

# St. George the Trophy Bearer

## Sunday School Bulletin

JUNE 2022

### About the Feasts

We have two very connected feasts in June. The first is the Ascension on June 2<sup>nd</sup> and the second is Pentecost on June 12<sup>th</sup>. The Ascension is when Christ goes UP to return to the Father and Pentecost is when the Holy Spirit comes DOWN into the hearts of the Apostles and us to unify, strengthen, and enlighten us so that we can spread the Gospel to the world! These festival icons are very interesting and can teach us many things. Let's take a look!

### Ascension Icon

The Ascension icon shows Christ being escorted back to His heavenly Father. His Mother Mary stands with angels and the faithful disciples. This icon is usually displayed for veneration on the feast of the Ascension. Can you remember how many days there are between the Resurrection and the Ascension? What do you see in the icon of the Ascension? Do you recognize anyone? You can see Christ is seated on a throne in the center of a mandorla- the dark blue, light blue and white semi-circles surrounding Him. The mandorla expresses Christ's majesty, glory, and divinity in Holy icons. The mandorla is not showing something which was seen directly, but represents the glory and majesty beyond what was physically witnessed by the gathered crowds. Christ is holding a scroll in His left hand and is blessing with His right hand to show love and knowledge. The upper part of the icon shows us heaven and the lower part represents earth. Do you see that the top is in order and at the bottom, the Apostles, other than Mary, look confused. The Apostles are waiting for the Holy Spirit at Pentecost, which will bring them understanding. Mary is underneath and is the focus because she represents the church. Can you see who has halos around their heads? We will see in the icons after Pentecost that all of the Apostles have halos because they have received the grace of the Holy Spirit. The icon is bright in colour. The Ascension of Christ is 40 days after the Resurrection and it is the day that we find out the true reason why Christ went through the Crucifixion and Resurrection – so that we may have life everlasting in Heaven! Glory to Your holy Ascension, O Lord!

## Pentecost Icon

The Pentecost icon is also known as the Descent of the Holy Spirit. Like the Ascension icon, this icon is not meant to be a representation of actual historical events, but rather an image that shows us the Church. Do you see the Apostles sitting in two groups, facing each other? They are seated in a semi-circle that opens up at the bottom and invites us, the viewer, to be a part of the unified Church. Remember the chaos in the bottom part of the Ascension icon? Now, we see the Apostles are in order and are unified. Again, we see the Mandorla at the top of this icon and the Holy Spirit comes down from it as if from heaven and looks like rays coming from the blue semi-circles. What do you see above the head of each Apostle? Do you remember that the Holy Spirit descended with a mighty wind and appeared as tongues of fire that rested upon each of the Apostles? Where do you see the youngest looking Apostles? Where are the oldest ones seated? The Apostles are arranged from youngest at the bottom with more space between them and are furthest away from heaven and the oldest are at the top to show the spiritual progression as we get closer to each other and to God. Pentecost happens 10 days after the Ascension and in this icon, we see that Christ is no longer with the Apostles on earth, but there is an empty seat in the center of the semi-circle that shows that Christ is always present with us as the Head of the Church. How many of the Apostles are holding books and how many are holding scrolls? In most Pentecost icons the four gospel writers and St. Paul are holding books and the rest are holding scrolls. Who is the king in the bottom of the icon? He represents the world that sits in darkness waiting to hear the Good News of Christ and he holds 12 scrolls on the open cloth that show us the teachings of the 12 Apostles that will establish the Church.

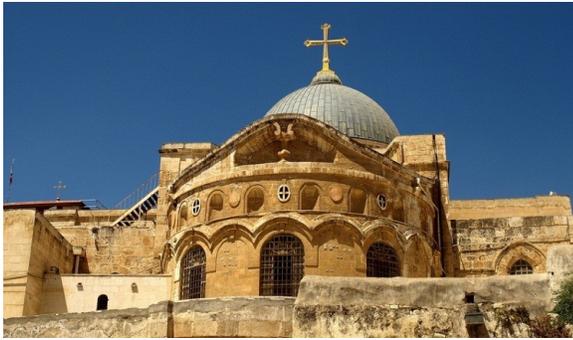
Blessed are You, O Christ God,  
Who have revealed the fishermen to be most wise,  
By sending the Holy Spirit down on them,  
You drew the world into Your net through them,  
O Lover of Mankind, glory to You.



