



St. Nicholas Family Connection

September 2025



St. Euphrosynos

*Khouria Destinie
Ascetic Life of Motherhood*

St. Euphrosynos was born into a poor family and didn't receive a formal education. However, he was devoted to Christ, even from a young age.

As an adult, he became a cook and later a monk. As a monastic, he worked as a cook preparing food at the monastery. The monks would often ridicule him and make fun of him, but he always endured with humility and Christian patience.

In the same monastery there was a devout priest who prayed that he might see a glimpse into the paradise prepared for those who love God. One night, as he was sleeping, he found himself in a beautiful garden, and in it he saw St. Euphrosynos, the cook, standing in the garden. St. Euphrosynos told him "This garden is reserved for God's elect, and by His great goodness, I also dwell here." The priest

pointing to some apples, inquired if he might have some of them. Taking a few of the apples, St. Euphrosynos placed them in the priest's outer garment saying, "Receive that which you requested, and may you delight in them."

Upon waking, he had the three apples from paradise which were then cut up and distributed. They emitted a sweet, heavenly fragrance. When St. Euphrosynos was approached about his time in paradise, he humbly avoided conversing about it, and even left the monastery, avoiding any vain glory.



Evening Prayer for Children

Lord, Jesus Christ, You received the children who came to You. Receive also from Your child this evening prayer. Shelter me under the protection of Your wings that I may lie down in peace and sleep. Awaken me in due time that I may glorify You, for You alone are good and love all people.

Into Your hands, O Lord Jesus Christ, I commend my spirit and body; bless me, save me, and grant me eternal life.

The Father is my hope, the Son is my refuge, the Holy Spirit is my shelter. Holy Trinity, glory to You. Lord, Jesus Christ, Son of God, have mercy on me

Family Corner

Basil and Elevation of the Holy Cross

The Elevation of the Cross, or Exaltation of the Holy Cross, is a major feast day in the Orthodox Church celebrated on September 14, commemorating the finding of the True Cross by Saint Helen under a patch of basil plants.

Take time to be familiar with the basil plant. If you have some in your garden, visit the location. If not, your family can visit the store or garden center. Discuss how it must have been to find this herb and locate the Holy Cross. Have the kids describe its appearance and discuss the smell, texture and taste. Perhaps you can have them include basil as they help with dinner.



Three Baked Apples of Paradise



Ingredients

3 TBSP	unsalted butter, softened
1/4 C	packed brown sugar
1/2 tsp	cinnamon
1/8 tsp	nutmeg
1/4 C	old-fashioned rolled oats
3 large	apples

Directions:

- Preheat your oven to 375 degrees (F)
- Prepare your 10 inch baking pan by lining the bottom with parchment paper and greasing the sides with cooking spray or olive oil.
- In a medium size bowl, combine all ingredients.
- Place cored apples in a pie dish.
- Spoon filling into each apple, filling all the way to the top.
- Pour warm water into the dish around the apples.
- Bake for 40-45 minutes or until apples appear slightly soft.

Upcoming Events:

September 2-5	8:30 am	Greek Festival Cleanup -Church
September 3	7:00 am	Men's Fellowship at FLC
September 6	9:30 am	Sunday School
		Teachers Training at FLC
September 6	10:30 am	Adult Choir at FLC
September 10	7:00 am	Men's Fellowship at FLC
September 14		First Day of Sunday School at Church
September 17	7:00 am	Men's Fellowship at FLC
September 21	9:30 am	The Divine Liturgy at FLC
		Mortgage Burning Celebration to follow
September 23	10:00 am	Women's Faith Group at
		Hearth Room Cafe
September 24	7:00 am	Men's Fellowship at FLC
September 25	6:00 pm	Philoptochos General Meeting at
		FLC
September 28		IOCC Banquet at FLC
	5:00 pm	Vespers 5:30 pm Social Hour
	6:15 pm	Dinner
September 28		Name Day Celebration at Church

Check out Upcoming Events
on your St. Nicholas Website at:
<https://www.sngoc.org/projects>