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BYZ KIDS
October 2024
DEMETRIOS MYRRHUSHER

Holy Great-Martyr Demetrius the Myroblyte,
Meanwhile in Byzantium, October Saints,
Classroom connections, Sense-Ability,
Recipes, Choir practice, Word Search,
AND MORE...

BYZANTINIUM
SAINT
FAITH

BYZIKIDS

October Activities Calendar



Scan the QR code to see the links for the activities

This month is filled with so many fun and interesting things to do!
Visit the Activities Index on the ByziKids page at [ByziMom.com](https://www.byzimom.com/byzikids-magazine-extras) for all the links!
<https://www.byzimom.com/byzikids-magazine-extras>

October 1



The Feast of the Protection (Pokrov) of the Theotokos

- Read the Story of Pokrov
- I Spy in My Little Icon: Pokrov
- Protection Coloring Page
- Pokrov Bookmarks Template
- Protection of the Mother of God Song Lyrics
- Protecting our Protectress Shrine Craft
- Riza Game
- St. Romanus the Melodist Story & Recipe
- St. Romanus Coloring Page
- St. Romanus Maze
- I Spy in My Little Icon: St. Romanus

October 13



Sunday of the Fathers of the 7th Ecumenical Council

- 7 Ecumenical Councils Song Lyrics

October 22



2nd Falling Asleep of the 7 Youths of Ephesus:

- Read the incredible story and then get the & Sleepers Pot Pie Recipe

October 16



St. Longinus:

- We have an eye-opening Side Dish Recipe!

October 25



St. Tabitha:

- Make St. Tabitha's Garment Sewing Craft and learn Tabitha's Song

October 6



St. Thomas the Apostle

- Get the St. Thomas's Samosas Recipe

October 17



St. Lazarus:

- Get the Lazarus Party Planner

October 11



Synaxis of the 14 Optina Elders

- Learn the Prayer of the Optina Elders by making our Mobile Craft or the Optina Elders Prayer Bookmark

October 18



St. Luke:

- He is also commemorated on April 22nd, so check out the April 2022 issue of ByziKids from the Archives and read about how he painted a portrait of the Theotokos! Then practice the play, *We Are All Artists*, by Khouria Sylvia Dorham, from the April 2022 issue!

October 31



Latin Observance of All Hallows Eve...

- See our All Saints Day Party Planner and commemorate the saints along with our Latin friends!

CHOIR PRACTICE



By Sylvia Dorham

Myrrh Streams Down

A gallant man and holy
Commander Demetrios
Knew true strength is godliness
And faith in Jesus Christ

Like David with Goliath
The boy went forth and scored
Victory over a giant man
Who mocked our Holy Lord

CHORUS:

Healing myrrh streams down
A sweet smell on the ground
The scent of holiness
St. Demetrios, bless!

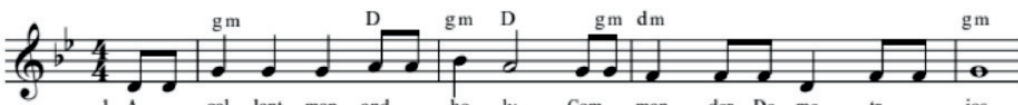
In rage the Emperor ordered
That the boy be killed outside
The same for St. Demetrios
And in the cell he died.

Some jealous men told the Emperor of
Demetrios' faith.
Soldiers threw him in a cell
Under the place where people bathe.

When the soldiers went away
His servant buried him where he lay
From his body, to this day
Myrrh streams down.

In the cell beneath the bathhouse
To a boy, his blessing gave
And the power of the Spirit
Filled that damp and dim-lit cave

Seventeen centuries later
Demetrios is busy with his task
By God's grace to protect and heal
The people who ask.



