

Saint Benedict, pray for us!



The Children's Word is a weekly bulletin for Orthodox Christian young people. Copyright 2022 Alexandra Houck. Email is orthodoxchildrensword (at) gmail.com. Find it each week at myocn.net.

# 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

Sunday, March 13, 2022

Volume 10, Issue 11

A Ministry of the  
Orthodox Christian Network



## Your hero ancestors



**Have your parents told you stories of their childhood? Have they told you stories about your grandparents? Or maybe *they've* told you stories of your great-grandparents?**

As Orthodox Christians, we also have ancestors of our Church who have made us who we are today! That's right. Ever since the time of Christ—and even before then—saints have struggled so hard to keep the faith. They have been tortured. They have been made fun of. They have even risked their lives to keep the faith and to tell others about it. The epistle today tells us about what lots of faithful people went through. When we read about the lives of the saints, we hear more of these brave heroes of our Church.

Today after the Divine Liturgy, you'll hear the priest proclaim our faith, "This is the faith of the Apostles. This is the faith of the Fathers. This is the faith of the Orthodox. This is the faith which has established the Universe."

Every day—but especially today, the Sunday of Orthodoxy—let's be proud of our Orthodox faith. Let's be thankful too that God gave it to us. Let's also be thankful of our hero ancestors who gave everything to keep our Orthodox faith! And...let's follow their brave examples!

# WORD SEARCH

Can you find these words in the jumble?

- Benedict
- Faithful
- Fasting
- Martyr
- Monastery
- Orthodoxy
- Peaceful
- Prayer
- Rule
- Slander

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

## WHAT'S IN AN ICON?

Saint Benedict had a sister, Saint Scholastica. She was the abbess of a convent near Saint Benedict's monastery.

These two saints were very close. They talked about their Christian faith together, and they helped each other grow closer to Christ!

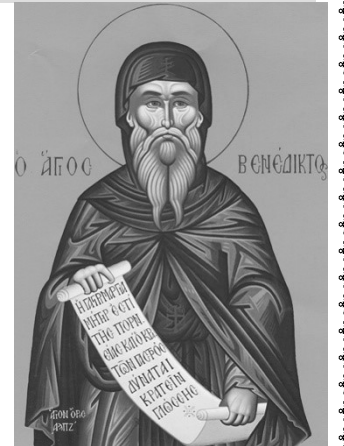


© Alexandra Houck 2022

## SAINT BENEDICT

### A MODEL FOR MONKS...AND ALL OF US

**Has anybody ever said something** about you that wasn't true? Maybe it was something little, like that you took an extra cookie (even though you didn't). What did you do? Did you argue and fight, or did you just walk away? Saint Benedict was a special and holy saint who had lies spread about him, but he quietly and peacefully walked away.



Saint Benedict grew up in the mountains of Italy. He was from a rich family and had faithful, Christian parents. When he was old enough, Benedict left home and lived in a cave way up in the mountains. He prayed there, and lived a very strict life with fasting and hard times. Faithful monks knew about Benedict and they wanted him to be their abbot (in charge of the monastery). Benedict made a kind of rule for monks that showed how they should spend their days, how they should pray, and how they should work. He followed the example of Saint Basil and other saints before him.

Benedict was a holy and very smart man. Sadly, some people knew this, and they were jealous of him. They spread lies about Benedict. Instead of arguing and clearing his name, Benedict just left and went back to a quiet and prayerful life alone. After a while, monks wanted him back. But again, people lied about him and Benedict left. Saint Benedict lived a long life and died peacefully.

Benedict gave a great example and rule for monks, but his humble and peaceful ways are really an example for all of us too!

**We remember St. Benedict tomorrow, March 14th (OC: March 27th).**