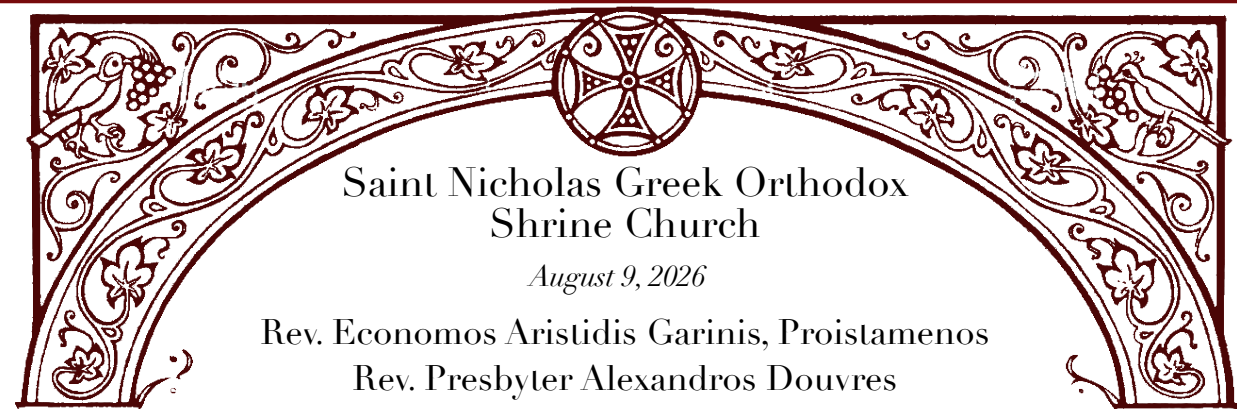




Saint Nicholas Greek Orthodox Shrine Church

August 9, 2026

Rev. Ekonomos Aristidis Garinis, Proistamenos

Rev. Presbyter Alexandros Douvres

Office (718) 357-4200 - Email info@stnicholasflushing.org - www.stnicholasflushing.org

Γ' Ματθαίου - 10th Sunday of Matthew

Ἀπολυτίκιον Ἀνασιάσιμον

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοὶ Ζωοδότα· Δόξα τῇ ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε Φιλάνθρωπε.

Ἀπολυτίκιον τῆς Ἑορτῆς

Μετεμορφώθης ἐν τῷ ὄρει Χριστέ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδύναντο. Λάμπσον καὶ ἡμῖν τοῖς ἁμαρτωλοῖς, τὸ φῶς σου τὸ αἶδιον, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

Κονιάκιον

Ἐπὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ Μαθηταί σου τὴν δόξαν σου, Χριστέ ὁ Θεὸς ἐθεάσαντο, ἵνα ὅταν σε ἴδωσι σταυρούμενον, τὸ μὲν πάθος νοήσωσιν ἐκούσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι σὺ ὑπάρχεις ἀληθῶς, τοῦ Πατρὸς τὸ ἀπαύγασμα.

Resurrectional Apolytikion

The stone having been sealed by the Pharisees and chief priests, and Your all-immaculate body being guarded by soldiers, You rose on the third day, O Lord and Savior, granting life unto the world. Then the powers of the heavens cried out to You, O Giver of Life, and shouted, "Glory to Your resurrection, O Christ! Glory to Your eternal rule! Glory to Your plan for saving us, only benevolent God!

Apolytikion of the Feast

You were transfigured upon the mountain, O Christ our God, showing to Your disciples Your glory as much as they could bear. Do also in us, sinners though we may be, shine Your everlasting light, by the intercessions of the Theotokos, O Giver of light. Glory to You.

Kontakion

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.