1. A gal-lant man and ho-ly Com-man-der De-me-tr-ios
2. A jeal-ous men told the Em-per-or of De-me-tr-ios' faith.
3. In the cell be-neath the bath-house to a boy his bless-ing gave



knew true strength is god-li-ness and faith in Je-sus Christ
Sold-iers threw him in a cell un-der the place where peo-ple bathe.
and the pow-er of the Spi-rit filled the the dim-lit cave.



Chorus: Heal-ing myrrh streams down a sweet smell on the



ground. The scent of hol-i-ness Saint De-me-tr-ios, blest!



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To
Listen



KNOW YOUR FAITH

By Lynne Wardach

OCTOBER SAINTS

OCTOBER means that Halloween

is on its way. It is a time when scary tales of zombies and skeletons are told to frighten people, but the Church has a few spooky stories of its own to tell! Here are a few of the October saints and their other-worldly stories.

October 17:

Lazarus of Four Days Dead

Zombies, the walking dead, are a popular Halloween theme but we know that without God's permission that just isn't possible. He allowed it once though!

Lazarus was a very well-known man in Bethany, and there must have been many guests at the funeral and many mourners with his sisters at the cemetery garden when Jesus came there to perform this miracle. What a spectacle it must have been! My children and I used to have fun re-enacting what it must have been like for his mourners and family to witness his rising from the tomb. How often does someone see a man, especially one who had been dead for four days, wake up and come back to life? I'm sure they all RAN home (at top speed...I know I would if I saw someone come out of a tomb!) And I'm sure they told absolutely everyone they met about what Jesus had just done. People were so impressed by



this miracle, that they all resolved that Jesus should be their king. They would meet Him as He entered the city for Passover! They began setting to work, organizing their friends to line the streets to meet Him, and collecting palm branches and olive branches to wave at Him. This angered the Pharisees very much, to the point that, even after Jesus had resurrected and ascended to Heaven, some of them even wanted to see Lazarus to be killed as well! He was a powerful reminder of the

might of Jesus and the Pharisees were very jealous of the power that they held over the Jewish people. Lazarus, however, never wavered in his love for Jesus and sought to help the disciples carry on His Church. He fled to Cypress where the apostles made Lazarus a Bishop. He lived, served, taught, and eventually died there (for the second time) and was buried. Legend tells us that he was never the same after having endured such a profound state. He rarely spoke, and even more rarely did he laugh.

In the ninth century, his remains were discovered and identified, and on October 17, 898AD they were translated, meaning they were moved, to Constantinople where a church was built to house them, and dedicated and named for St. Lazarus.

Lazarus Winding Sheet Game!



Have the children pair up into teams of two. One will be Lazarus, and the other will cover him as fast and completely as he can in his winding sheet of bathroom tissue! Start the clock! The first to wrap him up completely wins!

October 22: The Seven Holy Sleepers



When we recite the Creed we say that we "expect the resurrection from the dead", but what does this really mean? Can we really expect someone to rise from the dead on the last day after fifty, a hundred, a thousand years?? Is this really possible?

One day in the fifth century, on Mount Eschlou near the city of Ephesus a man was walking around his property when he came upon some strange stone masonry blocking the entrance of an abandoned cave. Deciding it was not useful to him there, he arranged to have the masonry torn down. Little did he know that within that cave, there were seven young men in hiding. When they emerged from the cave, to the great surprise of all who witnessed it, the young men explained that they were hiding from the Emperor Decius, an emperor during the THIRD century era of persecution, who accused the young soldiers of the crime of Christianity. How could this be? They hid in the cave TWO HUNDRED YEARS before they were let out of it???

Their story made no sense because Christianity was perfectly legal in the fifth century and Decius had long been dead! As God would have it orchestrated, the city administrator who was listening to the story was none other than the Bishop of Ephesus, who began to recognize that God was surely at work. At the entrance of the cave, they found a sealed metal box, inside of which was a plaque, stating the names of each of the young

Christians, the date of the masonry and the reason for it. It seems someone had seen the men enter the cave and reported it to Decius, who ordered the construction. Two of the men assigned to guard the masonry were secret Christians and decided to mark the site as it was surely the scene of true martyrdom. The truth was now becoming very apparent to the Bishop. These men had been asleep for two hundred years, yet here they were, bodies and minds intact, indistinguishable from those who had been born hundreds of years later. The resurrection of the body was truly possible!

