



Greek Orthodox Metropolis of San Francisco
Moms, Pops & Tots Program

Program Manual, Lessons and Materials

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I. Goals

Primary goals of the Moms, Pops & Tots class:

1. Develop relationships between adults and children in the community.
2. Provide the children with songs, a craft and snacks at each lesson
3. Include a brief lesson on Orthodoxy.
 - a. Teach the children how to cross themselves.
 - b. Teach the meaning of the words in the Lord's Prayer
 - c. Tell the children about the 12 feast days
 - d. Tell the children about the 7 Sacraments (Holy Mysteries)
 - e. Teach the children about appropriate church behavior
 - i. Entering the church
 - ii. Trying to speak softly and proper behavior
 - f. Tour the children through the church
 - i. Explain the narthex (light candles, venerate Icons)
 - ii. Explain the Solea (communion, vigil candles, Bishop throne, canter stand)
 - iii. Explain the Iconostasis (Icons, position, royal door)
 - iv. Explain items on the Holy Altar (ask priest to do a show & tell)
 - v. Explain role of an Altar boy and Myrrh bearers
 - g. Expose the children to some of the Saints of the church
 - h. Teach the children about prosforo and Holy things from church.
4. Provide one hour of quality time at the Church
5. Pray and Grow together

II. Facility & Equipment Requirements

We recommend that your parish be the site for this program.

The room needs an area for crafts and for circle time (rug on the floor, low tables)

Musical instruments - Provide the children with shakers (one or two available from Amazon \$6-\$10 per dozen). Other choices might be tambourines (\$3 each from Amazon) or scarves to wave (12 for \$22) or mini bells (\$22 for 12 bells) Maracas (24 for \$10.92). Be careful with the maracas. Don't leave them with the children unsupervised as they may crack and the beads are very small.

CD player – children can dance and move around to music on a CD. We are recommending Raffi children's songs available from Amazon for \$15.00 (preschool songs) or any parent provided CD.

Access to internet/DVD player for the Goodbye song or sing it.

See you later, alligator!

After while, crocodile!

In an hour, sunflower!

Maybe two, kangaroo!

Gotta go, buffalo!

Adios, hippos!

Chow, chow, brown cow!

See you soon, baboon!

Adieu, cockatoo!

Better swish, jellyfish.

Chop chop, lollipop.

Gotta run, skeleton!

Bye-bye, butterfly!

Better shake, rattle snake.

Our school day now ends.

So, good-bye, good friends!

http://www.youtube.com/watch?v=K-UJ65tjWmQ&feature=player_detailpage

Snack area/ play area/ toys

III. Forms

Moms, Pops, & Tots Class Schedule

Sample (Wednesdays, 11:00-12:00)

[your day & time]

(adjust your times as desired)

11:00-11:10 Greeting, Prayer, Sign of the Cross

11:10-11:20 Music & Movement (songs, shakers, bells, scarves, dancing)

11:20-11:30 Religious Lesson or Story

11:30-11:45 Craft/Hands-on Activity

11:45-11:55 Prayer, Snack, & Free Play

11:55-12:00 Clean-up & Dismissal

Please note: In an effort to maintain consistency and start/end time, we will do our best to keep to the daily schedule. We appreciate your participation and cooperation.

Moms, Pops n' Tots 2014-2015 Registration

Moms n' Tots is a faith-based program for moms/pops/nanny/grandparent of young children between the ages of 6 months and 3 years. The program is structured to provide interactive activities related to various themes in the Orthodox Church. Weekly activities include: prayer, lessons, music & movement, crafts, snacks, and playtime. We also have various field trips, outings, visits to the sanctuary and class party planned.

Classes meet _____ from _____
(day) (time)

Location (parish address/room number)

Registration Fee: _____ per child

(Determined by the parish)

Teachers: _____ and _____
(Names- optional contact #)

"And He took the children in His arms, put His hands on them and blessed them". Luke 10:16

Child's Name: _____ Birth Date ____/____/____

Child's Name: _____ Birth Date ____/____/____

Parents' Names: _____

Address: _____

Phone: (home) _____ (cell) _____

Email: _____

Person attending with the child _____

RULES/Guidelines

Moms, Pops, & Tots Guidelines

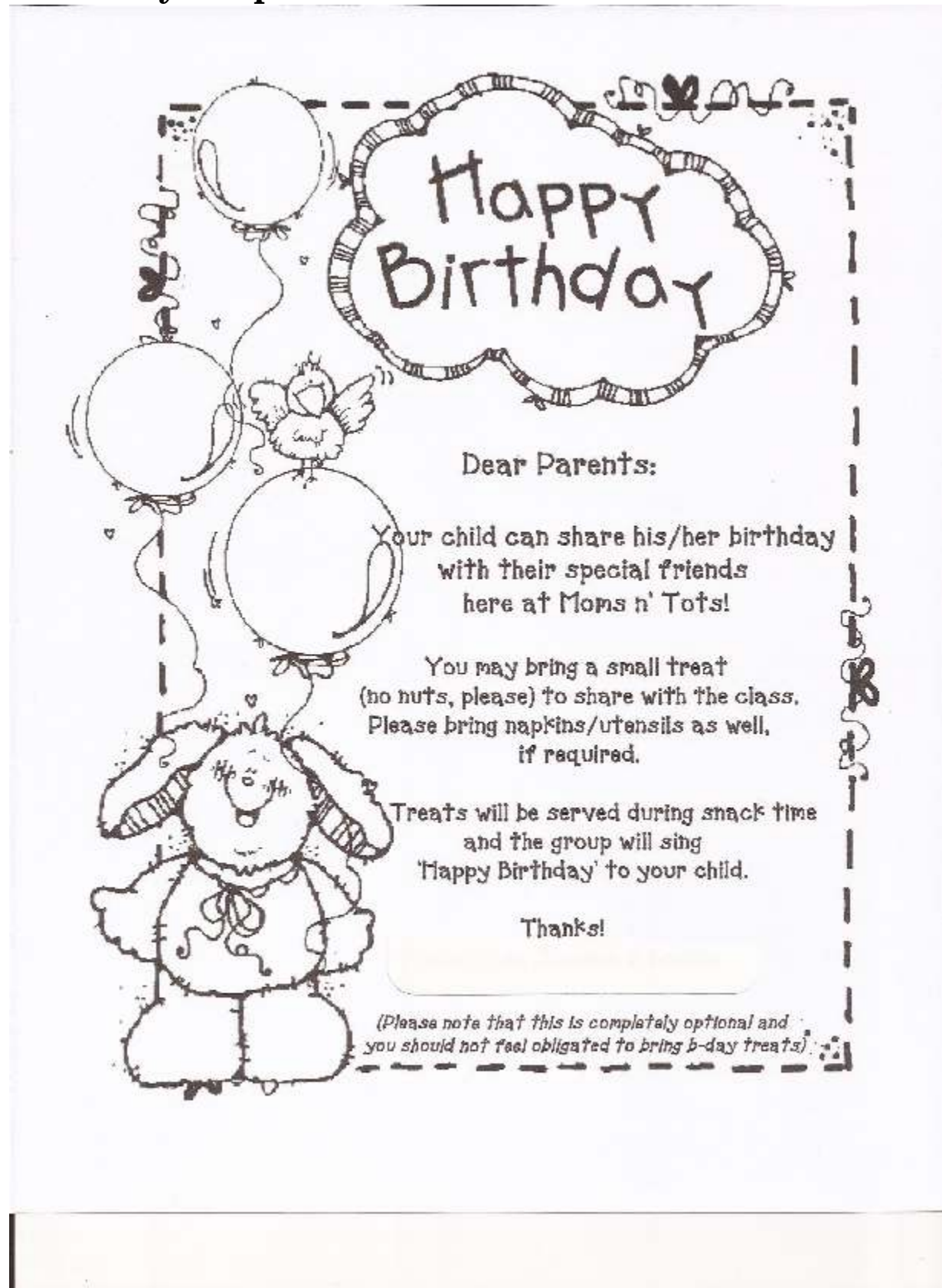
Welcome to Moms, Pops, & Tots at _____! In order for class to run smoothly here are a few guidelines and reminders:

- Please keep your child on your lap or right beside you during circle time
- Parents are expected to participate during circle time and crafts.
- Please refrain from chatting or having side conversations during circle time with the children.
- Please step out of the room if your child is crying, but do return as soon as your child has calmed down.
- Parents are responsible for supervising their children in class and around the facilities and church grounds.
- Please clean up after yourself so we can keep our classroom tidy for all to enjoy.
- Please respect the toys and supplies so we can keep them clean and in good condition
- If your child displays any signs of illness, please refrain from bringing them to class in the interest of preventing the spread of illness to others.

Thank you for your cooperation and participation!

