

**“A Holy Friday Retreat:
A Parish Handbook for Planning & Conducting a Lenten Retreat.”**
Newly-revised edition published by the National Forum of GO Church Musicians

- ★ As in the first edition, the handbook provides ready-to-use information, materials, icons, and music for putting on such a retreat.
- ★ The 2010 edition includes variations and alternative ideas to the theme, plus more music, which is useful when parishes conduct their Retreat in repeated years.
- ★ It is a valuable resource for helping young people learn through Orthodox theology, hymnology, and iconography
- ★ Cost of the book is \$15 plus shipping and handling.
- ★ To order, simply email Vicki Pappas <http://churchmusic.goarch.org> (National Chairman / National Forum of Greek Orthodox Church Musicians)
- ★ You will receive the copies, an invoice and information about where to send the check.
- ★ The National Forum states on the flyer, “We hope you enjoy this new publication and that it proves useful in your parish. We would be most interested to hear about your programs and their results!”



Additional Information by Phyllis Meshel Onest

I read the entire Handbook at one sitting and think it is great! There are so many wonderful ideas and the text is included, too. *The Handbook* includes Helpful Tips for Planning the Retreat, Ideas for Registration, Prayer services, an Announcement Flyer, Registration Form and Letter to schools asking for an excused absent. Includes introducing the singing the Lamentations to the youth.

The few mistakes may only confuse the speakers. More important are missing words that would enrich the stories. Let me share a few:

- The “Soldier at the Cross” is a saint of the church – St. Longinos.
- Joseph of Arimathea introduces himself as one of Christ’s followers, but omits that he was a “secret follower.” By asking for Jesus’ body, this was no longer a secret and puts his standing among the Pharisees in question.
- When talking about the altar server’s vestments, the name “orarion” is not used. Rather, we read “long band of material. Our deacons also wear oraria.
- A priest must wear his Epitrachelion at all services. It is a sign of his priesthood.
- On page 21, it reads, “The Choir helps the priest...” and omits the role of other members of the congregation. I believe the role of the choir is to lead the congregation in singing the responses and hymns and to sing the special hymns for feast days and during the Great Fast. It appears to me that the more we are involved in singing the responses and hymns, the more we participate in worship, and the liturgical experience is more satisfying.

Option 1- 8 Stations: Christ on Cross; Paschal Candle; Resurrection Icon/Banner; Holy Gospel; Psalterion /Chanters stand; Icon of Virgin Mary on Iconostasion; the Temple; Censor

Option 2 – 7 Stations: Clergy Vestments

Option 3 – The Choir Loft and the Hymns they sing

Option 4 – 9 Stations: Events leading us to Pascha: Services of Holy Week

Option 5 – 5 Stations: Pascha through the Senses and Colors

Option 6 – 8 Stations: Investigating the Events of Holy Week: Meet People in the Story & Places
(Text given) includes Pontius Pilate, Soldier at the Cross, Joseph of Arimathea, Angel at the Tomb

Option 7 – 6 Stations: Icons of Holy Week

Spiritual Lesson: The Kouvouklion (Tomb) and Epitaphios

Other Theme Variations (no additional information)

1. Places of Holy Week - listed
2. The People of Holy Friday – people listed
3. The Icons of Holy Week –icons listed
4. Beatitudes
5. Sacraments
6. Symbols of Holy Week - listed
7. Eight services from Friday (Taking down from the cross) through Pentecost - listed

Resources to use with the presentations as background or enrichment of Holy Week:

1. *Come Bless the Lord!* Icon Packet
2. *Teaching Pics* from the OCEC
3. *Icon Coloring Book* by Fr. Matusiak
4. Icon coloring books by Annunciation Press
5. Online at www.phyllisonest.com – Go to *Lent & Pascha Resources* unless otherwise noted

BOOKS, LEAFLETS, ETC.

- a. *Getting Ready for Holy Week & Pascha* - Book
- b. *A Young Person's Guide to the Lenten & Holy Week Services* - Leaflet Spring '07/'08

GAMES

- a. *Our Journey to Pascha* – [1] Spring '00 Questions, [2] Game Board
- b. *"PASCHA EGGS: The Resurrection Story for Orthodox Christian Children"* - Directions for Assembly & Booklet – 2007 Edition
- c. *Pascha Symbols* – Spring 2009 Newsletter (scroll down)
- d. *Symbols of the Season* (explains *Pascha Symbols*)–Spring 2009 Newsletter(scroll down)

LESSON PLANS

- a. *Healing Saints Remembered In the Unction Service*–Spring 2009 Newsletter(scroll down)
- b. *Holy Week & Pascha Recall* - Spring '06
- c. *Icons & Hymns of Holy Week* - Spring '07
- d. *Pascha Egg Hunt with a Message* - Classroom Activity - Spring '04
- e. *Pascha Lesson Cookie Recipe* - Spring '00
- f. *Preparing Our Children for Holy Week Services & Pascha* - Spring '07/'08
- g. *Quotes to Remember: A Holy Week Bible Study* - Spring'05

RESOURCES FOR HOLY WEEK are included with the *Holy Friday Parish Handbook* information. The *Spring 2009* issue of the Newsletter contains three pages of online resources for *Lent and Holy Week* from the Departments of Outreach & Evangelism (now part of Stewardship), Youth & Youth Ministry, & www.qoarch.org & www.phyllisonest.com



SUNDAY CHURCH SCHOOL TEACHERS LISTS

If your parish has not submitted the list of Church School Teachers and the requested information, please do so by the end of the month. An excel template was recently sent to the parishes with outstanding Teachers Lists. If there is a problem, please contact Phyllis at pmonest@neo.rr.com.

The general information about the number of teachers in each Metropolis will be included in Dr. Vrame's Religious Education Report to the Archdiocese Clergy-Laity in July. Dr. Vrame's goal is to be able to contact Teachers directly. I also want to do this.