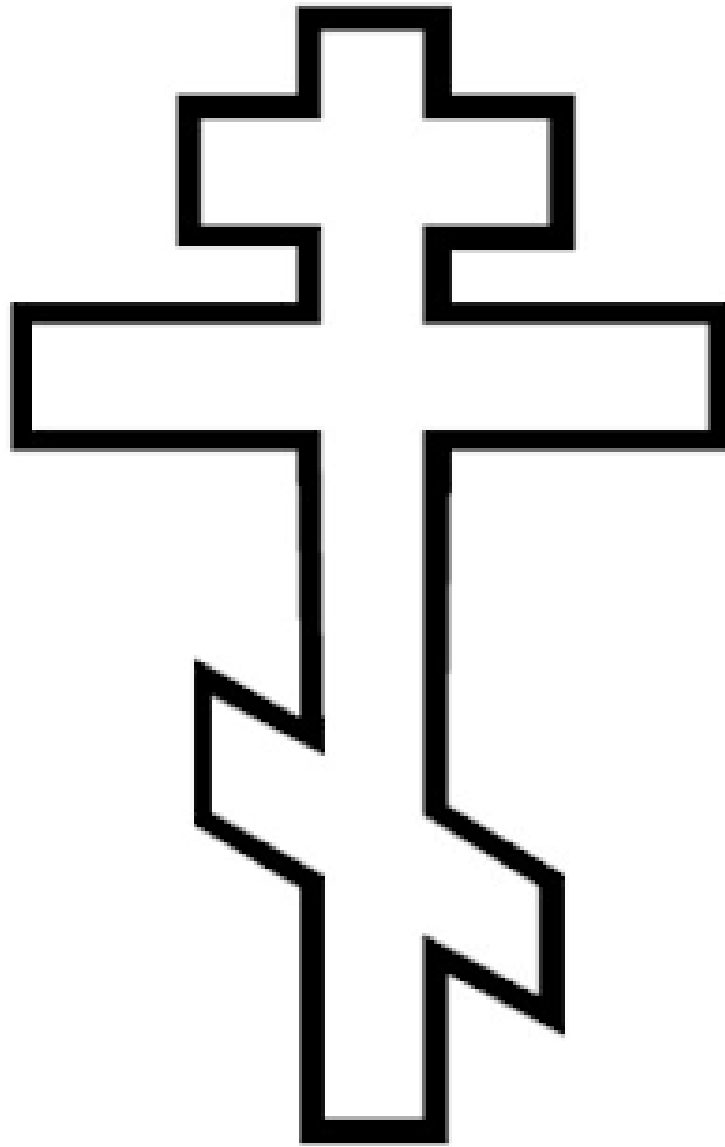


My Lenten Journey

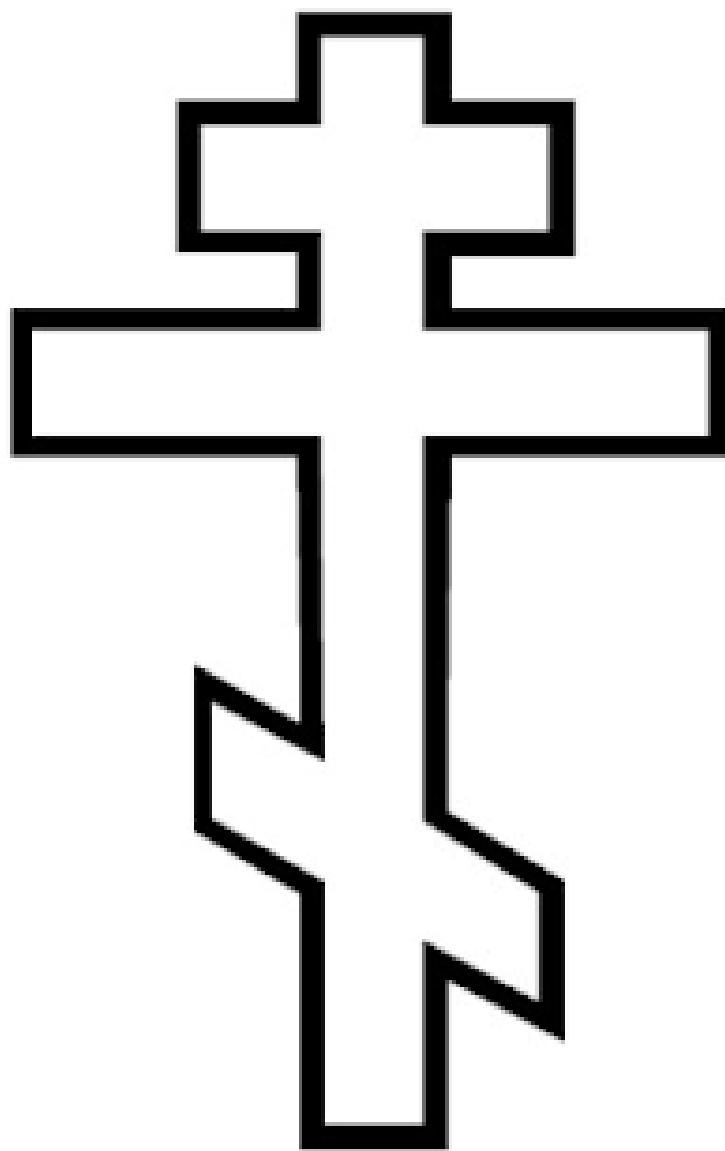
Pre-Lent through Pentecost



This Book Belongs to:

| Pre-Lent | Great Lent | Holy Week | Post-Lent |
|--|--|--|--|
| Sunday, February 14 Zacchaeus Sunday | Sunday, March 14th Forgiveness Sunday | Sunday, April 25th Palm Sunday Bridegroom Matins | Sunday, May 9th St. Thomas Sunday |
| Sunday, February 21 Sunday of the Publican & Pharisee | Monday, March 15– Friday, March 19th Clean Week Canon of St. Andrew of Crete | Monday, April 26th Bridegroom Matins | Sunday, May 16th Sunday of the Myrrbearing Women |
| Sunday, February 28th Sunday of the Prodigal Son | Sunday, March 21st Sunday of Orthodoxy (Bring your Icons for a procession) | Tuesday, April 27th Bridegroom Matins | Sunday, May 23rd Sunday of the Paralytic |
| Sunday, Mary 7th Sunday of the Last Judgment | Saturday, March 27th Soul Saturday, remembering our departed | Wednesday, April 28th Holy Unction | Wednesday, May 26th Mid-Pentecost |
| <div> M L J Y E O N U T R E N N E Y </div> | Sunday, March 28th St. Gregory Palamas | Thursday, April 29th Institution of the Eucharist Passions Gospels | Sunday, May 30th Sunday of the Samaritan Women (St. Photini) |
| | Sunday, April 4th Sunday of the Cross | Friday, April 30th Unnailing Vespers Lamentations | Sunday, June 6th Sunday of the Blind Man |
| | Sunday, April 11th St. John the Ladder | Saturday, May 1st Liturgy of St. Basil the Great and Old Testament Readings Nocturns | Thursday, June 10th Holy Ascension |
| | Sunday, April 18th St. Mary of Egypt | <div> <p>GREAT & HOLY PASCHA</p> </div> | Sunday, June 13th Sunday of the Fathers of the 1st Ecumenical Council |
| | Saturday, April 24th Lazarus Saturday | | Sunday, June 20th Pentecost |

Pre-Lent



**In the Orthodox Church before we even begin the season of Great Lent we know that
Lent and Pascha are coming as we hear the
Gospels the 5 Sundays before the start of the fast.**

We will hear the Gospel about Zacchaeus the tax-collector. This tells us how Jesus brought salvation to a sinful man. Zacchaeus' life was changed because he "sought to see who Jesus was" (Luke 9:3) This effort and desire of Zacchaeus shows us the entire movement through lent toward Pascha.

The Next Sunday is of the Publican and the Pharisee. This Sunday we hear about two men in the temple who are praying. The Pharisee who was a good and righteous man and the Publican who was a sinful tax-collector. The Pharisee knowing of his good deeds was prideful so he was condemned according to Christ. The Publican knew he was sinful and begged for mercy and forgiveness and was given these things. We are taught that meekness and piety of repentance is the way we can be saved through God's Mercy.

Then we hear about the Sunday of the Prodigal Son. This is a parable that shows us God's unconditional loving forgiveness. We are like the Prodigal Son who is far from our Father's House and we want to return. We are assured that the Father will receive us with joy and gladness as we return to him through repentance.

The next Sunday is called Meatfare Sunday since it is officially the last day before Pascha for eating meat. We will now begin the fast. We hear of Christ's parable of the Last Judgment (Mt 25.31–46). This reminds us that we must see Christ in every man and serve our neighbors and be Christlike. Our salvation is to see Jesus like Zacchaeus, to see ourselves for who we are like the Publican and to come home to God like the Prodigal Son. Our salvation and final judgement will depend on our deeds and not just our intentions or even the mercies of God. (Matthew 25)

Finally, on the eve of Great Lent, the day called Cheesefare Sunday (as it is the last day to eat dairy before the fast) and Forgiveness Sunday, we sing of Adam's exile from paradise. We see ourselves with Adam who has lost the beauty of man's original creation. Adam is mourning our corruption in sin. We also hear on this Sunday, Jesus' teaching about fasting and forgiveness. This is why we enter the season of the fast forgiving one another as God forgive us!