[leaders, youth director or parish priest]

Birthdays -Optional



The above flyer is courtesy of St Anthony's Pasadena Moms &Tots

IV. Bibliography

Books Used for Lessons

- Brolsma, Jody, Editor, *The Encyclopedia of Bible Crafts for Preschoolers*, Loveland, CO Group publishing, 2004
- Cally, Mary Jo & Pappas, Vicki, *Hymns of the Orthodox Church*, The National Forum of Greek Orthodox Musicians, 1984
- Coniaris, Fr. Anthony M., *Making God Real in the Orthodox Christian Home*, Minn. MI: Light and Life Publishing, 1997
- Dedes, Hr. Serphim, *The Service of the Akathist Hymn to the Most Holy Theotokos*, Niles, OH: Valley graphics, 1993
- *The Divine Liturgy*, Brookline MA: Holy Cross Orthodox Press, 1985
- Dodson, Shirley, *The Lord's Prayer Coloring Book***, Menasha, WI: Gospel Light, 2011
- Gidus-Mecera, Ann Marie, *A Way of Life- Introducing Your Child to the Orthodox Faith*, Wayne, NJ: Orthodox Christian Publication Center, 2006*
- Hapgood, Isabel, *Service Book*, Englewood, New Jersey: Antiochian Orthodox Christian Archdiocese, 1983
- Hallick, Mary, *Reaching for Jesus***, Brookline MA: Greek Orthodox Archdiocese of America, 1986
- Hatzidakis, Fr. Emmanuel, *The Heavenly Banquet*, Columbus, OH: Orthodox Witness, 2008
- Holy Trinity Monastery, *Prayer Book*, Jordanville, NY: Printing Shop, 2003
- Kezios Fr. Spencer, *Orthros for Sunday Resurrectional Hymns*, Northridge, CA: Narthex Press, 1998
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- Liamis, Elias, *It's Sunday, Shall we go to Church*, Greece, Akritas Publishers, 2010
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- Mother Maria & Ware, Kallistos, *The Lenten Triodion**, So. Canaan, PA: St Tikhon's Seminary Press, 1990
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- *My Orthodox Prayer Book*, (Greek Orthodox) Brookline, MA: Greek Orthodox Archdiocese of America, 1984
- Nimmer, – Polyxeny Kalliman *Reaching for Jesus ***, Brookline, MA: Greek Orthodox Archdiocese of America 1986
- *The Pocket Prayer Book for Orthodox Christians (Red)**, Englewood, New Jersey: Antiochian Orthodox Christian Archdiocese, 1990
- St Athanasius Academy, *The Orthodox Study Bible*, Nashville, TN: Thomas Nelson, 2008
- Saint Nikodemos the Hagiorite web site quote on Candles
- "God made you and Me" Leanne (DLTK's Crafts for Kids)

** Pictures used *quoted

Books recommended (for those who prefer to read a book instead of telling the lesson for the day)

1. *Christina Goes to Church*, Maria Khoury, Antonia Marshall (\$7.95 from the diocese)
2. *Children's Bible*
3. *Apple books*
4. *Eleni's books*
5. *Let's Be Thankful*, PK Halligan
6. From Little Golden Book: *Animals' Christmas Eve*; *Christmas Story Book* with felt board
7. *The World, My Church and Let's Take a Walk Through Our Orthodox Church*
8. *A Child's First Story of Jesus*, Lois Roth & Anthony Lewis
9. *A Way of Life – Introducing your Child to the Orthodox Faith*, Ann Marie Gidus-Mecera

V. Two Year Program

Week	Lesson- topic	Craft description	with lesson
1	Making the sign of the Cross	Painting fingers	
2	The Orthodox Cross	Decorating cut out cross	pattern
3	Lord's Prayer part One	Sun with streamers	
4	Lord's Prayer part Two	Rocket ship	pattern
5	Lord's Prayer part Three	Placemats	
6	Lord's Prayer part Four	Star	
7	Creation	Pumpkin craft	pattern
8	the Narthex	Paper towel roll candle	
9	Sacrament- Communion	celebration streamer	
10	Feast Day - Entrance of Virgin Mary	reindeer ornament	
No Class			
11	The lost sheep	Sheep	pattern
12	The Christmas Story	Make a tree ornament	pattern
13	Feast Day - Birth of Christ	Cradle	instructions
No Class			
No Class			
14	Theophany	Holy water bottles	
15	Sacrament -Our Baptism	Dove	pattern
16	FIELD trip	Lively Locust pg 54	
17	Our Guardian Angel	Angel plate	instructions
18	feast Day The Meeting	cage	
19	The prodical Son	butterfly	
20	Sacrament - Marriage	crowns	
21	Fasting	Listening ears	
22	Sacrament Becoming a Priest	Book mark	
23	Sacrament Holy Unction	Pinwheel	pattern
24	Field Trip	Pop-up critter	
25	Feast Day - Palm Sunday	Mosaic Cross	pattern
26	Feast Day - Pascha	easter egg hunt	
No Class			
27	Sacrament -Confession	hanging hearts	pattern
28	Feast day 3/25 Annunciation	Bells	
29	Feast Day 8/15 Assumption	making a flower	pattern
No Class			
30	The saint of our church	Mother's day card	
31	Ascension	super shoes	pattern
32	St Thomas	chain bracelet	
No Class			
33	CELEBRATION last class		
End of the first year Summer break			
Year two			

Week	Lesson- topic	Craft description	with lesson
34	The Lord's Prayer	Angel cut out/paste	from book
35	Birth of the Virgin	Paper frame for Icon	
36	Making Prosforo	dough & Seal	Show/tell
37	The Altar	Decorate a challis	pattern
38	Archangel Michael	Sword	instructions
39	Pentecost	Halo	
40	protection of the Mother of God	tree of life pg 12	pattern
41	Church -Iconostasis	Macroni Church	pattern
42	Sts Peter & Paul	flying Spies	
43	Transfiguration	Grapes	2 patterns
No Class			
44	The Holy family	family cups	
45	Candles	pop up Altars pg 94	
46	Who is Santa Claus?	tree ornament	
No Class			
47	John The Baptist	fancy fish	pattern
48	Church - in the pews	Origami butterfly	instructions
49	Three Heirarchs	Eyes that see pg 154	
50	Field trip- playground	crafty creatures - pg9	
51	The Good Samaritan	injured Man	pattern
52	The body of Christ	heart Valentines	pattern
53	Holy Thursday	sweet spices pg 125	
54	Sunday of Orthodoxy	Megaphone	pattern
55	Lazarus	dancing cup pg 145	
56	Holy Friday	praying Hands pg 120	
57	Holy Week	confetti & Candy pg 137	
No Class			
58	Pantocrator	Christ's Halo	image
59	Matins	float the boat pg131	
60	Myrrh bearing Women	party Hats pg 168	
61	Church - last supper Icon	hugs from Jesus pg 152	
No Class			
62	Platitera	love is sweet pg 60	
63	The 10 commandments	friendship arrows pg 87	
64	Memorial Services	victory at sea pg 148	
No Class			
65	St Matthew	pencil cups for dad	
66	CELEBRATION last class	graduation Hats	

Supplies needed for the crafts

Item	amount needed	Lesson (s)
Paper plate (gold or yellow)		3,39, 64
sticker stars	6 or 8	4,6, 12
red crepe paper	6 inches	4,47,57
white placemats	1	5
chenille wires	6	6,10, 16,28,50
Large stickers	6	8,12
glitter glue sticks		17
printer labels	1	8,14,27,58
wide ribbon	14"	20,27
Cotton Balls	6 or 8	10, 11
craft foam	2	12
yellow yarn	6 -2" lengths	13,66
plastic baby	1	13
florist wire	2	20
pearl beads	many	20
head bands	1	21
plastic eggs	4 or 5 per child	26
candy for plastic eggs		26
index card	1	24
paper doilies	4 per child	27
bells	2	28,55
shoe lace	1	31
paperclip		17, 32, 35,66
flour, water, yeast, salt		36
plastic spoon	1	37,62
raw penne macaroni	40	41,64
clothes pins	1	42,59
plastic squares	1	42
thin string	4 - 8"long	42
purple circles	25	43
brick wrapping paper		45
brown felt square	3	46
Band-Aids	3 or 4	51
Paint dots		52
coffee filter	1	53
candy, snack or potpourri		53
rubber bands	2	55
clear tumblers	2	57
M &M candy	6	57
plastic salad bowl	1	59
wooden spoons	3	61
clear paper	1	62
Hershey Candies	2	62

Shared supplies**tools needed**

scissors

stapler

hole punch

ice pick to punch holes

commonly used supplies

crayons

markers

paper

glue

construction Paper

cardstock paper

ribbon

paint (several colors)

Stickers

Tape

Rhinestones

tissue paper

thin white paper plates

red yarn or cord

Drinking straw

Styrofoam cup

craft sticks

googly eyes

hand wipes

pencil

Key tag

Lessons2,3,4,7,9,11,13,17,19, 21,23,31, 34,37,38,
39,40,48,49,52,56,64

3, 17,18,19,39,55,63

2, 4,15,22,23,28,31,40,47,50,60

16,28,35,55

2,5,23,30,31,40, 44,48,53,54,56,60,61,63

2,3,4,5,7,15,16,17,19,24,30,31,32,34,38,42,44,47,48,49,
50,51,53,54,58, 60,63,64

4, 7,15,25,29,41,43,48,51,52,56,58, 59,61

2,4,10,11,12,15,16,17,21,22,25,27,29,32,34,35,37,39,41,43
,45,

46,47,50,59,61,63,65,66

10, 11,12,18,19,25,27,29,30,34,39,40,43,47,62,63,64,66

2,15, 17,18,22,23,31,35, 37,38,47,49,54,61,65

2,3,9,10, 12,22,53,62,63

1,19,30, 46,65

2,5,12,14,21,28,38,40, 44,55,60,65

4,8,9,13,15,18,21,23,38,40,45,52,54,55, 57,59,60,63,64,65

2,12,32,35,37,46,56

8,22,44,45,50,65

17,21,30,49,60,64

4,15,40,46,47,60

9,23, 59,63,64

28,44,45,55

10, 44,45,46,64

3,10, 11,16,19,55

1,30

56

32

Collect from Home

Toilet paper rolls

kitchen paper towel rolls

scrap of cloth or Kleenex

newspaper (rolled sheet)

Cuisinart for making prosforo

4,13,15,16 ,50,65

8

13

38

37

Get from Church

Holy Water bottles

paper icon of virgin Mary

prosforo seal

14

35

36

VI. Lessons

Each lesson begins with Circle time & Music, followed by a lesson, picture and a craft (changes each week) and finally ends with a snack, social time & a prayer. The first lesson is complete. All others are just the lesson, picture and craft. (Use this page at each session)- The lesson may be sharing the picture and/or explaining the lesson for the day.

