

LENTEN RESOURCE LIST

1. ***Come Bless the Lord Icon Packet:*** 40 icon prints (8 1" x 11") of the major Feast Days & popular saints with an explanation of each on the reverse side, plus a companion booklet. [Light & Life \$16.95+SH, DRE/GOA & OCEC \$15.00+SH]
2. ***Feast Day Tract Master Set #5*** published by the Orthodox Christian Publications Center offers a leaflet for each of the Major 12 Feasts plus Pascha. The format includes the hymns of the day, Scripture references, & background information & family activities. Permission to make multiple copies. [DRE/GOA, \$15.00 +SH]
3. ***Getting Ready for Holy Week & Pascha Booklet:*** The booklet begins with Lazarus Saturday. Same format as the *Feast Day Tract Masters*. Permission to make multiple copies. [Spring 1997 Packet & a revised version is available on my website under "Ready to Print Projects."]
4. ***A Holy Friday Retreat*** guidebook was distributed to each parish of the Greek Archdiocese in 1992 by the National Forum of Greek Orthodox Church Musicians. Students go from station to station in small groups for about 7-8 minutes. Each station has a theme: [1] Christ on the Cross, [2] the Paschal Candle, the Tomb, [3] The Resurrection Icon/Banner, [4] the Gospel, [5] the chanter's stand, [6] the icon of the Theotokos, [7] the Shape of the Temple, [8] the Censor. Adults or older students prepare a short explanation of their station. Lesson tips, alternate station ideas, and additional information included. [The National Forum of Greek Orthodox Church Musicians, \$10 +SH, Vicki Pappas 1700 North Walnut St. Apt. #302, Bloomington, IN 47404 / 812-855-8248 / FAX: 812-855-9630 / Email: pappas@indiana.edu & the DRE/GOA \$10.00+SH]

If you have already used the retreat, do it a second time using the same format but choose other topics. Some are listed in the guidebook. Descriptions of topics can be found in ***A Resource Handbook for Great Lent & Pascha***, published by the Diocese Religious Education Committee in 1989 (see #13). [Passover, 3-bar cross, sponge & spear, nails, rooster, crown of thorns, gall/vinegar, Myrrhbearers, Sacrament of Holy Unction, Sacrament of Confession, Bridegroom Service, palms, 30 pieces of silver, bread & wine, linen cloth, the sealing of the tomb, the empty tomb, eggs/red eggs.]

5. ***IOCC Children's Lenten Project***" [Fall 1999 Packet, not on website]
6. ***Lenten Lotto:*** [grades K,1,2,3] Matching game. Liturgical services of Great Lent & Holy Week with basic Biblical & historical events. [OCEC, \$3.00+SH]
7. ***Lenten Workbook:*** [grades 3,4,5,6] 16-page workbook that explains & reviews the themes services & practices of Great Lent & Holy Week. Illustrations, text, puzzles, activities. [OCEC \$2.75+SH]
8. ***My Lenten Journey, an Interactive Poster for Kids:*** Large full-color poster plus 40 colorful stickers & a "How-to Guide for Creative Projects" is designed to help students K-5 participate in Great Lent. Refer to Spring 1991 Packet for selected direction pages. [OCEC \$7 + SH]
9. ***Our Journey Begins*** activity (*Young Life Magazine* March 1989, pp. 9-11) is a puzzle that can be used especially with younger children to mark off the days until Holy Week & Pascha. [Refer to Spring 1999 Packet, not on website.]
10. ***Our Journey to Pascha Lenten Board*** Game includes a game board plus 80 questions. Game board can be enlarged to 11"x17" format. [Spring 2000 Packet, my website under "Ready to Print Projects"]
11. ***PASCHA EGGS: The Resurrection Story for Orthodox Christian Children*** is a hands-on activity for class and home. Each plastic egg contains a small item related to the Pascha Story. The directions for

what you need to create this project and the booklet are included. [Spring 1998 Packet, on website under “Ready to Print Projects”]

12. ***Pascha Lesson Cookie Recipe*** helps younger children with the concept of the empty Tomb [Spring 2000 Packet, my website]
13. ***A Resource Handbook for Great Lent & Pascha*** published by the Diocese Religious Education Committee & compiled by PMO in 1989. [out-of-print except for 8 copies that can be purchased from Phyllis Meshel Onest, \$22.00 includes SH]
14. ***The Teaching Pictures:*** Four sets of 80 color photographs dealing with The Sacraments (Set A), The Feast Day & Special Services (Set B), Great Lent & Pascha (Set C), & the Divine Liturgy (Set D). Indexed & cross-referenced. Lesson Plans on the back side with suggestions for integrating into a lesson. [OCEC & DRE/GOA \$35.00+ SH]
15. ***Triumphant Entry into Jerusalem:*** One-page play. [Spring 1991Packet, not on website]
16. ***We Return to God:*** [grades 2,3,4] pamphlet introducing the Sacrament of Confession, examination of conscience at the child’s level. Prayers for before & after Communion. [OCEC \$2.00+SH]

