



Saint Barbara Greek Orthodox Church
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News & Announcements
May 26, 2019

Sunday of the Samaritan Woman
Κυριακή της Σαμαρειτιδος



- Carpos and Alphaeus, Apostles of the 70 5/26/2019
- Alexandros the New Martyr of Thessaloniki 5/26/2019
 - George the New of Sofia 5/26/2019
- Augustine, Archbishop of Canterbury 5/26/2019

NEWCOMERS AND VISITORS ARE ALWAYS WELCOME

Sunday Worship Schedule: Matins 9:00 am & Divine Liturgy at 10:00 a.m.

To Our Visitors and Guests

We welcome you to worship with us today, whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are pleased to have you with us. Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians in good standing with the Church, all are invited to receive the Antidoron (blessed bread) from the priest at the conclusion of the Divine Liturgy. The Antidoron is not a sacrament, but it is reminiscent of the agape feast that followed worship in the ancient Christian Church. After the Divine Liturgy this morning please join us in the Church Hall for fellowship and refreshments. Please complete a Visitor's Card before you leave today and drop it in the offering tray, or give it to one of the parishioners after the service, or mail it to the Church Office.

The Sunday Epistle Reading

Acts of the Apostles 11:19-30



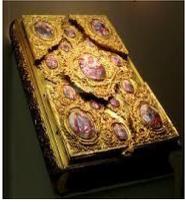
In those days, those apostles who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord. So Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the disciples were for the first time called Christians. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabus stood up and foretold by the Spirit that there would be a great famine over all the world; and this took place in the days of Claudius. And the disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea, and they did so, sending it to the elders by the hand of Barnabas and Saul.

Πράξεις Αποστόλων 11:19-30

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, διασπαρέντες οἱ Ἀπόστολοι ἀπὸ τῆς θλίψεως τῆς γενομένης ἐπὶ Στεφάνῳ διῆλθον ἕως Φοινίκης καὶ Κύπρου καὶ Ἀντιοχείας, μηδενὶ λαλοῦντες τὸν λόγον εἰ μὴ μόνον Ἰουδαίους. Ἦσαν δὲ τινες ἐξ αὐτῶν ἄνδρες Κύπριοι καὶ Κυρηναῖοι, οἵτινες εἰσελθόντες εἰς Ἀντιόχειαν, ἐλάλουν πρὸς τοὺς Ἑλληνιστάς, εὐαγγελιζόμενοι τὸν κύριον Ἰησοῦν. Καὶ ἦν χεὶρ κυρίου μετ' αὐτῶν· πολὺς τε ἀριθμὸς πιστεύσας ἐπέστρεψεν ἐπὶ τὸν κύριον. Ἠκούσθη δὲ ὁ λόγος εἰς τὰ ὦτα τῆς ἐκκλησίας τῆς ἐν Ἱεροσολύμοις περὶ αὐτῶν· καὶ ἐξαπέστειλαν Βαρνάβαν διελθεῖν ἕως Ἀντιοχείας· ὃς παραγενόμενος καὶ ἰδὼν τὴν χάριν τοῦ θεοῦ ἐχάρη, καὶ παρεκάλει πάντας τῇ προθέσει τῆς καρδίας προσμένειν τῷ κυρίῳ· ὅτι ἦν ἀνὴρ ἀγαθὸς καὶ πλήρης πνεύματος ἀγίου καὶ πίστεως· καὶ προσετέθη ὄχλος ἰκανὸς τῷ κυρίῳ. Ἐξῆλθεν δὲ εἰς Ταρσὸν ὁ Βαρνάβας ἀναζητῆσαι Σαῦλον, καὶ εὗρὼν ἤγαγεν αὐτὸν εἰς Ἀντιόχειαν. Ἐγένετο δὲ αὐτοὺς ἐνιαυτὸν ὅλον συναχθῆναι τῇ ἐκκλησίᾳ καὶ διδάξαι ὄχλον ἰκανόν, χρηματίσαι τε πρῶτον ἐν Ἀντιοχείᾳ τοὺς μαθητὰς Χριστιανούς. Ἐν ταύταις δὲ ταῖς ἡμέραις κατήλθον ἀπὸ Ἱεροσολύμων προφητῆται εἰς Ἀντιόχειαν. Ἀναστὰς δὲ εἷς ἐξ αὐτῶν ὀνόματι Ἄγαβος, ἐσήμανεν διὰ τοῦ πνεύματος λιμὸν μέγαν μέλλειν ἔσεσθαι ἐφ' ὅλην τὴν οἰκουμένην· ὅστις καὶ ἐγένετο ἐπὶ Κλαυδίου Καίσαρος. Τῶν δὲ μαθητῶν καθὼς εὐπορεῖτό τις, ὥρισαν ἕκαστος αὐτῶν εἰς διακονίαν πέμψαι τοῖς κατοικοῦσιν ἐν τῇ Ἰουδαίᾳ ἀδελφοῖς· ὃ καὶ ἐποίησαν, ἀποστείλαντες πρὸς τοὺς πρεσβυτέρους διὰ χειρὸς Βαρνάβα καὶ Σαύλου.