Circle Time:

Good Morning Song: *Hello _____ (repeat for each child), We're glad that you could come! (use the tune to tick tock, tick tock, the mouse ran up the clock)listen to mp3*

Prayer: *repeat how to cross yourself (forehead, belly, shoulder, shoulder)*

Say: Tick tock, tick tock, this is the way we pray. We thank the dear Lord Jesus for bringing us here today. In the name of the Father, the Son, and the Holy Spirit. Amen.

Music & Movement: (give each child an instrument – shakers, bells or a tambourine)

“Magic Words” for musical instruments:

*Wait: on floor (so we know you are ready)

*Stop: on cheeks

*Forte: noisy & loud

*Piano: quiet & soft

BELLS: (Have the children sit on the floor for this song)*Shake and shake and shake (repeat 3X)...and STOP! sing : “We’re shaking Our Shakers”* (Song “We’re shaking on our shakers, we’re shaking on our shakers, hi-ho-the-derry-o, we’re shaking on our shakers (X2)

We’re shaking real high (X2), high-ho...

We’re shaking real low (X2), high-ho...

We’re shaking to the side (X2), high-ho...

We’re shaking in a circle (X2), high-ho...

(Have a child suggest a place on their body –legs, arm, head...)

We’re shaking on our (suggested body part) (X2), high-ho...) continue asking children for places to “shake

Sing along: *play a couple songs from the CD and have the children play along with their instruments. (have the children standing, moving around for these songs)*

Begin the lesson (have the children sit in a circle show the picture introduce the topic)

Story time/Religion/Lesson/Picture including the Arts & Crafts/Hands-on Activity(see the lesson of the day)

(Use this page at the end of each session)- (after the project – Part 2)

Snack/Play/Dismissal w/ goodbye Song/ Closing prayer

Toys may be brought out now. Children should be allowed to play in a safe area while the parents get to know each other. Some children might want to color or play with their completed projects.

Ask a parent to approach another parent in the room and ask them to share something about themselves (their likes, where they are from, how many children they have) Allow the parents free time.

Return to the circle for the goodbye song (play the You Tube version or sing it)

See you later, alligator!

After while, crocodile!

In an hour, sunflower!

Maybe two, kangaroo!

Gotta go, buffalo!

Adios, hippos!

Chow, chow, brown cow!

See you soon, baboon!

Adieu, cockatoo!

Better swish, jellyfish.

Chop chop, lollipop.

Gotta run, skeleton!

Bye-bye, butterfly!

Better shake, rattle snake.

Our school day now ends.

So, good-bye, good friends!

http://www.youtube.com/watch?v=K-UJ65tjWmQ&feature=player_detailpage

Closing prayer. “Dear God be with us today and every day. Keep us safe and teach us to do Your will. Show us Your love (do your cross and say) In the name of the Father, Son and Holy Spirit. Amen.

Moms, Pops, & Tots Lesson One

Circle Time:

Good Morning Song: *Hello ____ (repeat 3X), We're glad that you could come!*

Prayer: ***Chant to teach how to cross yourself** (forehead, belly, shoulder, shoulder)*

Tick tock, tick tock, this is the way we pray. We thank the dear Lord Jesus for bringing us here today. In the name of the Father, the Son, and the Holy Spirit. Amen.

Music & Movement: (give each child an instrument – either maraca, bells or a tambourine)

“Magic Words” for musical instruments:

*Wait: on floor (so we know you are ready)

*Stop: on cheeks

*Forte: noisy & loud

*Piano: quiet & soft

BELLS: *Shake and shake and shake (repeat 3X)...and STOP! sing: “We’re shaking Our Shakers” (see lyrics attached).*

Sing along: *play a couple songs from the CD and have the children play along with their instruments.*

Sing This song is sung to the tune of Frère Jacques.

Where is thumbkin?

Where is thumbkin? (Hands behind back)

Here I am (Bring right hand out from the back with thumb up other fingers folded)

Here I am (Bring left hand with the thumb up)

How are you today, sir? (Move right thumb)

I am fine, thank you (Move left thumb)

Run away, Run Away (move right hand to the back)

Run away, Run Away (move left hand to the back)

Where is pointer?

Where is pointer? (Hands behind back)

Here I am (Bring right hand out from behind back with index finger)

Here I am (Bring left hand out from behind back with index finger)

How are you today, sir? (Move right index finger as if talking)

I am fine, thank you (Move left index finger as if responding.)

Run away, Run Away (move right hand to the back)

Run away, Run Away (move left hand to the back)

Where is tallman?

Where is tallman? (Hands behind back)

Here I am (Bring right hand out from the back with middle finger)

Here I am (Bring left hand out from the back with middle finger)

How are you today, sir? (Move right middle finger as if talking)

I am fine, thank you (Move left middle finger as if responding.)

Run away, Run Away (move right hand to the back)

Run away, Run Away (move left hand to the back)

Where is ring man?

Where is ring man? (Hands behind back)

Here I am (Bring right hand out from the back with ring finger up)

Here I am (Bring left hand out from the back with ring finger up)
 How are you today, sir? (Move right ring finger as if talking)
 I am fine, thank you (Move left ring finger as if responding.)
 Run away, Run Away (move right hand to the back)
 Run away, Run Away (move left hand to the back)
 Where is pinkie?
 Where is pinkie? (Hands behind back)
 Here I am (Bring right hand out from the back with little finger)
 Here I am (Bring left hand out from the back with little finger)
 How are you today, sir? (Move right little finger as if talking)
 I am fine, thank you (Move left little finger as if responding.)
 Run away, Run Away (move right hand to the back)
 Run away, Run Away (move left hand to the back)

Story time/Religion/Lesson: Today's topic – learning to do our cross

Picture – from the book, **Reaching for Jesus** – Children crossing themselves Lesson 3

Lesson - Today we are going to learn about the Greek Orthodox faith. We are all Orthodox Christians. That means we believe in Christ and come to church to pray with others who believe the same thing. The prayers we learn at church are said in Orthodox Churches all around the world. We all pray together on Sunday mornings. Christ was born a long time ago and taught us and the people around Him many things.

We believe that Christ is one of the Holy Trinity (One God in Three Persons), God the Father is the first person in the Trinity, Christ, the Son is the second person and the Holy Spirit is the third person. The Trinity is One God in three persons, Father, Son and Holy Spirit.

Christ who is God was born as a child and lived many, many years ago. After Christ went to heaven He sent the Holy Spirit to be with us on earth. Just like the wind, we do not see the GOD but we feel His presence.

Each time our priest says “Father, Son and Holy Spirit” in church we should cross ourselves. We use our right hand and put our three fingers together. They represent the Holy Trinity (Father, Son and Holy Spirit). The other two fingers we bend down to our palm. They remind us that Jesus was a human being and God. He has two natures; human and divine. We first touch our forehead and ask God to come into our minds to learn more about Him. Next we move the three finger (still held together) to our heart and ask God to live in our hearts, then we touch the right shoulder and cross over to the left shoulder and ask God to give us strength to do good works. By moving our hand to these four places we have made a cross on our bodies.

When we come to Church on Sunday we should make the sign of the cross to show that we belong to God.

Arts & Crafts/Hands-on Activity: Painting our right hand.



Supplies needed

1. two colors of paint (for example green & white);
2. wipes for cleaning hands

Put green dots on the children's small and ring fingers. Paint the index, pointer and thumb with white dots. Place a green strip on the palm away from the thumb. Have the children try to put the green dots on the green strip and the three white dots together. Make sure it is the Right hand.

Snack/Play/Dismissal w/ Clean-up Song

Toys may be brought out now. Children should be allowed to play in a safe area while the parents get to know each other. Some children might want to color a copy of the picture for today.