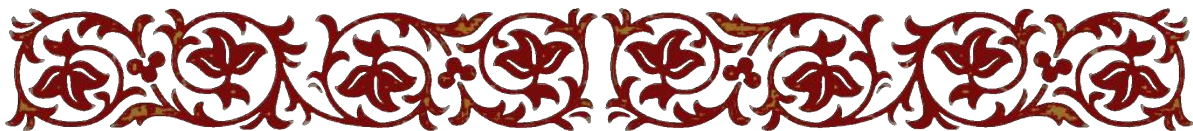


ΑΠΟΣΤΟΛΙΚΟ ΑΝΑΓΝΩΣΜΑ (Α' Κορ. 4:9 16)

Ἀδελφοί, ὁ Θεὸς ἡμᾶς τοὺς ἀποστόλους ἐσχάτους ἀπέδειξεν, ὥς ἐπιθανατίους, ὅτι θέατρον ἐγενήθημεν τῷ κόσμῳ, καὶ ἀγγέλοις καὶ ἀνθρώποις. ἡμεῖς μωροὶ διὰ Χριστόν, ὑμεῖς δὲ φρόνιμοι ἐν Χριστῷ· ἡμεῖς ἀσθενεῖς, ὑμεῖς δὲ ἰσχυροί· ὑμεῖς ἑνδοξοὶ, ἡμεῖς δὲ ἄτιμοι. ἄχρι τῆς ἄρτι ὥρας καὶ πεινῶμεν καὶ διψῶμεν καὶ γυμνητεύομεν καὶ κολαφιζόμεθα καὶ ἀστατοῦμεν καὶ κοπιῶμεν ἐργαζόμενοι ταῖς ἰδίαις χερσὶ· λοιδوروόμενοι εὐλογοῦμεν, διωκόμενοι ἀνεχόμεθα, βλασφημούμενοι παρακαλοῦμεν· ὥς περικαθάρματα τοῦ κόσμου ἐγενήθημεν, πάντων περίγνημα ἕως ἄρτι. Οὐκ ἐντρέπων ὑμᾶς γράφω ταῦτα, ἀλλ' ὥς τέκνα μου ἀγαπητὰ νουθετῶ. ἐὰν γὰρ μυρίουσ παιδαγωγοὺς ἔχητε ἐν Χριστῷ, ἀλλ' οὐ πολλοὺς πατέρας· ἐν γὰρ Χριστῷ Ἰησοῦ διὰ τοῦ εὐαγγελίου ἐγὼ ὑμᾶς ἐγέννησα. παρακαλῶ οὖν ὑμᾶς, μιμηταὶ μου γίνεσθε.

EPISTLE READING (1 Cor. 4:9 16)

Brethren, God has exhibited us apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the off-scouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. I urge you, then, be imitators of me.



ΕΥΑΓΓΕΛΙΚΟ ΑΝΑΓΝΩΣΜΑ (ΜΑΤΘ. 17:14-23)

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθεν τῷ Ἰησοῦ, γονυπετῶν αὐτὸν καὶ λέγων· Κύριε, ἐλέησόν μου τὸν υἱόν, ὅτι σεληνιάζεται καὶ κακῶς πάσχει· πολλάκις γὰρ πίπτει εἰς τὸ πῦρ καὶ πολλάκις εἰς τὸ ὕδωρ. καὶ προσήνεγκα αὐτὸν τοῖς μαθηταῖς σου, καὶ οὐκ ἠδυνήθησαν αὐτὸν θεραπεῦσαι. ἀποκριθεὶς δὲ ὁ Ἰησοῦς εἶπεν· ὦ γενεὰ ἄπιστος καὶ διεστραμμένη! ἕως πότε ἔσομαι μεθ' ὑμῶν; ἕως πότε ἀνέξομαι ὑμῶν; φέρετέ μοι αὐτὸν ὧδε. καὶ ἐπετίμησεν αὐτῷ ὁ Ἰησοῦς, καὶ ἐξῆλθεν ἀπ' αὐτοῦ τὸ δαιμόνιον καὶ ἐθεραπεύθη ὁ παῖς ἀπὸ τῆς ὥρας ἐκείνης. Τότε προσελθόντες οἱ μαθηταὶ τῷ Ἰησοῦ κατ' ἰδίαν εἶπον· διατί ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό; ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· διὰ τὴν ἀπιστίαν ὑμῶν. ἀμὴν γὰρ λέγω ὑμῖν, ἐὰν ἔχητε πίστιν ὡς κόκκον σινάπεως, ἐρεῖτε τῷ ὄρει τούτῳ, μετάβηθι ἐντεῦθεν ἐκεῖ, καὶ μεταβήσεται, καὶ οὐδὲν ἀδυνατήσκει ὑμῖν. τοῦτο δὲ τὸ γένος οὐκ ἐκπορεύεται εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Αναστρεφομένων δὲ αὐτῶν εἰς τὴν Γαλιλαίαν εἶπεν αὐτοῖς ὁ Ἰησοῦς· μέλλει ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοσθαι εἰς χεῖρας ἀνθρώπων καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἐγερθήσεται.

