

BYZI KIDS

ByziKids
March 2022

Complete Activities
Learn about the
40 Martyrs of Sebaste
Get excited for Pascha!

Get to know
St. Ardalion

MIGHTY DEFENDERS of the FAITH

Read about the
Feast of Orthodoxy

Discover & make
Mucenici

Explore Scripture



Check us out Online!

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Published by Ironjet



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Glory to Jesus Christ!
Dear ByziParents,



How important are good and holy companions in life! When faced with a kind of suffering, it's so much easier to bear when you have someone to encourage you, help you get over the rough parts, and help you to remember why you chose this difficult path.

When researching for this issue about the 40 Martyrs of Sebaste, I was surprised to learn that while they were imprisoned, they had the presence of mind to write a Last Will and Testament, which is preserved as a historical document. In it, these remarkable young men wrote farewell messages to their families, but more striking were their statements to others who would find themselves in opposition to the law against Christianity as they had done. One man named Cyrion wrote,

"God so ordained that we made friends with each other in this temporary life; let us try not to separate even in eternity; just as we have been found pleasing to a mortal king, so let us strive to be worthy of the favor of the immortal King, Christ our God."

According to tradition, the Holy Forty Martyrs encouraged each other as they were suffering in the freezing water by saying,

"Winter is harsh, but paradise is sweet!"

What is even more amazing to me is the miraculous testimony of Metropolitan Joseph Chernov that even hundreds of years after their passing into eternal life, they continue to befriend and aid those who call upon their intercession!

Our children enter battle with the world every day, making choices for good and striving to forsake the easier but more spiritually dangerous paths that many of their friends are taking. These friends can influence them away from Christ or encourage them to stay close to Him and follow His directives, so we must choose our friends wisely and know that when all earthly friends fall away, we can rely on our heavenly ones!

Enjoy the issue!

-Written by Lynne Wardach

BYZIKIDS CO-OP CONNECTION

by Tiphaine Lamb

Hello from Texas! This month, we are sharing about our Dallas, Texas, Byzikids Co-Op Group! On the first Friday of every month, we meet in our parish hall. We start with a gathering time where we serve coffee and snacks, then we open with prayer and the reading of the Gospel of the upcoming Sunday. After that, we learn the new song, which the kids really love. They sing it for the rest of the month, sometimes longer!



The leaders' guide provided by Byzikids Magazine offers us a lot of choices of activities. We typically pick two activities out- one craft and one that is more active. A favorite choice is the icon rendition. The children absolutely love to observe details on the icon and make it come to life. We have this in common with our Co-Op in Phoenix from last month!

In between activities we take a break for more snacks and outdoor play. Sometimes Father offers confession for moms and children during that recess. It's truly a blessing for mothers who don't have an opportunity to come alone at any other time during the week, so we can watch each other's kids while we take advantage of the Holy Mystery. We also use break time to initiate conversations amongst the moms about our daily faith life. We swap recipes for easy vegan meals that kids will actually eat for the fast, or recently, how to celebrate St. Nicholas at home. It

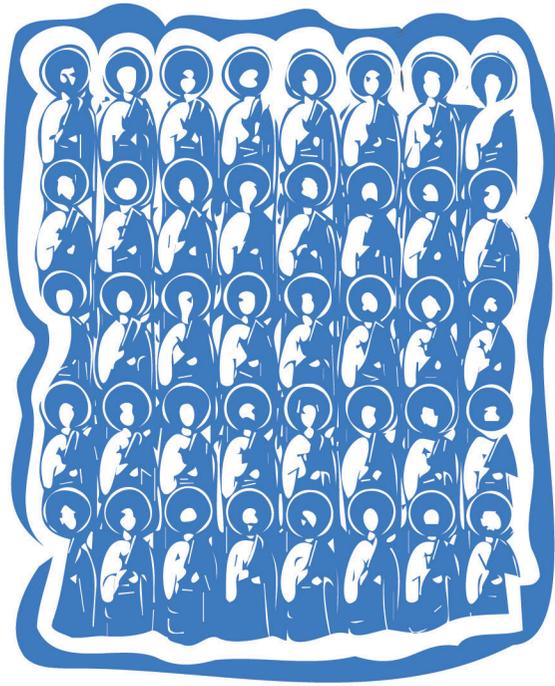
is great to exchange ideas with other moms in the Byzantine Rite.

After the break, we sing the song again and move on with the second activity. Around noon, we close with a prayer which is usually also a blessing over our picnics! Many families stay for lunch as we chat and clean up. Once a month seems to be the perfect recurrence for our group as some families drive over an hour to get to church. Sharing a meal also allows for younger ones to nap in the car on the way back home.

We love our co-op, and we are so thankful to Byzikids Magazine for initiating this program and providing so many ideas for such a wide range of ages. It has certainly helped us grow as a community and all of us, kids and moms, have learned so much about our Byzantine faith in just a few months. If you are around Dallas, come join us!



KNOW YOUR FAITH



The Story of the Forty Martyrs of Sebaste

by Lynne Wardach

Once there were forty soldiers who served in the Eleventh Thundering Legion, a division of the Roman army, under the Byzantine representative of the pagan Emperor Licinius. In the year 320 AD, they were sentenced to sit in the middle of a shallow lake by the Emperor when they had refused to deny Christ. As the frost came and froze the water all around them, hypothermia began to set in and they began to shiver violently. The guards, who were very mean, set up a steaming hot tub on the shore of the icy waters in the hopes of enticing the men to change their minds. One poor soul decided the torment was too great and sadly, he intended to deny the Lord and so he came ashore. Just as the man climbed into the bath he died but in the lake, a

miracle occurred. Thirty nine wreaths of greenery appeared in the sky and landed upon the men who remained in the lake, and the water in the lake began to warm, just like a bath! One of the pagan guards was so touched by the miracle that he too wanted to believe in such a God and he jumped into the lake with the others in the hopes of being accepted to their number. As he did, another wreath appeared and crowned him as well.

