

ST LUKE SUNDAY SCHOOL  
LENT  
HOLY WEEK  
PASCHA/EASTER  
HANDBOOK



## FIRST SUNDAY OF LENT: SUNDAY OF ORTHODOXY



The first Sunday in Lent is dedicated to the celebration of Orthodoxy. The first Sunday of

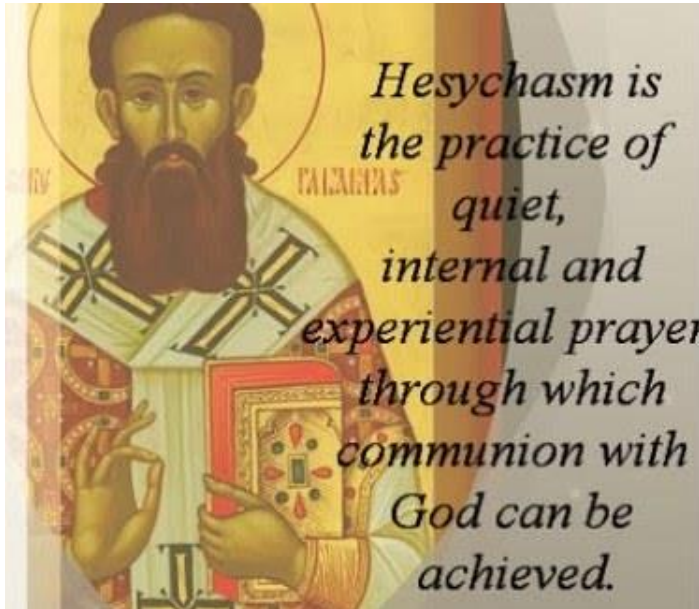
Lent is dedicated to the *Celebration of Orthodoxy*- and what a celebration it is. All our students will participate in a procession around the Church holding holy icons depicting Christ, the Theotokos and all of those saints who have walked the Christian life before us. We remember the joys and splendors of our Church! We rejoice in the Icons that bring God and His Saints into our lives, and give us a glimpse into heaven on Earth. We celebrate the return of the holy icons to the Church and begin the Lenten season remembering our Holy Orthodox faith which guides us towards our relationship with Christ.

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  |
|---|---|--|---|---|--|---|
| Great Lent begins! Write down three ways you plan to fast this Lent<br><b>Genesis 13-13</b> | Ask someone's forgiveness<br><b>Ephesians 4: 7-13</b> | Clean your room without being asked!<br><b>2 Cor 4: 6-15</b> | Find someone you don't usually talk to at school – smile and say "hi"<br><b>Genesis 2: 4-15</b> | Try not to eat any sweets today<br><b>Genesis 2:20 – 3:20</b> | Take time to pray and be still with God (Put an icon by the door and bring it to Church tomorrow)<br><b>Proverbs 3:19-34</b> | Bring an icon to Church today. We will have a procession for the Sunday of Orthodoxy!<br><b>John 1: 44-52</b> |

### Scripture Memory Verse:

“Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end” Hebrews 12:2

## SECOND SUNDAY OF LENT: SAINT GREGORY OF PALAMAS



An inspiration and example of strength leads to a knowledge of God are some of the things we learn from Saint Gregory of Palamas. He helped renew Orthodoxy by fighting against its enemies and defending the truth and our Faith. He is an example of strength that encourages us to keep praying and working to live a Christian life. St. Gregory was a holy man who became the bishop of the city of Thessalonika, Greece. He transformed the lives of many by his humble, prayerful example. As we

journey through the second week of Lent we are encouraged to examine our hearts and look to God for strength and comfort. We fast and pray to grow closer to God.