Ask a parent to approach another parent in the room and ask them to share something about themselves (their likes, where they are from, how many children they have)

Closing Song and Prayer Return to the circle (the song from YouTube or sing it)

Prayer. “Dear God be with us today and every day. Keep us safe and teach us to do Your will. Show us Your love –(do your cross) In the name of the Father, Son and Holy Spirit. Amen

Moms, Pops, & Tots Lesson 2

Use the first page for Circle Time: Good Morning Song: Music & Movement: BELLS:

Story time/Religion/Lesson: Today's topic - The Orthodox Cross

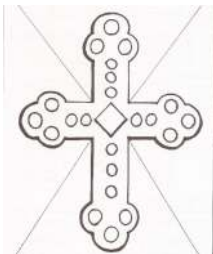
Picture – Bring in a blessing cross or use “Come Bless the Lord Icon Packet” (Exaltation)

Lesson - “The cross is a sign of victory over death.” Pg 137 Guardian Angel. We honor the Cross twice a year in the Orthodox Church; once on September 14th, for the Elevation of the Holy Cross, and again on the third week of Great Lent, for the Exaltation (or Adoration) of the Cross. Explain the words elevation –raising up and adoration – loving.

When Jesus was killed he was nailed to a cross and died, He was placed in a tomb and rose on the third day. His friends decided to hide the cross so they covered it with dirt and planted sweet smelling basil (*basiliko*) over it. They kept it a secret and only told a few friends where it was. About 300 years later (a long time after Christ was killed), Saint Helen was looking for the Cross, someone told her to look under the *basiliko*. She built a big, beautiful church over the place where she found the cross. A piece of the cross was placed in this church and she took a piece with her. After a long time (289 years) the cross in the church was stolen and taken to another country. Some soldiers went to get it 20 years later. It was returned on September 14th. So every year when we come to church on that day we get some *basiliko*. The second time we honor the cross in the church (remember we do it twice a year) is four weeks before Easter (Pascha). A cross is placed on a tray with flowers all around it. The priest carries this tray above his head and with the Altar boys, goes around the church. After the service we are given a flower from the tray to take home. Remember when we get gifts from church that has been blessed (bread, flowers, *basiliko*, palms or oil) we cannot throw it in the trash. We should put it in the yard, burn or bury it.

The priest in our church is called Father _____. Every priest in all our churches is called Father. Each Sunday Father holds a cross in his hand to bless all the people in church. When we get bread from Father after church, we kiss his hand because he has been close to the body of Christ.

Arts & Crafts/Hands-on Activity: decorating a cross

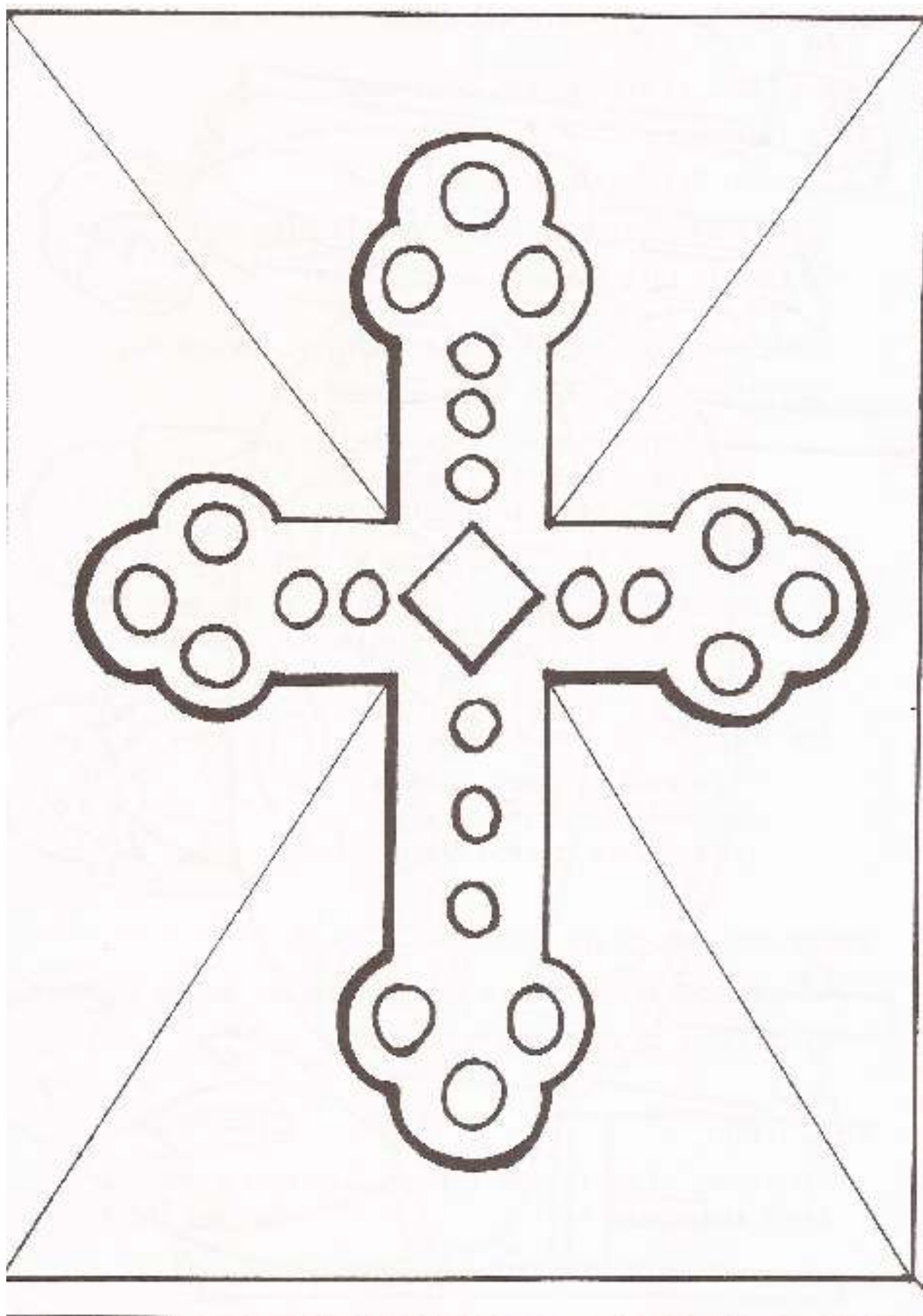


Supplies needed

1. cross pattern
2. Stickers
3. Rhinestones with glue
4. crayons or markers,
5. ribbon to wear the cross

Cut out the cross and punch a hole in the top circle. Have the children color or decorate the cross from “What We See and Do in Church”. Thread the ribbon in the hole and tie it loosely. Place the cross around the child’s neck. This says we belong to God.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson- 3

Use Page One for Circle Time: Good Morning Song, Prayer: Music & Movement: BELLS:

Story time/Religion/Lesson: **Today's topic -** The Lord' Prayer (part one)

Picture- From the *Lord's Prayer Coloring Book* – Dobson page 1

Lesson Throughout all of our church services – Orthros (the morning service said before Liturgy), Liturgy (the service we come to on Sundays and some weekdays), Compline (the late night service), Presanctified (a service during lent when we come for communion that was blessed the Sunday before this service), Vespers (any evening service) - we say the Lord's Prayer. Many of us know it in more than one language. It is a very important prayer. We should say it every day (when we wake up and before we go to sleep).

Jesus taught it to us. In the Bible Matthew chapter 6 verse 9 (Mt 6:9) says “This is how you should pray”. It starts with the words “Our Father, who art in heaven, hallowed be thy name.” let's talk about these words.

Our Father is GOD. He lives in Heaven.

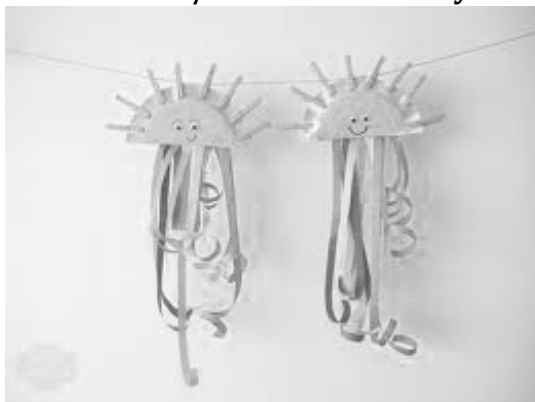
What do you think Heaven is like?

The word hallowed means “to set apart” to make Holy, to show respect & love to God's name.

Many of our Greek Orthodox churches say this prayer in Greek and in English. It is a comfort to those who learned Greek as their first language and moved away from their homes. Some of our churches say it in other languages too. What languages do you know about? Some of you have parents or Grandparents who moved to America from someplace else. Have you heard the Lord's Prayer in another language? (Maybe Russian, Arabic, French, Serbian, Greek, Spanish or Italian)

When you hear it being said in church on Sunday, try to say it with everyone else. Say it at night before you go to sleep and again in the morning when you wake up.