GOSPEL READING (MT.17:14-23)

At that time, a man came up to Jesus and kneeling before him said, “Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to your disciples, and they could not heal him.” And Jesus answered, “O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me.” And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, ‘Move hence to yonder place,’ and it will move; and nothing will be impossible to you. But this kind never comes out except by prayer and fasting.” As they abode in Galilee, Jesus said to them, “The Son of man is to be delivered into the hands of men, and they will kill him, and he will be raised on the third day.”



ΕΟΡΤΟΛΟΓΙΟΝ

August 2026

Paraklesis services during the weekdays begin at 7p.m.

There is no Paraklesis on Saturdays. Sunday

Paraklesis services begin at 5 p.m.

*Οι παρακλήσεις στην διάρκεια της εβδομάδας
αρχίζουν στις 7 μ.μ.*

Το Σάββατο δεν τελείτε η παράκληση.

Η παράκληση τις Κυριακές αρχίζει στις 5 μ.μ.

Aug 1
SAT

Procession of the Holy Cross
Πρόσδος του Τιμίου Σταυρού
8:00 Orthros / 9:00 Liturgy

Aug 2
SUN

9th Sunday of Matthew
8η Κυριακή του Ματθαίου
7:30 a.m. Orthros / 8:45 Liturgy

Aug 6
THU

Feast of the Holy Transfiguration
Εορτή της Μεταμορφώσεως
8:00 Orthros / 9:00 Liturgy

Aug 9
SUN

10th Sunday of Matthew
10η Κυριακή του Ματθαίου
7:30 a.m. Orthros / 8:45 Liturgy

Aug 14
FRI

Great Vespers of the Dormition
Μ. Εσπερινός της Κοίμησης
7:00 p.m.

Aug 15
SAT

Falling Asleep of the Theotokos
Κοίμησης της Θεοτόκου
6:30 a.m Liturgy (Chapel)
Orthros 8:00 a.m.
2nd Liturgy 9:15 a.m.

Aug 17
SUN

10th Sunday of Matthew
10η Κυριακή του Ματθαίου
8:00 a.m. Orthros / 9:00 Liturgy

Aug 22
SAT

Vespers of Panagia Prousiotissa
Εσπερινός Παναγίας Προυσιωτίσσης
7:00 p.m.

Aug 23
SAT

Apodosis of the Dormition
Απόδοσις της Κοίμησης
8:00 a.m. Orthros / 9:00 Liturgy

Aug 24
SUN

St. Kosmas the Aitolian
Αγ. Κοσμά του Αιτολού
7:30 Orthros / 8:45 Liturgy

Aug 27
WED

St. Phanourios the Martyr
Αγ. Φανουρίου
8:00 a.m. Orthros / 9:00 Liturgy

Aug 29
SAT

Beheading of St. John the Baptist
Αποτομή κεφαλής του Προδρόμου
8:00 a.m. Orthros / 9:00 Liturgy

Great Vespers SS. of Evrytania
Μ. Εσπερινός Αγ. Ευρυτανίας
7:00 p.m.

Aug 30
SUN

12th Sunday of Matthew
12η Κυριακή του Ματθαίου
7:30 Orthros / 8:45 Liturgy





BRONZE DEDICATION LEAF	\$2,000
SILVER DEDICATION LEAF	\$5,000
GOLD DEDICATION LEAF	\$10,000
BENEFACTOR DOVE	\$25,000
GREAT BENEFACTOR STONE	\$50,000

Please consider supporting our Renovation For Our Future project to continue passing the torch of Orthodox faith and Hellenism to our future generations.