The Sunday Gospel Reading

John 4:5-42



At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw."

Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that the Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he."

Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him.

Meanwhile the disciples besought him, saying "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony. "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard ourselves, and we know that this is indeed Christ the Savior of the world."

Κατὰ Ἰωάννην 4:5-42

Τῷ καιρῷ ἐκείνῳ, ἔρχεται ὁ Ἰησοῦς εἰς πόλιν τῆς Σαμαρείας λεγομένην Συχάρ, πλησίον τοῦ χωρίου ὃ ἔδωκεν Ἰακώβ Ἰωσήφ τῷ υἱῷ αὐτοῦ· ἦν δὲ ἐκεῖ πηγὴ τοῦ Ἰακώβ. Ὁ οὖν Ἰησοῦς κεκοπιακῶς ἐκ τῆς ὁδοπορίας ἐκαθέζετο οὕτως ἐπὶ τῇ πηγῇ· ὥρα ἦν ὡσεὶ ἕκτη.

Ἐρχεται γυνὴ ἐκ τῆς Σαμαρείας ἀντλήσαι ὕδωρ. Λέγει αὐτῇ ὁ Ἰησοῦς· δός μοι πιεῖν. Οἱ γὰρ μαθηταὶ αὐτοῦ ἀπεληλύθεισαν εἰς τὴν πόλιν ἵνα τροφὰς ἀγοράσωσι. Λέγει οὖν αὐτῷ ἡ γυνὴ ἡ Σαμαρεῖτις· Πῶς σὺ Ἰουδαῖος ὢν παρ' ἐμοῦ πιεῖν αἰτεῖς, οὕσης γυναικὸς Σαμαρεΐτιδος; Οὐ γὰρ συγχρῶνται Ἰουδαῖοι Σαμαρεΐταις. Ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· Εἰ ἤδεις τὴν δωρεάν τοῦ Θεοῦ, καὶ τίς ἐστὶν ὁ λέγων σοι, δός μοι πιεῖν, σὺ ἂν ἤτησας αὐτόν, καὶ ἔδωκεν ἄν σοι ὕδωρ ζῶν. Λέγει αὐτῷ ἡ γυνὴ· Κύριε, οὔτε ἀντλημα ἔχεις, καὶ τὸ φρέαρ ἐστὶ βαθύ· πόθεν οὖν ἔχεις τὸ ὕδωρ τὸ ζῶν; Μὴ σὺ μείζων εἶ τοῦ πατρὸς ἡμῶν Ἰακώβ, ὃς ἔδωκεν ἡμῖν τὸ φρέαρ, καὶ αὐτὸς ἐξ αὐτοῦ ἔπιε καὶ οἱ υἱοὶ αὐτοῦ καὶ τὰ θρέμματα αὐτοῦ; Ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· Πᾶς ὁ πίνων ἐκ τοῦ ὕδατος τούτου διψήσει πάλιν· ὃς δ' ἂν πῖη ἐκ τοῦ ὕδατος οὗ ἐγὼ δώσω αὐτῷ, οὐ μὴ διψήσῃ εἰς τὸν αἰῶνα, ἀλλὰ τὸ ὕδωρ ὃ δώσω αὐτῷ, γενήσεται ἐν αὐτῷ πηγὴ ὕδατος ἀλλομένου εἰς ζωὴν αἰώνιον. Λέγει πρὸς αὐτόν ἡ γυνὴ· Κύριε, δός μοι τοῦτο τὸ ὕδωρ, ἵνα μὴ διψῶ μηδὲ ἔρχωμαι ἐνθάδε ἀντλεῖν.