October 26: St. Demetrios the Myrrh-streamer



The bones of the saints who have passed into eternal life are often kept and venerated as holy relics. These relics provide us with a tangible connection to the saint from whom they came and are often associated with miraculous events. The myrrh-streaming bones of St. Demetrios are no exception!

Once there lived a certain monk on the Mount of Cholomon in central Macedonia in Greece, who doubted the story about the miraculous myrrh streaming from St. Demetrios's relics. He thought to himself that there were more worthy martyrs who didn't receive the same grace.

How could it be? That night the monk had a dream that he was in the Church of St. Demetrios and a man there had unlocked the gate to the tomb so that the monk could venerate the relics. When he kissed the tomb he noticed that it was covered in fragrant oil. He asked the man to help him remove the marble slab from the tomb to see where the oil was coming from and when they did so they saw the incorrupt body of St. Demetrios flowing with fragrant myrrh, so much so that the monk feared he might drown in it! When he called out to St. Demetrios for help, the monk woke from his dream and found that he was drenched in the fragrant myrrh.

Source: The Orthodox Word, Saint Herman of Alaska Brotherhood, Platina, California

Once Upon a SAINT

by Rebecca O'Loughlin

HOLY GREAT-MARTYR DEMETRIUS THE MYROBLYTE



My dearest children, have you ever seen an icon of two soldiers riding on horses? One soldier is on a white horse, the other on a red horse. The soldier on the white horse is St. George (you know, the one who killed the dragon), and the one on the red horse is St. Demetrius. In Bulgaria the two are thought to be brothers, since both lived and died around the same time and had a noble Greek father. We know that Demetrius' father was a Roman proconsul in Thessaloniki. The family were all secret Christians, and they had a little chapel in their home where Demetrius would often visit and pray between chores and studies.

Legend says that George and Demetrius decided that when they were grown up, they would separate. At that time, the Roman Empire was divided into two halves: Emperor Maximian ruled from Italy to the west (he chose a sub-emperor to help him by the name of Constantin I, who ruled mainly the barbaric north-west and was the father of St. Constantine); Emperor Diocletian ruled from the east of Italy and into Turkey, with his seat in

Byzantium (His sub-emperor was Maximian Galerius, who ruled the western side of the eastern empire in Greece). Demetrius chose to be a Roman soldier in the western side of the Eastern Kingdom under Emperor Galerius, and George chose to be a Roman soldier in the Eastern Kingdom under Emperor Diocletian. Even though they may not have been blood brothers, George and Demetrius were brothers in arms and brothers in Christ. Both men died around the same time, and work great miracles in the name of Christ.

Our story today is about Demetrius, who is thought to have been as many as three years older than George. When Demetrius was a young man and became a soldier in Greece, he worked hard and was very studious. He continued his religious devotions in secret, loving God with his whole heart. And God made Demetrius successful in everything he did. He soon caught the eye of the Emperor Galerius, who commanded a visit from the young soldier.

Demetrios was treated well, with fruits and good things to drink.

"Demetrios!" The emperor told him, "I am impressed by your abilities. You remind me of your father!"

"Thank you, Imperator!" Demetrios replied.

"I need a proconsul in Thessaloniki. As that was your late father's position, I am delighted to hand it over to you. You will defend the city of Thessaloniki against her enemies!"

Demetrios bowed his head. "Imperator, I will serve Thessaloniki faithfully with all my heart, and I will be glad to protect her against her enemies."

"Praise the gods," the Emperor replied. "It is about time that somebody got rid of all those awful Christians. We must put to death anyone who calls on the name of Christ."

Demetrios said nothing, but upon returning home, Demetrios publicly confessed and glorified Christ. He destroyed pagan idols and canceled public pagan celebrations.

