



# SUNDAY SCHOOL NEWSLETTER

A Newsletter By The St George Sunday School Administrative Team  
Orthodox Christian Education



## Prayer



I thank you, Christ and Master our God, King of the ages and Creator of all things, for all the good gifts you have given me, and especially for the participation in your pure and life-giving mysteries. I, therefore, pray to you, good and loving Lord: keep me under your protection and under the shadow of your wings. Grant that to my last breath I may with a pure conscience partake worthily of your gifts for the forgiveness of sins and for eternal life. For you are the bread of life, the source of holiness, the giver of all good things, and to you we give glory, with the Father and the Holy Spirit, now and forever and to the ages of ages. Amen.

## The Apostles Fast

Emerged in the early days of Christianity, the Apostles Fast begins on the second Monday after Pentecost and ends on the feast of Sts. Peter and Paul on June 29th.

This year, the fast begins on Monday June 20th, 2022. The Apostles Fast aims to help us put on the "armor of light" to fight against the attacks of the enemy that may befall us during our spiritual journey to become united with God through His grace. The Fast of the Holy Apostles is not as strict as the fasts of Pascha and the Nativity of Christ and rather it is more lenient in its duration and rules. The rules are: Fish, wine, and oil are allowed on all days except on Wednesdays and Fridays which is a strict fast.



# Happy Birthday to



Celein Sarhan  
June 1



Ornina Abboud  
June 2



Yara Aleilan  
June 3



Kayla Kiudmani  
June 6



Marc Moussa  
June 11



Fanoula Novratidis  
June 13



Alexia Shaheen  
June 19



Maya Alaek 2  
June 20



Reem Aleilan  
June 20



Anastasios Bobotsis  
June 24



Angie Moussa  
June 25



Peter Mokbel  
June 29



Helena Mokbel  
June 29

## St. George Student Spotlight



Zoe Shaheen  
Grade 2



Mariam Qubti  
Grade 3

<https://www.youtube.com/watch?v=914wu9lwZo>

<https://www.youtube.com/watch?v=qA3Ac1BWQJU>