

OUR LENTEN JOURNEY BEGINS

Reprinted from *Young Life* magazine, March 1989, published by OCEC – Orthodox Christian Education Commission
Reformatted by Phyllis Meshel Onest, M.Div.

DIRECTIONS TO PARENTS

1. The goal for our students is to count down the 40 days of Lent, from Clean Monday through Palm Sunday.
2. Even if your child is young, set appropriate goals with him/her for the 40 days, depending on their maturity and attention span.
3. Whatever you decide, remember that a journey begins one step at a time. This activity can help you “stay on track.”
4. Each day of the Great Fast remind your child to accomplish one of the goals, then have him/her carefully cut out one of the boxes and glue it in the correct space on the Grid as marked on the attached tab. Be sure to cut off the tab before gluing the box. If your child is too young to handle scissors, cut out the box and tab, and help as needed with the gluing. At the end of the 40 - day journey the goal will be in sight and your child will have a picture to color.
5. Since there are only 32 suggestions listed below, some of them can be done 2 or 3 times to make up the 40 activities needed. Fill the extra days with reading from the Bible or Bible Storybooks or Lives of the Saints. Consider adding one or two of your own activities.
6. Some of the directions require direct involvement of the parent. Others are ones that you can give to the children to do. Some may need additional explanation or offer you the opportunity to talk with your children about various topics.
7. Here’s a chance to spend time together doing what Jesus wants us to do – learn about Him, worship Him, be and like Him by doing what He would do. In other words, you are helping to form your child into a Orthodox Christian
8. Does your child have an icon corner in his/her room? It is a special place and can be on the wall (at child’s height, on a shelf of a bookcase or on a low chest of drawers. The last 2 are better options so that your child can look at the icons and other items closely and touch them. This gives them ownership of their prayer corner. If not, this Lent is a good time to begin one.
9. Start with your child’s patron saint’s icon or one of Jesus, and then add Mary. Does your child have an icon of his/her special saint? If not, do you have a parish Bookstore? Icons can be special ordered online – www.skete.com, www.thehtm.org
10. Add a Bible Storybook since they are too young to read from a Bible.
11. Whenever your child receives an icon or an icon print, place it in the icon corner.
12. The carnation received on Holy Friday from Jesus’ tomb and the palm from Palm Sunday are added to the icon corner.
13. You may place an empty votive candle holder in the icon corner. When the family or child and parent say prayers place a candle in it and light it.
14. As the years go on, add a censer, prayer books, Bible, and so on.
15. What is your child’s baptismal (Christian) name? Each saint has a special day that he/she is remembered, and this is your child’s “name day” or “patron saint’s day.” Parents tell or read a story about your child’s patron saint. If you need any information, check with the Sunday School teacher, or priest. On the internet: www.goarch.org, www.abbamoses.com.
16. If you have a younger child, make sure he/she is crossing right to left. Tip: Stand next to your child rather than in front or both stand before a mirror.

OUR LENTEN JOURNEY BEGINS

Reprinted from *Young Life* magazine, March 1989, published by OCEC.-

Orthodox Christian Education Commission

Reformatted by Phyllis Meshel Onest, M.Div., Director of Religious Education

DIRECTIONS: The following Lenten tasks can be done in any order. As each one is completed, (a) write an "x" over the number, (b) cut out one of the boxes exactly on the lines without the tag, then (c) glue it the correct box on the Grid, using the number written on the tag. For example, E 3 is the box in Row E, Column 3. Since there are 40 days in the Great Fast, but only 32 tasks, do some of the tasks 2 or 3 times, especially attending the Lenten Services and reading Bible and Saints' Stories. At the end of this activity, when all the boxes are filled, you will have finished your Journey to Pascha and have a picture to color.

