

# RESOURCES FOR GREAT LENT, HOLY WEEK & PASCHA

## DEPARTMENT OF RELIGIOUS EDUCATION

[www.religioused.goarch.org](http://www.religioused.goarch.org)

**Journey Through Holy Week** - Follow Christ and the Church through each stage of Holy Week - Saturday of Lazarus - Agape Vespers service. Author Stephania Gianulis pinpoints the relevance and meanings of the services, hymns, & scripture readings. Each page - icons, traditions, & history. Ages 10 & up. Retreats, church, home, or classroom. Zinestyle magazine \$3.95; 10 or more \$2.95.

## DEPARTMENT OF OUTREACH & EVANGELISM

<http://www.goarch.org/en/archdiocese/departments/outreach/greatlent.asp>

**Brochures** – Option: Go to the above URL and Scroll down.

1. Our Lenten Journey: *Preparing for the Passion & Resurrection of Our Lord* – 3 formats
2. [http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Our\\_Lenten\\_Journey.pdf](http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Our_Lenten_Journey.pdf)
3. Preparing for Confession by Fr. James Kordaris
4. <http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Confession.pdf>
5. The Great Fast by Metropolitan Isaiah
6. [http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/The\\_Great\\_Fast.pdf](http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/The_Great_Fast.pdf)
7. Repentance by Fr. Alexander Veronis  
<http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Repentance.pdf>
8. Holy Communion: *The Gift of Eternal Life* by Fr. Alkiviadis Calivas  
<http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Communion-Calivas.pdf>
9. All Things New in the Resurrection by Fr. Stanley S. Harakas  
<http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Resurrection.pdf>
10. The Paschal Homily of Saint John Chrysostom (*Trilingual: Greek-English-Spanish*)  
[http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Paschal\\_Homily.pdf](http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Paschal_Homily.pdf)
11. Lenten Study Program - St. Catherine, Greenwood Village  
[http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Lenten\\_study.pdf](http://www.goarch.org/archdiocese/departments/outreach/greatlent/brochures/Lenten_study.pdf)

**Sermons/Reflections** Go to the following URL & Scroll down.

<http://www.goarch.org/en/archdiocese/departments/outreach/greatlent.asp>

1. [The Incarnation: A Revolution for Freedom](#) by Dr. Aristotle Papanikolaou
2. [My Soul Magnifies the Lord](#) by Fr. Thomas Paris
3. [God for Us: Why the Incarnation is Rational](#) by Dr. Aristotle Papanikolaou
4. [Blessed is that Servant Whom He Shall find Waiting: An Exhortation to Vigilance](#) by Fr. William Chiganos
5. [Focus Fasting](#) by Fr. Athanasios Demos
6. [The Precious and Life-Giving Cross](#) by Fr. Luke Veronis
7. [Holy Friday Reflection-The Train Bridge](#)
8. [Proclaim His Resurrection: Seven Miles with Jesus](#) by Fr Christopher Makiej

## [WWW.GOARCH.ORG](http://www.goarch.org)

### GREAT LENT AND HOLY PASCHA

All the following articles are found at - <http://www.goarch.org/ourfaith/pascha>

1. [And Then They Will Fast](#) by His Eminence Metropolitan Isaiah of Denver
2. [The Origins of Pascha and Great Week](#) by Rev. Alkiviadis C. Calivas, Th.D
3. [On Fasting](#) by His Eminence Metropolitan Maximos of Pittsburgh
4. [Fasting from Iniquities and Foods](#) by Rev. George Mastrantonis
5. [THE GREAT LENT - A Week by Week Meaning](#) by Rev. George Mastrantonis

6. [First Sunday of Lent: The Sunday of Orthodoxy](#)
7. [Recommended Lenten Reading](#)
8. [Seeing and Believing: The Thomas Incident \(John 20:24-29\)](#) by His Eminence Archbishop Demetrios Trakatellis
9. [The Sanctification of the Holy Chrism](#) by Pavlos Menesoglou
10. [Holy Week Meditation and Study Guide](#) by Fr. Andrew Demotses
11. [Holy Week in the Eastern Orthodox Church](#) by Rev. George Mastrantonis
12. [The Saturday of Lazarus and Palm Sunday](#) by Rev. Alkiviadis C. Calivas, Th.D.
13. [Great Monday, Tuesday and Wednesday](#)
14. [Great Thursday](#)
15. [Great Friday](#)
16. [The Great and Holy Saturday](#)
17. [The Origins of Pascha and Great Week - Part I](#) by Rev. Alkiviadis C. Calivas
18. [The Origins of Pascha and Great Week - Part II](#) by Rev. Alkiviadis C. Calivas
19. [The Liturgical Cycle of the Great Lenten Period](#) by Rev. Pavlos Koumarios, Ph.D.
20. [THE MEANING OF THE GREAT FAST: The True Nature of Fasting](#) by Mother Mary and Bishop Kallistos Ware

**HOLY WEEK - <http://www.lent.goarch.org/>**

Includes the [1] Story, [2] an Explanation of the Icons & How the events are celebrated, [3] the hymns of the Feast, and [4] References.