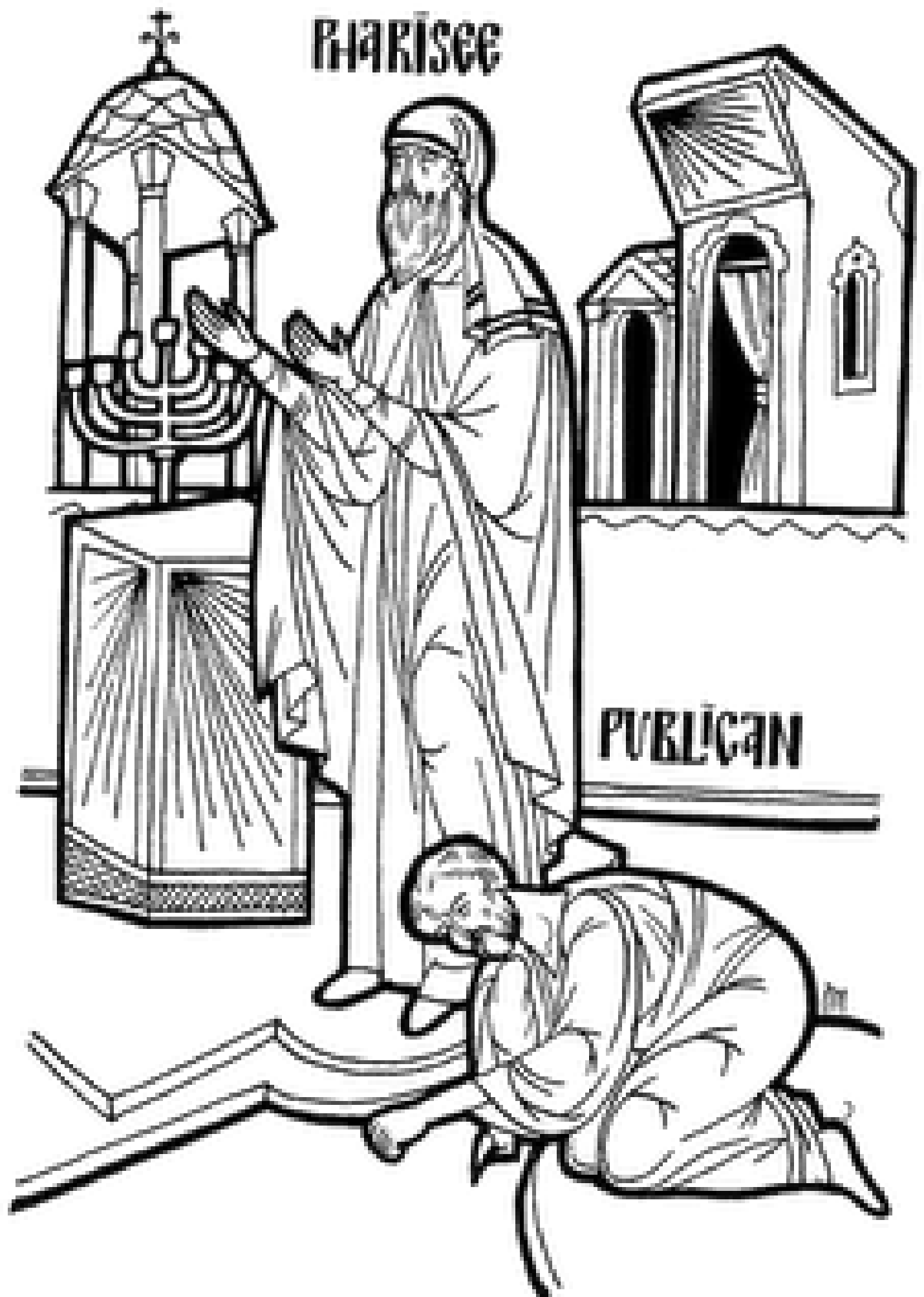
If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Mt 6.14–18).

ZACCHEUS

IC XC



PHARISEE



PUBLICAN

THE PRODIGAL SON:





HEAVEN
THE RIGHT
GOL'S



THE LAST

JUDGMENT

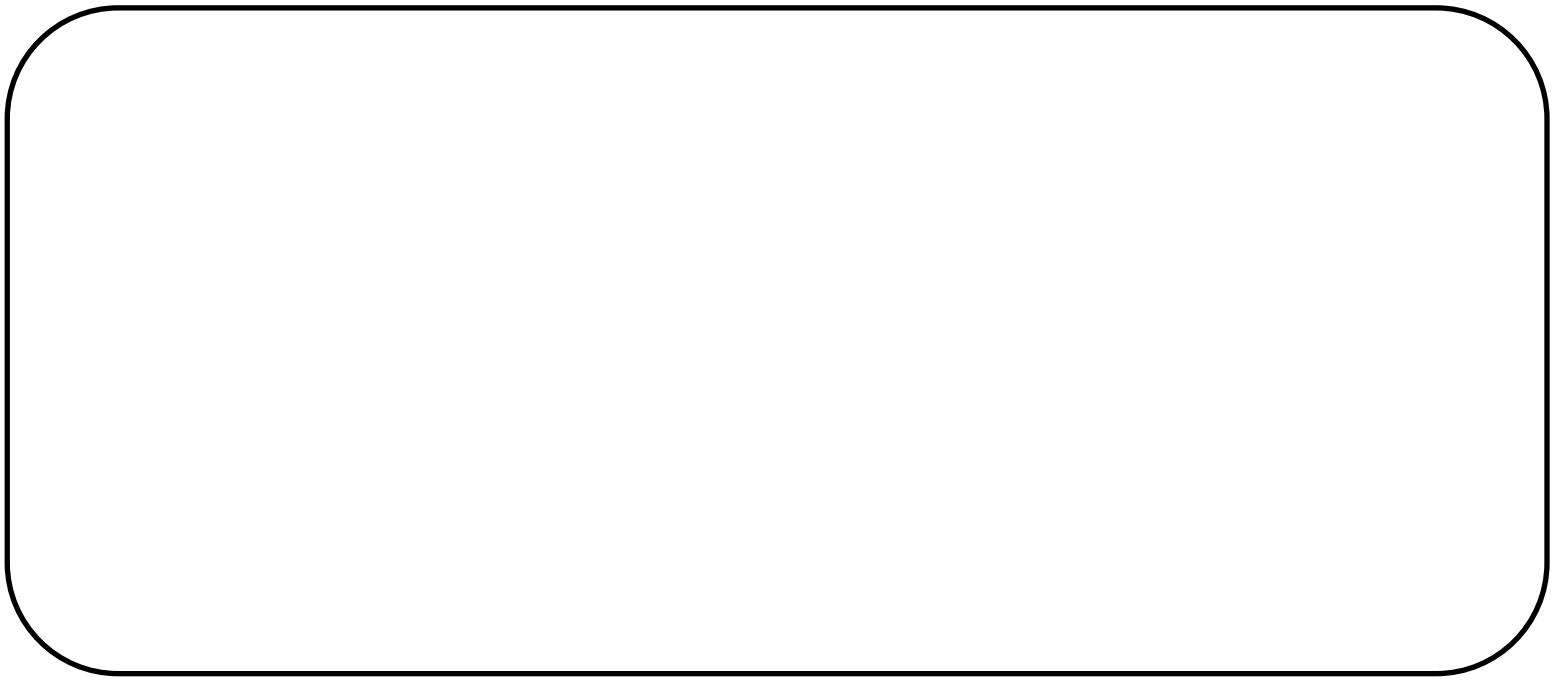


THE WICKED

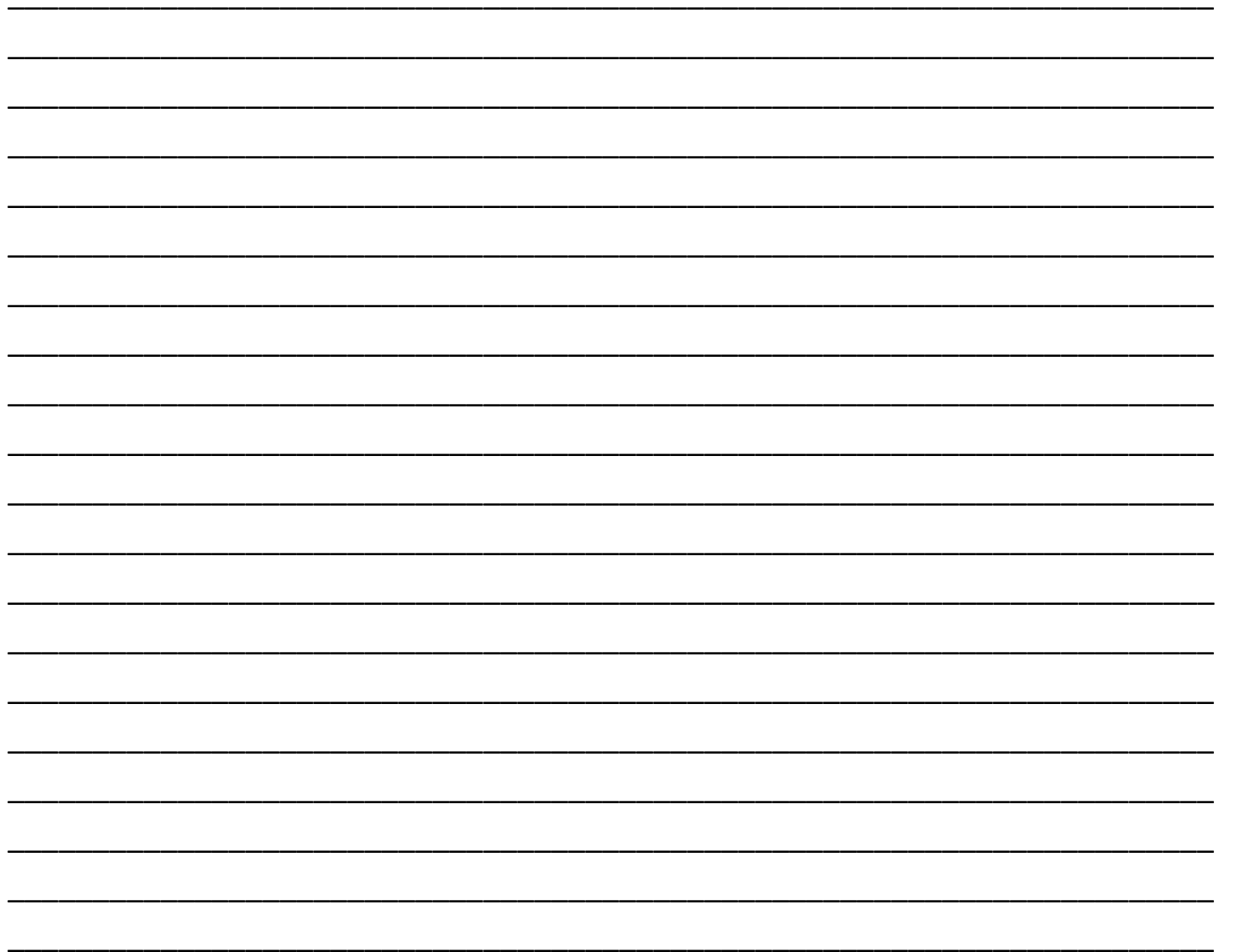
HELL



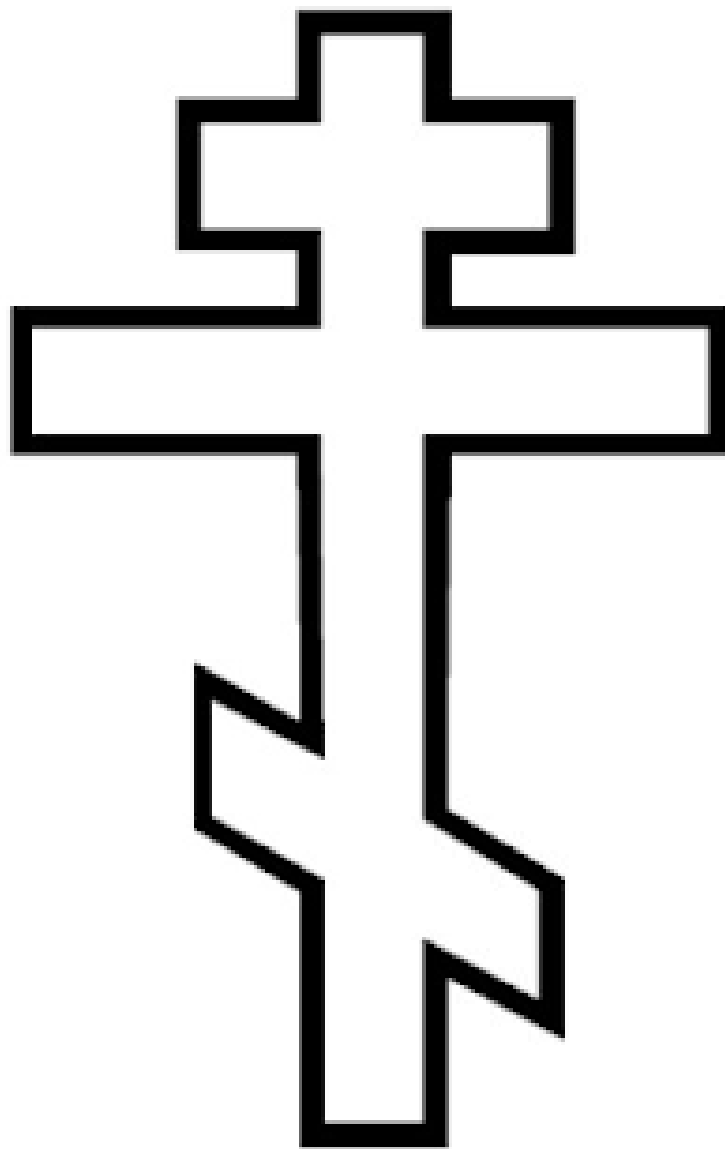




What do you want to do for others during Great Lent? Draw a picture and share your story!



Great Lent



The first week of Great Lent is called “Clean Week” During this week we pray the Canon of St. Andrew of Crete and have our first Pre-Sanctified Liturgy.

The Pre-Sanctified Liturgy is special for Great Lent. This helps Orthodox Christians during the fast by offering a weekday Liturgy and the Eucharist for those who are prepared for it. It is called a Pre-Sanctified Liturgy because the Gifts are Sanctified on Sunday and kept for the Liturgy during the week. We do not have Divine Liturgies during Great Lent except on Sundays and Feast Days. Great Lent is our preparation for Holy Pascha and we call it the bright sadness.

There are several things you can do to participate in the Church during Great Lent. Let’s talk about some of the things you can do.

- ✙ Most importantly... COME TO CHURCH! Attend as many services as possible!
- ✙ Make sure to say your morning and evening prayers every night.
- ✙ Bring your Icons to Sunday of Orthodoxy. We will do a procession around the church to celebrate the Triumph of Orthodoxy.
- ✙ For Soul Saturday, make sure you turn in the names of departed family and friends so that they can be prayed for.
- ✙ For St. Gregory of Palamas bring your prayer rope to church and use it to say the Jesus prayer each day of this week.
- ✙ For the Sunday of the Cross, wear your Baptismal Cross to Church and start each morning by doing a prostration and kissing the cross in your prayer corner.
- ✙ For Sunday of St. John the Ladder, remember every time you go up or down stairs to ask St. John for his intercession and to help you reach paradise.
- ✙ For the Sunday of St. Mary of Egypt, ask the Theotokos for her intercession and to help you have pure thoughts this week.
- ✙ For Lazarus Saturday, bring a list of your living and departed family for the priest to read during the Proskomedia Prayers.
- ✙ For Palm Sunday, Hold your palms up high as we celebrate Christ’s entry into Jerusalem. Learn to fold a palm cross and place it in your prayer corner for the year.

Enter Clean Week
Canon of St. Andrew
of Crete

"Have mercy on me,

OH GOD!

Have mercy on me!"



The Lenten Prayer of St. Ephrem the Syrian

“O Lord and Master of my Life, take from me the spirit of sloth, despair, lust of power and idle talk.

(prostration)

But give rather the spirit of chastity, humility , patience and love to Thy servant.

(prostration)

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto ages of ages.

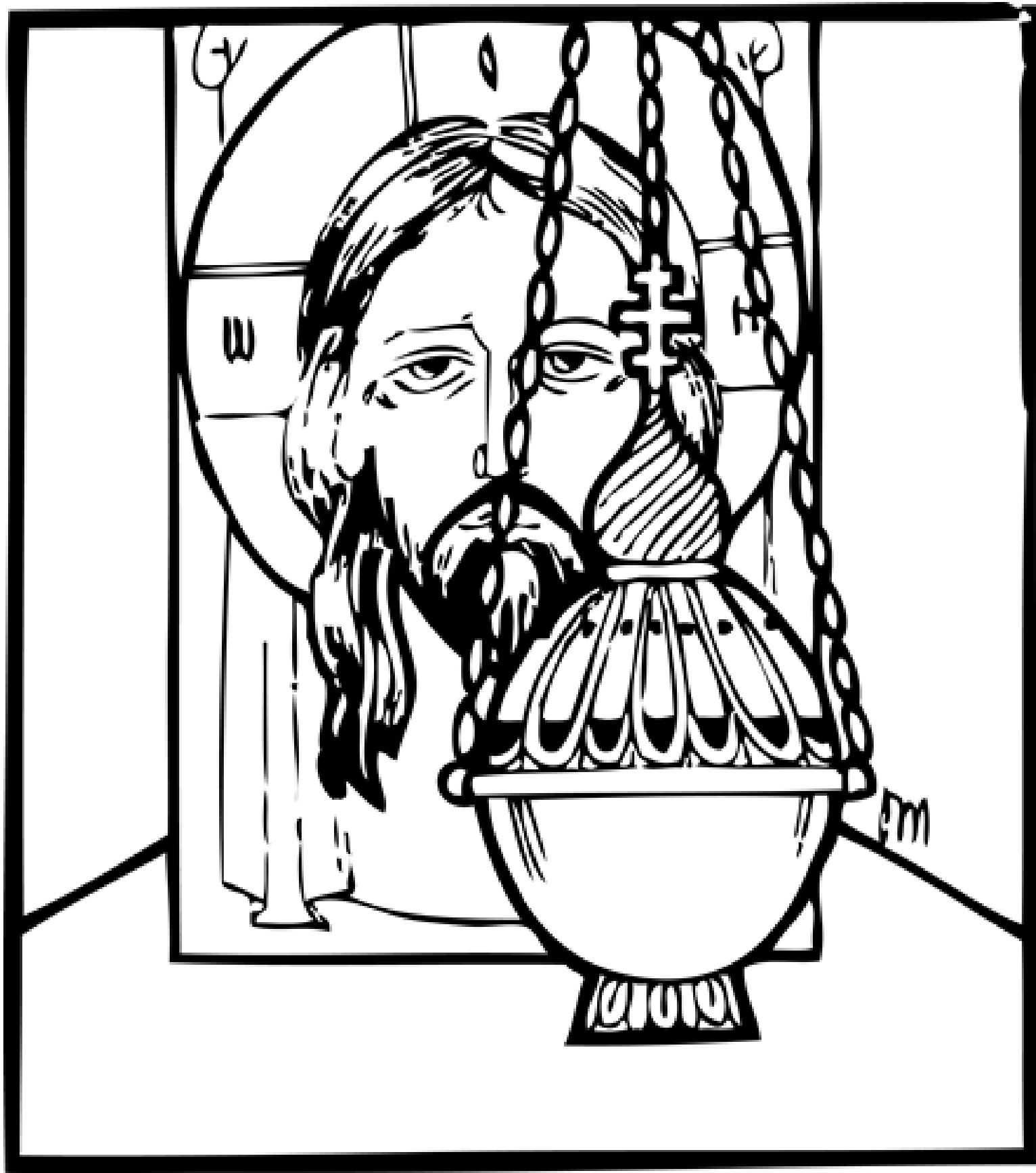
Amen”