Λέγει αὐτῇ ὁ Ἰησοῦς· Ὑπάγε φώνησον τὸν ἄνδρα σου καὶ ἐλθὲ ἐνθάδε. Ἀπεκρίθη ἡ γυνὴ καὶ εἶπεν· Οὐκ ἔχω ἄνδρα. Λέγει αὐτῇ ὁ Ἰησοῦς· Καλῶς εἶπας ὅτι ἄνδρα οὐκ ἔχω· πέντε γὰρ ἄνδρας ἔσχες, καὶ νῦν ὃν ἔχεις οὐκ ἔστι σου ἀνὴρ· τοῦτο ἀληθὲς εἶρηκας. Λέγει αὐτῷ ἡ γυνὴ· Κύριε, θεωρῶ ὅτι προφήτης εἶ σύ. Οἱ πατέρες ἡμῶν ἐν τῷ ὄρει τούτῳ προσεκύνησαν· καὶ ὑμεῖς λέγετε ὅτι ἐν Ἱεροσολύμοις ἐστὶν ὁ τόπος ὅπου δεῖ προσκυνεῖν. Λέγει αὐτῇ ὁ Ἰησοῦς· Γύναι, πιστευσόν μοι ὅτι ἔρχεται ὥρα ὅτε οὔτε ἐν τῷ ὄρει τούτῳ οὔτε ἐν Ἱεροσολύμοις προσκυνήσετε τῷ πατρὶ. Ὑμεῖς προσκυνεῖτε ὃ οὐκ οἶδατε, ἡμεῖς προσκυνοῦμεν ὃ οἶδαμεν· ὅτι ἡ σωτηρία ἐκ τῶν Ἰουδαίων ἐστίν. Ἀλλ' ἔρχεται ὥρα, καὶ νῦν ἐστίν, ὅτε οἱ ἀληθινοὶ προσκυνηταὶ προσκυνήσουσι τῷ πατρὶ ἐν πνεύματι καὶ ἀληθείᾳ· καὶ γὰρ ὁ πατὴρ τοιοῦτους ζητεῖ τοὺς προσκυνοῦντας αὐτόν. Πνεῦμα ὁ Θεός, καὶ τοὺς προσκυνοῦντας αὐτόν ἐν πνεύματι καὶ ἀληθείᾳ δεῖ προσκυνεῖν. Λέγει αὐτῷ ἡ γυνὴ· Οἶδα ὅτι Μεσσίας ἔρχεται ὁ λεγόμενος Χριστός· ὅταν ἔλθῃ ἐκεῖνος, ἀναγγελεῖ ἡμῖν πάντα. λέγει αὐτῇ ὁ Ἰησοῦς· Ἐγὼ εἰμι ὁ λαλῶν σοι. Καὶ ἐπὶ τούτῳ ἦλθον οἱ μαθηταὶ αὐτοῦ, καὶ ἐθαύμασαν ὅτι μετὰ γυναικὸς ἐλάλει· οὐδεὶς μέντοι εἶπε, τί ζητεῖς ἢ τί λαλεῖς μετ' αὐτῆς; Ἀφῆκεν οὖν τὴν ὑδρίαν αὐτῆς ἡ γυνὴ καὶ ἀπῆλθεν εἰς τὴν πόλιν, καὶ λέγει τοῖς ἀνθρώποις· Δεῦτε ἴδετε ἄνθρωπον ὃς εἶπέ μοι πάντα ὅσα ἐποίησα· μήτι οὗτός ἐστιν ὁ Χριστός; Ἐξῆλθον οὖν ἐκ τῆς πόλεως καὶ ἤρχοντο πρὸς αὐτόν.

