

A Feast Day ACTIVITY from ByziMom.com
for Myrrhbearers Sunday

Myrrhbearers' Spicy, Aromatic Sugar Scrub



Scripture tells us that there were many women who followed Christ throughout His ministry, attending to His household needs, and those of His disciples. Following the example of His Blessed Mother, they provided him with loving care while He proclaimed God's word.

The Theotokos was known to have made him beautiful seamless garments, and was said to have done sewing in order to help provide for the Child Jesus.

Mary of Bethany sat at His feet and listened to His heartfelt message while **Martha** cooked meals for Him and for His disciples.

Johanna Chuza and **Susannah** took care of His earthly

needs, and **Mary Magdalen** anointed His tired feet with oil to thank Him for the forgiveness of her sins.

Legend tells us that **Veronica** ran an inn for travelers and provided the disciples with refreshment and lodging and that she also provided the tableware for the Last Supper.

At the crucifixion, these women were the followers who remained to witness Jesus' death and console His mother. In return, they were the ones who were permitted to bear witness to His resurrection. The Myrrhbearers' role in the plan of salvation may look mundane and ordinary on the surface, much like the water in the stone jars at the wedding at Cana. Still, by offering those services to Christ with love and diligence, He has turned their small acts of loving kindness into the finest wine. With the Myrrhbearers as our example, we, as women of faith, are called to do exactly the same.

Ingredients

- 1 cup White Sugar
- 1 cup Brown Sugar
- 2 tsp Cinnamon
- 1/2 tsp Ground Cloves
- 1/2 tsp Ground Ginger
- Drop Orange or Frankincense Essential Oil (optional)
- 1 cup Olive oil
- 2 Glass Jars
- Decorative ribbon (optional)

Preparation

1. In a bowl, combine white sugar, brown sugar, cinnamon, cloves, ground ginger, and a few drops of essential oil, if desired.
2. When this is well combined, add just enough olive oil to make it into a thick paste.
3. Put your scrub into clean glass jars, label them and add a decorative ribbon

Tips

You omit the spices and add different essential oils to make this special sugar scrub anytime!