(prostration)



RESTORATION OF THE ICONS:-



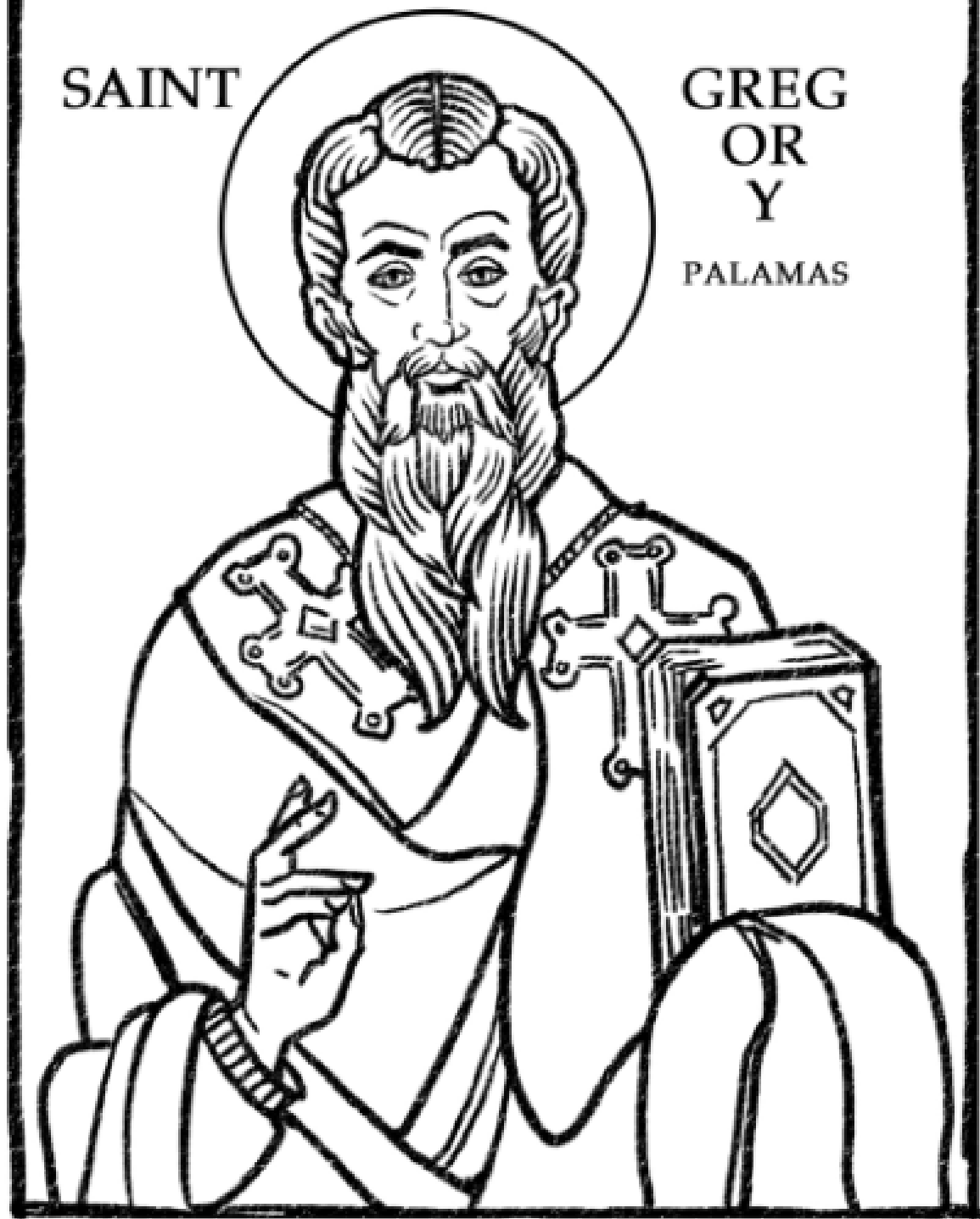


Memory Eternal!

SAINT

GREG
OR
Y

PALAMAS



TO THOSE WHO RESPECT AND WORSHIP HIM, AND WHO
LOVE AND KEEP HIS COMMANDS, HE PROMISES AND GIVES
THE HEAVENLY KINGDOM AND PERPETUAL AND PAINLESS LIFE,
AND LIFE IMMORTAL, AND UNSETTING LIGHT TO ENJOY.

·ST. GREGORY
PALAMAS·

·DIVINE
LIGHT



BEFORE THY
CROSS.

WE
BOW



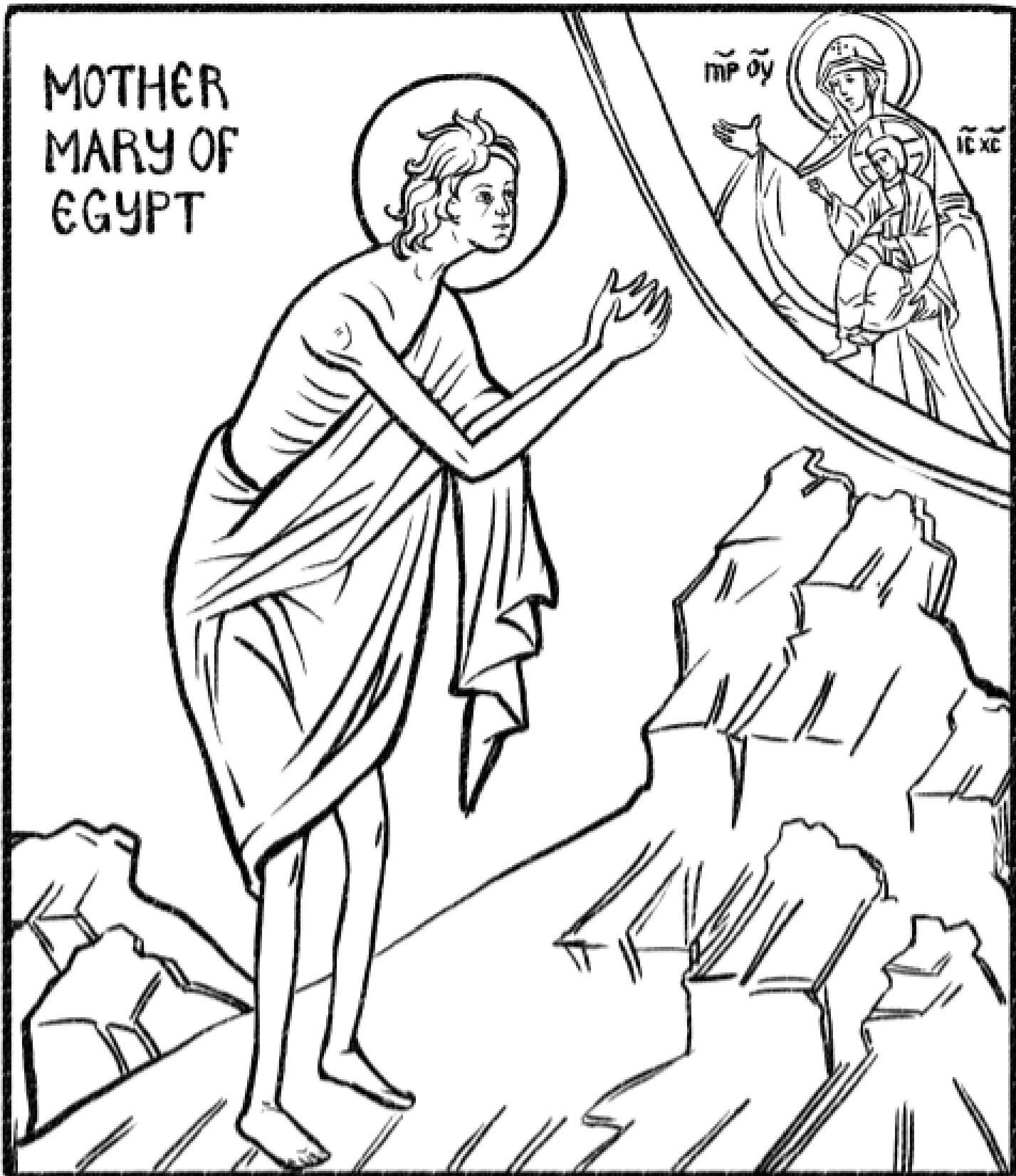


THE LADDER
OF SAINT JOHN

THE DRAGON

OF THE ABYSS

MOTHER
MARY OF
EGYPT



RAISING OF LAZARUS



ENTRANCE IN To JERUSALEM



Palm Leaf Cross Directions

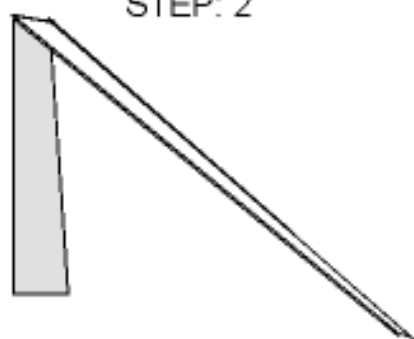
Supplies: One palm leaf strip about 24-26" in length, 1/2" in width, tapering to the end.

