

Important Dates:

May

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| 5 - Great Martyr Irene | 21 - Saints Constantine & Helen and |
| 7 - Sunday of Paralytic | Sunday of the Blind Man |
| 8 - St John the Evangelist | 25 - Ascension |
| 10 - Mid Pentecost | 30 - St Emilia |
| 14 - Sunday of the Samaritan Woman (Photini) and Mother's Day (USA) | |

St Emilia



St Emilia of Caesarea was born in the Roman Empire during a time when Christianity was growing and the good news was spreading. St Emilia was a daughter of a martyr and was married to Basil the Elder. They had 10 children together and St Emilia taught her children all about the Orthodox faith. She taught them how to pray and how to devote their lives to serving the church.

When St Emilia was older, her husband died, and she spent most of her time with her oldest daughter, Macrina the Younger. Together they created a monastery for women. These women ate, worked, and prayed together. They committed themselves to fasting and giving everything they had to those in need.

After many years, St Emilia became ill. She knew her time on earth was coming to an end. Her youngest son, Peter, came to visit her and help Macrina until their mother died. Right before her death, she said to Heaven, "To you, O Lord, I give the first fruits and the tithe of the fruit of my womb. The first fruits are my first-born daughter, and the tithe is this, my youngest son. Let these be for you a rightly and acceptable sacrifice and let your holiness descend upon us." After she said this, she gave up her spirit and died.

St Emilia was a mother who raised her children to love God and she was so zealous in her instruction that five of her ten children went on to be saints as well: Sts. Macrina the elder, Basil the Great, Peter of Sebaste, Gregory of Nyssa, and Theosebia, a deaconess. Saint Emilia is often referred to as "the mother of saints." We celebrate her feast day on Jan 3 and May 30.

Ascetic Life of Motherhood

Prayer to Memorize this month

A Prayer to Your Patron Saint

Pray unto God for me, O Holy Saint (Name), well-pleasing to God: for I turn unto thee, who art the speedy helper and intercessor for my soul.



Hymn of the Month

Apolytikion of Ascension Tone 4

O Christ God, You have ascended in Glory,
Granting joy to Your disciples by the
promise of the Holy Spirit.

Through the blessing they were assured
That You are the Son of God,
The Redeemer of the world!

"Christ Has Ascended! From Earth to Heaven!"

Activity



As Mother's Day approaches, gather supplies for your kids to make Mother's day gifts. Gather tempura paint, markers, construction paper, and help your children create hand-print flowers with paint. Add stems to their flowers with markers. These can be for their Godmother, Grandmother or mother! (Optional) print a small photo of your child to include on the page as well! As you work with your kids, talk about St Emilia, the mother of saints, and how she raised her kids in the Orthodox faith and showed them an ascetic life. Happy Mother's Day to you all!



Family Corner:



After His Resurrection, Jesus remained on earth for forty days, appearing to His Disciples in various places. He and the disciples climbed the Mount of Olives. Acts 1:9-12 says, "And when He had spoken these things, while they beheld, he was taken up; and a cloud received him out of their sight. And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel; Which also said, Ye men of Galilee, why stand ye gazing up into heaven? This same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven. Then returned they unto Jerusalem from the mount called Olive, which is from Jerusalem a sabbath day's journey". This month, plan a family hike to a nearby mountain or park and talk about how Christ Ascended from Earth to Heaven during the Ascension.