**All of them were  
filled with  
the Holy Spirit!**  
Acts 2.4

## Colour the icon of the Ascension:

- Colour Christ with gold and white
- Colour the semi-circles around Christ in different blues
- Colour Mary's robes with blue underneath and red on top
- Use bright colours

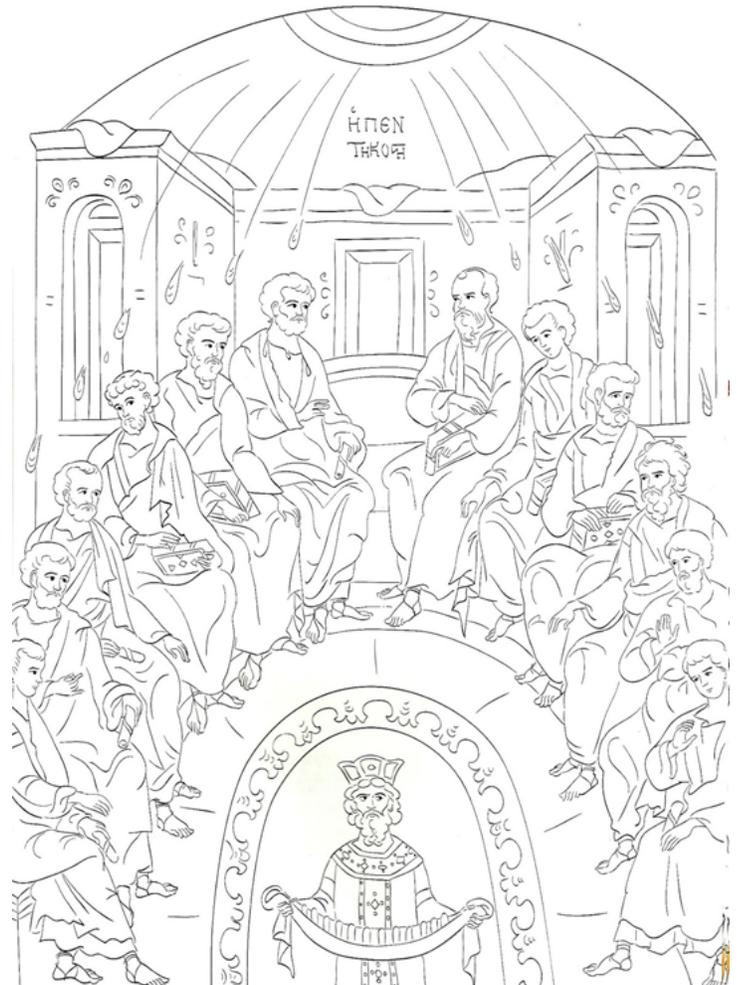


**HOLY SEPULCHRE CHURCH**



## Colour the icon of the Pentecost:

- Colour the mandorla in light blue, dark blue, and white
- Colour the flames above the Apostles heads with red and orange
- Colour the Gospel books with gold
- Colour the cave around the king with black



# The Story of Martha and Mary, Luke 10:38-42

<sup>38</sup> As Jesus and his **disciples** were on their way, he came to a village where a woman named Martha **opened** her **home** to him. <sup>39</sup> She had a **sister** called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "**Lord**, don't you care that my sister has left me to do the **work** by myself? Tell her to help me!"

<sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one.<sup>[a]</sup> Mary has chosen what is better, and it will not be taken away from her."

Martha served Jesus and Mary listened to Him, both modeling traits that we can follow to grow closer to God.

Unscramble the words from the story about Martha and Mary and find the secret word to discover what Jesus said was important when He visited Lazarus' house.

krow \_ \_ \_ \_ (5th line)

odrL \_ \_ \_ \_ (4th line)

ressit \_ \_ \_ \_ \_ (2nd line)

eoedpn \_ \_ \_ \_ \_ (2nd line)

lecidisps \_ \_ \_ \_ \_ (1st line)

meoh \_ \_ \_ \_ (2nd line)

Jesus said that He wouldn't take \_ \_ \_ \_ \_ from Mary. What can you do to grow in wisdom? Credit to <https://sparks4orthodoxkids.com/>