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   | Sunday  |
|---|---|---|---|--|--|---|
| Thank God for three things you are thankful for today<br><b>Mark 20: 1-16</b> | Practice saying the Jesus Prayer 12 times<br>"Lord Jesus Christ, Son of God, Have mercy on me"<br><b>Proverbs 5: 1-15</b> | Set up a time to visit with a priest and receive the sacrament of Confession<br><b>Proverbs 6: 1-20</b> | Eat with someone you don't usually eat with at school<br><b>Proverbs 6: 20-73</b> | Try not watching any TV today and spend the same time reading the bible<br><b>Genesis 5:32 – 6:8</b> | Do a cleaning job around the house to help your parents<br><b>Mark 1:35-44</b> | Bring some canned food to Church today – Sing during the Divine Liturgy with all your heart<br><b>Mark 2:1-12</b> |

### Scripture Memory Verse:

"When you go without food, wash your face and comb your hair, so that others cannot know that you are fasting – only your Father in Heaven who is unseen, will know" Hebrews 12:2

## THIRD SUNDAY OF LENT: THE VENERATION OF THE HOLY CROSS

This week brings to us the celebration of the Holy Cross. Surrounded by the flowers of the Spring, the Cross reminds us of our destination, the Passion and Resurrection of Christ. Keep the image of the Cross before you as you fast and pray. Take time to think about the Cross...How is it your weapon of peace? What does it stand for? Why do we wear a Cross? Before you eat, do the sign of the Cross. When you awake do the sign of the Cross. During the day...do the sign of the Cross as a guide and for your protection. It is a constant reminder of God the Father, the Son and the Holy Spirit within you. The Spring Daffodils encourage us during Lent, that Spring & the Joy of Pascha will follow the Crucifixion.



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Sunday  |
|---|--|--|---|--|---|---|
| Make a card for your Godparents or someone you love<br><b>Isaiah: 8:13-22 &amp; 9:7</b> | Write a note to a favorite teacher. Tell them how much you appreciate them!!<br><b>Matthew: 20: 1-16</b> | Open your Bible to John 3:16. Try to memorize this verse today.<br><b>Isaiah: 10:12-20</b> | Do something nice for a neighbor. Make a card, bake something, and give it away!<br><b>Proverbs: 10: 1-22</b> | Make a special list of all the people you want to pray for. Keep the list by your bed and use it everyday!<br><b>Proverbs: 10:31-11:12</b> | Use one of your special talents. Take time out of your day to think of some of the gifts you have<br><b>Mark 2: 14-17</b> | Be sure to wear your Cross to Church today. Remember to do the sign of the cross whenever you pray.<br><b>Mark 8:34-9:1</b> |

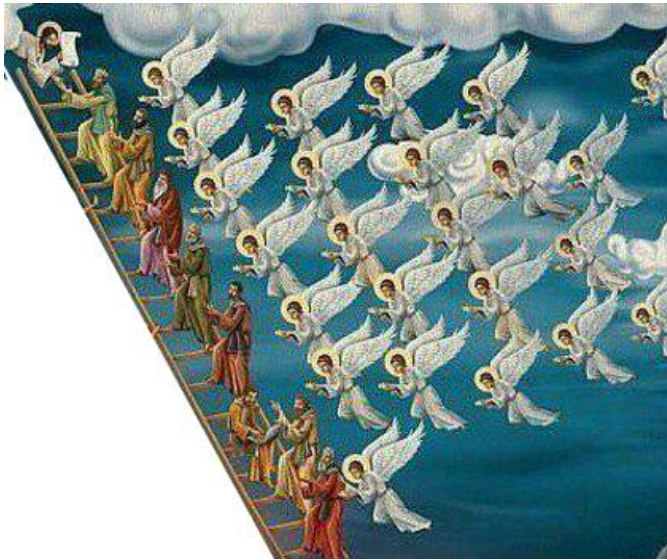
### Scripture Memory Verse

Up through 2<sup>nd</sup> grade: “Carry His Cross and follow me.” Mark 8:34

3<sup>rd</sup> through 12<sup>th</sup> grade: “If anyone wants to come with me, he must forget himself, carry His cross and follow me.” Mark 8:34