The men spent the entire night swimming in this warm bath until the next day when the judges saw that they were still alive. He ordered their legs be broken and for them to be thrown back into the lake to drown, and that their bodies were not to be recovered. This is when the souls of the forty martyrs of Sebaste flew happily up to God.

However, it was not God's will that the bodies of these great men be dishonored in this way. The next night, when their fellow believers went to the lake to pray for their departed friends, they saw that the bones of the men had begun to float to the surface, glowing brightly in the night so that every last one of them could be recovered and properly and honorably buried.

Activity: Paper Bird Craft

Some people in the Slavic countries make bread rolls on this day and shape them into forty little bird-shapes to commemorate their flight to God. You may choose to do this on March 9th to commemorate them, too! But if baking is not your favorite thing to do, you might make these adorable paper birds and tape



them to a string to make a decorative banner for their feast! Trace your hand onto some pretty colored paper and cut it out. Repeat the process to be sure to make 40 of them, one for each of the martyrs! Paste a little triangle of yellow or

orange to each one to make a beak, and then cut out a large tear-drop shape for the wing and paste it onto each bird as well.

You may want to write the name of one of the martyrs on each one before you attach it to the string. You could also draw a little laurel crown on each bird too to remember the crowns that came upon each of them from heaven.

The names of the Forty Martyrs of Sebaste are:

Acacius, Aetius, Aglaius, Alexander, Angus, Athanasius, Candidus, Chudion, Claudius, Cyril, Cyriion, Dometian, Domnus, Ecdicus, Elias, Eunoicus, Eutyches, Euty chius, Flavius, Gaisus, Gorgonius, Helianus, Heraclius, Hesychius, John, Lysimachus, Meliton, Nicholas, Pholoctemon, Priscus, Sacerdon, Servian, Sisinus, Smaragdus, Theodulus, Theophilus, Valens, Valerius, Vivanus, and Zanthias.



Mucenici

THE SECRET PASTA

by Judith Jolma and Lynne Wardach

Knock, knock knock! Mirela peeped through the glass of her small Romanian apartment to see who was at the door.

In the 1980's when Mirela was young, any form of religion was persecuted in that part of the world. The political police had "eyes" everywhere and if you were seen going to church on Sunday, the next Monday you risked being reprimanded by your boss at work — threatened. For an Orthodox Christian, that knock could be frightening.

But outside the door stood a smiling neighbor with a jar of homemade pasta called "Mucenici" (pronounced something like Moochenich), which means "Martyrs." Tradition says that the special pasta, which looks like a figure eight, actually symbolizes a human shape - the 40 Martyrs (in some parts of the country they'd make the baked ones with eyes, noses and even arms) and the "soup" is the lake they were thrown into.

The pasta soup was a favorite traditional meal enjoyed by Romanian Christians every 9th of March to commemorate the feat of the 40 Martyrs. But Mirela's family did not own the special 8-shaped cookie cutter to make the pasta, so they relied entirely on the kind old ladies who lived nearby and had their own cookie cutters. "I still don't know how they had it, as in those days it was impossible to buy anything that had any remote relation to an orthodox tradition," Mirela recalls. "I always imagined it was some kind of magic heirloom device, as old as time itself."

Each year, little Mirela watched the door with eager anticipation watching for the friendly-faced neighbors to arrive with the jar of brown

deliciousness. Of course, she preferred some neighbor's recipes more than others' as this recipe is not a "standard" one, and there are infinite variations.

Depending on who you ask, you may even get a different explanation about the meaning of the dish. For example, some will say that the number eight symbolizes the eight days the martyrs spent in prison prior to being thrown in the lake. Others may say it represents some flower garlands that descended from the sky above their heads. Perhaps that is because in the old translation in Romanian it is said "cununi stralucitoare," which could mean both bright crowns but also bright flower or laurel wreaths.

The variety of recipes are even more diverse depending on which region in Romania you come from - the biggest being Muntenia, Moldova and Ardeal (also known as Transylvania). While Muntenia and Moldova have their own versions of Mucenici, people from Transylvania often look puzzled when it comes to a dish called "Martyrs."

Growing up in Mutenia, which is the southern part of the country, Mirela always looked forward to the "sweet pasta-soup" like Mucenici. "I cannot fathom any March without them," she says.

Her husband, Cristian, on the other hand, was born in the Moldavian part of the country and has his heart set on the sweet-syrup laden bread dough Mucenici, also called Sfințișori (little saints).

Early in the couple's relationship, Mirela proudly invited her boyfriend to her home to enjoy her own homemade Mucenici and was eager to share.

"Cristian seemed really excited to taste them, so as soon as we arrived I poured two big bowls of my "soupy" pasta," Mirela recalls, "which he very politely ate to the last drop, only to shyly ask in the end... 'Now can I have some Mucenici?'"

They were both equally shocked to find out that what each called by the same name was a totally different childhood experience. "And we were both in our late 20's!" She laughs.

When she was very young, Mirela remembers desperately wanting her mother to make the treat. Unfortunately, she always explained that she could not since her family did not have that magic heirloom cookie cutter.