☐ BRONZE LEAF \$2,000

☐ SILVER LEAF \$5,000

☐ GOLD LEAF \$10,000

☐ DOVE \$25,000

☐ STONE \$50,000

LAST NAME: _____ FIRST NAME: _____

PHONE NUMBER: _____ EMAIL: _____

PLEASE PRINT INSCRIPTION CLEARLY. 3 LINES (33 CHARACTERS MAX)

"SO LET EACH ONE GIVE AS HE PURPOSES IN HIS HEART; NOT GRUDGINGLY OR OUT OF NECESSITY; FOR GOD LOVES A CHEERFUL GIVER"

ST. NICHOLAS GREEK ORTHODOX SHRINE CHURCH

Aug. 15th

AFTER LITURGY



SCAN TO SECURE
YOUR MEAL

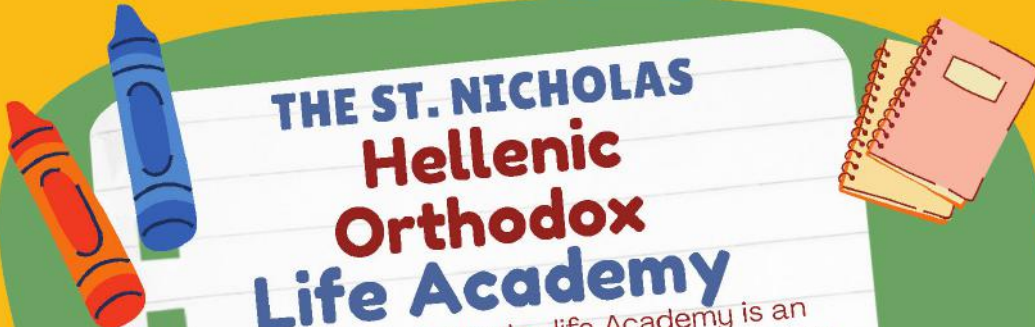


Lamb Shanks – \$35 with a side
(Limited supply!)
Souvlaki – \$6 (or 3 for \$15)
Loukoumades – \$15

Pre-orders recommended—
scan the QR code to reserve
your order!

PRE ORDER





THE ST. NICHOLAS Hellenic Orthodox Life Academy

The Hellenic Orthodox life Academy is an innovative afterschool enrichment program that meets doily and gives students the opportunity to engage in educational fun activities while practicing the Greek language. The program offers o range of academic components: culture, language, arts, and recreation which allows children to grow physically and socially while connecting with their Greek heritage.



WHAT WE PROVIDE:

- Time for Homework
- Language Supplemental Help
- Art and Crafts
- Christian Orthodox Life Session

- **OPTIONAL EXTRA DAYS, \$40.00 A SESSION**
- **OPEN ON SCHOOL HALF DAYS, 11:45AM-3:00PM**
- **PROGRAM BEGINS SEPTEMBER 9, 2027**



Register Online:
www.stnicholasflushing.org

For more information:
718.357.4200

holastnicholas@gmail.com
info@stnlcholasflushing.org



St. Nicholas Greek Orthodox Shrine church
196-10 Northern Blvd, Flushing, NY 11356

Girl Scout Troop 4212

Saint Nicholas Flushing

JOIN US!



CONFIDENCE

Building girls of
courage, leaders,
taking action to make
the world a better place



SISTERHOOD

Building friendships,
meeting new friends,
cheering and
supporting each other



FUN

Fostering creativity and
discovering
themselves, making
memories to last a
lifetime

Open Enrollment NOW until September or until spots close!

Girls K-8th Grade

Meetings on Fridays, Bi-weekly, 6:30-8pm and 7-8:30pm, Drop-off
at Saint Nicholas 43-15 196th Street, Flushing, NY
Need Parent Volunteers

**MORE
INFO**

stnicksgstroop04212@gmail.com



Instagram

@gstroop04212

SATURDAY, SEPTEMBER 12TH

YOUTH

Ministry

Sign ups

FEAST • FUN • FAITH • FELLOWSHIP

Join us!