1. Make sure your Prayer Corner is ready for Lent.
 - Icons of Jesus, the Theotokos, your Patron Saint. Framed icon prints.
 - A Bible or Bible Storybook.
 - The carnation received on Holy Friday from Jesus' tomb and the palm from Palm Sunday.
 - A prayer book.
2. Write the name of your patron saint and "name day" on a piece of paper, then place it in your Prayer Corner.
3. Make a card for someone you love (your grandparents or godparents) and send it by mail.
4. Do not watch TV for a day or afternoon. Read a story from a Bible Story Book or a Bible.
5. Make a special list of all the people you want to remember in prayer, and then pray for them tonight at bedtime prayers. You may need help from Mom or Dad.
6. Clean up your room without Mom or Dad asking you.
7. Each Sunday, *on the way home from church*, tell your parent(s) 1 or 2 things you learned in Sunday School.
8. Do something nice for your brother or sister.
9. Help get dinner ready and/or clean up after dinner.
10. If you brought papers home from school, take time to tell Mom or Dad what they are all about.
11. Put away your toys today without being asked.
12. Make a list of people in your life for who you are thankful. This is a good way to remember how much God has given you. Remember to thank Him tonight. (You may need help from Mom or Dad to do this.)
13. Say this prayer at a meal. "O Christ our God, bless the food and drink of your servants for You are Holy now and ever. Amen."
14. Tell someone in your family how much you love them.

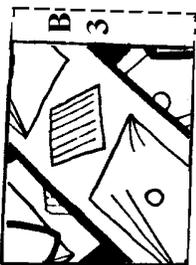
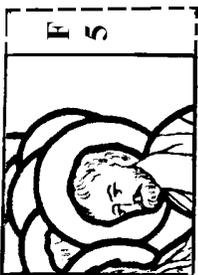
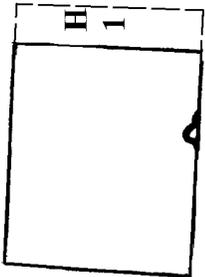
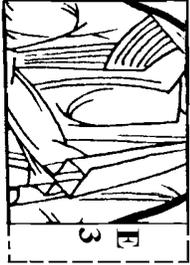
Lenten & Pascha Resources

15. Color a page in a Bible Story Coloring book. Talk about the Bible story with your parents.
16. Ask someone to read a Bible story to you, then draw a picture of the story.
17. Make a card for your Church School teacher. All teachers are happy to know how much you like them and how grateful you are that they teach you each week. This will be a special surprise. Do not forget to take it on Sunday.
18. Do not eat any junk food today. No potato chips or soda pop or gooey candy bars! Try to eat good things. If you get the munchies, eat an apple.
19. Count how many dolls, trucks or other collectibles you have. When you are done counting, put a penny for each one in an envelope. If you counted 10 then put a dime – get the idea? Many kids do not have toys. Bring this money to class on Sunday for the Missions collection or weekly collection. This is a good way to remember to be thankful for all we have, and to help someone else.
20. Practice saying the prayer “Holy God, Holy Mighty, Holy Immortal have mercy on us” as you make the sign of the cross.
21. Is there a special service tonight (Monday, Wednesday, Friday)? There are many services during Lent. Plan to go as a family and pray together. What a special night!
22. Draw a picture of your family doing something special together... going to Liturgy, visiting your grandparents, saying prayers before meals, saying prayers before the icons before bedtime, or helping someone. Put your picture on the refrigerator.
23. Do you know the names of your Godparents? Godparents are very important people in our lives. Make them a special card today to let them know you are thinking about them. Send it in the mail.
24. Think about how wonderful it is to have a nice dinner each night. Some kids do not have as much to eat. If your church collects food for those who need it, bring some canned foods this Sunday. Remember to pray for those kids tonight.
25. Think of something special you could do for one or both of your parents today.
26. Do something special for one of your parents. Whatever you do, let your parent(s) know how much you love her/him/them.
27. Do something nice – in secret - for someone.
28. Smile at everyone you meet.
29. Be nice to someone who is not a friend today.
30. Make a cheerful card for someone who is a shut-in or lonely, and mail it.
31. Do an extra “chore” at home without being asked.
32. Practice singing, “Christ is Risen from the Dead...” the hymn we sing at Pascha and 40 days there after.

Lenten & Pascha Resources

OUR LENTEN JOURNEY BEGINS We will take our first step on our journey through Great Lent on Clean Monday. What will you do this year to prepare your body, mind & soul for the Resurrection of our Lord? Whatever you decide, remember that a journey begins with a step and can only be completed by taking one step at a time, one day at a time.

This activity is to help you "stay on track." Each day of the Great Fast, try to accomplish the goal you have set for that day. Attached is a list of 32 tasks to help you. Then carefully cut out one of the boxes and glue it in the correct space on the grid, marked on the attached tab. Be sure to cut off the tab before gluing it. At the end of your 40-day journey through Great Lent, your goal will be in sight! *Taken from Young Life, March 1989, pp. 10-11.*



H					
G					
F					
E					
D					
C					
B					
A					
	1	2	3	4	5