"We were lucky," Mirela recalls as she thinks back on the Communist era. Orthodox Christianity was the mainstream form of Christianity in Romania and although it was persecuted, it was not forbidden totally (like in Albania, for example). Most churches and monasteries were still open but going to church and practicing any of the orthodoxy-related traditions was actually an act of courage. Most children went to church for Eucharist with old relatives - grandparents, old aunts... people who no longer had jobs to risk too much.

Mirela remembers that at some point during the persecution her mother got hold of a tape with a choir singing beautiful Christmas carols: "We secretly listened to them on very low volume lest any of the neighbours hear and tell on us."

What joy when the Christians were liberated after the fall of the Communist Regime. Once again, shops had all sorts of merchandise related to religious traditions. "The first time I saw the 8-shaped pasta in a shop, I did not think twice," she says. "I had to end the years of just waiting by the door and having "only" a jar of Mucenici." Despite being able to make her own Mucenici, the neighbours continued to bring theirs for some more years. "Naturally, their Mucenici always tasted heavenly."

Recipe

MUCENICI FOR THE 40 MARTYRS OF SEBASTE

A RECIPE from ByziMom.com for March 9:
This Romanian family recipe is shared with ByziMom courtesy of Mrs. Mirela Nastase Driga.

Ingredients

FOR THE DOUGH: 1 + ½ cups all purpose flour
½ cup water | 1 pinch of salt

FOR THE SOUP:
6 cups water with a pinch of salt.
½ cup finely ground walnuts (this will thicken the soup)
1 orange, or lemon, both zest & Juice
½ cup brown sugar
1 Tbsp. cinnamon | Dash of vanilla

Preparation

Begin on the evening of March 8, which is the night before the feast. Prepare the dough for the mucenici by combining the flour, water and salt in a large mixing bowl and kneading it until smooth. When it is smooth and elastic, you can either roll it out and use a figure 8 cookie cutter to make the shapes, or make them by hand. This can be done by rolling dough to make a long thin rope. These can be twisted into the figure 8, (pinching them in the center where they are twisted) and then placed upon a baking sheet lined with a tea towel to dry overnight. Be sure to make 40 of these!

The next day, make the soup by boiling together the water, salt, walnuts, juice and zest, brown sugar and cinnamon. Once this comes to a boil, turn down the heat and allow to simmer for 10 minutes.

Add the pasta. Cook until tender, about 10 more minutes. Add vanilla and rum extract if desired and remove from heat. Allow to cool, covered, before serving.

Tip

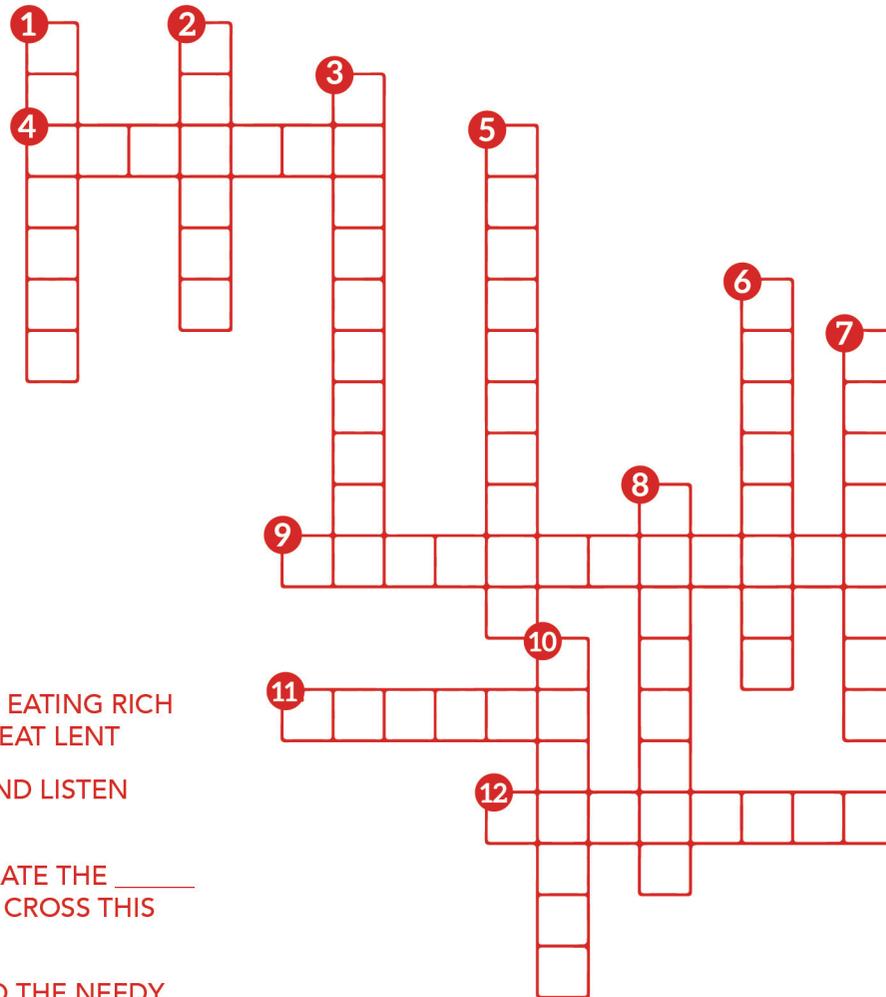
Begin on the evening of March 8, which is the night before the feast.