**JUNE BIRTHDAYS** In June, four of our children are celebrating their birthdays:



Mercy Ghebreab  
June 5th

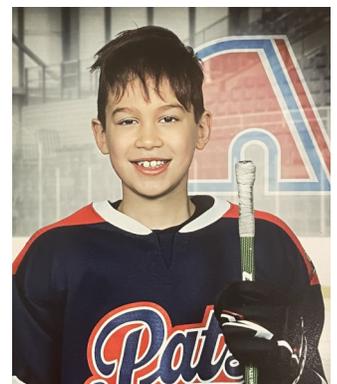
**HAPPY BIRTHDAY**

Edom Ghebreab  
June 7th

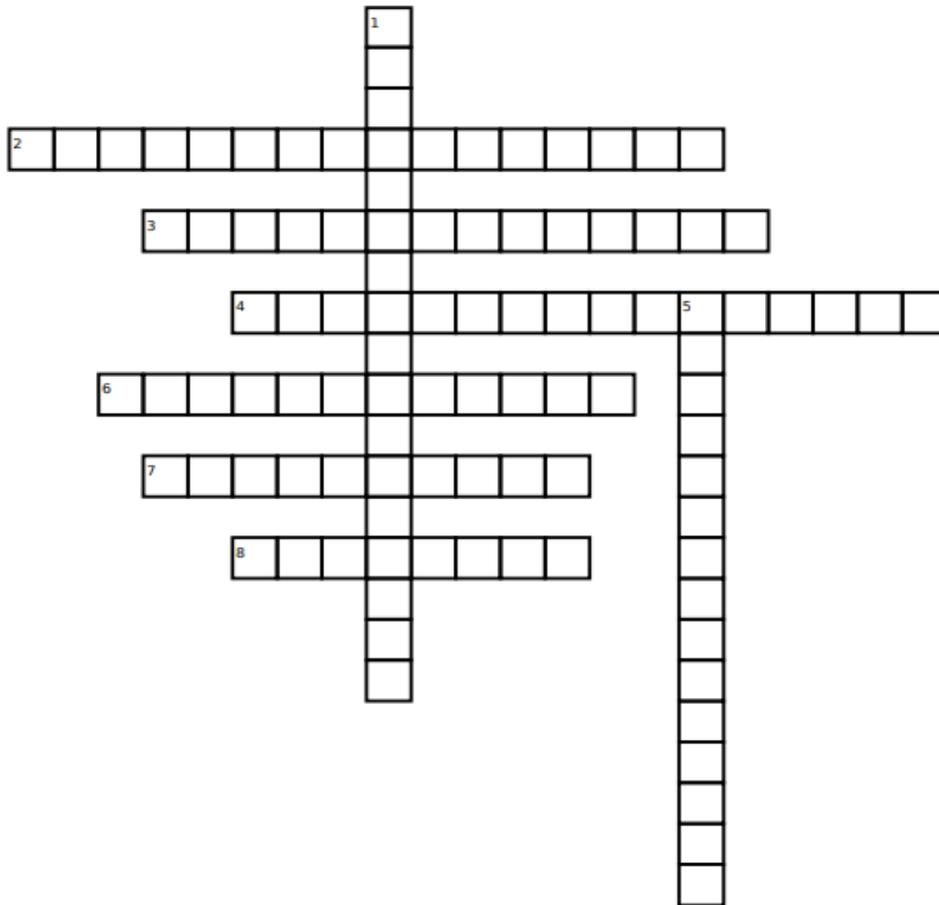


Ryan Peters  
June 18th

Luke Sudom  
June 24th



In June we celebrate many Orthodox Saints including Saints Peter and Paul, Saints Mary and Martha and the Saints of North America. Complete the crossword to learn about some of the Saints that served God in North America.



**Down:**

- 1. St. John of San Francisco and Shanghai
- 5. Holy Martyr of San Francisco

**Across:**

- 2. Wonderworker of All America
- 3. Missionary to America
- 4. Enlightener of the Native People of Alaska
- 6. Confessor and Defender of Orthodoxy
- 7. Enlightener of the Aleuts and Apostle to America
- 8. Patriarch of Moscow and Apostle to America

**Options:**

- St. Herman of Alaska
- St. John Kochurov
- St. Alexis Toth
- St. Innocent
- St. Jacob Netsvetov
- St. Peter the Aleut
- St. John Maximovitch
- St. Tikhon

## Recipe

This is a simple recipe that uses the colours of flames for Pentecost and green which is the liturgical colour associated with the Holy Spirit.

To make, you will need:

Four 6oz packages of Jello (red, yellow, orange, green)

13x9x2 pan or pyrex dish

For white layers in between the colored layers:

2 packages of plain gelatin

Four 1/2 cups of cold water (one 1/2 cup for each pack of Jello)

2 cups of sour cream

2 cups of milk

4 cups hot water (one cup for each pack of Jello)

1 cup sugar

2 tsp. vanilla

To Make:

- 1) Dissolve your first Jello colour into 1 cup of boiling water, add 1/2 cup cold water, then pour into your dish.
- 2) Dissolve both envelopes of unflavored gelatin into a 1/2 cup of boiling water.
- 3) In a large saucepan bring milk to boil.
- 4) Remove pan of milk from heat and add sugar, mixing until dissolved.
- 5) Add the dissolved unflavored gelatin into the milk and sugar mix.
- 6) In a mixer, mix with sour cream and vanilla. Mix until even, then set aside to let cool.
- 7) Once the first layer is set, pour 1 1/2 cups of the white layer over the first layer of Jello.
- 8) Once the white layer sets and becomes sticky to touch, repeat step one with another layer of Jello.
- 9) Repeat steps 1 and 7 until you finish the fourth layer of Jello. Place into fridge and let chill for 2 hours.
- 10) Slice the Jello into bars and enjoy!