Arts & Crafts/Hands-on Activity: Make a sun with streamers (from Pinterest- Images)



Supplies needed

1. Paper plate (gold or yellow cut in half)
2. Ribbons
3. googly eyes
4. black marker
5. Stapler
6. scissors

Give each child a half plate, cut point for the Sun's rays. Glue the googly eyes and draw a smiling mouth. Now give each child 6 streamers cut into 12" lengths. Curl the ribbons with a scissor, staple them to the bottom of the plate.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson- 4

Use page ONE for Circle Time: Good Morning Song Prayer: Music & Movement: Bells

Story time/Religion/Lesson: Today's topic - The Lord's Prayer (part two)

Picture- From *the Lord's Prayer Coloring Book* Dobson page 2

Lesson Last week we learned we live on earth and God lives in heaven. We don't know where heaven is but we know to leave earth we have to go in a rocket ship, airplane or balloon. Today we are going to continue our prayer. "Thy kingdom come, thy will be done on earth as it is in heaven." God made everything to be good and beautiful. He wanted earth to be that way too. But we don't live in a perfect world. Some people who live on earth did not want to do what God ask us to do. God wants us to think for ourselves. We want the Kingdom of God which is perfect to be everywhere. We ask God for it. God wants us to be better people, to be loving, kind and caring toward each other.

When Jesus taught us this prayer he said to "Go into your room, close the door and pray to you Father, who is unseen." Jesus wants us to pray together and to pray by ourselves. We say the Lord's Prayer on Sunday during Liturgy, during Matins and during special services.

Arts & Crafts/Hands-on Activity: Glue together the parts for a rocket ship (image from pinterest)

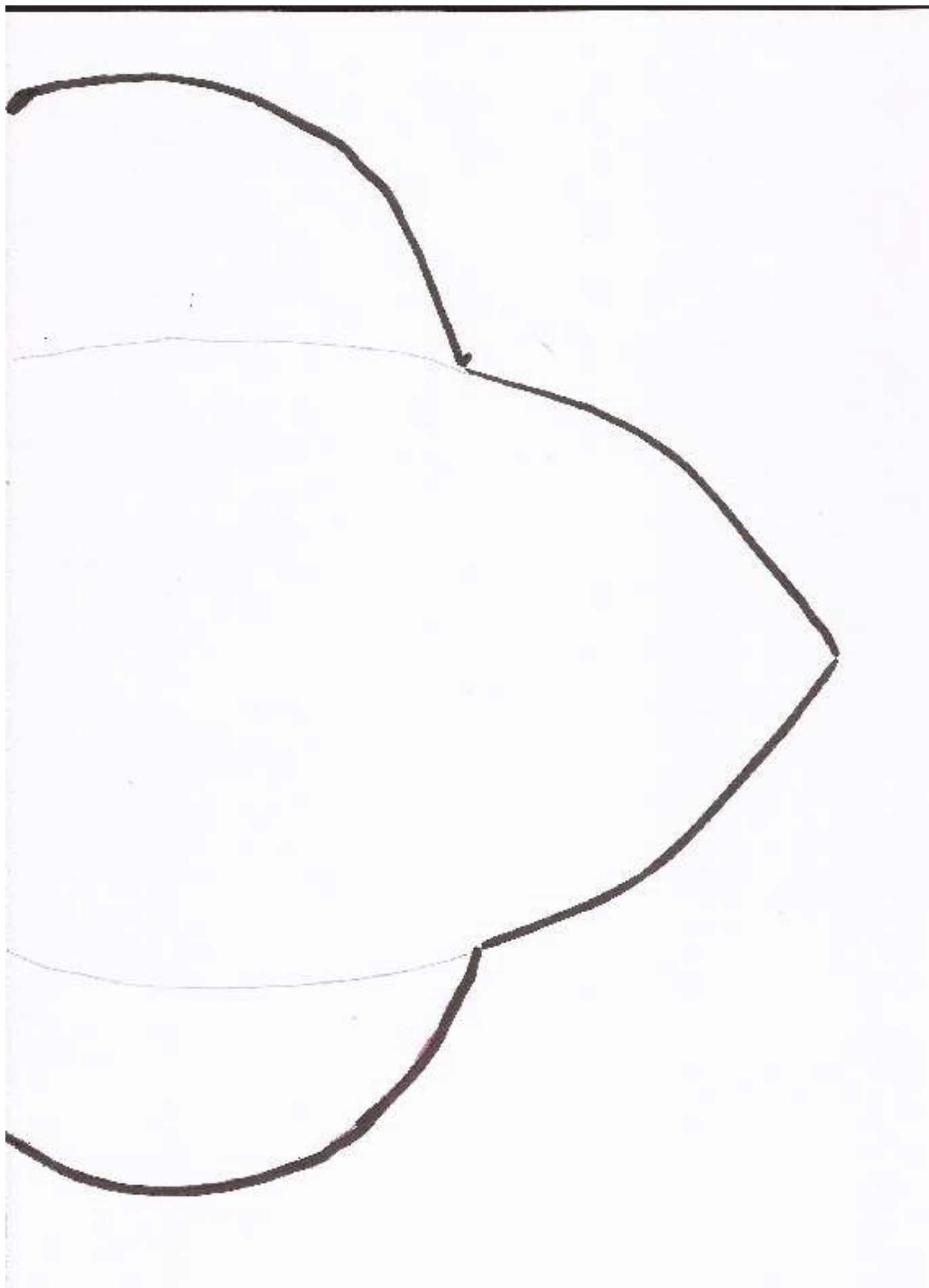


Supplies needed

1. Rocket ship cut from copier paper (2 each)
2. red yarn
3. sticker stars
4. markers
5. red crepe paper
6. glue
7. toilet paper roll (punch a hole toward one end)

Color the rocket ship and put on the stickers. Cut 14" of yarn for each ship. Tie the yarn to hole in the toilet paper roll. Glue or staple the crepe paper to the other end. Begin to glue the rocket ship to the roll and to each other (one copy on each side) be sure the yarn is left out for swinging the rocket ship.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson- 5

Use page ONE for Circle Time: Good Morning Song: Prayer: Music & Movement& Bells

Story time/Religion/Lesson: **Today's topic – Lord's Prayer – part three**

Picture- from *Reaching for Jesus* Lesson 9. We see children praying at the table.

Lesson: Today we hear more of the Lord's Prayer. "Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us." In order to stay alive we have to have food and water. This is usually provided by our mother and father or our families. But sometimes our church has to provide it for others. We ask God to help us both physically & spiritually. That is to help us with our health (with food) and to know God better (to find the kingdom of heaven). We should try to listen to our mothers about what foods to eat. We should try to listen to God by sitting quietly in church and praying. The word "trespasses" means to hurt someone (do something to make them angry or upset). It can also mean we are doing something to make God sad.

Remember we say the Lord's Prayer every day. When we come to church, when we wake up, when we go to bed at night and when we sit down to eat. There is another Orthodox prayer we say before we eat. "O Christ, our God, bless the food and drink of Thy servants for thou art Holy always; now and ever, and unto ages of ages. Amen" A pocket Prayer book pg 15.

Arts & Crafts/Hands-on Activity: Decorate a placemat.

Supplies needed

- | | |
|--------------------|-------------|
| 1. white placemats | 3. crayons |
| 2. Markers | 4. stickers |

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson- 6

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: the Lord's Prayer (part 4)

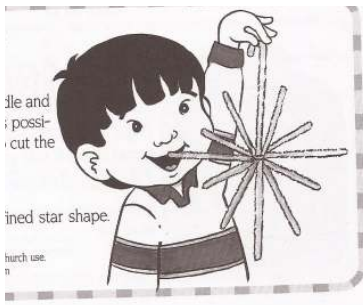
Picture- From the *Lord's Prayer Coloring Book* page 6

Today we are talking about the last line in the Lord's Prayer, "and lead us not into temptation, but deliver us from evil". The words 'from evil' could be translated "from the evil one". Who is the evil one? We'll learn about the battle in Heaven between the Angels of God and bad Angels who wanted to become Gods. The bad angles lost the battle and were not allowed to go back to heaven. Remember angles don't have bodies and we cannot see them. But they are around us. Each day we may be asked to do something that is wrong or incorrect. We are tempted to do this "evil". We have God and our guardian angel to help us not do this bad thing. We ask them to help us. Can we think of when we have been "tempted"? Maybe to take something that belongs to someone else, maybe to argue with our mom (brother or sister)? Or maybe to not do something our mom asked us to do. God wants children to obey their parents. This makes God happy. Remember we are sinning when we make God sad. We ask God every day to help us to do the right thing.

Arts & Crafts/Hands-on Activity: make a star

Supplies needed

1. 6 chenille wires
2. Happy face sticker



Wrap the wires together, (fold one wire in half; connect another folded wire and twist to stay) form a star by equally spacing the wire parts. Put the sticker in the center.