CROSSWORD PUZZLE

MARCH EDITION

by Sarah Tamiian



DOWN

1. WE FORGO EATING RICH FOODS IN GREAT LENT
2. WE TALK AND LISTEN TO GOD
3. WE CELEBRATE THE _____ OF THE HOLY CROSS THIS MONTH
5. WE GIVE TO THE NEEDY, ESPECIALLY DURING FASTING TIMES
6. THIS SAINT WAS AN ACTOR BEFORE HE WAS MARTYRED
7. A SWEET ROMANIAN PASTA "SOUP" CELEBRATING THE 40 MARTYRS
8. WE PRAY FOR ALL SOULS EVERY _____ IN GREAT LENT
10. WE COMMEMORATE SAINT GREGORY _____ DURING GREAT LENT

ACROSS

4. WE CELEBRATE THE 40 MARTYRS OF _____ THIS MONTH
9. THE ANGEL GABRIEL COMES TO MARY THE THEOTOKOS
11. A DELICIOUS SWEET WHEAT DESSERT
12. THE 40 MARTYRS ENCOURAGED EACH OTHER BY SAYING, "WINTER IS HARSH, BUT _____ IS SWEET!"

CHOIR PRACTICE

FORTY CHRISTIAN MARTYRS

Come, all you people, I'll sing you a song
About forty soldiers who had done
nothing wrong
They would not deny their faithful service
to Christ
And died forty martyrs on the bitter
Sebaste ice

The Twelfth Roman Legion in 320 AD
Was stationed by what is now Sivas, Turkey
The emperor demanded proof of their loyalty
"Sacrifice to idols and I'll know that you're
with me."

CHORUS:

And it's choose the one
Choose the one, son
Tell us, which King will you serve?
Will you die for your Lord Jesus,
Or will you lose your nerve?

Forty Christian soldiers refused the
King's mandate
Flogged with whips and hooks, still this
vow they did make:
"We have learned to deny our bodies
where
our souls are at stake,"
They were ordered to stand naked, bleeding,
on a frozen lake.

Throughout the long dark night they
stood,
completely exposed
To freezing mountain winds and heavy
winter snows
The commander ordered fires, set out
warm
baths and heavy clothes
And offered them to any man who'd forsake
this God he chose.

CHORUS

Of forty Christian brothers, one got scared
and lost his will
He hobbled from the ice to find some
shelter from the chill
He stepped into a heated bath, not knowing
it would kill
For frozen hearts thrust into heat in shock will
be stopped still

Aglaius was a soldier standing guard upon
the shore
A light from heaven, crowns he saw upon
the martyrs pour
The vision steeled Aglaius, loyalty to Christ
he swore
And stripping off his uniform, he evened
up the score.

CHORUS

At daybreak, dead and living were both
thrown into a fire
Their ashes tossed into the Halys River
from the pyre.
The Christians came in secret, stole
some relics away
And they are venerated right down to
this very day.

So come all you people, I'll sing you a song
About forty soldiers who had done
nothing wrong
Only would not deny their faithful
service to Christ
And died forty martyrs on the bitter
Sebaste ice.

CHORUS



**SCAN
TO HEAR!**

COUNTDOWN T

JULIAN CALENDAR

<p>MARCH 6</p> <p>Cheesefare/ Forgiveness Sunday: Ask forgiveness of all in your household</p>	<p>MARCH 7</p> <p>Clean Monday The Great Fast Begins! Here we go!!</p>	<p>MARCH 8</p> <p>Clean Tuesday It's a great day to clean your room!</p>	<p>MARCH 9</p> <p>Clean Wednesday Practice your prostrations</p>	<p>MARCH 10</p> <p>Clean Thursday Learn the Prayer of St. Ephrem</p>	<p>MARCH 11</p> <p>Clean Friday Make Kutjia (Koliva) in honor of St. Theodore's miracle</p>	<p>MARCH 12</p> <p>Saturday of Theodore the Recruit Read this really cool story at ByziMom.com</p>
<p>MARCH 13</p> <p>Sunday of Orthodoxy Gather your icons and have a procession!</p>	<p>MARCH 14</p> <p>Visit someone who is sick or lonely, or maybe send them a card</p>	<p>MARCH 15</p> <p>Plant some basil seeds in pots today for Pascha</p>	<p>MARCH 16</p> <p>O Joyful Light Make beeswax candles for your icon corner</p>	<p>MARCH 17</p> <p>Learn about your patron saint</p>	<p>MARCH 18</p> <p>Take time to look outside notice the wonderful things God has made.</p>	<p>MARCH 19</p> <p>Remember to practice obedience, as Jesus was obedient to his parents too!</p>
<p>MARCH 20</p> <p>Sunday of St. Gregory Palamas Practice prayer today!</p>	<p>MARCH 21</p> <p>Dust your room and think about cleaning the dust from your soul too!</p>	<p>MARCH 22</p> <p>Defend your faith...learn and review the concepts in the Creed</p>	<p>MARCH 23</p> <p>Make a chotki bracelet with 10 beads to pray with every day and night!</p>	<p>MARCH 24</p> <p>Learn and practice the Jesus Prayer with your new beads</p>	<p>MARCH 25</p> <p>The Annunciation(NS) The Family is made in God's image...3 in 1! Review Psalm 127</p>	<p>MARCH 26</p> <p>Learn or review the Prayer before Communion</p>
<p>MARCH 27</p> <p>Sunday of the Veneration of the Holy Cross We Bow to Your Cross!</p>	<p>MARCH 28</p> <p>Review the litany said at Divine Liturgy and think of someone you know for each petition</p>	<p>MARCH 29</p> <p>Do a secret good deed for someone who is in need.</p>	<p>MARCH 30</p> <p>Watch for another opportunity to be a helper today!</p>	<p>MARCH 31</p> <p>Review and discuss the guidelines for proper behavior at Liturgy with your family</p>	<p>APRIL 1</p> <p>Help someone whom you are tempted NOT to love today</p>	<p>APRIL 2</p> <p>Clean your closets today and consider donating things you've outgrown</p>
<p>APRIL 3</p> <p>Sunday of St. John of the Ladder Step by step we're getting close!</p>	<p>APRIL 4</p> <p>Make "Crown of Thorn Pretzel Rolls" Get the recipe at ByziMom.com</p>	<p>APRIL 5</p> <p>Be a helper like Simon of Cyrene. Help someone with a difficult task today</p>	<p>APRIL 6</p> <p>Set aside a special time to sit before your icon corner and rest with Jesus a while</p>	<p>APRIL 7</p> <p>The Annunciation(OS) Practice the prayer to the Theotokos!</p>	<p>APRIL 8</p> <p>Tonight, listen for the entrance hymn & pray with the angels when Jesus enters!</p>	<p>APRIL 9</p> <p>Think about the angels today and how your own angel helps you keep the fast</p>
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<p>APRIL 17</p> <p>Palm/Flowery Sunday Hosanna in the Highest! Blessed is He who comes in the name of the Lord!</p>	<p>APRIL 18</p> <p>Great and Holy Monday Mt 21:18-20 Talk with your family about ways you can be a fruitful branch</p>	<p>APRIL 19</p> <p>Great and Holy Tuesday Mt 24:36-28:20 Keep the light burning for Jesus in your soul!</p>	<p>APRIL 20</p> <p>Great and Holy Wednesday Mt 26:6-16 Tonight YOU can receive HOLY UNCTION!</p>	<p>APRIL 21</p> <p>Great and Holy Thursday 1 Cor 11:23-32 Spend some extra time with Jesus in prayer tonight.</p>	<p>APRIL 22</p> <p>Great and Holy Friday Be especially quiet and solemn today in honor of Jesus suffering and death.</p>	<p>APRIL 23</p> <p>Great and Holy Saturday Help your family prepare for the celebration to come.... Tomorrow is PASCHA!</p>