**11:30 AM TO 1:00 PM
SARANTAKOS HALL PARKING LOT**

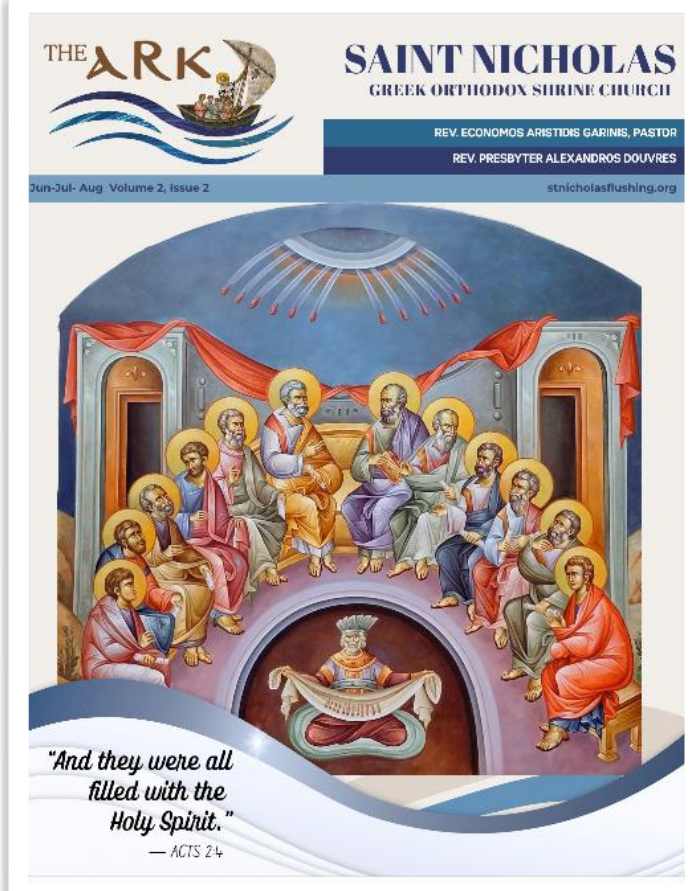
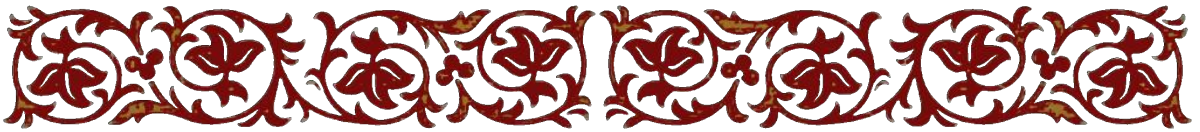
- CHURCH SCHOOL
- JOY
- JR GOYA
- GOYA
- BASKETBALL
- VOLLEY BALL

Girl Scouts - Cub Scouts - Boy Scouts



ST. NICHOLAS GREEK ORTHODOX SHRINE CHURCH
STNICHOLASFLUSHING.ORG
INFO@STNICHOLASFLUSHING.ORG





Read our next issue:
www.stnicholasflushing.org/SNF-ARK

Temporary Pause on Bookstore Donations

Thank you so much to everyone who has generously donated to our parish bookstore! Because our shelves are currently full, **we are temporarily pausing the acceptance of any new bookstore donations.** We kindly ask that you hold onto your items at home for now, and we will let you know as soon as we are ready to receive them again. Thank you for your warm understanding and cooperation!

KIDS BULLETIN PAGE

The Feast of the Dormition of the Mother of God

After Jesus ascended into Heaven, the Holy Virgin Mary (the Theotokos, which means "God-bearer") lived for many years surrounded by the love of the early Church. As she grew older, the Archangel Gabriel appeared to her once more, bringing a branch of paradise to tell her that her earthly life was coming to a peaceful close in three days.

Mary was filled with joy because she knew she would soon be reunited with her Son!

By a miracle, the Apostles—who were traveling all over the world preaching the Gospel—were gathered together on clouds from the ends of the earth to Jerusalem so they could say goodbye to her. They sang sweet hymns of praise as the Virgin Mary peacefully fell asleep in the arms of Christ. The word Dormition actually means "falling asleep."

Because Mary gave her entire life and heart to God, her Son took her soul and body into Heaven. Today, Christians bring sweet-smelling flowers and herbs to Church to be blessed, remembering the beauty, grace, and joy of our holy Mother!