Leave one wire longer so it can be hooked to hold or hang.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 7

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Creation

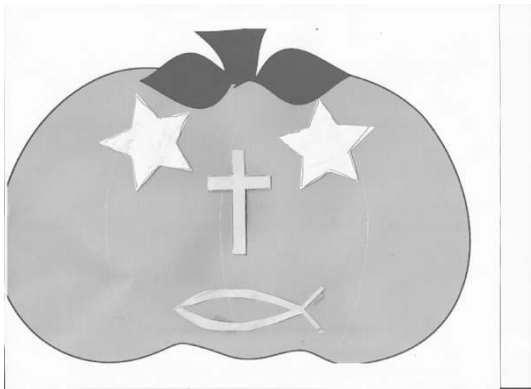
Picture- *Reaching for Jesus* (lesson 5)

Lesson: Today we are going to learn that God made the world and everything in it. Here's a poem: Day one brought heaven earth and light. It must have been so very bright!
Day two God made the clear blue sky. A place for many birds to fly.
Day three brought land apart from seas. With all the plants grass and trees.
Day four shone forth moon, stars and sun. The work of God was not yet done.
Day five we see the fish and birds. God did all of this with just His words.
Day six God formed all beasts and man. To finish His creation plan.
Day seven was especially blessed, A day for worship and for rest.

Now I'd like your help when I point up I'd like you to say **"God made you and God made me, And God made the animals A thru Z."** God made day and God made night, He split the darkness from the light (point up and say...)God made the seas and the dry land too, He made the flowers and the sky so blue(point up)God made the stars shining way up high, He made the birds and put them in the sky(point up)God made the sun and God made the moon, He made the ants and the silly baboon(point up)written by Leanne (DLTK's Crafts for Kids)

Sing the creation song to London Bridges. God Made Me and All of You
God made me and all of you All of you, All of you, God made me and all of you. He loves us!(point to self and others when you say me and you. Hug self at the end) He made frogs and birdies too Birdies too, Birdies too, He made frogs and birdies too Cheep! Cheep! Cheep! (Hop around like frogs/flap around like birds)God Made Me(Make a sun above your head by placing your hands together) GOD MADE THE SUN!(Make wave motions with your hands at your side) GOD MADE THE SEA(Place the palms of your hands together and wiggle them like a fish) GOD MADE THE FISHEYS(Point to your chest) AND GOD MADE ME(Make a sun above your head by placing your hands together) THANK YOU FOR THE SUN(Make wave motions with your hands at your side) THANK YOU FOR THE SEA(Place the palms of your hands together and wiggle them like a fish) THANK YOU FOR THE FISHEYS(Point to your chest) AND THANK YOU FOR ME!!!

Arts & Crafts/Hands-on Activity: Halloween Pumpkin

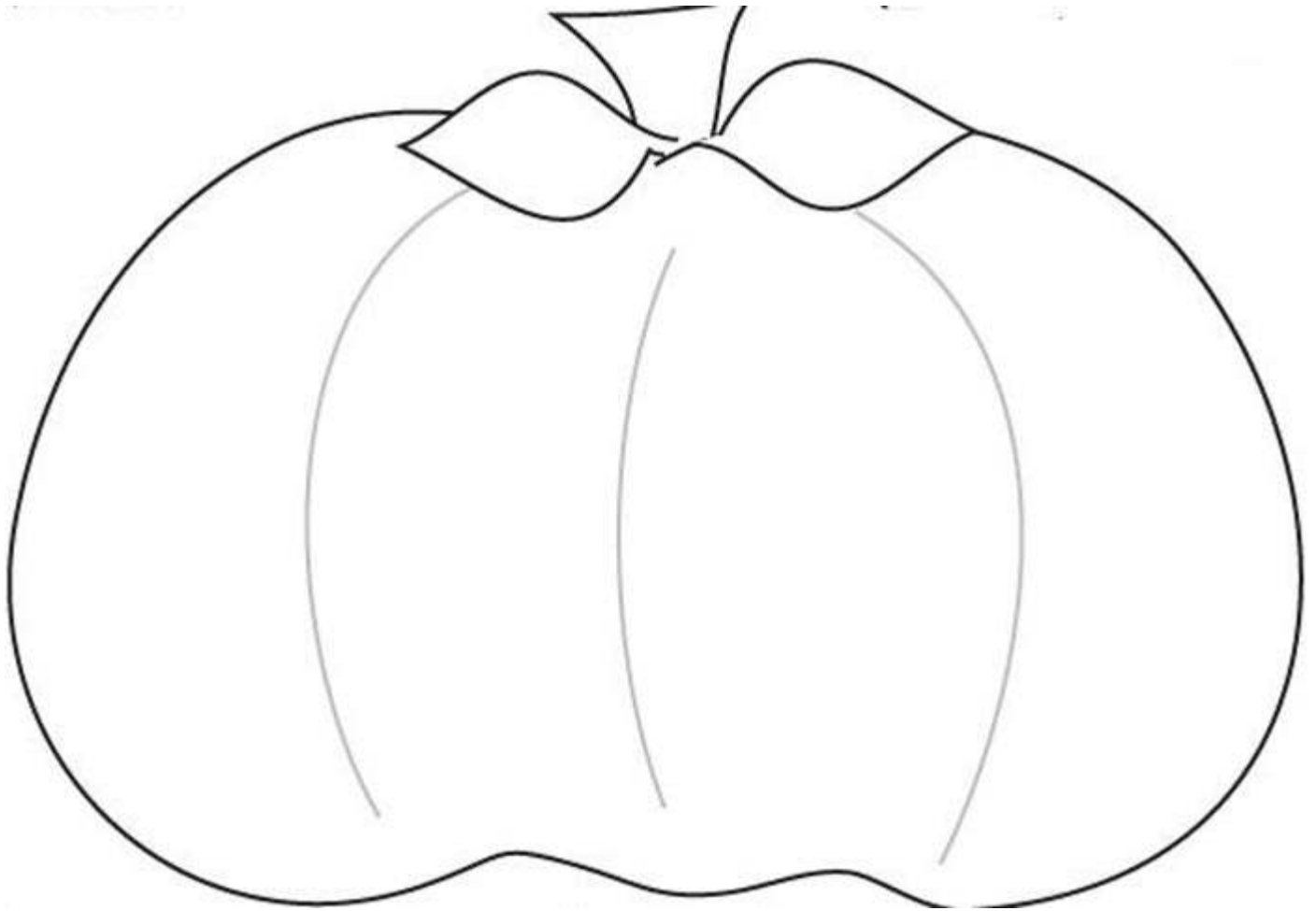


Supplies needed

1. Orange pumpkin (construction paper cut out)
2. Eyes, nose and mouth parts
3. Markers

Decorate your pumpkin or color one. Paste on eyes, nose, mouth or draw them. Use small pumpkins if you prefer.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Jack O-Latern Poem

(Author Unknown)

I am a Jack O' Lantern
My light will shine so bright

For I am a Christian pumpkin
My symbols tell what's right.

My nose is like the cross
on which our Savior died

To set us free from sin
We need no longer hide.

My mouth is like a fish
The whole wide world to show

That Christians live in this house
And love their Savior so!

The story starts at Christmas
My eyes are like the star

That shone on Baby Jesus
And wise men saw from far

My color it is orange
Just like the big bright sun

That rose on Easter Day
Along with Gods' own Son.

And so on Halloween
Let's set our pumpkins out

And tell the trick or treaters
What Gods' love is all about

Moms, Pops, & Tots Lesson 8

Use Page 1 for Circle Time: Good Morning Song: Prayer: Music & Movement: BELLS:

Story time/Religion/Lesson: Today's topic – The Narthex

Picture- Church plan and candles/Icon in Narthex

Today we are going to visit a place in our church but before we do I want to tell you about it. It is where we come into the church from outside. Every Orthodox Church has an entry called the Narthex. It separates the “outside world” from the Church. When we come to the Narthex, we make the sign of the Cross and light a candle. The candle is the Light of Christ; it shows that we are “the light of the world”; and the burning flame takes our prayers to the Lord.

We often put money in the tray near the candles to help the church do things for other people who need help. We say a prayer for the people we love both those who are living and the people who we know who are dead maybe our Grandparents or a friend or someone close to our mom. Next we kiss the icons and ask the person in the Icon to pray for everyone. That person is a saint; someone who is not living but during their life did things to please God.

Our church is usually named after a saint or a special time in the life of Christ. We have that Icon in the Narthex either the saint or a feast day or something special about our church. Remember an Icon is a holy picture. Sometimes there is a second Icon showing a saint whose name day or special day is soon. Some churches have lots of Icons in the Narthex. When we go there today let's see how many and what Icons are there.

There are other things in the narthex of a church like an information stand for those wish to learn more about our faith (i.e., books, tapes, icons, prayer ropes, prosforo seals, Sunday bulletins, and forms). A long time ago this was the place where people came to learn about our religion and some children came to learn to read and write as they were not allowed to go to school. Today, we begin a Baptism, a forty day blessing of a baby and in some parishes, a Marriage service, in the narthex and then enter the church. This shows a gradual movement into the Kingdom of God.

Remember we want to try to behave when we enter the church; Let's go visit the Narthex.

Arts & Crafts/Hands-on Activity: Make a candle from a paper towel roll.