TO PASCHA

<p>FEBRUARY 27</p> <p>Cheesefare/ Forgiveness Sunday: Ask forgiveness of all in your household</p>	<p>FEBRUARY 28</p> <p>Clean Monday The Great Fast Begins! Here we go!!</p>	<p>MARCH 1</p> <p>Clean Tuesday It's a great day to clean your room!</p>	<p>MARCH 2</p> <p>Clean Wednesday Practice your prostrations</p>	<p>MARCH 3</p> <p>Clean Thursday Learn the Prayer of St. Ephrem</p>	<p>MARCH 4</p> <p>Clean Friday Make Kutjia (Koliva) in honor of St. Theodore's miracle</p>	<p>MARCH 5</p> <p>Saturday of Theodore the Recruit Read this really cool story at ByziMom.com</p>
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CAUGHT YOU

March 6

GOSPEL: JOHN 1: 43-51

Write the first letter of each answer on the line to spell the name of one of the disciples Jesus called in today's Gospel.

The opposite of FUTURE

The opposite of COLD

The opposite of OUT

The opposite of SHORT

The opposite of FIRE

The opposite of PUSH

March 13

GOSPEL: MARK 2:1-12

Use a mirror to read what the people said when Jesus healed the paralytic in today's Gospel.

!siht ekil gnihtyna was reven eW



Listening

WITH KH. SYLVIA DORHAM

March 20

GOSPEL: MARK 8: 34-9:1

In today's Gospel, Jesus tells the crowd and his disciples what it takes to follow him.

Rearrange this mixed-up sentence to find out what he said.

your up and yourself, Deny take me. cross follow

March 27

GOSPEL: MARK 9: 17-31

In today's Gospel, Jesus reveals to us two very powerful weapons in our fight against the demons.

Unscramble the words to find out what these weapons are!

epyarr dna gsfanti

Do you use these weapons regularly?

