHEN YOU COME IN YOUR KINGDOM.

REMEMBER ME, O MASTER, WHEN YOU COME IN YOUR KINGDOM.

REMEMBER ME, O HOLY ONE, WHEN YOU COME IN YOUR KINGDOM.

MAY THE PARTAKING OF YOUR HOLY MYSTERIES, O LORD, BE NOT FOR MY JUDGMENT OR CONDEMNATION BUT FOR THE HEALING OF SOUL AND BODY.

O LORD, I ALSO BELIEVE AND PROFESS THAT THIS, WHICH I AM ABOUT TO RECEIVE, IS TRULY YOUR MOST PRECIOUS BODY AND YOUR LIFE-GIVING BLOOD, WHICH, I PRAY, MAKE ME WORTHY TO RECEIVE FOR THE REMISSION OF ALL MY SINS AND FOR LIFE EVERLASTING. AMEN. O GOD, BE MERCIFUL TO ME, A SINNER. O GOD, CLEANSE ME OF MY SINS AND HAVE MERCY ON ME. O LORD, FORGIVE ME FOR I HAVE SINNED WITHOUT NUMBER.

Prayer for Vocations

O GOD, GREAT IN MIGHT AND INSCRUTABLE IN WISDOM, MARVELOUS IN COUNSEL ABOVE THE SONS OF MEN, FATHER OF ALL PERFECT GIFTS: YOU THE SAME LORD, ENLIGHTEN WITH YOUR HOLY SPIRIT THE HEARTS OF YOUNG PEOPLE AND CALL THEM TO FOLLOW YOUR ONLY BEGOTTEN SON AND OUR SAVIOUR, JESUS CHRIST, THE GOOD SHEPHERD! GIVE THEM THE COURAGE AND GENEROSITY NECESSARY TO OVERCOME ALL OBSTACLES TO THEIR VOCATION, FOR YOU COMPLETE WHAT IS LACKING! GIVE TO THE PARENTS THAT FAITH, LOVE AND SPIRIT OF SACRIFICE WHICH WILL INSPIRE THEM TO OFFER THEIR CHILDREN TO YOUR SERVICE AND REJOICE WHENEVER ONE OF THEIR CHILDREN IS CALLED TO FOLLOW CHRIST IN A SPECIAL WAY OF PRIESTHOOD OR RELIGIOUS CONSECRATION. WE IMPLORE YOU THROUGH THE INTERCESSION OF THE MOST PURE THEOTOKOS AND EVER VIRGIN MARY!

AMEN!