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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

Sunday, June 29, 2025

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## What should I wear?

## Have you ever wondered

what you were going to wear? Maybe you spent some time, looking through your drawers or in your closet. As you get older, maybe you will spend even longer thinking about it. Did you know that the average woman spends 16 minutes every morning deciding



what to wear? That's a lot of time worrying about our clothes!

But the Bible tells us today, "Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?" Our Lord tells us in the Bible today, "Your heavenly Father knows that you need all these things. But strive first for the kingdom of God and His righteousness, and all these things will be given to you too."

We hear that God wants us to think about what's on the inside of us, not the outside of us. He wants us to think about how we can grow closer to Him, how we can love God more, how we can love our brothers and sisters and our parents more. God wants us to think about how we can help each other more and to do nice things for each other. So, the next time you are deciding what to wear, remember that our Lord wants us to think about the inside, not the outside. Then you can spend those 16 minutes (or more) on something better!

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## SAINT PAUL THE GREAT APOSTLE

games.



This is an icon of Saint Paul helping Saint John Chrysostom with his beautiful sermons

right kind of stars, and these are the saints. We know about these stars because they have done great

But in our Church we have the

We have all heard of su-

somebody who is super famous, maybe an actor who has been in a

has helped his team win a ton of

things for the Christian Church. They are examples to us!

Well, today we celebrate two real superstars of our church, Saints Peter and Paul. We know so much about Saint Paul because he wrote some of the books of the Bible. In the Acts of the Apostles (in the Bible), we hear about how he helped build up the Christian Church.

A few hundred years after Saint Paul lived, Saint John Chrysostom wrote about how great this superstar saint really was. He wrote, "Paul has shown us what man really is." Saint John wrote about how Saint Paul always tried harder and harder to do what God wanted him to do. Even when things were bad for him, Saint Paul thanked God for it. He knew that Christ had already won the big victory for us! The best way to learn more about this superstar saint is to read the Bible. And that is exactly the advice Saint John Chrysostom would give us, too!

We celebrate Saint Paul today, June 29th (OC: July 12th).