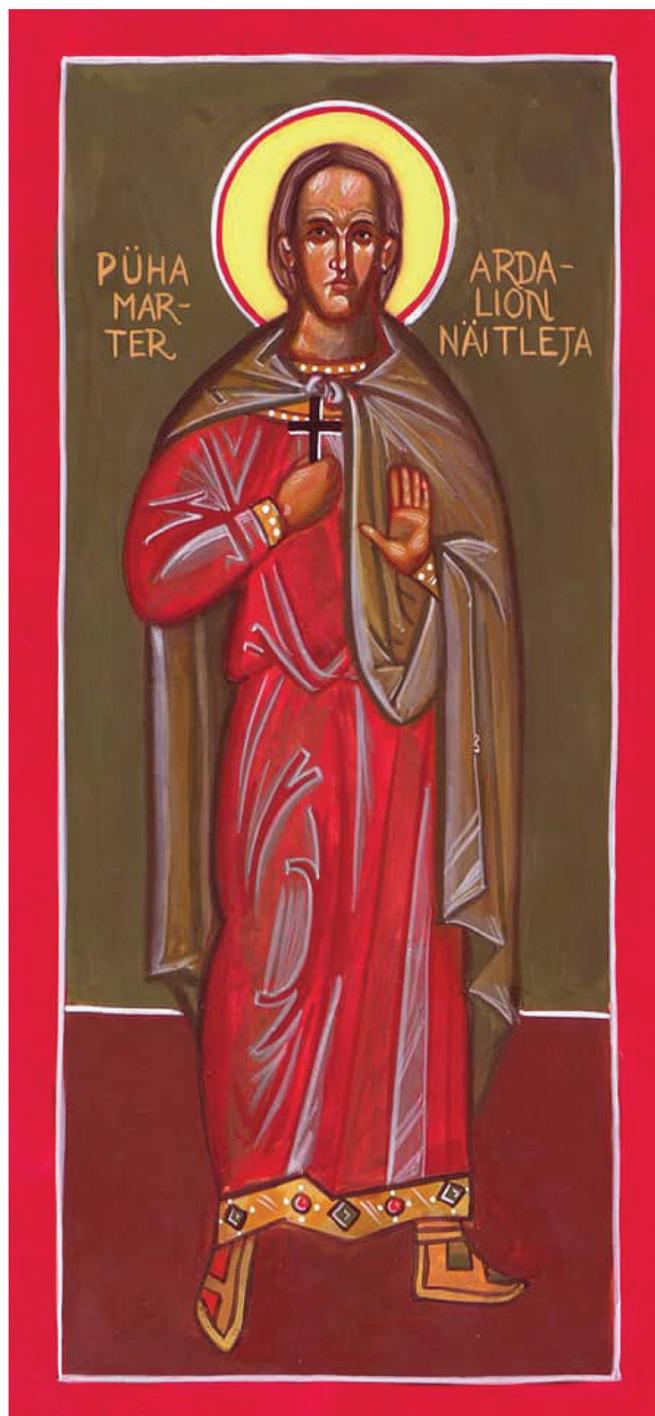
I SPY IN MY LITTLE ICON

by Kh. Jocelyn Abyad

ST. ARDALION

Have you ever gone to a theatre to see a play? Going to see a live performance can be so exciting! The music, the lights, the costumes, and performances provide a unique experience that is delightful! In ancient times, the people were no different from us today. They enjoyed going to the theatre to watch a variety of performances. In these ancient plays, just as today, some actors gained particular popularity. St. Ardalion was one such actor. He was famous in his times for his performances and large crowds of people would come to see him perform.

St. Ardalion lived in the early 300's, and during this time, it was illegal to be a Christian. You could be tortured or killed just for believing in God and refusing to worship idols! In one performance on stage, St. Ardalion played a Christian character. This character



© Fr. Vladimir Lysak

was tortured for his faith but remained peaceful in the face of his tormentors. The performance was so moving, the crowd stood and clapped and cried, feeling moved with compassion for Christians who had suffered truly terrible earthly fates. St. Ardalion took this as an opportunity to confess his own faith in the True God. He asked the crowd to calm down and proclaimed that he was a Christian for all to hear!

The government officials in attendance could not believe their ears! First, they attempted to get St. Ardalion to change his mind with flattery and wealth. But when that didn't work, they had him tortured. St. Ardalion held fast to his faith and was eventually martyred by being thrown into a hot oven, just as his character on stage had been. He is a true example of how we can glorify God in any job that we are given. Fighting for our faith and for our Lord does not always require a sword or

a theology degree!
We are called to stand
strong in Truth on any
stage in life!

In the icon today, you'll
see that St. Ardalion
is depicted without a
beard, showing that
he was young when he
was martyred- perhaps
the same age as one of
you! He holds a cross in
one hand, symbolizing
his martyrdom. His
other hand he holds
up, as he did on stage,
asking the people to
be quiet and listen to
his profession of faith.
His feet are turned,
mid-step, as we can
imagine he would have
been in his many play
performances as well.

*May we too glorify
God with our steadfast
spirit, true warriors for
Christ!*

*St. Ardalion,
PRAY FOR US*

“

God so ordained that
we made friends with
each other in this
temporary life; let us try
not to separate even in
eternity; just as we have
been found pleasing
to a mortal king, so let
us strive to be worthy
of the favor of the
immortal King, Christ
our God."

-Cyrion

*among the 40 Martyrs
of Sebaste*

MEANWHILE, BACK IN BYZANTIUM

FEAST OF ORTHODOXY

by Katie Reetzke



Imagine seeing your favorite icon ripped off the wall and destroyed by the government!

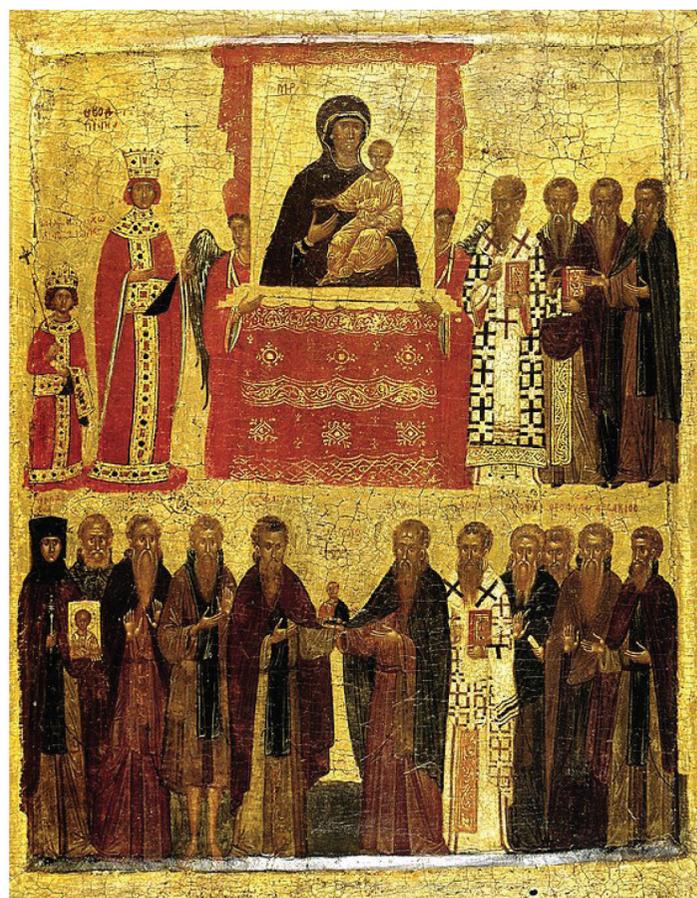
In Constantinople in 730AD, an iconoclast (icon destroying because of incorrect beliefs) ordered that a wonderworking icon of the Savior, the *Christ Chalkites*, that hung over a gate in the city be taken down. Emperor Leo III the Isaurian had also appointed a Patriarch named Athanasius who did not believe icons should be used in churches or homes.