The people of Thessaloniki loved Demetrios and it didn't take long before nearly the whole city had become Christian.

When emperor Galerius found out, he was very angry. He vowed to lead his army through Thessaloniki and slaughter the Christians there. In response, Demetrios proclaimed a fast in preparation for martyrdom and gave away everything he owned. When emperor Galerius showed up, Demetrios was waiting.

"What is the meaning of these reports I have heard?" Galerius roared. "Have you truly lost your mind and confessed Christ Jesus?"

Demetrios smiled. "I have not lost my mind, but found it, Imperator. I confess the Holy Name of Jesus. The Roman gods cannot hear, speak or breathe. I choose the God that is living and hears all our prayers."

"We will see how well He hears your cries in the lions' den, Demetrios!"

Demetrios remained unharmed by the hungry lions and was instead comforted by an angel. Meanwhile, the games at the circus were going on at Thessaloniki. The emperor thought it would be amusing to have various Christians wrestle with a pagan champion on a platform built above spears. He brought the champion Lyaeos to Thessaloniki specifically for this purpose. The victorious wrestler would throw the others off the platform and onto the spears where they would writhe in agony.

A Christian boy by the name of Nestor was to fight the pagan champion during the next games. Nestor was able to approach Demetrios and talk to him.

"Demetrios," Nestor said, "please bless me and pray for me, so that I have courage to fight Lyaeos the Champion. He is so big and I am so small, it is sure to

be a short fight."

Demetrios placed a hand on Nestor's head. "Dear brother," he replied, "you will fight and win just as David was victorious against Goliath. God go with you!"

Nestor was the winner, just as Demetrios foretold. As the fight began, and the two men grappled, Nestor cried out:

"My Lord Jesus, the God of my teacher, Demetrios, protect me!"

Lyaeos promptly slipped and fell on the spears. The emperor was so angry that he had Nestor martyred the very next day (but out of sight from the games, as it would have looked bad to kill the victorious wrestler. Nestor's feast day is on October 27). Galerius then sent 306 soldiers down to the prison to Demetrios, each running him through with his sword.

Galerius had Demetrios' body thrown outside to the wild animals. Lupus, a faithful servant of Demetrios, removed the bloody clothes and the imperial ring from Demetrios' finger. He buried the body in a crypt and used the holy soldier's relics to heal the sick with these items. The emperor eventually ordered Lupus to be arrested and killed as well (His feast is August 23).

A Church was built over the spot of St. Demetrios' crypt, and when Demetrios' body was uncovered, it was discovered to be incorruptible and exuding the most heavenly smelling myrrh oil, which also caused many miracles and healing. He is called a "Myroblyte," which means myrrh-gusher. Although many attempts were made to remove Demetrios' body from Thessaloniki, none were successful. St. Demetrios vowed to protect Thessaloniki, and does so to this day.

Do you remember that Demetrios is depicted on a red horse? It is because of his martyrdom and because Demetrios was so willing to give his life as a sacrifice for the people of Thessaloniki. We celebrate the holy great martyr Demetrios' feast day on October 26th. If your name is Demetrius, Demetrios, Dimitri, Dimi, Dema, or Demarius, you may claim St. Demetrios as your special friend in Heaven.

Anointing oil in honor of St. Demetrios:

1 Tbsp olive oil
6 drops myrrh essential oil (12 if not using other essential oils)
3 drops cinnamon essential oil (optional)
1-2 drops lemon essential oil (optional)

Mix and put oil in a small container. Bring it to your priest to bless, and caregivers can anoint their child (ren) every night before bed.

Blessing over children (Numbers 6:24-26):

May the Lord bless you and keep you; may His face shine upon you and be gracious to you. May the Lord turn His face upon you and give you peace.

I SPY IN MY LITTLE ICON



By Kim Fritzes

Saint Demetrios of Thessaloniki also known as Holy Great-Martyr Demetrios the Myrrh-Gusher. And also as The Holy, Glorious Demetrios the Myrrh Gusher of Thessaloniki. Our icon this month comes from Saint George Church in Agios Vasileios in Crete, Greece.