A L S T M L E R E A A O
P V E A I V N L C J Y S
O I R I G S O T A O L R
S Y H W R R R O R Y E E
T O E E B B E H G R G W
L S S S R L A Y P T N O
E C A E P B E G A L A L
S M B S G L S S O R R F
H E A V E N P V S A P Y
S O K O T O E H T I E G
H O E S O O P E S L N R
N N O I T I M R O D L G

ANGEL

APOSTLES

BLESSING

DORMITION

FLOWERS

GABRIEL

GRACE

HEAVEN

HERBS

JOY

LOVE

MARY

PEACE

PRAYER

THEOTOKOS



MEMORIALS

Antonios Crassides
George Drakoulis
Constance Hekaros
Nikolaos Kalogeras
Christos Katsanos
Eleni Katsanos
Katy Pafitis
Sofia Panagopoulos
Nikolaos Serves
Panagiotis Stelos
Athanasios Vlachos
George Vlachos
Konstantina Vlachos
Ekaterine Vlachos

ΜΝΗΜΟΣΥΝΑ

Αντωνίου Κρασσιδη
Γεωργίου Δρακούλια
Κωνσταντίνας Ικάρου
Νικολάου Καλογερά
Χρήστου Κατσάνου
Ελένης Κατσάνου
Κυριακής Παφίτη
Σοφίας Παναγοπούλου
Νικολάου Σερβέ
Παναγιώτου Στέφου
Αθανασίου Βλάχου
Γεωργίου Βλάχου
Κωνσταντίνας Βλάχου
Αικατερίνης Βλάχου



*Saint Nicholas Greek Orthodox Shrine Church
196-10 Northern Blvd Flushing, NY 11358*



DIAKONIA

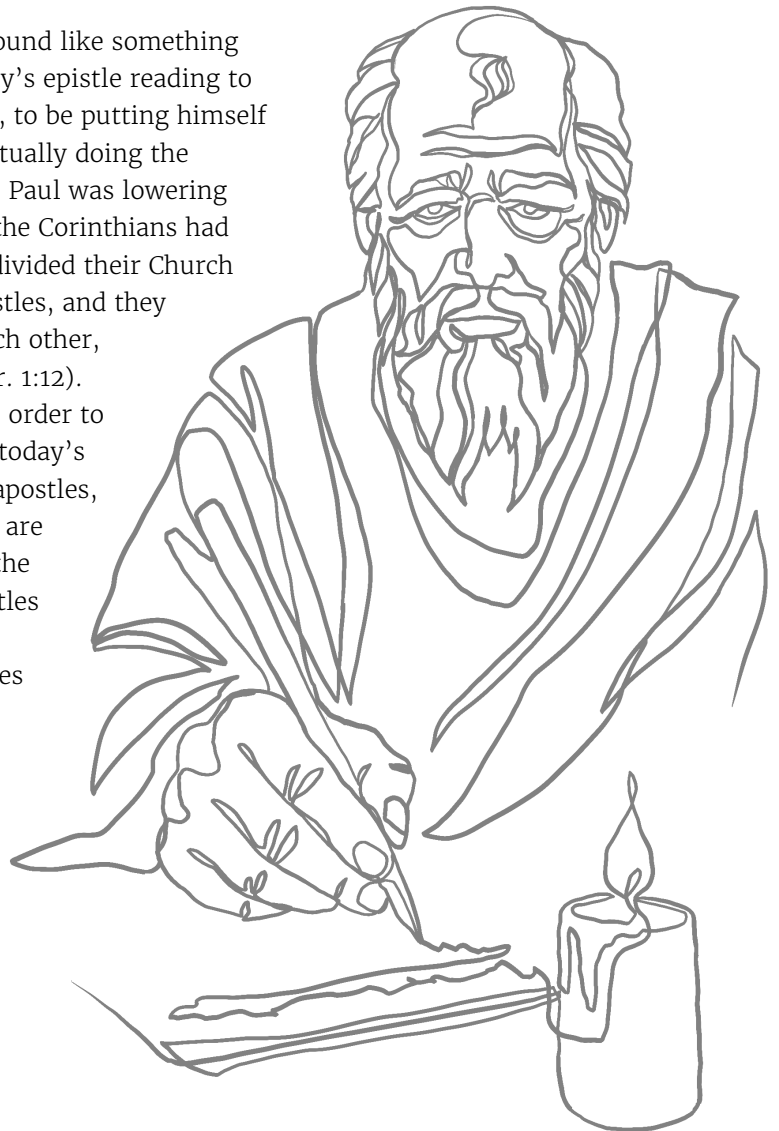
A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | *1 Corinthians 4:9-16*

Fr. George Parsenios (HCHC '96)

“Be imitators of me...”