STEP: 1

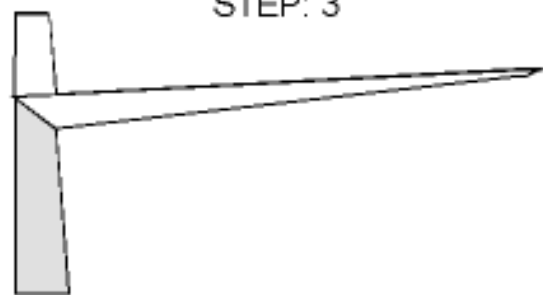
Fold the palm leaf down,
about 5-6" from the bottom.



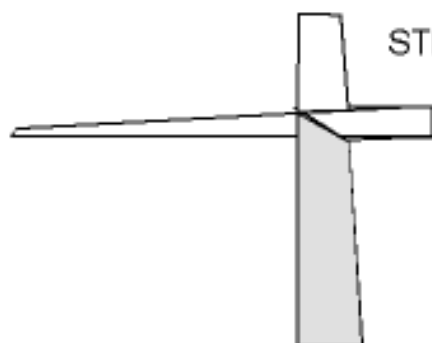
STEP: 2



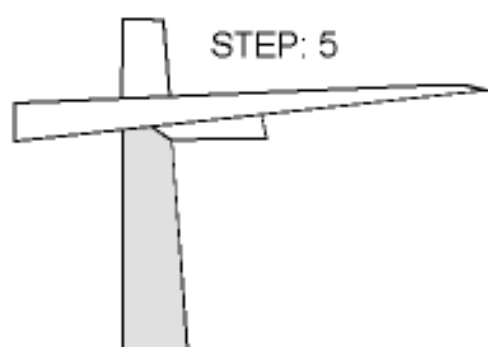
STEP: 3



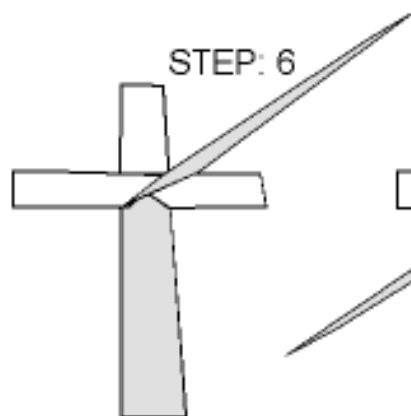
STEP: 4



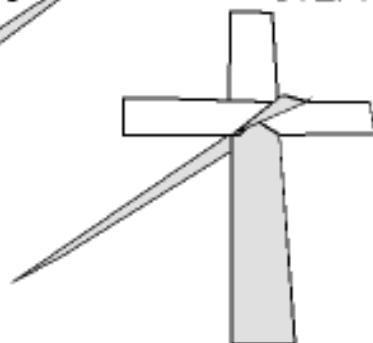
STEP: 5



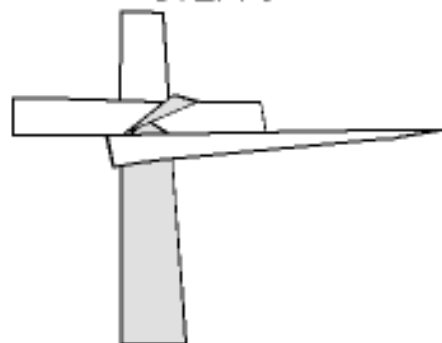
STEP: 6



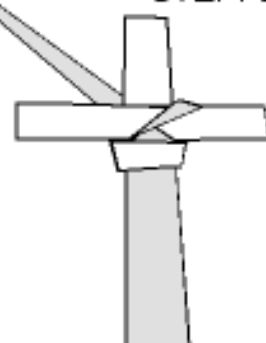
STEP: 7



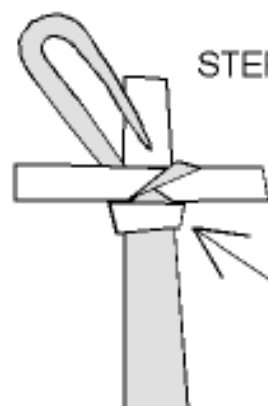
STEP: 8



STEP: 9

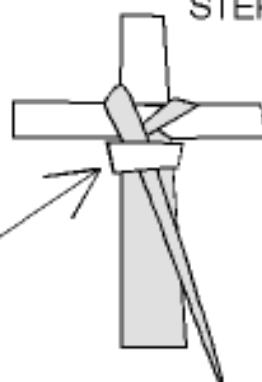


STEP: 10

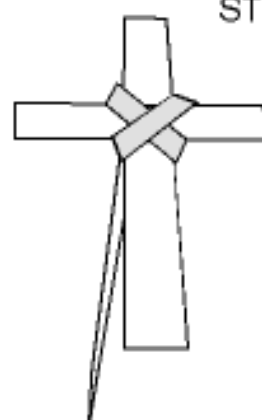


Tuck in the
tapered end of
the palm leaf
and pull it
through.