In this Byzantine icon Demetrios is seen sitting on a red horse dressed as a soldier with his cape billowing behind him. He is spearing another soldier below him who is one of the invaders who were threatening Thessaloniki. This soldier is often referred to as "the King of the Infidels" or it is thought to be a gladiator named Lyaeus. However, traditionally, Demetrios didn't slay Laeus, but one of his followers, Nestor did, after Demetrios was put in jail for preaching the Gospel to pagans and converting them to Christianity. Demetrios was martyred in his jail cell at the Roman forum in the year 303AD.

On the horse behind Demetrios is a smaller figure, not a child but a man; Bishop Cyprian that Saint Demetrios rescued from the invaders. Why is Bishop Cyprian so small? In icons, the main person or people being represented are larger than the 'lesser' important figures. So even though Bishop Cyprian has a part to play, the icon is focused on Saint Demetrios.

Among the hills in the background we see small shrubs and a building to the right side which represents the city of Thessaloniki which Saint Demetrios is protecting from invaders. Today, Thessaloniki has a beautiful church dedicated to Saint Demetrios. His relics are there and a lovely scented myrrh seeps out of them. This is why Demetrios has Myrrh Gusher added to his name.

Saint Demetrios' icon is very similar to the icon of Saint George and the Dragon. Both are dressed as soldiers, both riding horses, both have lances in their hands. Demetrios is spearing another soldier while George spears a dragon. If you have an icon of St. George and the dragon compare it with this Saint Demetrios icon and see what other similarities and differences you can see.



The Eastern Church celebrates All Saints of Thessaloniki on October 26 on the new calendar. On the old calendar his feast day is November 8th. The Western Church celebrates St Demetrios on April 9. He is the patron saint of the city of Thessaloniki, soldiers, agriculture, peasants, and shepherds.

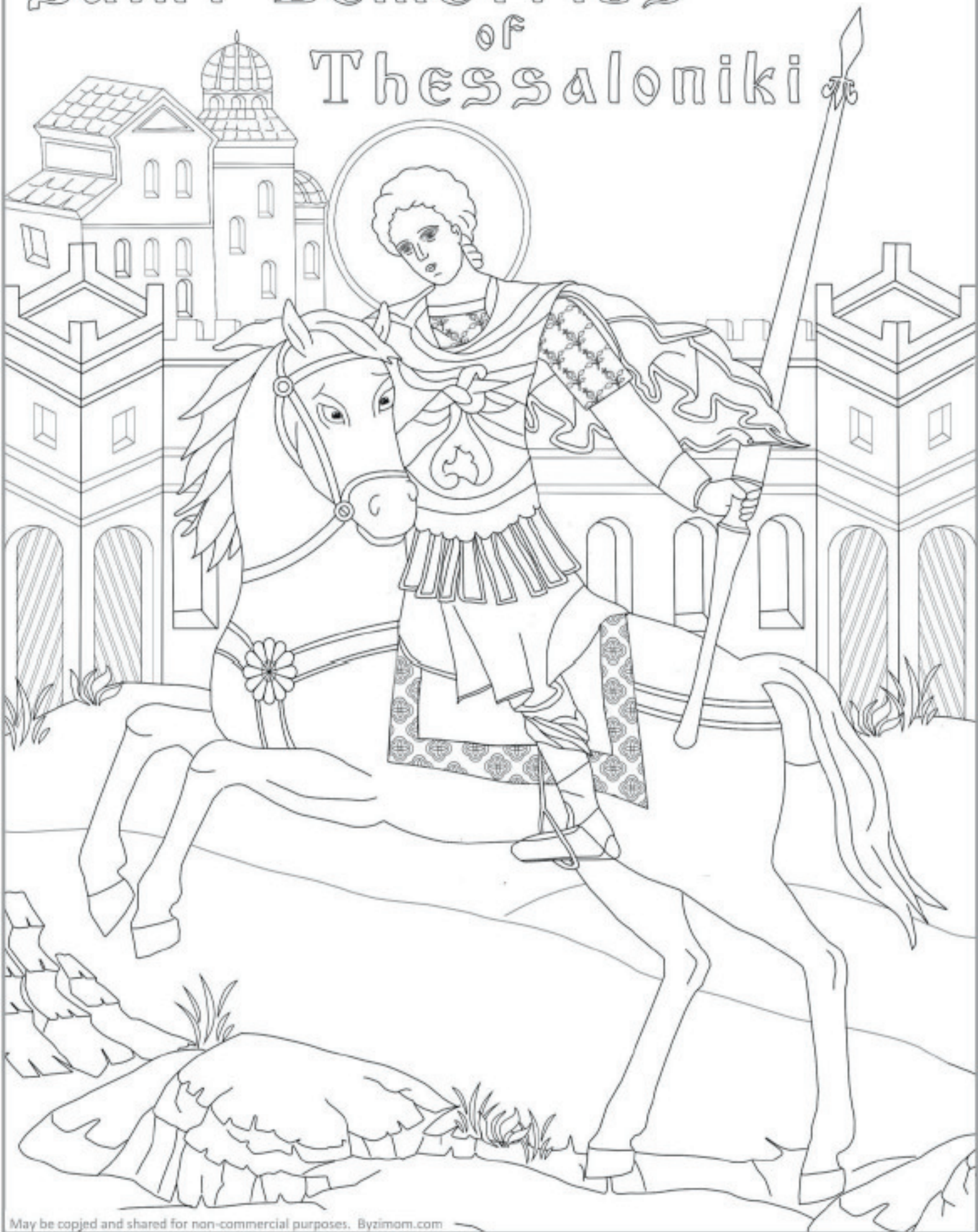
Apolytikion (Third Tone)

