#### The bread and wine become Body and Blood!



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, October 30, 2022

Volume 10, Issue 44

A Ministry of the Orthodox Christian Network



#### Too bad for him!

Have you ever seen something that made you feel sorry for somebody? Maybe a person asking you for money? Maybe a classmate who had a family member who was very sick? Maybe a neighbor whose house burned down?



Sometimes we hear about sad things, but

we might say to ourselves, "Too bad for him!" or even "I'm glad that didn't happen to me!" We might feel sorry, but we don't do anything about it.

In the Gospel reading today, we hear a story about a very rich man who acted just that way. The Gospel says he dressed very well and ate very well too. Outside his gate lived a very poor man who had nothing. Only the dogs came to take care of him. That first man surely noticed the poor man, but maybe he thought "Too bad for him!" or even "I'm glad that isn't me!"

We have to be careful not to be like the first man! Saint Basil once said that when we don't help the poor, we are like thieves! He said, "The bread in your cupboard belongs to the hungry; the coat you don't use in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you store up belongs to the poor."

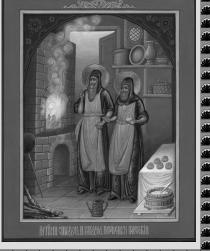
When you feel sorry for somebody, can you think of a way you and your family can help?

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## WHAT'S IN THE ICON?

This is an icon of Saints Spyridon and Nikodemos baking the holy bread, the prosphora.

Can you find the bread in the icon?



# THE PROSPHORA BAKERS SAINTS SPYRIDON AND NIKODEMOS



**Do you like to bake?** Cookies and cake and other treats are fun to make, especially when you share them with other people.

In our Orthodox Church, we all have a chance to bake a very special thing that we share with the whole church. This is the prosphora, the bread that becomes the Body of Christ!

Did you know that people in your own church get to make this bread? They bring it to church, the priest prays together with us, and along with the wine, God changes this to be the Body and Blood of our Lord, Jesus Christ.

Making prosphora is really the very best thing you can bake! God lets us help Him with this miracle.

Tomorrow, we celebrate two saints who baked prosphora every day for 30 years. Saints Spyridon and Nikodemos were monks who lived in Kiev (today it is Ukraine). The word "prosphora" means an offering, and these two saints always did their best to offer the holy bread for the church services.

Saint Spyridon couldn't read or write, but he knew all the psalms in the Bible by heart, so whenever he was working he would be singing the psalms! Whatever job we have, we can use it to grow closer to God. Let's follow these saints' examples!

We celebrate these saints tomorrow, October 31st (OC: November 13th).