The phrase lands strangely on our ears. It doesn't sound like something an apostle should say. When St. Paul tells us in today's epistle reading to imitate him, he seems to be singing his own praises, to be putting himself on a pedestal. But he only seems to do this. He is actually doing the opposite. Far from elevating himself over others, St. Paul was lowering himself in order to correct the mistaken views that the Corinthians had regarding apostolic authority. The Corinthians had divided their Church into different factions associated with different apostles, and they defined their warring parties by boasting against each other, “I am of Paul! I am of Peter! I am of Apollos!” (1 Cor. 1:12). Paul wrote the first four chapters of 1 Corinthians in order to respond to this divisive and confused behavior, and today's epistle reading is the climax of that argument. The apostles, he says, “are last of all people,” but the Corinthians are using apostolic connections to become first among the believers in Corinth. They invoke the names of apostles but do not live like apostles. With more than a little sarcasm, Paul separates the experience of the apostles even further from the behavior of the Corinthians by saying, “We are weak, but you are strong. You are held in honor, but we in disrepute.” The apostles do not elevate themselves arrogantly over others, but they bless when reviled, they endure when persecuted and they forgive when slandered. To be truly associated with the apostles, the Corinthians need to imitate the apostolic example. It is against this backdrop that Paul's teaching can be understood more clearly. Far from arrogantly elevating himself, he is teaching a lesson in humility when he says, “be imitators of me.”



Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu



Diakonia is made possible by a generous grant from Leadership 100

Scan for today's service text

bit.ly/parishtexts



FROM THE ORIGINAL GREEK: *erêmitês* (ἐρημίτης)

What does “hermit” mean?

Fr. George Parsenios (HCHC '96)

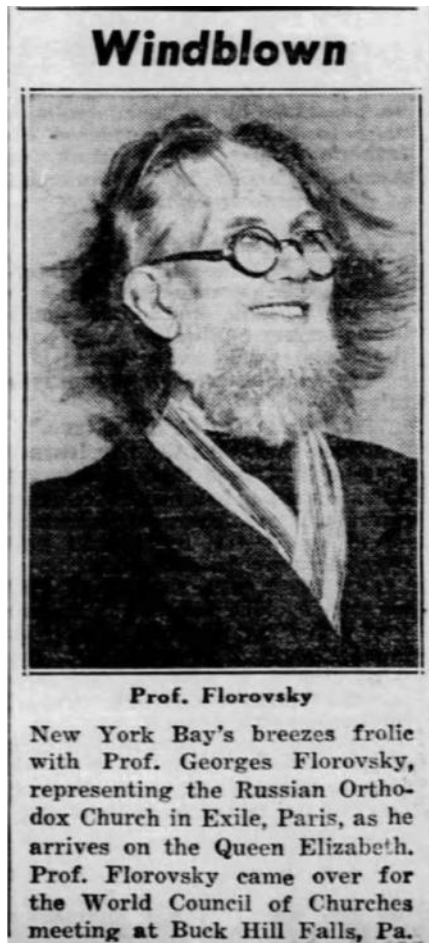


Someone who lives alone is called in English a “hermit,” but the word “hermit” actually has a very specific meaning related to Christian monasticism. Our term “hermit” derives from the

Greek word *ἐρημος/erêmos* which means “desert” or “wilderness,” because the

Egyptian desert was the home of the earliest Christian monks. To understand why the word “hermit” or “desert dweller” (*ἐρημίτης / erêmitês*) came to be applied to monks, we need to say a word about the history of Christian monasticism. Prior to the 4th century AD,

Christianity was an illegal religion, so Christians were barred from pursuing earthly glory and power. But when St. Constantine legalized the Christian faith, the cost of discipleship became cheaper, and being a Christian became a possible path to political prominence. The earliest monks followed the example of St. Anthony the Great by fleeing to the desert in order to reject what they saw as a compromised Christianity and to devote themselves exclusively to prayer and fasting. They were imitating Jesus who often retreated to the wilderness as a refuge for focused prayer (Luke 5:16). Because they inhabited the *erêmos*, or desert, they received the name of *erêmitês*, or “hermit.”