Ἐν δὲ τῷ μεταξὺ ἡρώτων αὐτὸν οἱ μαθηταὶ λέγοντες· Ραββί, φάγε. Ὁ δὲ εἶπεν αὐτοῖς· Ἐγὼ βρῶσιν ἔχω φαγεῖν, ἢν ὑμεῖς οὐκ οἶδατε. Ἔλεγον οὖν οἱ μαθηταὶ πρὸς ἀλλήλους· Μὴ τις ἤνεγκεν αὐτῷ φαγεῖν; Λέγει αὐτοῖς ὁ Ἰησοῦς· Ἐμὸν βρῶμά ἐστίν ἵνα ποιῶ τὸ θέλημα τοῦ πέμψαντός με καὶ τελειώσω αὐτοῦ τὸ ἔργον. Οὐχ ὑμεῖς λέγετε ὅτι ἐτι τετράμηνός ἐστι καὶ ὁ θερισμὸς ἔρχεται; Ἴδου λέγω ὑμῖν, ἐπάρατε τοὺς ὀφθαλμοὺς ὑμῶν καὶ θεάσασθε τὰς χώρας, ὅτι λευκαὶ εἰσι πρὸς θερισμὸν ἤδη. Καὶ ὁ θερίζων μισθὸν λαμβάνει καὶ συνάγει καρπὸν εἰς ζωὴν αἰώνιον, ἵνα καὶ ὁ σπείρων ὁμοῦ χαίρῃ καὶ ὁ θερίζων. Ἐν γὰρ τούτῳ ὁ λόγος ἐστὶν ὁ ἀληθινός, ὅτι ἄλλος ἐστὶν ὁ σπείρων καὶ ἄλλος ὁ θερίζων. Ἐγὼ ἀπέστειλα ὑμᾶς θερίζειν ὃ οὐχ ὑμεῖς κεκοπιάκατε· ἄλλοι κεκοπιάκασι, καὶ ὑμεῖς εἰς τὸν κόπον αὐτῶν εἰσεληλύθατε. Ἐκ δὲ τῆς πόλεως ἐκείνης πολλοὶ ἐπίστευσαν εἰς αὐτόν τῶν Σαμαρειτῶν διὰ τὸν λόγον τῆς γυναικὸς, μαρτυρούσης ὅτι εἶπέ μοι πάντα ὅσα ἐποίησα. Ὡς οὖν ἦλθον πρὸς αὐτόν οἱ Σαμαρεῖται, ἡρώτων αὐτόν μεῖναι παρ' αὐτοῖς· καὶ ἔμεινεν ἐκεῖ δύο ἡμέρας. Καὶ πολλῶ πλείους ἐπίστευσαν διὰ τὸν λόγον αὐτοῦ, τῇ τε γυναικὶ ἔλεγον ὅτι οὐκέτι διὰ τὴν σὴν λαλίαν πιστεύομεν· αὐτοὶ γὰρ ἀκηκόαμεν, καὶ οἶδαμεν ὅτι οὗτός ἐστιν ἀληθῶς ὁ σωτὴρ τοῦ κόσμου ὁ Χριστός.

Stewards as of May 5, 2019

Our 2019 Stewardship drive is off to a great start. We have 119 Stewards as of May 5, 2019, almost three quarters of our goal of 160 for the year. Thank you. Please help us meet our goal early in the year by pledging your support. Your time, talents and treasury are critical to the success of our Ministries. Please give prayerful consideration to your 2019 contribution as soon as possible. Stewardship is the primary source of the funding for our Ministries and operating obligations.

John & Elly Ackerly
Susan Alexander
Alec and Frances Alexiades
Matt & Vickie Amos
Alexander & Laurel Arapoglou
Dr. Marina Arvanitis
Basile & Mary Bakis
George & Marie Bakis
Nicholas & Eugenia Balafas
Effie Barbee
Lance & Maria Barton
Thalia Becak
Tamar Beridze
John Biggs & Diana Dobrica
Agape Blackley
Barbara Bonfiglio
Marilyn Boska
Nick Bourbous
Katherine Marie Callahan
Manuel & Carole Capsalis
Sophie Carr
Andrew & Cheryl Christakos
Dr. Arthur Christakos
Eleni Christakos
Lia Christakos
George & Deborah Christie
Dr. Bessie Chronaki
Erie Cocolas
Costa Constantinou
Lou Constantinou
Dean Costas
Sharan Dababnah
George & Helen Dais
Gus & Vanessa Demetriades
Anne Dennos
George & Patricia Dennos
Betty Bouchlas Dorton
Brian & Maria Easton
Laurice Ferris
Dimitra Fitzherbert

