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"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

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Keeping ourselves clean



Do you like cleaning your room? Probably not so much. But after you've put everything back in its place, after you've made your bed and emptied the trash, doesn't it seem like a more special place? You have to admit it is nicer to be there.

Today, the Epistle reading tells us about cleaning something much more important than our rooms. God tells us that we must

"cleanse *ourselves*." Does that mean taking a good bath? Well, that's good to do, but God wants us to clean ourselves on the *inside*.

Saint Paul tells us in the Epistle that our bodies are like special rooms where God is inside. "You are the temple of the living God; as God said, 'I will live in them and move among them, and I will be their God, and they shall be my people."

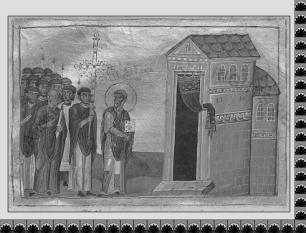
God is inside of us. Our Lord is inside of us! When we think about that, we know that we have to be careful about what we do and what we say and how we act. Can you try to keep yourself clean on the inside? Can you try to show how special your body is? It holds God inside! And how can you clean yourself on the inside? Always remember, what you say and do can keep you clean or dirty!

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WHAT'S IN THE ICON?

This is an icon of the Great Earthquake of Constantinople.

You can see the people walking through the town with a big cross. They are asking God to bless the city. They are praying that God will stop the earthquake.



THE GREAT EARTHQUAKE ALMOST 1,300 YEARS AGO!

Can you remember hear-

ing about an earthquake? Or a hurricane? The awful Hurricane Helene hit the United States just this year. People are still cleaning up from the winds and the flooding. That hurricane destroyed lots of homes. The earthquake in Haiti hit 14 years ago. It was so bad that the people there still need our help.



An earthquake is a scary thing!

But this week we also remember an earthquake that hit almost 1,300 years ago in the great city of Constantinople! Was it really that bad? Well, if you came to church very early, you heard the chanters read about it. Some of the taller buildings fell over. Some of the most beautiful buildings toppled too. People were trapped under the stones.

But what happened then? The people did what YOU would do. They prayed to God and to His mother, the Theotokos. They prayed to St. Demetrios (whose nameday is this week, too). They prayed that God would protect them. They prayed that the earthquake would stop. And it did!

Whenever things go wrong, we can always turn to God and His saints. God listens to us, just as He listened to the people 1,300 years ago!

We celebrate this great miracle on Saturday, October 26th (OC: November 8th).