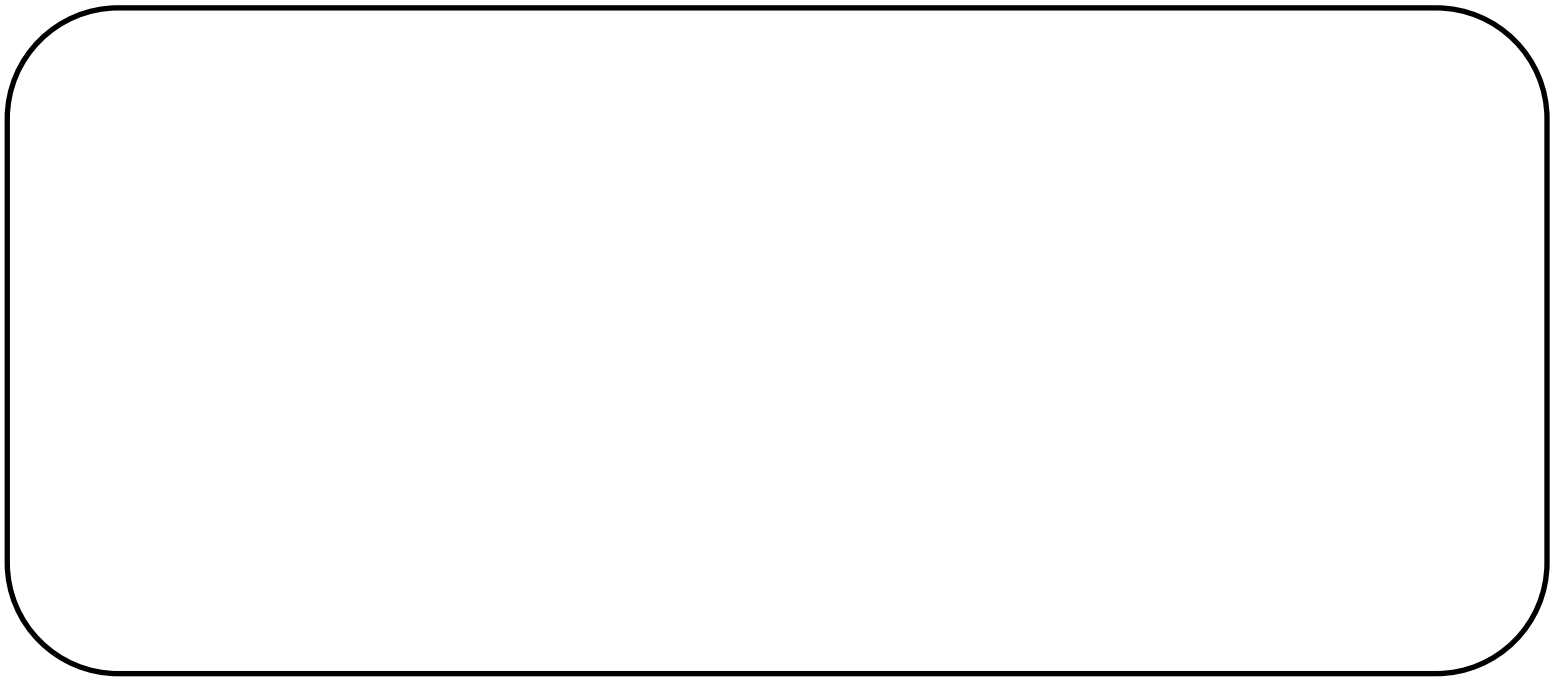
STEP: 11



STEP: 12



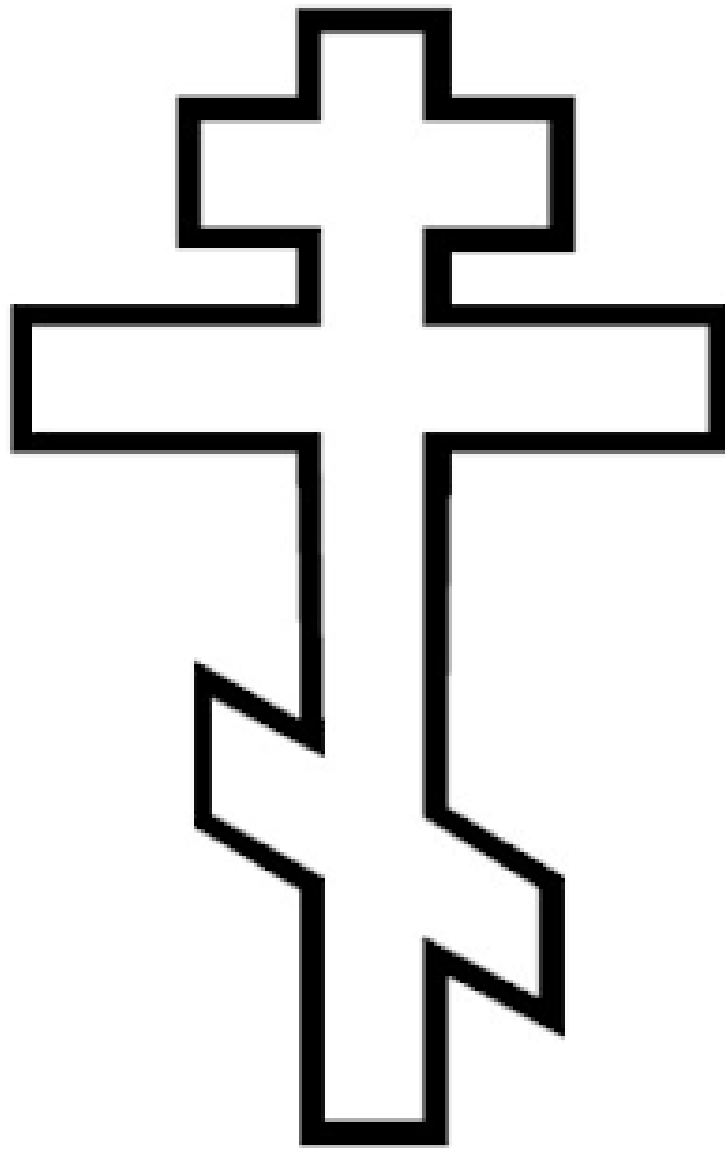
Turn the
cross over.
This is the
front view.



What question do you have for Fr. Gabriel? Draw a picture and share your story!



Holy Week



During Holy Week we walk with Christ through
His Passion and onto His Resurrection.

We hear about Jesus washing the feet of His disciples

We hear about Jesus and His disciples at the Last Supper as we celebrate the institution of the Eucharist.

We hear about Jesus praying in the Garden of Gethsemane.

We hear about Jesus being arrested, His trial and His Passion before the Crucifixion.

We hear about Christ being crucified.

We hear about Jesus' body being taken down from the cross and buried in a tomb.

We hear about Jesus descending into hades to free the captives.

We hear the angel tell the myrrhbearing women that "CHRIST IS RISEN!"

We hear about Jesus being resurrected from the dead and defeating death!





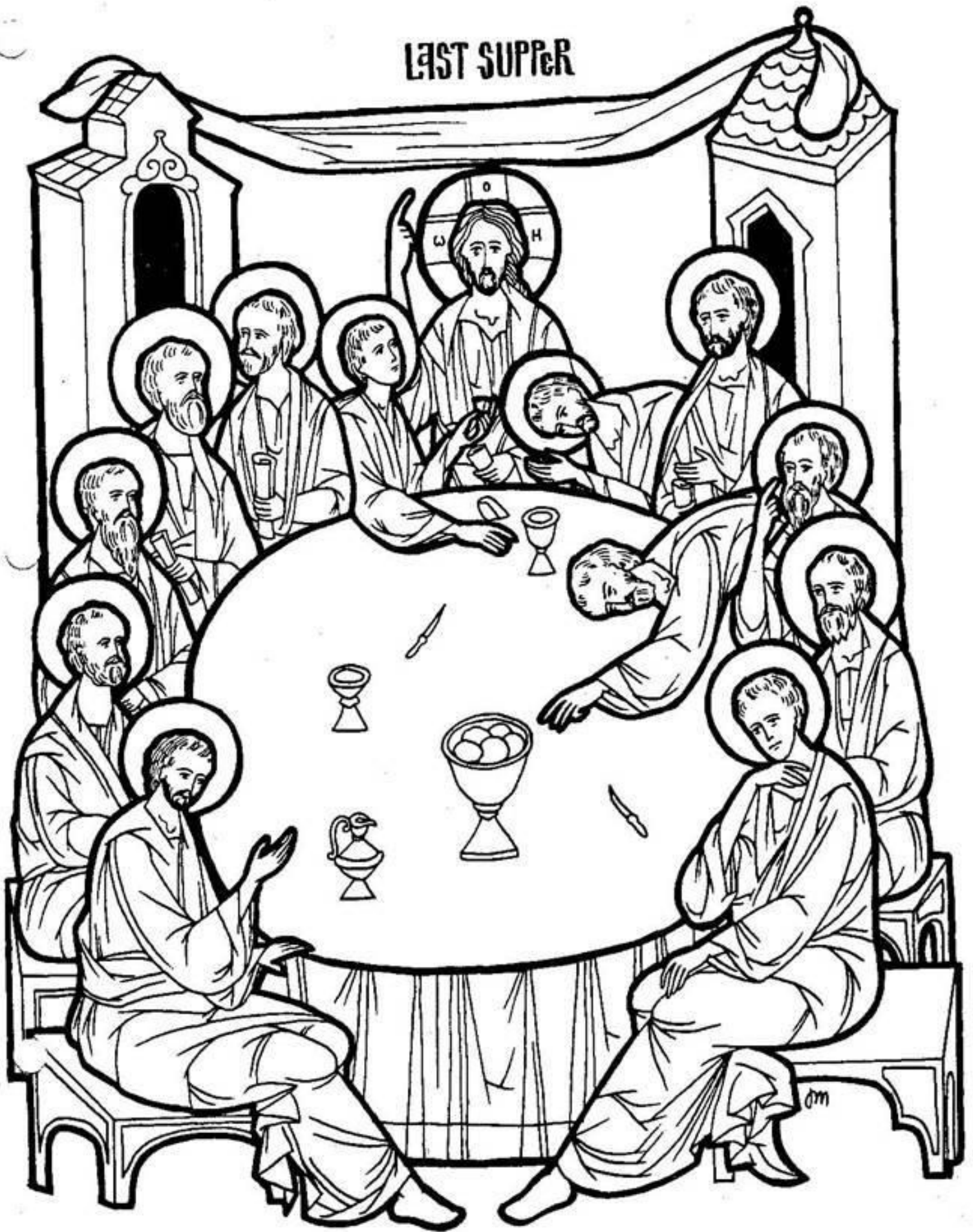
Jesus' Prayer in the Garden

After eating a Passover meal with His friends (a meal which was the first holy eucharist,) Jesus went out in the garden to pray. The place was called Gethsemane. Jesus had spoken many times about how he would be arrested

and have to die. His followers were very confused and tired. They did not understand what was happening with their Lord.

See St. Matthew 26:26-56

LAST SUPPER







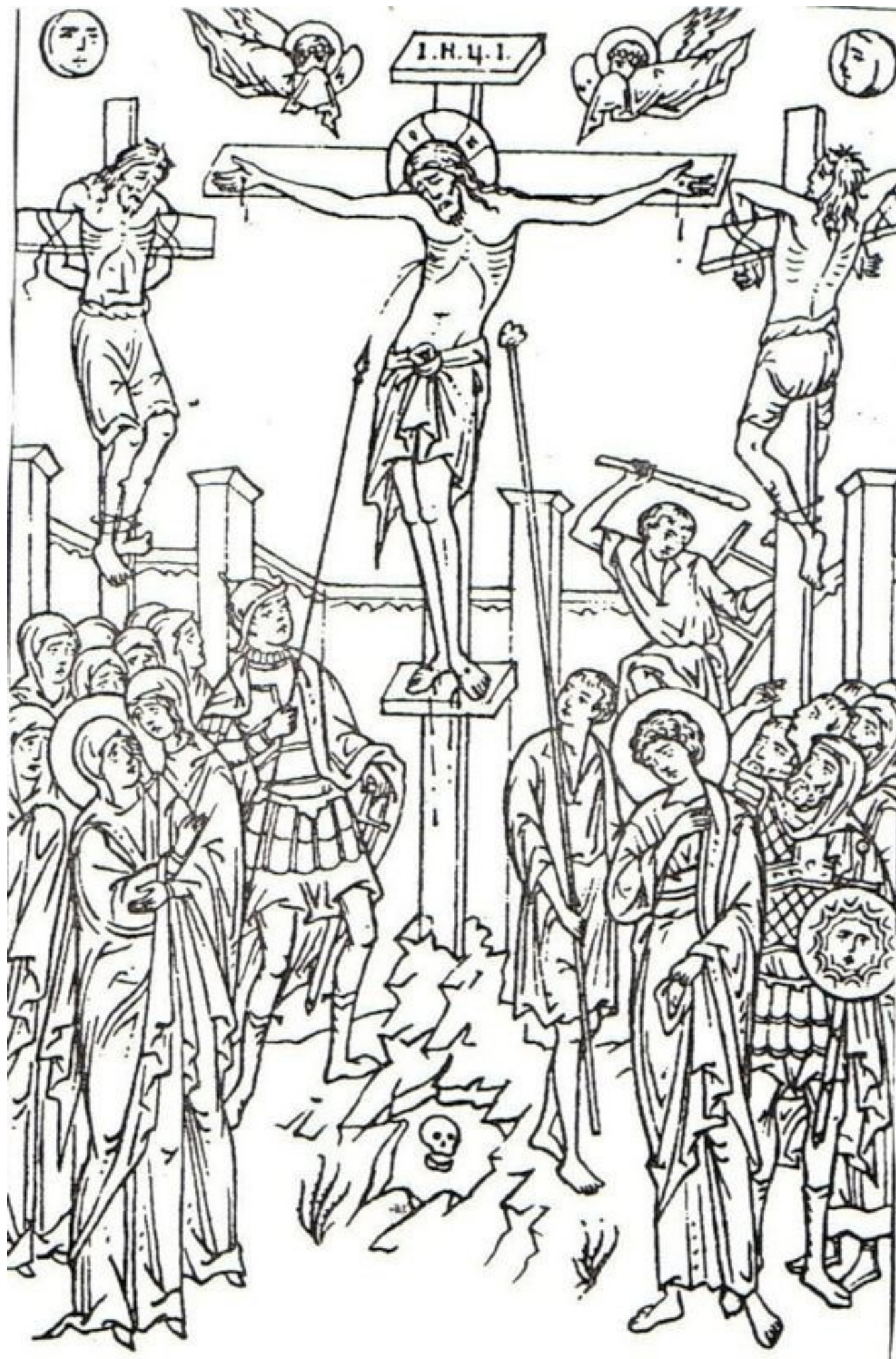
Christ the Bridegroom

The icons in our churches show Jesus in different ways. We see Him at different times in His life, as our teacher and our Savior. During Great and Holy Week, we see another icon,

called the Extreme Humility. This shows us the overwhelming love Christ has for His people and the Church -- love so great, that He will even die for us.