The world has found in you a great champion in the time of peril, as you emerged the victor in routing the barbarians. For as you brought to naught the boasts of Lyaios, imparting courage to Nestor in the stadium, in like manner, holy one, great Martyr Demetrios, invoke Christ God for us, that he may grant us His great mercy.

Kontakion (Second Tone)

God, who gave you invincible power and with care kept your city invulnerable, royally clothed the Church in purple with the streams of your blood, for you are her strength, O Demetrios.

Saint Demetrius of Thessaloniki



MEANWHILE, BACK IN BYZANTIUM

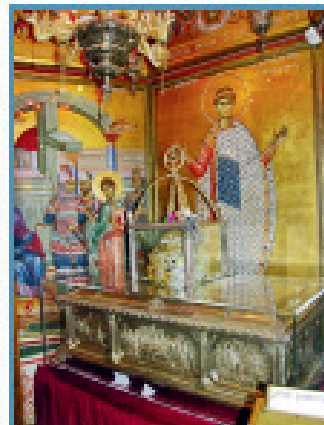
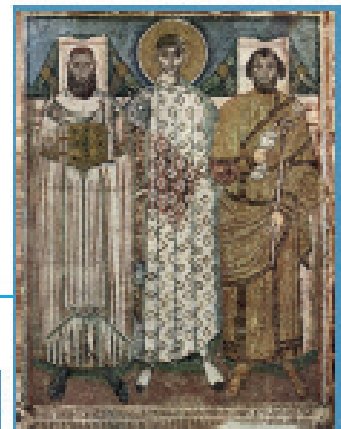
by Kathryn Reetzke

Did you know that Thessaloniki was considered the second most important city to the Byzantine Empire in the 6th century? After the martyrdom of St Demetrius in 303 AD, the site of his myrrh streaming body became the center of this cathedral complex named after the saint. Though the church itself experienced multiple destructive fires, an Ottoman invasion, conversion to a mosque, and the passage of time—it stands today with the crypt of St Demetrius still intact! The fountain of holy oil was accessed even during the Ottoman occupation for local Christians.