- **Saturday of Lazarus** [http://www.lent.goarch.org/saturday\\_of\\_lazarus/learn/](http://www.lent.goarch.org/saturday_of_lazarus/learn/)
- **Palm Sunday** [http://www.lent.goarch.org/palm\\_sunday/learn/](http://www.lent.goarch.org/palm_sunday/learn/)
- **Bridegroom Services** [http://www.lent.goarch.org/bridegroom\\_services/learn/](http://www.lent.goarch.org/bridegroom_services/learn/)
- **Holy Unction** [http://www.lent.goarch.org/holy\\_wednesday/learn/](http://www.lent.goarch.org/holy_wednesday/learn/)
- **Holy Thursday** [http://www.lent.goarch.org/holy\\_thursday/learn/](http://www.lent.goarch.org/holy_thursday/learn/)
- **Holy Friday** [http://www.lent.goarch.org/holy\\_friday/learn/](http://www.lent.goarch.org/holy_friday/learn/)
- **Holy Saturday** [http://www.lent.goarch.org/holy\\_saturday/learn/](http://www.lent.goarch.org/holy_saturday/learn/)
- **Great and Holy Pascha** [http://www.lent.goarch.org/holy\\_pascha/learn/](http://www.lent.goarch.org/holy_pascha/learn/)

**DEPARTMENT OF YOUTH & YOUNG ADULT MINISTRIES**

<http://listserv.goarch.org/scripts/wa.exe?A0=YOUTH>

**YOUTH RETREATS**

- **Holy Friday retreats:**  
<http://www.goarch.org/en/archdiocese/departments/youth/youthworkers/sessions/>
- **Session: What's up with the Resurrection?** by Khalil Samara  
[http://www.lent.goarch.org/youth/session\\_resurrection.asp](http://www.lent.goarch.org/youth/session_resurrection.asp)
- **Retreat: The Resurrection** by Khalil Samara  
<http://www.goarch.org/archdiocese/departments/youth/youthworkers/sessions/resurrection>

**ACTIVITIES AND CRAFTS:**

- **Pascha (Easter) baskets**  
<http://www.theologic.com/oflweb/lentpask/basket.htm>  
<http://htaoc.com/parish/ministries/traditions/baskets.html>  
<http://yya.o.ca.org/TheHub/Activities/Crafts/BPcrafts.htm#terrarium>
- **Pretzel bread (can be used to teach concept of Christ's Resurrection)**  
<http://yya.o.ca.org/TheHub/Activities/Recipes/BPPrecipes.htm>
- **Red Easter eggs**  
<http://www.o.ca.org/QA.asp?ID=98&SID=3>

**BRIGHT WEEK & PENTECOSTARION** The week after Pascha is known as Bright Week, or Renewal Week, and is viewed by the Church as one continual day of joyful celebration. After Bright Week, the Church enters the period of the Pentecostarion, or the period between Easter and Pentecost.

- **Icons of Bright Week feasts and Pascha season feasts**  
<http://www.oca.org/FSicons-churchyear.asp?SID=4&Section=bright>
- **The Pentecostarion (the period between Pascha and Pentecost)**  
<http://www.anastasis.org.uk/pentecos.htm>

**My Website** [www.phyllisonest.com](http://www.phyllisonest.com)

**ARTICLES ON ORTHODOX FAMILY LIFE** – Go to website, click onto category, click onto title.

1. **Getting the Most Out of Lent**
2. **A Family Lesson: How Will We Prepare for Pascha?**
3. **Holy Unction**
4. **Pascha vs. Easter, Eggs, Bunnies & Baskets**

## LENT & PASCHA RESOURCES

### Articles About...

- **“GREAT LENT”** by Fr. George Shalhoub plus a Lesson Plan - Spring '05 ([PDF](#))
- **“Planning for Great Lent in the Church School”** by Dr. John Boojamra – Spring '04 ([PDF](#))

### Books, Leaflets, etc.

- **Getting Ready for Holy Week & Pascha** - Book ([PDF](#))
- **A Young Person's Guide to the Lenten & Holy Week Services** - Leaflet Spring '07/'08 ([PDF](#))

### Bulletin Board Ideas

- **Paschal Greetings in Various Languages** - Spring '00 ([PDF](#))

### Cards (ex. Orthodox Prison Ministry)

- **Orthodox Christian Prison Ministry Information Sheet** - ([PDF](#))
- **“Pascha Card”** - Spring 05 ([PDF](#))

### Confession

- **“Sacrament of Penance and the Younger Child”** by Dr. Constance Tarasar -Spring '01 ([PDF](#))

### Games

- **Our Journey to Pascha** - Spring '00 Questions ([PDF](#)) - Game Board ([PDF](#))
- **“PASCHA EGGS: The Resurrection Story for Orthodox Christian Children”**  
Directions for Assembly & Booklet – 2007 Edition ([PDF](#))

### Lesson Plan Ideas

- **Lenten Resource List** in the **“Yellow Pages for Religious Education”**([PDF](#))
- **Holy Week & Pascha Recall** - Spring '06 ([PDF](#))
- **Quotes to Remember: A Holy Week Bible Study** - Spring'05 ([PDF](#))
- **Icons & Hymns of Holy Week** - Spring '07([PDF](#))
- **IOCC Children's Lenten Project** - Fall '99([PDF](#))
- **Pascha Egg Hunt with a Message** - Classroom Activity - Spring '04([PDF](#))
- **Pascha Lesson Cookie Recipe** - Spring '00 ([PDF](#))
- **Preparing Our Children for Holy Week Services & Pascha** - Spring '07/'08([PDF](#))
- **Resurrection Witness Reports** Classroom Activity - Spring '02 Newsletter page 2 ([PDF](#))

### 40-Day Activities

- **A Lenten Bouquet**(PS - First grade) - Spring '05 ([PDF](#))
- **Lenten Treasure Chest & Coins**(Grades 2-6) - Lenten Home Activity - Spring '05 ([PDF](#))
- **Our Lenten Journey Begins** Puzzle for younger children - Spring '06 ([PDF](#))
- **“Pascha Egg Collecting” Basket** - Lenten activity Spring '06 ([PDF](#))
- **“Shamrock Bag”** Lenten Home Activity - Spring '04 ([PDF](#))

### Miscellaneous

- **Orthodoxy Sunday Procession flyer** - March '07 Update ([DOC](#))