THIS WEEK'S LOOK AT CHURCH HISTORY

Fr. Georges Florovsky

Fr. Georges Florovsky, perhaps the foremost Orthodox theologian and churchmen of the 20th Century, reposed on August 11th, 1979. His life began in Odessa, Imperial Russia, in 1893. By 1920, he lived in permanent exile, mingling among the brightest minds of his generation amidst some of the most culturally stimulating locales: Sofia, Prague, Paris, and Belgrade, later New York, Boston, and Princeton.

Florovsky came to Paris in 1926 to teach at the newly-founded St. Sergius Institute. Over the next few decades, he earned the reputation of a serious contributor to the burgeoning ecumenical movement and a rigorous, discerning patristic scholar. He left Europe in 1948 to become Dean of St. Vladimir's Seminary in New York. He later held a full professorship in Church History at Harvard, teaching concurrently at Hellenic College-Holy Cross, before “retiring” to Princeton.

An obituary fondly remembered the idiosyncratic, single-minded but singularly admirable Fr. Florovsky as “a familiar figure at Princeton—a little white-bearded man in a beret and cassock, hustling along with a black attaché case bulging with scholarly papers.”

Fr. Florovsky's first visit to the U.S., New York Daily News, 4/8/1947.

The Feast of the Dormition

The Feast of the Dormition of the Theotokos—the Virgin Mary—is celebrated on August 15 and commemorates her dormition or "falling-asleep" and the assumption of her body into heaven. Holy Scriptures tell us that as Jesus was on the Cross, seeing His mother with John, His disciple, He said, "Woman, behold your son." Turning to John, He said, "Behold your mother," and from that hour, John brought her into his home.

At the time of Mary's death, the disciples, except for Thomas, returned to Jerusalem to see her. All, including the Apostle Paul, gathered at her bedside. Upon her death, Jesus descended and carried her soul into heaven. Her body was laid in a tomb near the Garden of Gethsemane. The Apostle Thomas arrived after three days, and desiring to see her body, found her tomb empty. Her bodily assumption was confirmed by an angel and by her appearance to the Apostles.

The Icon of the Dormition shows the Theotokos on her deathbed surrounded by the Apostles with Jesus in the center holding a small child clothed in white representing Mary's soul. Jesus is shown in his divine glory, with golden garments, angels above Him, and a mandorla around Him. Above are the gates of heaven, open to receive the Mother of God. The Dormition of the Theotokos is a feast of hope in the Resurrection of the body and life eternal.



Orthodox Christian Preparation and Celebration of the Feast of the Dormition

The preparation for the Feast of the Dormition begins on August 1. A strict fast is followed on most days (no meat, dairy, oil, or wine), with the exceptions of fish on the Feast of the Transfiguration (August 6) and the day of the Dormition. Oil and Wine are allowed on Saturdays and Sundays.



MAKING IT REAL IN YOUR LIFE

The Dormition reminds us that the Mother of God is alive in Jesus Christ and continues to pray for us. This week, seek her intercessions for a specific person in your life. Respond to the feast by not merely learning about it, but by exercising hope in God's saving power.



THIS OR THAT
Dormition Fast

Just For Kids!
(...and the young at heart)

	Option 1	Option 2	Option 3
Breakfast	Yogurt Parfait • Yogurt • Granola • Fruit • Honey	Oatmeal • Oats • Cinnamon • Brown Sugar • Blueberries	Cereal • Cheerios • 1% milk
Lunch	PB & J • Bread • Peanut Butter • Jelly	Turkey Sandwich • Bread • Turkey • Mayonaise • Cheese • Lettuce	Grilled Cheese • Bread • Butter • Cheese
Snack	Fruit • Sliced Apple • Almond Butter	Cheese • Cheese Stick	Charcuterie • Cheese • Crackers • Salami
Dinner	Tacos • Beef • Cheese • Lettuce • Salsa	Tacos • Shrimp • Salsa • Cabbage • Beans	Tacos • Beans • Cheese • Lettuce • Tomato
Dessert	Fudge • Chocolate • Condensed Milk • Vanilla	Sundae • Ice Cream • Chocolate Syrup • Sprinkles	Sorbet • Mango • Sugar • Water