## FOURTH SUNDAY OF LENT: ST. JOHN OF THE LADDER

It is time to climb higher on the Ladder of spiritual growth. What happens to us? Do we get closer to being like God? Do we see more of our own



sins? Do we see more of the world as it is? Are we closer to everyone, or do we rise above them? *St. John of the Divine Ladder* is an example of faith and we look to this powerful Saint to learn about some of the answers to these questions. During the fourth Sunday of Lent we celebrate his life, and struggle as we learn from it so that we can become closer to God.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|--|--|--|--|---|--|--|
| Skip a favorite TV program and draw or right instead<br><b>Proverbs:</b><br><b>1:19-12:6</b> | Donate some food to your local food bank<br><b>Proverbs:</b><br><b>12:8-12</b> | Go to the Pre-Sanctified liturgy with your family today.<br><b>Luke: 1:24-38</b> | Memorize the prayer of St. Ephraim. Continue to say this prayer throughout Lent<br><b>Proverbs</b><br><b>13: 20-14:3</b> | Pray for someone you know who has died. Remember them throughout the day. Everlasting be their memory!!<br><b>Proverbs</b><br><b>14:15-26</b> | Tell someone in your family how much you love them. Take time out to call a relative who lives far away.<br><b>Mark</b><br><b>7: 31-37</b> | When you get home from Church tell about what you learned in Sunday School.<br><b>Mark</b><br><b>9:17-31</b> |

### Prayer of St. Ephraim the Syrian

Lord and Master of my life, cast away from me the spirit of laziness, idle curiosity, love of power and vain talk. But grant me, Your servant, the spirit of moderation, humility, patience and love. Yes, Lord and King, grant to me to see my own faults and not to judge my brothers and sisters. For You are blessed now and forever.

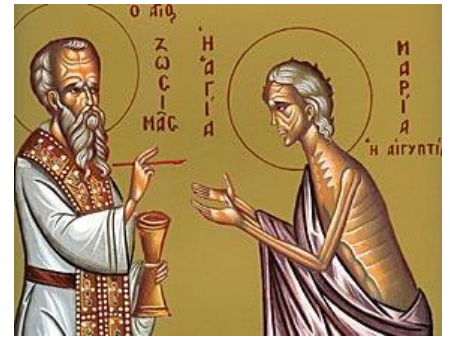
Amen.

### Scripture Memory Verse

*Everything is possible for the person who has faith.* Mark 9:23

## FIFTH SUNDAY OF LENT: ST. MARY OF EGYPT

Today we stop and visit a friend. She will help us understand that everything is possible with God. Saint Mary of Egypt was one of the most renowned and rich prostitutes in the city. Out of curiosity, she followed a group of Christian pilgrims to Jerusalem. They arrived to celebrate the Exaltation of the Holy Cross. She was amazed at the beauty of the event, but when she tried



to enter the Church, the force of God held her out. She tried to enter again and again, but this invisible force wouldn't let her complete her journey. Scared at the sudden realization of her own sins were keeping her out of the Church, she ran off to her room and prayed and cried all night. She prayed to the Virgin Mary for Jesus to forgive her of her sins and the next morning, she was able to enter the Church. She was so sure that she wanted to commit her entire life to God, that she left all behind and lived in the desert to be closer to Him. For years, a priest brought her Communion once a year. Until one year he came and found that she had died. Mary of Egypt tells us all that we can become a Saint. No one is too far away from being a Saint! It takes commitment to constant prayer and asking for God's forgiveness. Think about how you can turn your heart towards God.

