



SUNDAY SCHOOL NEWSLETTER

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



Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up does not behave rudely, does not seek its own, is not provoked, think no evil;

1 Corinthians Chapter 13: 4-5

Prayer



O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But grant me rather the spirit of chastity, humility, patience, and love.

Yea, O Lord and King, grant me to see mine own faults and not to judge my brother and sister, for blessed art Thou, unto ages of ages. Amen.

Great and Holy Lent

The Great Fast is upon us! Beginning on Forgiveness Sunday, we will spend the next seven weeks preparing for Pascha, the Feast of Feasts. The word "fast" means not eating all or certain foods. As Orthodox Faithful, we can fast completely at certain times of great importance, and especially each time before receiving Holy Communion. Usually, fasting means limiting the number of meals and/or the type of food eaten.

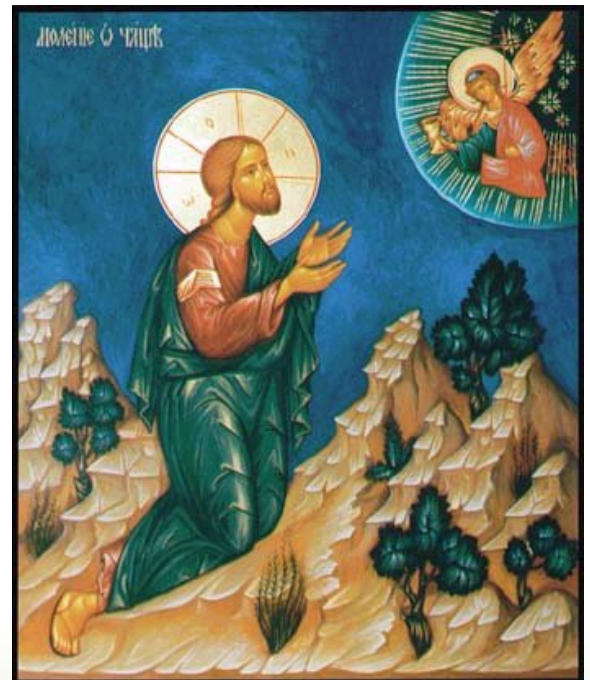
The purpose of fasting is to remind us of the Scriptural teaching, "Man does not live by bread alone." The needs of the body are nothing compared to the needs of the soul. Above all else, we need God, Who provides everything for both the body and the soul. Fasting teaches us to depend on God more fully.

There are several benefits of fasting. Fasting helps us pray more easily. Our spirit is lighter when we are not weighed down by too much food or food that is too rich. Through fasting, we also learn to feel compassion for the poor and hungry and to save our own resources so that we can help those in need.



Did You Know?

The feast of the Annunciation of the Virgin Mary comes nine months before Christmas on the twenty-fifth of March. It is the celebration of the announcing of the birth of Christ to the Virgin Mary as recorded in the Gospel of Saint Luke. The celebration of the Annunciation, therefore, is the feast of our own reception of the glad tidings of salvation, and our own glorification of the maiden Mary who becomes the Mother of God in the flesh.





Happy Birthday to



Maria Tahhan
March, 2



Selena Moukaabari
March, 6



George Qaqish
March, 18



Anas Helou
March, 23

St. George Student Spotlight



<https://youtu.be/sLFLkfLb8hM>



Farah Shuheibar
Grade 5

Maryam Shuheibar
Grade 5



<https://youtu.be/8rLaclucAWo>

<https://youtu.be/65bNcVsVyO8>



Maya Sukar
Grade 3