It is now once again an Orthodox cathedral that can be visited today! Beneath the church floors remains the original Roman bath house where the martyr was killed in 303AD. Faithful Christians visited the site and were able to take home some of the holy myron (sweet smelling oil) that gushed forth in the fonts over the saint throughout the 6th to 14th centuries. This area was rediscovered after a fire in 1917. Byzantine era icons and mosaics from as early as the 5th century were restored in the 1940s. Despite its location westward from Constantinople, Thessaloniki proved to be a place of faithful saints and followers of Christ even throughout persecution. May St Demetrius also gush forth miracles for us in times of need!

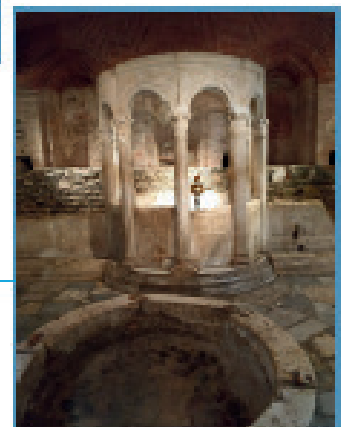
"In you, O Martyr Demetrius, the world has discovered a champion in its troubles, and so, as you have routed the nations and smashed the pride of Lyaerus, and encouraged Nestor to struggle, pray to Christ our God to grant great Mercy to our souls" Troparion tone 3

Mosaic of St Demetrius with a Bishop and possibly local official of the 7th Century, public access image.



Reliquary of St Demetrius within the church

Font within the underground catacombs



Outside view of St Demetrius Church in Thessaloniki

St. Lazarus Sweet BUNS



Ingredients

- 1 package of dry yeast
- 2 cups warm water (about 100 degrees)
- 2 Tbsp sugar
- 1 Tbsp salt
- 1/2 cup coconut (or other) oil, melted
- 5-7 cups of flour



Preparation

Add the warm water to the yeast and sugar in a large mixing bowl and allow it to sit 10 minutes or so until the yeast begins to bubble (proof). Add the salt and oil, and then the flour, mixing in the last cup or so only if necessary, to make a workable dough. Knead 10 minutes until smooth and elastic. Cover with plastic wrap and allow the dough to sit in a warm place until doubled in bulk, (about an hour). Once our dough has risen and doubled, we can roll it out and use a gingerbread-man cookie cutter to make little Lazarus. Give him two raisin eyes, then place him on a greased baking sheet and cover him with a clean white cloth...poor fellow. It is time to mourn the death of our friend, Lazarus. While he's laid out (in a warm place) you can read the bible story, so we know exactly what has happened to Jesus' best friend. (John 11:1-45)