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|---|---|---|---|---|---|---|
| Read a book about a Saint or<br>Try looking on the Internet to find a story. Try <a href="http://www.goarch.org">www.goarch.org</a><br>Proverbs:<br>11:19-31 12:1-6 | Make an effort to give of yourself!!<br>Ask what you can do to help out at home or at school.<br>Proverbs<br>15:17-19 | Memorize part of the Divine Liturgy: "Let us commit ourselves and one another and our whole life to Christ our God"<br>Proverbs<br>15:20-16:9 | Think about the Mother of God today.<br>thank the Theotokos for being faithful to God<br>Luke<br>1: 24-38 | Prepare a Lenten meal with one of your parents.<br>Enjoy the meal together.<br>Proverbs<br>17:17-18:5 | Make today a "quiet" day. Read, color, or think of quiet activities that you can do<br>Luke<br>1: 39-56 | Do something special for an older person at Church today.<br>Attend an evening service with your family<br>Mark<br>10:32-45 |

### Scripture Memory Verses

Up thru 2nd Grade: *"He came to serve and to give His life to redeem many people:" Mark 10:45*

3rd thru 12th Grade: *"For even the Son of God did not come to be served; he came to serve and to give His life to redeem many people"*

## SIXTH SUNDAY OF LENT: PALM SUNDAY

On Palm Sunday, we celebrate Jesus’ triumphant entrance into Jerusalem. People waved palms and greeted Jesus saying: “Hosanna, Hosanna, Hosanna in the highest. Blessed is He who comes in the name of the Lord.” This story was foretold in the Old Testament in Zechariah 9:9 “The King will enter riding on a donkey.” God the Father wanted His Son to bring peace into the world. Can you imagine what it felt like to be in the crowd of believers when Jesus rode through Jerusalem?



| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   | Sunday  |
|---|---|--|--|---|--|---|
| Write a letter to Father Christ. Thank him for serving God and our community! | Say the troparion below as a prayer for dinner tonight. | Try to eat less today and think about God and all of your blessings! | Help out in the garden today. Pull some weeds, get some fresh air. | Get together with some of your friends from Church. Share a Lenten meal together. | Today is Saturday of Lazarus Divine Liturgy. Receive Communion and make palm crosses for tomorrow’s celebration. | Palm Sunday! Hosanna in the Highest! Enjoy the celebration by taking a walk after Church. |
| <b>Proverbs:<br/>19:16-25</b>   | <b>Proverbs<br/>21:3-21</b>                             | <b>Proverbs<br/>17:17-18:5</b>                                       | <b>Proverbs<br/>23: 15-24:5</b>                                    | <b>Proverbs<br/>31:8-31</b>   | <b>John<br/>11: 1-45</b>   | <b>John<br/>12:1-18</b>   |

***The Troparion of the Entrance of Our Lord into Jerusalem (Tone 4)***

“When we were buried with You in Baptism, O Christ God, we were made worthy of eternal life by Your resurrection! Now we praise You and sing: Hosanna in the highest! Blessed is He that comes in the name of the Lord!”

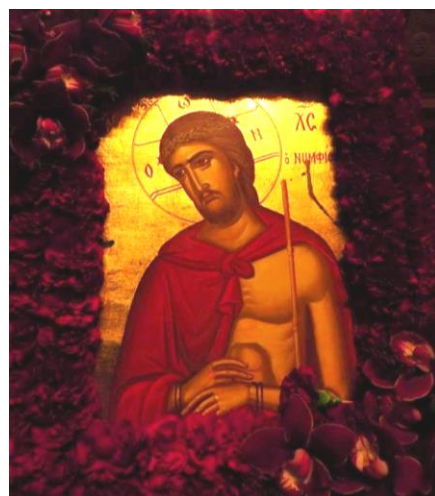
**Scripture Memory Verse**

*“Hosanna in the Highest! Blessed is He that comes in the name of the Lord!”*

**John 12:13**

## Holy Week

It is during Holy Week, the church invites us to participate in the events of Christ's suffering, death, and resurrection. We are given this unique opportunity to walk with Christ and one another on this spiritual journey. This week we are invited to do things differently. We have services every day as the powerful story of Christ's last days unfold. Try to keep the fast and pray each day. *Seriously consider turning off the TV all week!* Focus on quiet prayer and meditation. Come to Church on Holy Week services each day. It will be a truly meaningful experience as you walk the last few steps on your Lenten journey in anticipation for Holy Pascha.