Supplies Needed

1. Kitchen paper towel tube
2. Large stickers
3. Yellow, orange or red tissue paper
4. Sticker with Child's name

Decorate the tube with paper or stickers; stuff the top with crepe paper to represent a flame. The tubes may be covered with white paper and have the children draw on the paper.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 9

Use Page 1 for Circle Time: **Good Morning Song:** **Prayer:** **Music & Movement:** **BELLS:**

Story time/Religion/Lesson: Today's topic – Sacraments – taking communion

Picture- *Reaching for Jesus* Lesson 4

Lesson: Taking communion in the Orthodox Church is a gift from God. At the Last Supper our Lord Jesus took bread and wine and told His followers that this was His Body & Blood. He asked that we do this often to remember Him. We get ready for Holy Communion by praying, asking for forgiveness and fasting. Each Sunday and on special liturgies during the week, we offer special bread and wine and ask God to change it into His Body & Blood. When we take communion God becomes a part of lives in a special way. When we approach the Solea we should be very quiet (respectful to God) and we should pray to God in silence. We can ask God to help us and to help others too. When it is our turn to take communion we tell the priest our first name (the one we were given when we were baptized). Father says, "The servant of God ____ (your name) receives the precious body and blood of our Lord and Saviour Jesus Christ for the forgiveness of sins and life everlasting." *Guardian Angel* pg 77

Each time we do anything that makes God unhappy we are sinning. We ask God to forgive us for doing those things. Everyone has a body and a soul. We believe our souls will live forever. We pray our soul will be in God's kingdom.

Arts & Crafts/Hands-on Activity make celebration streamers



Supplies needed

1. Drinking straw
2. Six different color ribbons (thin curly kind)
3. Tape
4. Scissors to curl the ribbon

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson- 10

Use Page one for Circle Time: Song Prayer: Music & Movement: BELLS:

Story time/Religion/Lesson: Today's topic – Feast Day – entrance of the Virgin Mary

Picture- *Come Bless the Lord Icon Packet* Feast day 11/21- Identify the parents of the Virgin Mary (Joachim and Anna), the Virgin as a small child and Zacharias, the great high priest. Identify those children who are 3 years old. Remind the children the Virgin Mary started serving God at age three.

Lesson “Joachim and Anna were blessed with a child Mary. When Mary was a young girl, her parents brought her to the temple so that she could serve God in a special way.” pg 111 *Guardian Angel*.

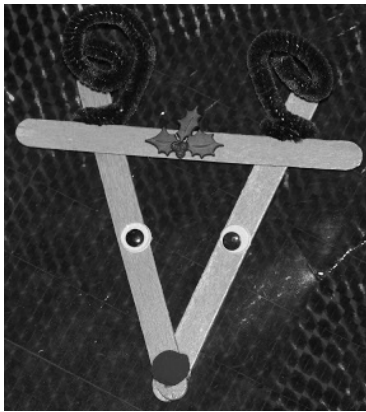
Her parents were very old when the Virgin Mary was born. They promised to raise her to serve God. When she was three years old she was taken to the temple to begin serving God. She was happy to go there. She learned more about God and his plans to become a human while she was there. She grew up loving God and serving Him. Her parents took her to the temple on November 21st.

Because she has always been close to God and later became the Mother of God, she prays for each of us. And we can ask her for special favors or prayers. The Virgin Mary stole has three stars, one on her head, and one of each shoulder. It reminds us she was pure before giving birth to Jesus, pure during the birth of Jesus and pure after the birth of Jesus. We recognize her in Holy pictures as the three stars are always there.

Arts & Crafts/Hands-on Activity reindeer ornament

Supplies needed

1. Sticks
2. Googly eyes
3. Pipecleaner or chenille wire
4. Cotton ball or tissue paper nose
5. Red paint
6. Holly stickers or cut outs
7. Ribbon



Glue two sticks to form a "V" shape. Glue third stick to the top of the "V" shape, coming down 1/4 to 1/2 inch. Dip 1/2 of a cotton ball into red paint. Glue it on bottom of "V". Glue eyes on each side of the "V", about half-way down the stick. Glue holly in the center of the top stick. Wrap each half of the pipe cleaner around top ends of "V" shape and curl to make antlers. Tie a ribbon near the holly for hanging the reindeer.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 11

Use Page one for Circle Time: Song Prayer: Music & Movement: BELLS:

Story time/Religion/Lesson: *The Lost Sheep*

Picture - *Reaching for Jesus* lesson 17

Lesson - Jesus loves each and all of us equally and forever. He told his followers a story about one lost sheep. A shepherd had 100 sheep he was watching over in the fields. But one day he noticed he only had 99 sheep. He was very worried. What had happened to his one sheep? He had wondered off and was lost. So the shepherd left the 99 sheep grazing on the mountain and went looking for the one who was not with them. He was very happy when he found it and carried it on his shoulders back to the mountain where the other sheep were. When they came back he said to all his friends celebrate with me I found the lost sheep.

God wanted us to know He is happy to have the people who stay with Him and never go away from believing in God. And He is happy to have people return if they go away from Him. Sometimes we forget to come to church or we do other things on Sunday and that takes us away from God. But we know we are always welcomed. We can return to church anytime. No matter where we have been or what we have done. There is a celebration in heaven whenever one bad person says he is sorry and prays to God.

Arts & Crafts/Hands-on Activity (birth of Christ) – make a cotton ball lamb.

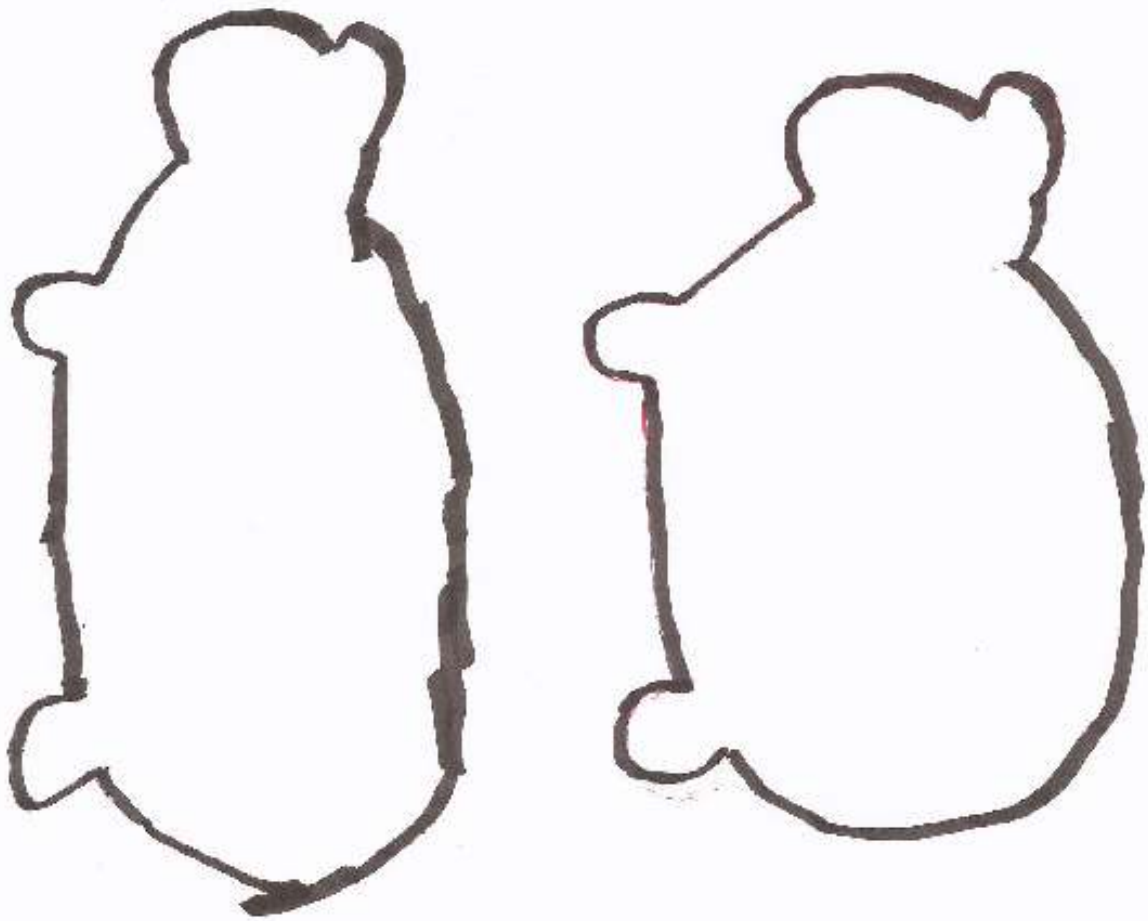


Supplies needed

1. Black cut out sheep
2. Cotton Balls
3. Glue
4. Googly Eyes

Have the children glue the eyes onto the sheep. Then glue the cotton balls over the black pattern. You may cut the patterns beforehand or have the parent cut it.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Cut out sheep pattern

Moms, Pops, & Tots Lesson 12

Use Page one for Circle Time: Song Prayer: Music & Movement: BELLS:

Story time/Religion/Lesson: *The story of Christmas*

Picture: Use the Book from the Archdiocese. *The Nativity of Christ* (page 49 of the Catalog, Greek Orthodox Archdiocese of America Department of Religious Education - \$4.00 Potamitis Publishing)

Lesson Read the story from the book (this 16 page booklet is 4.25" by 4.25"). Show the pictures to the children as you read the book.