WARRCO-IT-INC-FRG-MC-N-10928



THE NOBLE JOSEPH TOOK DOWN FROM THE

THE POLICE-TOWN-J-NEW-YORK

အောင်မြင်မှု

- Saint Basil the Great -

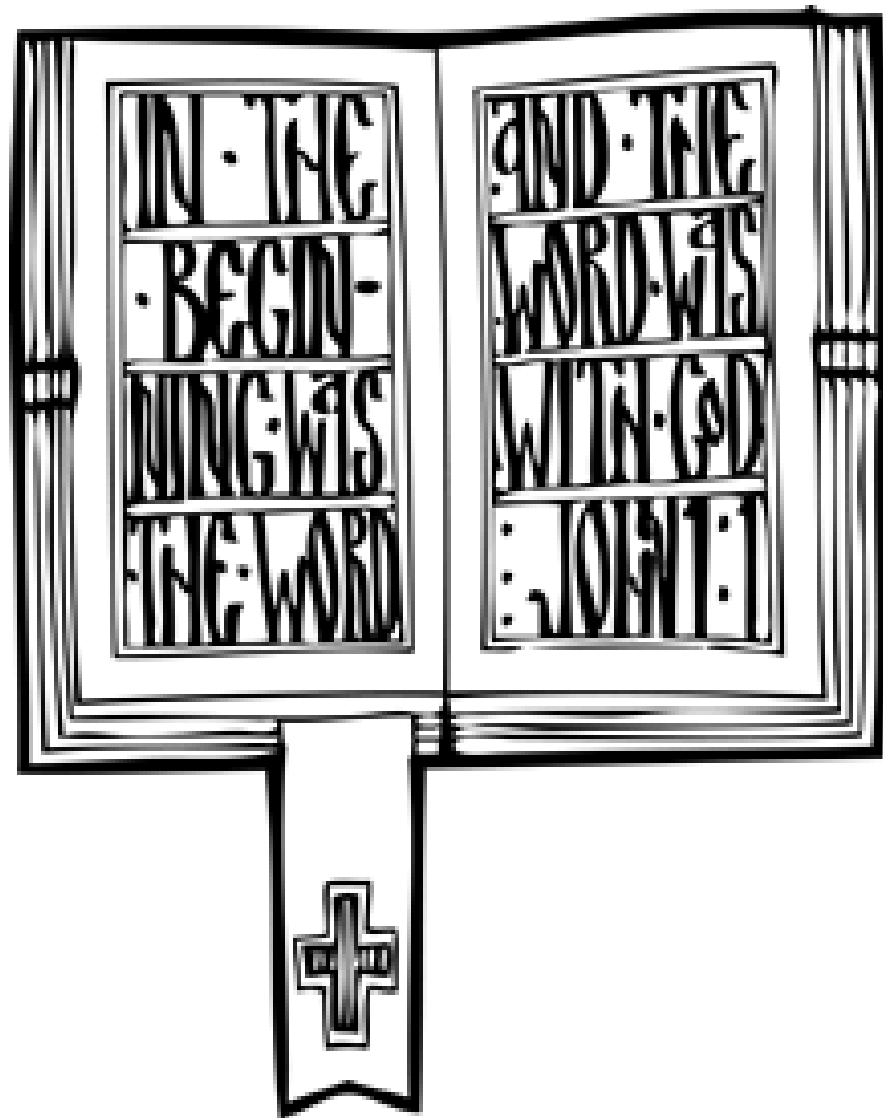


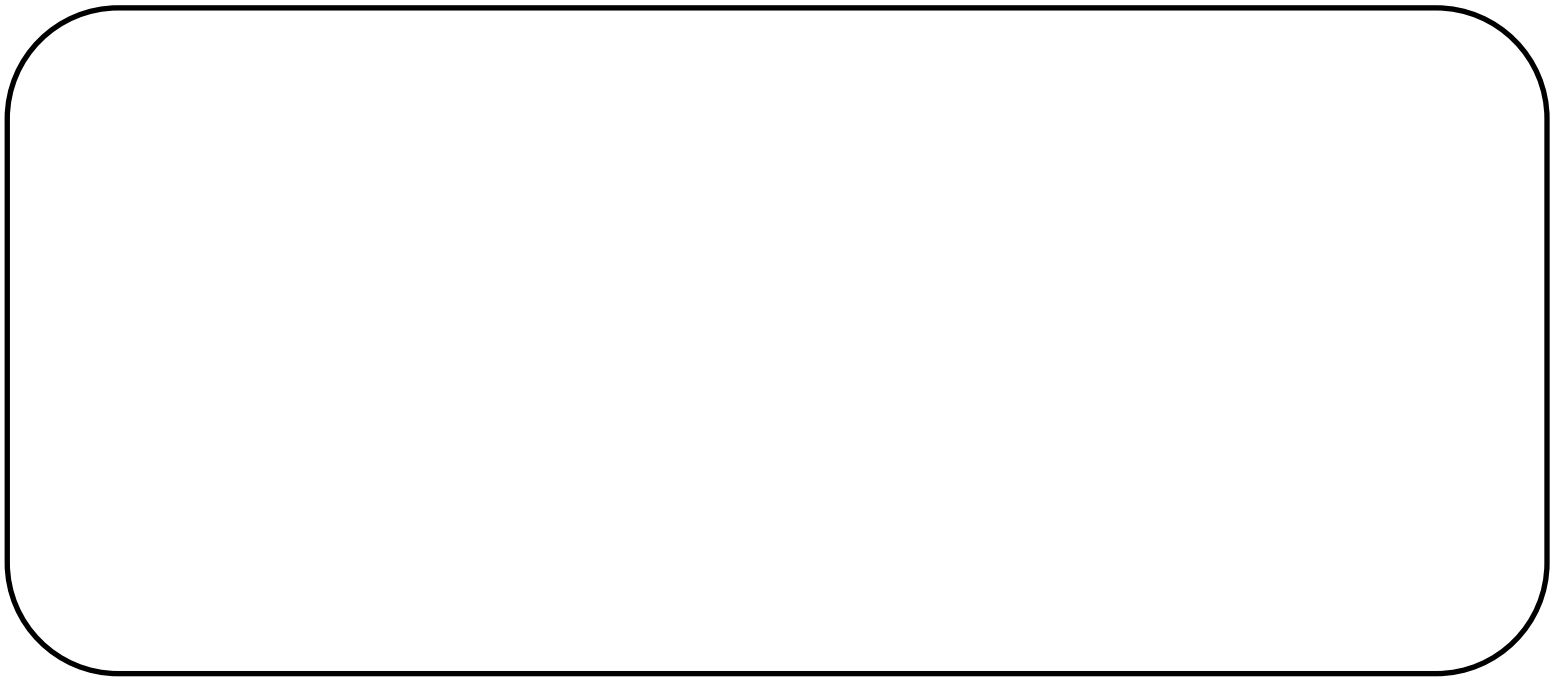
·THE RES· URRECTION·



CHRIST IS RISEN!

INDEED HE IS RISEN!