**MONDAY:** Matthew 22:15-46, 23:1-39. **Theme:** *Watchfulness & Preparation.* The hymnology speaks of the Ten Virgins, reminding us to be ready and prepared for the coming of Christ, who is the Bridegroom.

**TUESDAY:** John 2:17-27. **Theme:** *Repentance.* The beautiful hymn of Kassiani is sung while we the faithful turn our attention towards the woman who anointed Jesus with precious myrrh and washed His feet. It is truly time to reflect upon our sinfulness and ask for repentance.

**WEDNESDAY:** **Theme:** *Healing, Forgiveness, and Prayer.* This is the day in which we receive the Sacrament of Holy Unction. It is when we call upon the Physician of Our Souls to heal both our physical and spiritual illness.

**THURSDAY:** **Theme:** *The Holy Passion of Christ and His journey to the Cross.* We listen to the twelve gospel readings in which we experience the entire story of Jesus' Passion – his suffering and crucifixion. After the fifth Gospel reading, the Procession of the Cross takes place inside the Church while we sing "Today is hung upon the Tree He who suspended the land in the midst of the waters..."

**HOLY FRIDAY AFTERNOON:** **Theme:** *The Passion of Jesus.* During this service, our priest will remove the body of Christ from the Cross and carry this Holy icon into the sanctuary. Then the cloth which has Christ's body embroidered on it is carried around the Church while the faithful kneel in prayer. It is then that the body is set in the Epitaphios tomb which is decorated with beautiful flowers.





**HOLY FRIDAY EVENING:** Theme: *The Burial of Christ*. The lamentations tell of the death of Christ but with the assurance and joy of His coming Resurrection. The faithful follow in a procession of the Epitaphios around the Church singing “Holy God, Holy Mighty, Holy Immortal have mercy upon us.”



**HOLY SATURDAY:** Theme: *The Descent of Christ into Hades*.



Romans  
6:3-11,  
Matthew

28, 1-20. Services today focus on the three women who visit the tomb of Christ to find that He is Risen. Bay leaves are scattered around the Church as a symbol of Christ’s victory over death.