George & Amy Glekas
Jim & Evy Glekas
Christopher Goodwin
Leonard & Elaine Goodwin
Paul Kacoyanis
Ed & Eve Kantner
Antonios & Claire Karamalegos
George & Karen Karas
Dr. Kenneth & Karen Korach
Helen Koutouzakis
James Koutsis
Dr. Andrew Kuyper
Dr. Lee & Pauline Kuyper
Elias & Madeline Lambiris
Catherine Lewis
George Livanos &
Renee Lisander
Katherine Livas
Thalia Lyras
Fr. Stavroforos Mamaies
Daniel & Hrisavgi Mangum
Johnny & Catherine Mariakakis
Dr. Pete & Joan Marinos
Azeb Martin
Dr. Nikolaos Maurogiorgos &
Dr. Marjory Charlot
Panayiotis Mavroidis &
Dimitra Sakellaris
Rodney & Katharine Meadows
Gus & Yael Megaloudis
John & Dawn Mehalek
Nicholas Mermigas
Larry & Hope Odzak
Davis & Courtney Napier
Cindy Paliouras
Jim & Helen Paliouras
John & Dena Paliouras
Niko Paliouras
Peter & Evelyn Panos
Yuri & Elena Panov

James & Stella Pantelidis
Kleanthis & Angeika Papanickas
Matina Papazoglou
Katherine Pappas
Dr. Ted & Theky Pappas
George Pashales
Wes Platt & Catherine Constantinou
Daniel & Lori Przybyl
Olgha Qaqish
Angela Quint
Keith & Alexia Rheinhardt
Al & Christine Safarikas
Peter Saloupis
Vaia Sigounas & Adam Silverstein
Nick Simos
Dr. Charles Stamitoles
Mattheos & Marika Stavrakakis
Andrea Stoney
William & Jennifer Sullivan
Marian P. Sunas
Senait Tesfatsion
Rebecca Theophanous
Charalmbos & Cathy Tragas
Donna Trohanis
Tryphon & Suzanne Tryphonos
Dr. Dimitrios Varelas
Georgina Varelas
John Varelas
Demi Vlachos
Helen Vurnakes
James & Frances Vurnakes
Ray & Eleni Walter
Alexa Waters
Preston & Catherine Wilson
Robert & Roberta Wippich
Grace Witham & Nick Brantley
Jonathan & Maria Wood
Betsy Xenakis
Dino & Kerri Zaferatos
Christina Zehia

Parish Financial Summary

	April		Year to Date		2019 Budget
	Income	Expenses	Income	Expenses	Revenue
Operations Fund	\$22,273	\$21,559	\$76,300	\$82,333	\$204,000
Mortgage Fund	\$16,968	\$12,729	\$61,199	\$50,896	\$159,980

Note: The Operations Fund income above is the total of Sunday offering and Stewardship; it excludes the Greek Festival. The Operations Fund pays all Church expenses except for the mortgage payment. The Building Fund includes all Building Fund donations and fundraisers (e.g., Taste of Greece, Gyro Feast). The Building Fund pays our mortgage which is \$12,713.36/month.

WHAT IF?

- ❖ **Everyone increased their giving by half of a percent of income?**
 - **Stewardship would increase to \$210,000 meeting our goal and taking pressure off of our Festival.**
- ❖ **Everyone increased their giving by one percent of income?**
 - **Stewardship would increase to \$262,604 covering our entire Operations budget and allow us to use the Festival for the mortgage.**
- ❖ **Everyone increased their giving by one and a half of a percent?**
 - **Stewardship would increase to \$315,125 covering our entire Operations budget, allow us to use the Festival for the mortgage and make some very needed repairs.**



Jennifer Hock

As we are filled with the radiant light of the Resurrection, we look forward and also look back. By looking back on our Lenten journey, we realize our family has grown in strength and endurance through the struggles we overcame together. As we look forward to the future, we strive to continue using the tools that Lent has given us to grow in spiritual maturity, together as a family, in our continued journey ahead.

