

The Holy Trinity



The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

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A Good Routine

Do you know what a routine is? It's the way you do something, especially when it's in a special order. You probably have a routine for how you get ready for school in the morning. First you get out of bed, then you get dressed, then you have breakfast, then you brush your teeth, and so on. Routines are good, because then we don't forget anything!



An icon of the Holy Trinity

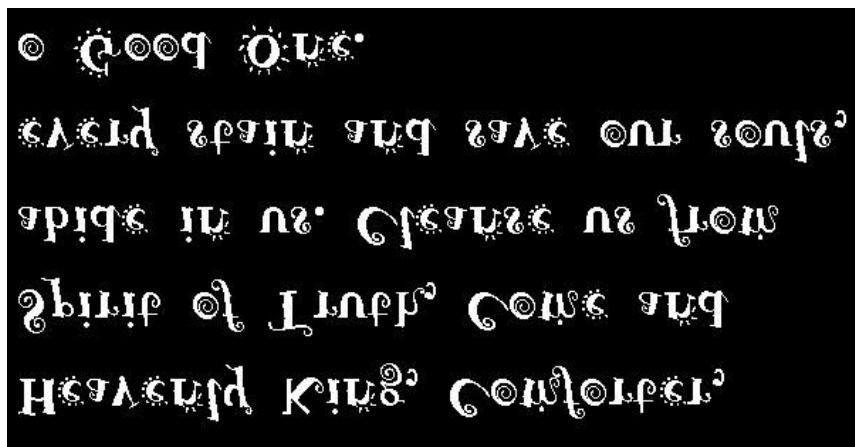
In our prayers, we have routines too. First, we might say, "In the name of the Father, the Son, and the Holy Spirit. Amen." Then usually we say a prayer to the Holy Spirit. You know it, don't you? It starts, "Heavenly King, Comforter, Spirit of Truth..." Before we start any of our prayers, we ask the Holy Spirit to come and be with us!

Today is the great feast of Holy Pentecost, the day that the Holy Spirit came to be with the holy Apostles. They were Jesus' followers and helpers. We know that the Holy Spirit is God, and of course, it's so important to pray to Him! In the Bible, we hear how our Lord, Jesus Christ tells us to ask for the Holy Spirit!

Can you make a routine for your prayers? Remember to pray to Holy Spirit first, and He will help you to pray and be close to God!

FIND THE PRAYER!

Can you figure out this prayer to the Holy Spirit? You might need a mirror!



Heavenly King, Comforter, Spirit of Truth, Cleanse us from every stain and save our souls, o Good One.

What's in the icon?

Here is an icon of Pentecost.

Do you see the man with the cloth at the bottom? Who is he?

He stands for all the people in the world—because we *all* receive the Holy Spirit, not just the Apostles!



SAINTS INNA, PINNA, AND RIMMA WORSHIPING THE SON OF GOD

Tomorrow is the summer solstice. Do you know what that means? If you live in the northern half of the world, it's the longest day of the year. The sun shines longer that day than any other day of the year.



The three saints: Inna, Pinna, and Rimma

Long ago, many people were pagans. They worshiped many false gods. Sometimes, they even worshiped the sun, or a “sun god.”

This day, the summer solstice, was a big party for them because it's the day you see the sun the most! (Did you know that some people still do worship the sun?)

Saints Inna, Pinna, and Rimma were three saints who lived when most people were pagans. These three saints learned about Christ from the apostle Andrew, and St. Andrew baptized them. Then, they taught lots of pagan people about Christ too, and they baptized them and made them Christians! Sadly, the pagan prince captured the three men. He made them stay in an icy river until they died. But these saints wanted to worship the true Son—the Son of God, Jesus Christ—not the sun we see in the sky. And now they are with Him forever!

We celebrate the feastday of these saints tomorrow, June 20th.