**He is not here, He is Risen!**

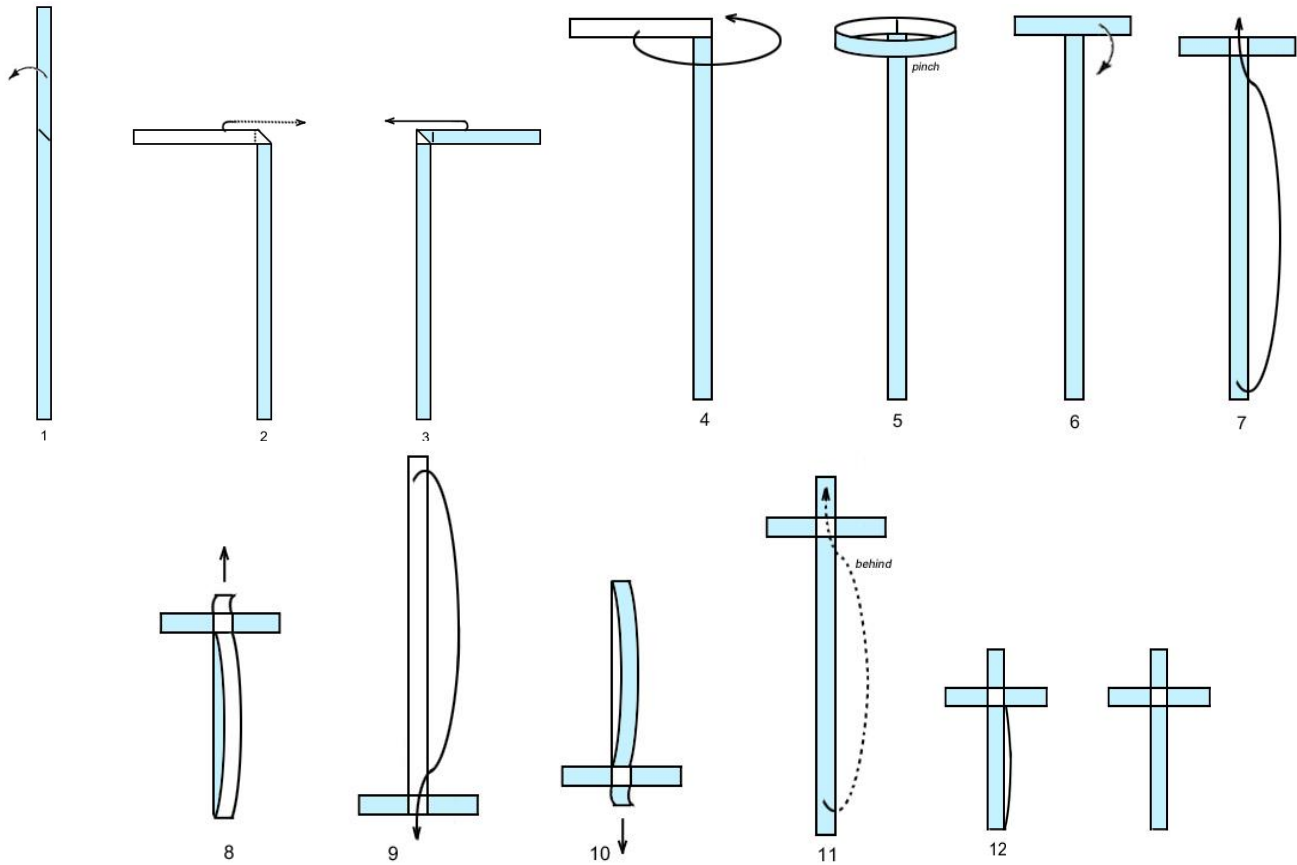
**HOLY PASCHA/EASTER:**

*Resurrection!!* At midnight, the Orthros of the Resurrection service begins in complete darkness. The priest comes forward and offers the LIGHT to CHRIST! “Come receive the Light from the unwaning Light.” Everyone joins together as the light is passed to each person in the Church. We celebrate Christ’s glorious resurrection and throughout the Divine Liturgy we sing the glorious Resurrection Hymn, “Christ is Risen!” “Christos Anesti!”



**EASTER SUNDAY AFTERNOON VESPERS:** John 20:19-25. The Gospel reading is in several languages to show the “Good News” of the Resurrection spreading throughout the world. The Agape Service is dedicated to love and forgiveness. For forty days, we celebrate by singing the Resurrection Hymn, “Christ is risen from the dead, by death He has trampled down death and bestowed life to those in the tombs!”

# HOW TO MAKE YOUR PALM CROSS FOR PALM SUNDAY PRACTICE WITH A PIECE OF PAPER SO YOU CAN HELP US ON SATURDAY OF LAZARUS AT ST LUKE



# ST LUKE'S LENT, HOLY WEEK & EASTER WORD SEARCH

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|                |               |                |
|----------------|---------------|----------------|
| ANGEL          | EPITAPHION    | PALMS          |
| BAYLEAVES      | FRCHRIST      | PASCHA         |
| CANDLE         | FRCHRISTOPHER | REDEGG         |
| CHRISTISRISEN  | HOLYCROSS     | RESURRECTION   |
| CHRISTOSANESTI | HOLYWEEK      | RISEN          |
| CRUCIFIED      | HYMNS         | STLUKE         |
| DAFFODILS      | LADDER        | SUNDAYSCHOOL   |
| EASTER         | LAMB          | TOMB           |
| EGYPT          | MYRRHBEARER   | TRULYHEISRISEN |
| EMPTY          | PALAMAS       | TSOUREKI       |

On behalf of Fr Christ, Ms. Antigone Gabriel, our Sunday School Director and all of our dedicated teachers and staff, we wish you a most blessed Pascha!

**Christ is Risen - Christos Anesti – Χριστός Ανέστη**