Crowds gathered at the "Copper Gates" to protest this act. Among them were St. Mary, Protospatherios Gregory, Saints Julian, Marcian, John, James, Alexius, Demetrius, Leontius, Photius, and Peter who tried to prevent imperial soldiers from taking down the miraculous icon.

In the struggle, a soldier fell from the ladder and died. This enraged the Emperor more, and he sentenced the crowds to torture and imprisonment for 8 months. After the 8 months, he had them executed and they received their martyrs' crowns on August 9th, 730 AD.

They were then buried near the Church of Holy Martyr Theodore along the coast outside the city.

The bodies of these holy icon defenders were discovered to be incorrupt 139 years later. May we remember those who died in defending the importance of icons, so that we may have windows to heaven, when we celebrate the Feast of Orthodoxy on March 13th.



This icon depicts the restoration of icons in 843 AD and includes martyr Saint Theodosia holding the *Christ Chalkites* in the lower left corner.

Pray for us, St. Mary Martyr of Constantinople, along with your martyr companions!





The Metropolitan's Miracle from the 40 Martyrs

by Lynne Wardach

In the winter of 1943, Metropolitan Joseph Chernov was arrested and sentenced to serve time in a Nazi prison in central Ukraine for the crime of being a Christian. Arrest and imprisonment were not unusual for Metropolitan Joseph. He served a total of about twenty years in and out of camps and prisons for the faith. After being there for some time, the Metropolitan was exhausted from the harsh treatment and lack of food. He begged the Lord to take him because he felt no use fighting against such bitter cold.

Just as he was about to give in to despair, he remembered the Forty Martyrs of Sebaste and all the hardships they endured in that freezing lake for the sake of the Lord Jesus, and he began to pray. He begged the martyrs, with all his strength, to intercede for him before God and help him endure what was before him with the same strength and courage as

they had done. He also asked their forgiveness for not having honored them sooner for their heroism. He later admitted that as soon as he completed his heart-felt prayer to the Martyrs, he began to feel a warmth come over him, and the despair he previously felt had vanished. Miraculously, a few moments later, the guards opened the door to his cell and issued him a package containing some new warm clothing and bread to eat.

God had heard the prayer of the Holy Martyrs and had blessed the Metropolitan with the strength he needed to survive. He was eventually freed and became Archbishop of Alma-Ata and Kazakhstan, and then elevated to the rank of Metropolitan in the Russian Orthodox Church. He inspired many during his lifetime and peacefully went to sleep in the Lord on September 4, 1975.