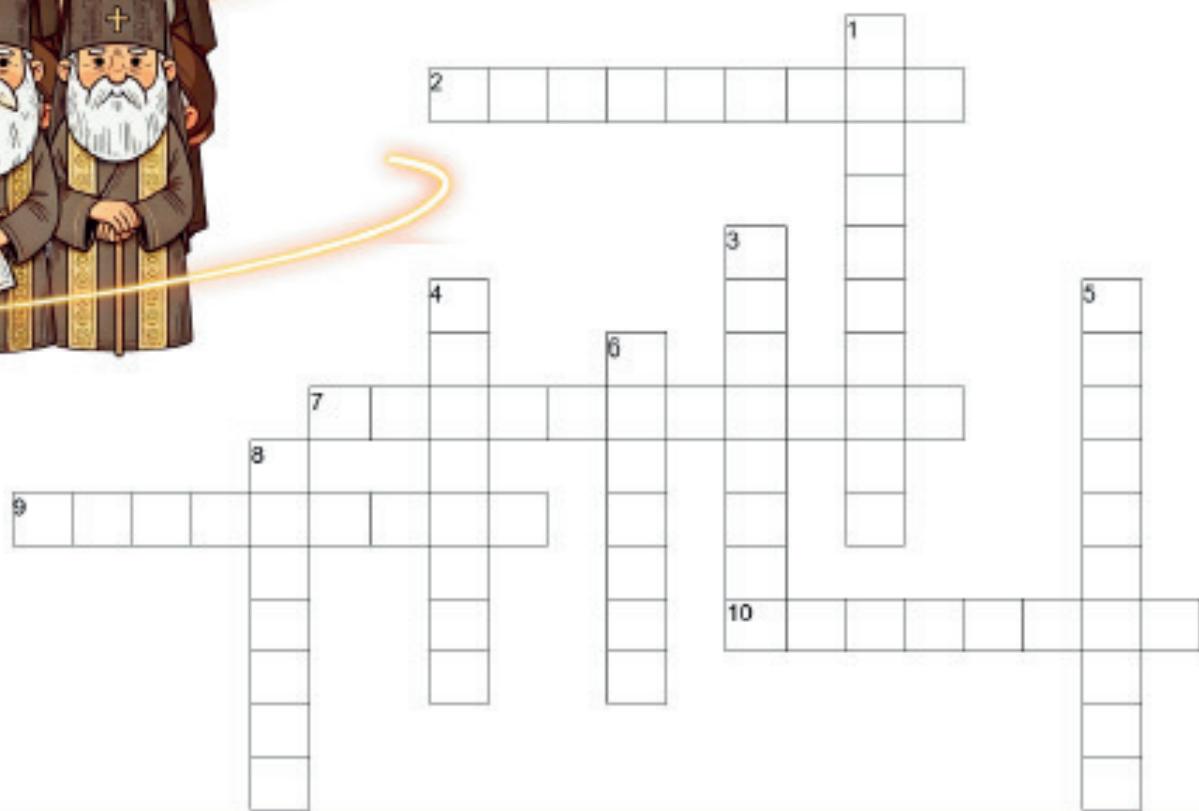
How would you feel if you were standing in the cemetery and had just seen someone call out a man who was buried there for four days? What would you do? Well, first I would probably run until I couldn't run anymore! But then, I would think about what I just saw. No wonder they wanted to make Jesus a king! What power! What influence! They all shouted and waved and welcomed Jesus into Jerusalem as a triumphant king! All but the Pharisees...THEY wanted the influence! THEY had the power! And to them, Jesus only got in their way.

After the story, you can place our poor friend Lazarus in the tomb...I mean, the oven...and bake at about 375 degrees, for about 12-15 minutes or so, just until he's risen (and slightly golden brown!). When the timer goes off and he's done, the children may imitate Our Lord and shout, "Lazarus, Come forth!", before you open the oven door....they always love to do that. Once the Lazarus Buns are completely cooled, you can mix up his winding-sheet glaze.

Winding Sheet Glaze

In a medium mixing bowl, combine: 1 cup powdered sugar a dash of vanilla or almond flavoring water Add one Tbsp of water at a time, to make a glaze of a "white glue" consistency. Spoon it into a plastic bag. Cut the tip off the bag and then pipe on his winding-sheet, making sure not to cover his raisin eyes!

Optina Elders' Morning prayer



Across

2. Grant that I may deal gently and wisely with all, not embarrassing or _____ anyone
7. O Lord, grant that I may meet all that this coming day brings to me with spiritual _____ II.
9. Grant that I may fully _____ myself to Thy holy Will.
10. O Lord, grant me the _____ to endure the fatigue of the coming day and all that happens during it

Down

1. In all _____ occurrences, do not let me forget that all is sent down from Thee.
3. Direct my thoughts and _____ in all my words and actions.
4. _____ news may reach me in the course of the day, teach me to accept it with a calm soul
5.and the firm _____ that all is subject to Thy holy Will
6. At every hour of this day, direct and _____ me in all things.
8. Direct my will and teach me to pray, to _____, to hope, to forgive, and to love. Amen.

