

# Saint Barbara Sunday School

2025 - 2026

As a reminder, Divine Liturgy begins at 9am. All Sunday School students should be seated in church with their parents in the front left pews.

Sunday School students will proceed downstairs with their Sunday School teachers immediately following Holy Communion. Students will be given a light snack in their classrooms and begin their lessons.

Please note that students must remain downstairs once Sunday School begins, until dismissal at 11:15am. If your child needs to leave early, please inform their teacher before classes begin.

## Be the Bee

You may be familiar with "Be the Bee" videos, produced by the GOARCH Department of Youth and Young Adult ministries, that focus on the various ways in which God has infused all of creation with goodness and beauty. The series is named after a metaphor associated with Saint Paisios of Mount Athos and explores ways that we can all focus on what is good and beautiful in our everyday lives. Our year will focus on finding God in everything, every day through the explanation of what it means to "Be the Bee" and incorporating these videos into our lessons.

### ***From the Saints***

*"As I have come to understand, some people resemble the honeybee and some resemble the fly. Those who resemble the fly seek to find evil in every circumstance and are preoccupied with it; they see no good anywhere. But those who resemble the honeybee only see the good in everything they see."*

Saint Paisios of Mount Athos

*"For just as bees know how to extract honey from flowers, which to men are agreeable only for their fragrance and color, even so here also those who look for something more than pleasure and enjoyment in such writers may derive profit for their souls. Now, then, altogether after the manner of bees must we use these writings, for the bees do not visit all the flowers without discrimination, nor indeed do they seek to carry away entire those upon which they light, but rather, having taken so much as is adapted to their needs, they let the rest go. So we, if wise, shall take from heathen books whatever befits us and is allied to the truth, and shall pass over the rest."*

Saint Basil the Great

*"The bee is more honored than other animals, not because she labors, but because she labors for others."*

Saint John Chrysostom



**Register Your  
Children  
Today!**

*If you have any questions do not hesitate to reach out to Father Paul, Pam Cousoulis, or your child's Sunday School Teachers.  
[sundayschool@stbarbaranj.org](mailto:sundayschool@stbarbaranj.org)*