• IT'S ALL GREEK TO ME. •



WITH GUEST **FATHER SEBASTIAN**

Sebaste

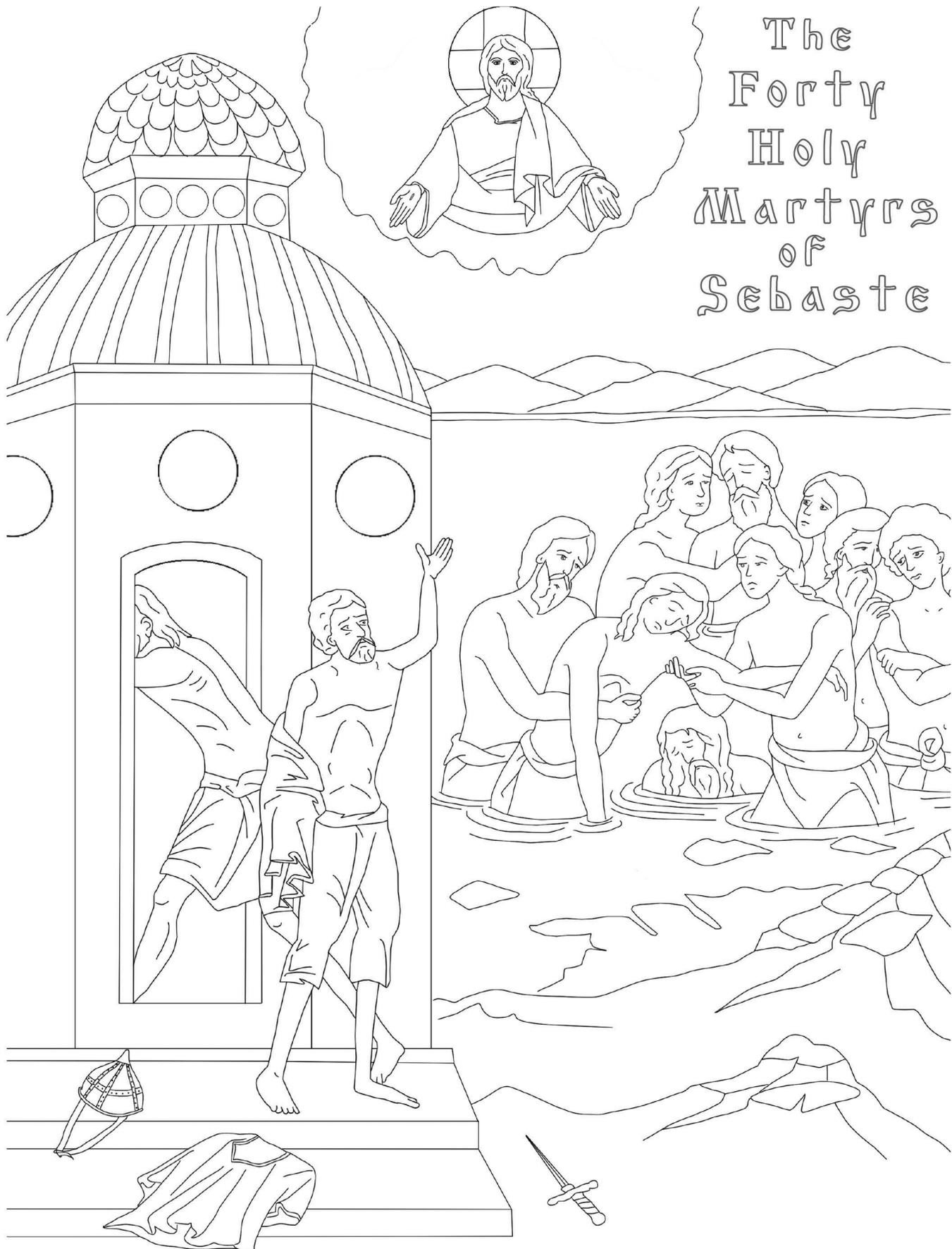
In this issue, we remember the forty martyrs of Sebaste. The word "Sebaste" comes from the Greek root for "honorable", or "worthy of worship."

The founding of the city, Sebaste, in which the martyrdom occurred, was attributed to Caesar Augustus, "augustus" being the equivalent in Latin of the Greek root for "Sebaste." Of even more importance is the word "martyr." This English word is a transliteration of the Greek word meaning "witness." These forty martyrs "witnessed" with their lives, even unto death, the Gospel of Jesus Christ. Through their prayers, may we have the strength to do the same.

REV. SEBASTIAN CARNAZZO, PHD IS PASTOR OF ST. ELIAS MELKITE CHURCH IN SAN JOSE, CA (STELIASMELKITE.ORG) AND TEACHES ONLINE GREEK CLASSES FOR KIDS THROUGH THE ACADEMY OF CLASSICAL GREEK (ACADEMYOFCLASSICALGREEK.COM).



The Forty Holy Martyrs of Sebaste



COLORING PAGE

by Julie Luckey

BYZIKIDS

ACTIVITIES CALENDAR

March 2022

MARCH 1

St. Eudokia

Use the QR Code on the Choir Practice page and listen!

MARCH 5

The Commemoration of the Miracle of the Boiled Wheat of the Great Martyr Theodore (EC)

Make Mini-Koliva Breakfast
Read about the Simple Dish

MARCH 6

Sunday of Orthodoxy (EC)

Make Icon Suncatchers

Cheesefare Sunday (EO)

Get the Countdown to Pascha Calendar: Julian Paschalion

MARCH 7

Clean Monday/ The first day of the Great Fast (EO)

The Great Fast Song & Lyrics
Clean Monday Kite Activity

MARCH 9

40 Martyrs of Sebaste

Decorate with a Paper Bird Garland with the names of the 40 martyrs
Make 40 Skylark Rolls like they do in the Slavic countries
Make Mucenici like our friend in Romania

MARCH 12

2nd All Souls Saturday (EC)

The Commemoration of the Miracle of the Boiled Wheat

of the Great Martyr Theodore (EO)

Make Mini-Koliva Breakfast
Read about the Simple Dish

MARCH 13

Sunday of St. Gregory Palamas (EC)

Sunday of Orthodoxy (EO)

MARCH 19

3rd All Souls Saturday

MARCH 20

Veneration of the Holy Cross (EC)

Decorate your prayer table with the Holy Cross
Make a decorative felt wreath for your cross
Have Lenten Basil Pesto for dinner

Sunday of Gregory Palamas (EO)

MARCH 23

Midpoint of Great Lent (EC)

Make Crown of Thorns Pretzel Rolls

MARCH 25

The Annunciation

Get the Coloring Page and maze printables!

MARCH 26

Synaxis of the Archangel Gabriel

MARCH 27

Sunday of John of the Ladder (EC)

Veneration of the Holy Cross (EO)

Decorate your prayer table with the Holy Cross
Make a decorative felt wreath for your cross
Have Lenten Basil Pesto for dinner

MARCH 30

Midpoint of Great Lent (EO)

Make Crown of Thorns Pretzel Rolls

MARCH 31

Canon of St Andrew of Crete (EC)

MIGHTY
DEFENDERS
of the FAITH

Visit the Activities Index on the ByziKids page
at [ByziMom.com](https://www.byzimom.com) for all the links!

<https://www.byzimom.com/byzikids-magazine-extras>

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Online!