Coloring Books

- ❖ ***Icon Book*** by Fr. John Matusiak [Light & Life \$8.95, OCEC & DRE/GOA \$6.00]
- ❖ ***Journey to Pascha – Icon Coloring Book*** includes the Prodigal Son, Resurrection of Christ, the Crucifixion, St. Mary of Egypt, The Myrrhbearing Women, Jesus’ Prayer in the Garden, St. Thomas Believes, Palm Sunday, Washing the Feet, the Bridegroom. [OCEC \$7.00 +SH, check with DRE/GOA \$5.00 +SH]
- ❖ ***Parables of Christ*** Byzantine Coloring Book - [Light & Life, \$3.95+SH]

Adult Resource Books:

- ❖ ***The Orthodox Faith Series*** by Fr. Thomas Hopko is a four-volume set of the basics on the Orthodox Faith - Doctrine, Worship, Bible & Church History, Spirituality. [OCEC \$8.00+SH, DRE \$7.50+SH, Light & Life \$7.95]
- ❖ ***The Orthodox Study Bible:*** icons, footnotes, articles
- ❖ ***The Year of Grace of the Lord*** by a Monk of the Eastern Church provides a guide to the liturgical year. [Light & Life & DRE/GOA, \$12.95+SH]
- ❖ ***Great Lent*** by Fr. Alexander Schmemmann. [DRE/GOA \$9.95+SH]
- ❖ ***The Lenten Spring*** by Fr. Thomas Hopko. [DRE/GOA \$10-95+SH]

Selected Children’s Books:

The Adventures of Spero, the Orthodox Church Mouse Series [ages 4-7]

- ❖ ***Spero Learns of Palm Sunday & Jesus’ Love*** by Jane Fontana. Spero learns that Holy Week has a happy ending. [DRE \$6.95+SH]

- ❖ ***Esther's Easter Dress*** by Katherine Kafarakis [ages 7-12] A young girl's adventure through Orthodox Holy Week. 24 Illustrations. [Light & Life \$8.95, DRE/GOA \$8.95+SH]
- ❖ ***What You Should Know about Holy Week in the Orthodox Church*** is out-of-print, but may be in the Church School Resource cabinet. For older students. [Published by Scriptographic for the Orthodox Church]

Lenten Bulletin Board Ideas:

Does your parish use the Weekly Bulletins from Vestal (the ones with the icons)? What do you do with them? Each week I toss mine in a box marked "Bulletins." When I need icons for a bulletin board display, I sort through the box & trim them to size. Now they are sorted by "Men Saints," "Women Saints," "Feast Days," "Holy Week," "Pre-Lenten Sundays," "Sundays of Lent," "Angels," etc. If you don't have these icons, use the ones from the ***Come Bless the Lord Icon Packet***, or reproduce the line drawing icons from ***The Icon Book*** or other icon coloring books. The latter can be colored in with markers &/or mounted on colored paper before placing on the bulletin board.

- ❖ ***Sundays of the Triodion & the Events of Holy Week in Icons*** Cover the board with colored paper. Start in the bottom right corner & place the icons in a counterclockwise spiral in order by date so that Pascha ends in the center. Add the dates & titles below each icon. Connect them with purple crepe paper. Add a title such as "Marking Our Path to Pascha."
- ❖ ***Paschal Greeting in Various Languages*** [Spring 2000 Packet, website under "Bulletin Board Ideas" for Pascha /Easter]
- ❖ ***Pascha Eggs: The Resurrection Story for Orthodox Christian Children***: This egg carton project can also be used as a basis for a bulletin board. Each page can be enlarged & placed on the bulletin board. Add the item itself (if possible), or a picture of the item, or an icon, or drawing & you have a teaching tool! [Spring '98 Packet, my website under "Ready to Print Projects."]

CD-ROM

THE ROYAL ROAD CD-ROM centers on the Triodion period. Includes 36 Lenten hymns in Greek & English, 8 hymns, 32 gospel, epistle & other readings, 12 video clips, 75 Lenten recipes, 85 Quiz Questions, dozens of articles, patristic quotations & more. It takes us from the 'Publican & the Pharisee' to Pascha! It's another tool that can be used to teach the Faith, whether at home or in the church school class. ***The Royal Road*** is an especially valuable tool with our computer savvy teens & young adults. Mac/Windows operating systems compatible. [DRE/GOA, \$39.95+SH.]

Selected Websites of Interest:

- ❖ <http://home.neo.rr.com/pmonest>
- ❖ http://www.monachos.net/great_lent/
- ❖ www.theologic.com has links to over 700 Orthodox sites

*Compiled by Phyllis Meshel Onest, M.Div., Director of Religious Education,
Greek Orthodox Diocese of Pittsburgh 2002©.
2507 Nedra Ave. Akron, OH 44305-3929 / 330- 733-5391
pmonest@neo.rr.com / <http://home.neo.rr.com/pmonest>*