

Saint Phocas, pray for us!



The Children's Word is a weekly bulletin for Orthodox Christian kids. Copyright 2025 Alexandra Houck.  
Email is orthodoxchildrensword (at) gmail.com. Find it each week at orthodoxchildrensword.org.

# The Children's Word

"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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## Don't be ashamed!

**Can you think of something you** were really embarrassed about? Maybe it was something that was actually no big deal, like dropping your lunch at school or tripping over your own two feet. But have you ever been embarrassed about bigger things? Like your Christian faith?

In today's Gospel reading, we hear what Jesus said about being ashamed of your faith. Jesus told the crowds, "Whoever is ashamed of me and of my words....of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." In other words, if we are embarrassed or ashamed of our Lord, Jesus Christ, then He will be ashamed of us too! How awful it would be for our Lord to be ashamed of us, to be disappointed in us!

Now, what can we do to make our Lord happy with us? What can we do to make our Lord know we are really His followers? How do you act at school or with your friends? Are you ashamed or embarrassed to be a Christian? Do you act like a Christian even when you are away from your church or family?

Sometimes keeping words from the Bible in your heart can help you make good choices. "Whoever is ashamed of me and of my words, of him will the Son of man also be ashamed." So, don't be ashamed to be a Christian!



# WORD SEARCH

Can you find these words in the jumble?

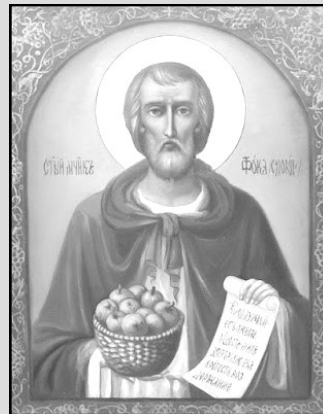
- Ashamed
- Compassion
- Cross
- Eternal
- Gardener
- Heaven
- Hospitality
- Love
- Phocas
- Poor
- Saint

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

# WHAT'S IN THE ICON?

Here is another icon of St. Phocas, the Gardener.

Do you see what he is holding? A basket of fruit that he would share with the poor!

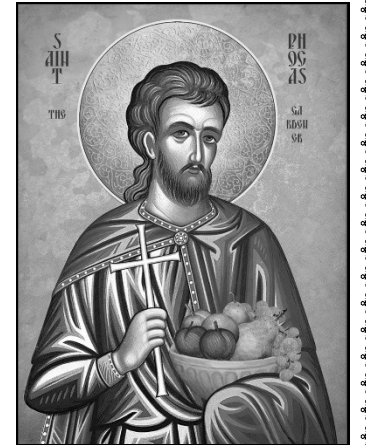


# SAINT PHOCAS THE GARDENER

## Have you ever planted a garden?

When it was time to pick, what did you do with your fruits or vegetables or flowers? Did you keep them for yourself or did you share them with somebody else?

Long, long ago, a saint named St. Phocas planted a small garden each year. He was a little poor, but he still shared what he grew with people who were even poorer.



Saint Phocas gave hospitality and love to everyone! Later in his life, the authorities found out he was a Christian, and they sent soldiers to arrest him! But St. Phocas was hospitable and loving even to the soldiers, and he gave them food and let them stay the night at his little house!

We always try to be like the saints. In Toronto, Canada, some Orthodox Christians plant a special garden. They plant lots of fruits and vegetables. When things are ready to pick, everything goes to the poor people



in the city! This group is called the St. John the Compassionate Mission, and they do many other things to help the poor and needy in their city.

You may not have a garden, but what can *you* do to try to be like St. Phocas the Gardener?

This priest is getting a garden ready for the poor!

We celebrate St. Phocas tomorrow, September 22nd (OC: October 5th).