

JULY 13, 2025

MYOCN PEW PALS



HOLY FATHERS OF THE 4th ECUMENICAL COUNCIL

In today's Gospel reading (Matthew 5:14-19), Jesus tells us, ***"You are the light of the world. A city set on a hill cannot be hidden."*** He wants us to know that as His followers, we are called to shine with His love and truth so others can see God's goodness through us. Jesus also reminds us how important it is to keep God's commandments and teachings. He says that even the smallest part of His teaching is important, and we should obey it to show our love for God.

The Church Fathers were special leaders and teachers in the early Church who helped explain and protect these very teachings of Jesus. They worked hard to make sure everyone knew the truth about God's love and how to live as children of light. Just like Jesus tells us to be a shining light, the Church Fathers helped keep that light bright so the whole Church could see and follow it.



Family Homework

Read Together: pick a reading from one of the Church Fathers, like St John Chrysostom and read it together.

Candle or Flashlight Prayer Time:
Gather as a family in a darkened room. Light the candle/flashlight and talk about how Jesus is the true light and how we are called to shine His light.

Memory Verse

**"These things are good
and profitable for
everyone, so that we may
live godly lives."
-Titus 3:8**



CRAFT - Sunbeams of Good Deeds

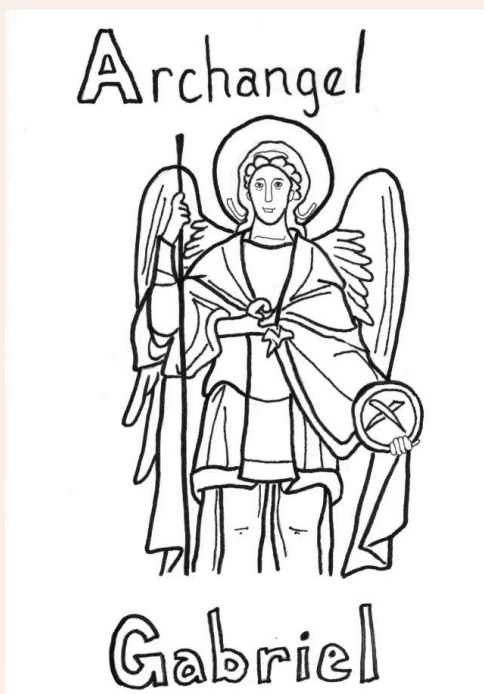
MATERIALS:

- Paper Plate or White Paper
- Construction paper (yellow, orange, white)
- Scissors
- Markers or crayons
- Optional: glitter or stickers



INSTRUCTIONS:

1. In the center circle of the plate (this will be our sun center) draw a smiling face or write "Shine your Light" - Matthew 5:16. You can also draw a circle in the middle of a white sheet of paper if you do not have a paper plate.
2. Cut strips of yellow or orange construction paper, about 1 inch wide, 6 - 8 inches long.
3. On each strip, write a good deed that shows God's love. Think of ways that make you "shine".
4. Glue the strips around the circle to create a sunbeams.
5. Decorate with glitter or stickers.



DISCUSSION PROMPT

Who are the Church Fathers, and why do you think their teachings are still important today? How can we learn from them to be better followers of Jesus?

SAINT STORIES

ARCHANGEL GABRIEL

Archangel Gabriel is one of God's holy angels. His name means "God is my strength." In the Bible and in the Orthodox Church, he is known as a very special messenger who brings important news from God to people.

He visited the Virgin Mary: Gabriel came to a young woman named Mary in Nazareth. He told her she would be the mother of Jesus Christ, the Son of God. We call this visit the Annunciation, and we celebrate it every year on March 25. He spoke to Zechariah: Gabriel also told Zechariah that his wife, Elizabeth, would have a baby named John the Baptist, even though they were very old.

He helped Daniel: In the Old Testament, Gabriel helped the prophet Daniel understand God's messages.

Gabriel teaches us to listen to God, to be brave when we have something important to do, and to spread good news with love and peace.

Commemorated on July 13