Prayer is one of the tools we labored to sharpen during Lent. Regardless of whether your family prays together often or yearns to begin, a little extra attention to prayer time can revitalize any family's busy life. Prayer is a relationship with God, nurtured and developed first at home within the family. St. John Chrysostom instructs us that, "The primary goal in the education of children is to teach, and to give the example of a virtuous life." Parents lead through example when children witness their parents gathering everyone for prayer before meals, at bedtime, and for church services. Our children are learning about their faith every day as they participate in the spiritual rituals of the home. Our emphasis on particular activities reveals to our children what we find important—and what we don't. At times, we need to pause and reevaluate our priorities. Are we incorporating prayer into our daily life? If not, we can make a commitment to say at least one prayer a day with our spouse and children. I find that at meals the entire family can easily say a prayer together because we are already gathered in one spot. If prayer is already part of your daily routine, try to increase it. Include another prayer time in your day, whether during your car ride to and from school or before tucking the kids in bed. Saint Paul tells us to "pray without ceasing" in 1 Thessalonians 5:17. Our goal then as parents is to try to increase our prayer time as a family each year.

Fasting is another important tool—not just a temporary change in food choices but a means for learning self-discipline. Talk with your children about the importance of fasting. Let them know that if we can learn to refrain from indulging in food cravings when the urge arises then we can also learn to refrain from other behaviors. We can learn restraint when faced with difficult choices that could inhibit our spiritual growth—such as the choices we make at a party with friends or when on a date, or showing good sportsmanship when playing a game. Fasting prepares us for both a strong prayer life and a giving wallet. Without self-discipline, we can easily say we are too tired at the end of the day to pray with our children, telling ourselves we'll just do it "tomorrow." Without eating simpler meals, we decrease the money we have available to help those who have little to no food at all on their table. For all our struggles and efforts while fasting, Saint John Chrysostom reassures us in his Paschal homily, "Whoever may be spent from fasting, enjoy now your reward. Whoever has toiled from the first hour, receive today your just settlement."

As you're spring cleaning your spiritual toolbox, don't forget to wipe off any cobwebs you find around your coin purse. Almsgiving as a family is a great way to encourage your children to develop a closer relationship with God. You can make this as creative or as simple an activity as you wish. We are called to help those less fortunate than ourselves by sharing some of our blessings with them. One way you can involve your children is to let them help you choose fasting foods at the grocery store. Explain to them that when you buy fasting foods you try to buy as simply and cheaply as possible so you can give the rest of the money to the poor. Tell them your budget, and let them keep track of how much money is being spent. Allow them to trade out foods to save as much money as possible. (Also let them know they need to eat what they pick out.) When you get home from the store, your children can add the leftover grocery money to a jar in the middle of the kitchen table and later give the money to those in need.

I remember one particular Christmastime when I was a teenager and my family received an anonymous care package of food and gifts because of our financial situation. While I was unpacking the food from the box and putting it in our cupboards, one of the things that stayed with me through the years is that the items donated seemed to be the food people wouldn't miss from their cupboards. The food items also seemed random in that they were not really items you could use to put together a meal. I put them away and didn't really think much about it beyond that for several years. We simply appreciated having food in the cupboard. Now, as an adult, I tell my kids to pick their favorite food from our pantry when we are bringing donations to church. I look through their selections and then pick out complementary items to help make a complete meal. I tell my kids that we are providing our favorite meals to families who for one reason or another cannot buy their own food.

We have now spent the past forty days walking on a spiritual journey side by side as a family. We have grown closer to each other as we battled temptations for our favorite foods, persevered in our personal goals of longer prayer times, and learned about our faith through our senses. Our children have listened to us pray to God and our talks to them about Lent and Pascha. They have watched us as we gathered the family together for prayers before our home altar, a meal around the table, and church services. They have tasted the simpler meals and approached the chalice together as a family for Holy Communion. They have touched the money collected by our family to give to the needy, made the sign of the cross for prayers, kneeled in church, brought food for those who hunger, and held their candles on Holy Friday and during the Resurrection Liturgy. They have smelled the food cooking in their home, the incense rising to heaven with our prayers, and the flowers decorating the church. Lent was a time for us to repair and do some upkeep on our spiritual tools so we can go forth with renewed vigor and shine the light of Christ in our lives. We nurture our children in the Orthodox faith by doing all these things with them at home and at church, all while teaching them about the Resurrection of our Lord and Savior, Jesus Christ.

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