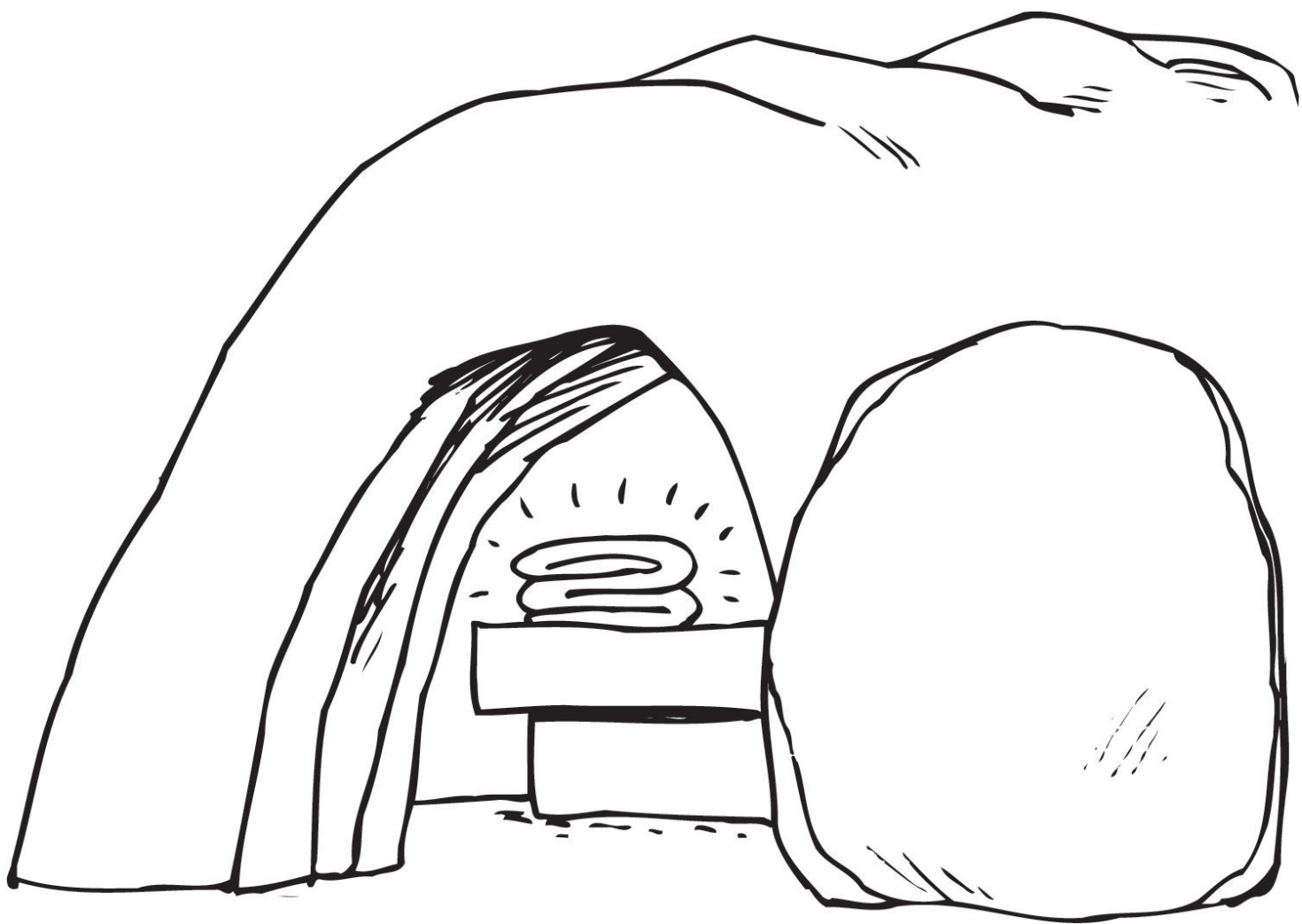




What was your favorite part of Pascha? Draw a picture and share your story!



Post Lent



The week after Pascha is called Bright Week. We have several Liturgies this week as we continue to celebrate the Resurrection of Christ. For the 50 days following Pascha we follow a special Liturgical Book called the Pentecostarion. This guides us from Pascha to Pentecost.

The first Sunday after Pascha is called St. Thomas Sunday. This is when we remember Christ appearing to Thomas the Apostle. This is also the traditional day in the Orthodox Church for the priest to go and bless the graves of the departed.

The following Sunday is the Sunday of the Myrrhbearing Women. These are the women who cared and prepared the body of Jesus for his burial and were the first witnesses to His Resurrection. St. Mary Magdalene was one of the Myrrhbearing Women.

The next Sunday is dedicated to Jesus healing the Paralytic. This man was healed by Jesus as he was waiting to be put into a pool of water. This teaches us that though baptism in the church we too will be saved and healed by Christ in eternal life.

The Feast of Mid-Pentecost happens in the middle of the week. This literally means in the middle of the feast when Christ teaches us of His mission and offers to everyone “the waters of immortality” (John 7:14)

The next Sunday is that of the Samaritan Woman or St. Photini and our parish’s Altar Feast. This reinforces the idea of “living water” and the understanding of Jesus as God’s Messiah. We are reminded to tell the world of Christ’s salvation.

The Blind Man is next. This Sunday we hear of the healing of the blind man from birth. Jesus heals the blind man on the Sabbath on which spitting, clay-making and washing were forbidden. By breaking these rules Jesus showed he was the Lord of the Sabbath. The Church follows the blind man knowing that those who do not see Jesus as the Lord are really blind and still in sin.

Mid-week we come to the Feast of the Holy Ascension. On the fortieth day after His passover, Jesus ascended into heaven to be glorified on the right hand of God (The ascension of Christ is His final physical departure from this world after the resurrection).

The next Sunday we remember the Father’s of the first ecumenical council. These Holy Fathers are remembered because they set forth and confirmed the Apostolic teachings and order of the Church.



Doubting Thomas

THE MYRRHBEARERS:



Holy Saturday Morning

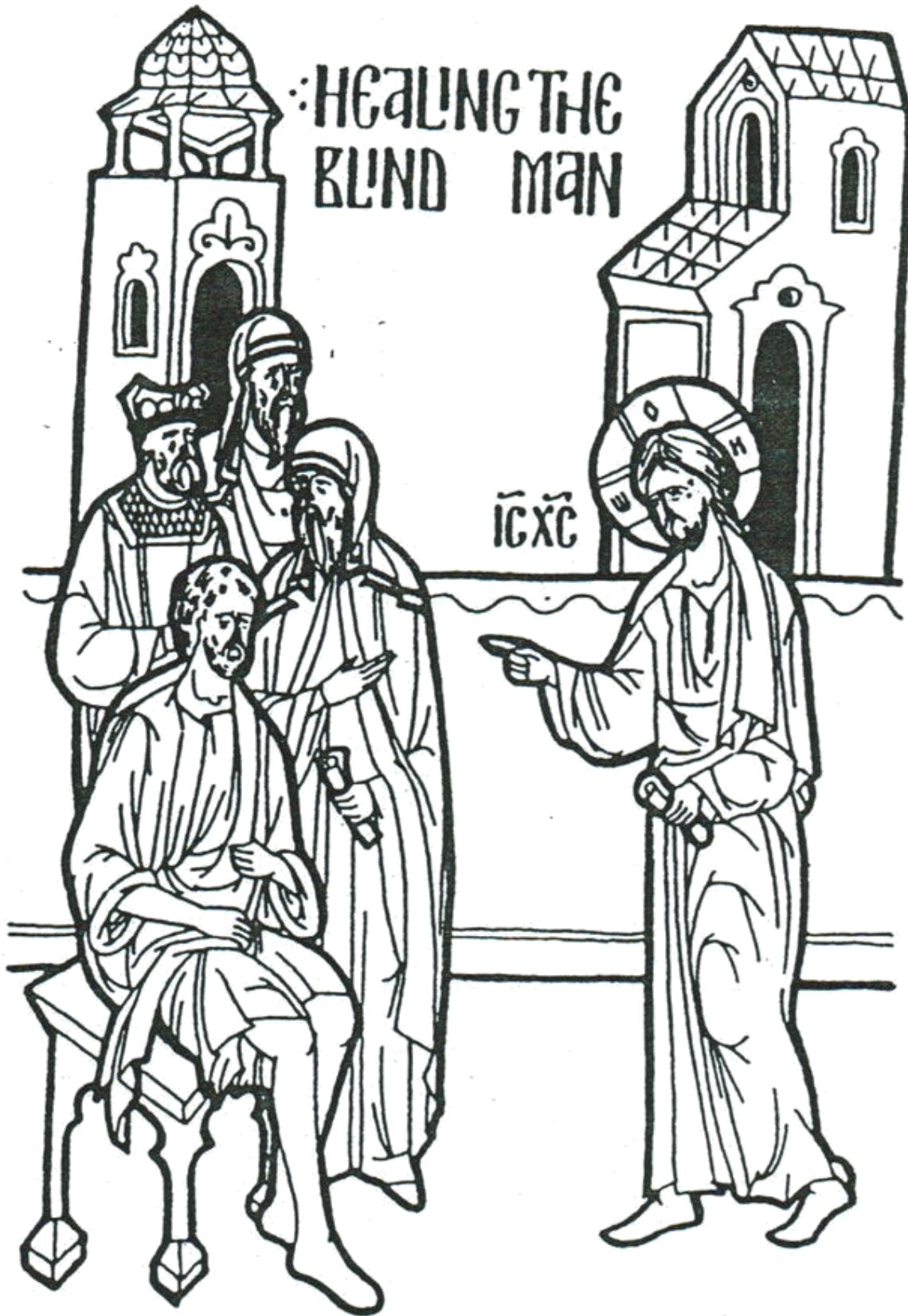
: HEALING OF THE PARALYTIC :



THE SAMARITAN WOMAN.



HEALING THE BLIND MAN



ASCENSION



THE HOLY FATHERS.



Pentecost: The Descent of the Holy Spirit

Holy Pentecost officially marks the end of the Paschal season. This will be the first time we kneel in prayer since Great and Holy Friday. Pentecost is also known as the birth of the Church, it is when God sent the Holy Spirit to the Apostles of Jesus. All of the Apostles were in one place when a sound came from heaven like a mighty wind and filled the house where they were. It appeared to them as tongues of fire and rested upon each of them and they were all filled with the Holy Spirit. This is also why Pentecost is called “Trinity Day” because it shows us the Father, Son and Holy Spirit as one to fulfill the Godhead. The day following Pentecost is known as the feast of the Holy Spirit.

Christ promised to send the Holy Spirit to his disciples and the apostles received the “power from on high”. They then began to preach and bear witness of Jesus as the risen Christ, the King and Lord.

You will notice different Hymns during this Liturgy as well as special prayers. We also all participate in the kneeling prayers for the Vespers of Pentecost. This is when we kneel for the first time in 50 days. These are long prayers that the faithful pray together.



The Descent of the Holy Spirit—Pentecost

What was your favorite part of your Lenten Journey? Draw a picture and share your story!

