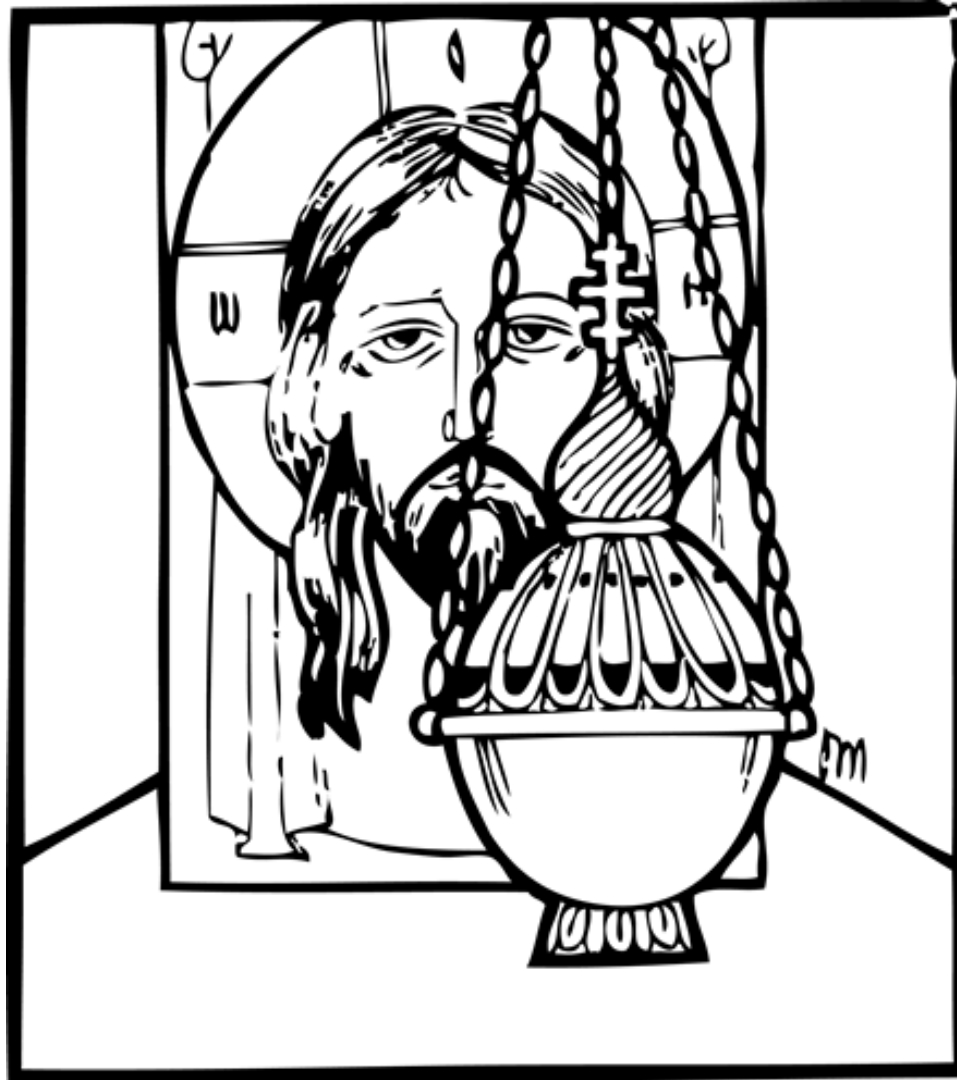


“The eye is the lamp of the body.”



The Children's Word is a weekly bulletin for Orthodox Christian kids. Copyright 2026 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

Sunday, June 21, 2026

Volume 14, Issue 25

Protect your eyes!

Do you wear sunglasses?

Sunglasses might make you look cool, but they help take care of our eyes too! Did you know the sun's rays can cause all kinds of damage to our eyes?



Today, in the Gospel, we hear a little about how we have to protect our eyes.

Would you like to hear what the Lord said? “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness.”

Sometimes we have to remember that we have to protect our eyes! Yes, protect them from the sun, but especially from what we see with them. As the Gospel tells us, if we see healthy things, our whole body will be healthy. If we see unhealthy things, our whole body will be full of darkness.

You can make good choices about what your eyes see! Sometimes you might play video games with lots of violence or fighting. Sometimes you might see a movie or pictures with things that aren't so good either. Sometimes you might even see people you know doing the wrong thing. Can you remember to choose something else to watch or see? When you protect your eyes from unhealthy things, you protect your whole body! Let's be Christians who are full of the light of Christ!

WORD SEARCH

Can you find these words in the jumble?

- Cathedral
- Compassion
- Darkness
- Eyes
- Gospel
- Healthy
- Hospitable
- Lamp
- Light
- Medicine
- Saint
- Sampson

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

WHAT'S IN THE ICON?

What can you guess about Saint Sampson when you look at an icon of him?

He is wearing priest vestments, and he is blessing us.

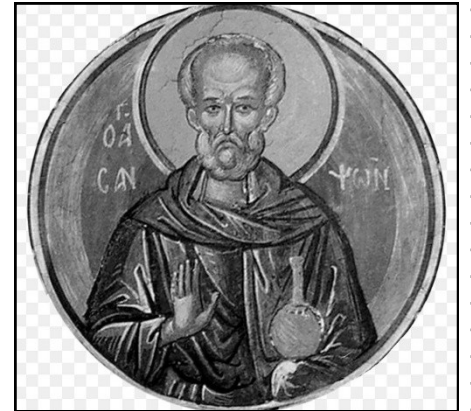
He is holding a jar of medicine.



SAINT SAMPSON THE HOSPITABLE

Have you ever had somebody stay the night at your house?

Your family probably made sure his room was clean and that you had breakfast ready for him. You probably made things comfortable so he could sleep well.



Now...have you ever done that for a stranger? Saint Sampson sure did.

Sampson lived 1,500 years ago. He came from a wealthy family and he studied to be a doctor. Sampson felt sorry for the poor people in the city, who had nobody to care for them. He decided to open up his house to be a sort of hospital for them. He gave them a free place to eat and sleep, and he helped them with medical care.

Once, the Emperor Justinian even sent for Sampson because he was very sick. Saint Sampson was able to heal him, using his medical talents and his faith in God. When the emperor was better, he started a great hospital in Constantinople to help the poor. He did this to thank Sampson.



People all over the world pray to Saint Sampson for his help. In Saint Petersburg, Russia, which is thousands of miles away, there is a cathedral named after Saint Sampson.

We remember Saint Sampson on Saturday, June 27th (OC: July 10th).