Arts & Crafts/Hands-on Activity (birth of Christ) – make a Christmas Ornament

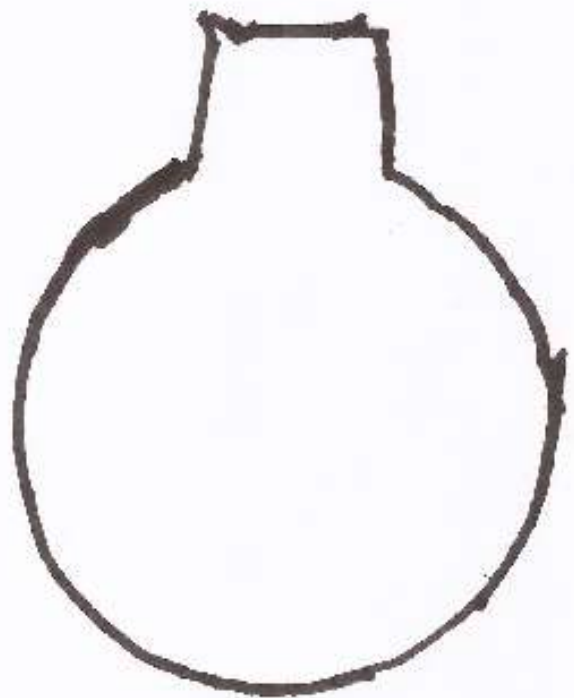
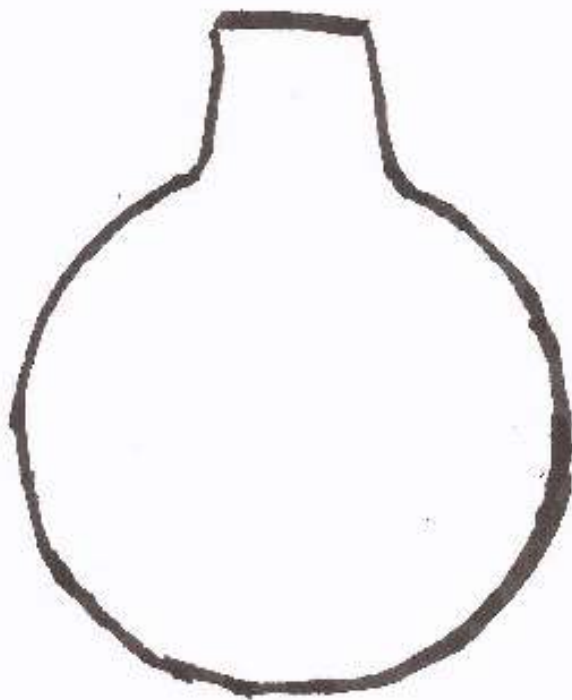
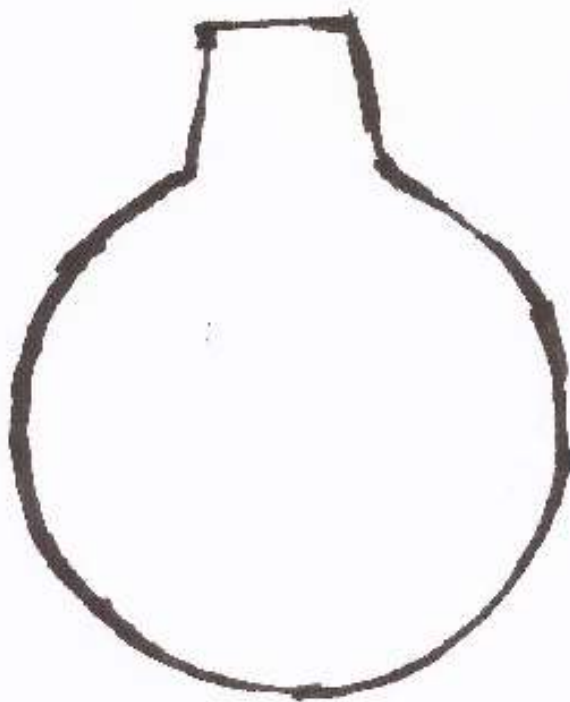


Supplies needed

1. red and green craft foam
2. decorative foam stickers
3. scissors
4. hole punch
5. ribbon
6. small rhinestones
7. green construction paper

Cut the ornament from either craft foam or colored card stock. Have the children decorate it with star stickers. Cut holly leaves from the green construction paper. Have the children glue two leaves and two or three small rhinestones on the ornament. Punch a hole in the top and thread the ribbon through it. Tie it loosely so that it may be hung.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Cut ornaments from Construction paper or craft foam. Punch a hole near the top

Moms, Pops, & Tots Lesson 13

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement: BELLS:

Sing along: "O Little town of Bethlehem"

Story time/Religion/Lesson: The Birth of Jesus

Picture: Come Bless the Lord Icon Packet # 27 the Birth of Jesus

Lesson On the night Jesus was born several wonderful things happened. Shepherds in the field with their sheep saw an angel who told them Jesus was born in Bethlehem. The angel said to go and see him and they went immediately. Three wise men (Magi) were traveling and saw a bright star in the sky. They knew it was a message from God. They followed the star to the stable where Jesus was born. They brought gifts of myrrh, gold and frankincense. Myrrh is a sweet smelling gum which comes from a tree. It is used make perfume. Frankincense is also from a tree and is incense. We burn incense in our church during the service. Gold, a precious metal, is still use in making jewelry today.

Just before Jesus was born Joseph & Mary had to travel to Bethlehem to be counted in a census. That is when the government wants to know how many people live in their country. Caesar asked that all the people in Christ's time return to the city where they were born to be counted with their families. When Joseph & Mary got to Bethlehem there were no rooms to be rented as so many people came to be counted. Joseph & Mary had to rest in a cave where animals were kept. Jesus was born there and a new star shined in the heavens over the cave (sometimes called a stable).

Christmas is a very important day in our church year. God gave us the gift of the baby Jesus to live with us. Jesus loves us and we love Jesus too.



Arts & Crafts/Hands-on Activity (birth of Christ) – make a crib

Supplies needed

1. Tube
2. Scissors
3. Elmer's glue
4. Yard or straw
5. Baby Jesus (plastic or yarn face in blanket)
6. Cut strip of cloth from a T-shirt or soft napkin (cut slits so children can wrap and tape to the plastic baby.

Instruction on next page.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

To make a Good Deeds Manger, here's what you'll need:

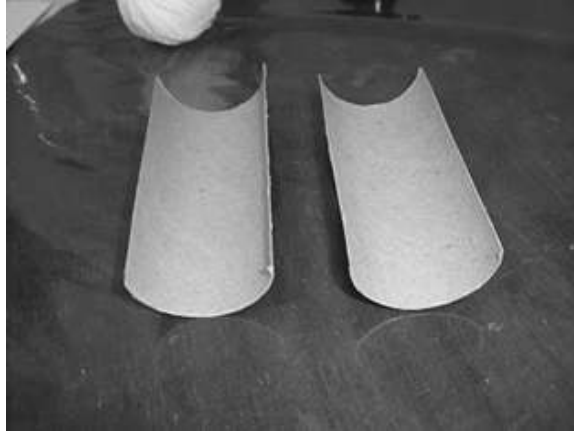
-toilet paper roll tube

-scissors

-yarn, string, or real straw

-glue or tape

Plastic baby and “blanket”



1. Cut the toilet paper tube in half:

2. Cut off about 1 inch of one half of the tube:



3. Use the middle sized piece, cut it to look like an I. This will be the base of the manger:

4. Tape or glue the two pieces together:



5. Cut your yarn/string/straw to fit roughly in the manger. loop it around your hand to cut several pieces. Wrap the plastic baby in a piece of scrap material or Kleenex tape the baby and yarn to the tube.

Moms, Pops, & Tots Lesson 14

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Today's topic Feast Day Theophany – the Baptism of the Lord

Picture *Come Bless the Lord Icon Packet #29*

Lesson “We remember the Baptism of Jesus every year on January 6th. We call this day Holy Theophany or Epiphany Day. On Epiphany day our priest blesses water and it becomes Holy Water – We can drink it, we can use it to bless our homes. We keep some of the Holy Water in a bottle with our Icons at home and use it on the first day of each month or on special days.” *What we see and Do in Church*.

“There was a very nice man called John. John was telling everybody about Jesus. John told the people that Jesus was coming. Jesus was coming to teach the people all the things that they should know. Jesus went to John and asked to be baptized. John said, ‘Jesus I am not worthy to baptize you.’ But Jesus said, ‘John, you must baptize me.’ So John baptized Jesus in the river Jordon. ... John is now called John the Baptist because he baptized Jesus.” *Reaching for Jesus* lesson 19. There is an icon of John the Baptist, next to Jesus on the right side of the iconostasis of every Orthodox Church. Sometimes we call John the Baptist, John the forerunner. He had been baptizing followers and telling them that Christ would be coming soon.

“On this day we receive water which has been blessed. We drink this holy water and bless our homes with it. Jesus was baptized by John the Baptist in the River of Jordon. The Holy Spirit, in the form of a dove appeared over Jesus and the voice of God the Father announced: “This is my beloved Son!” “all who have been baptized into Christ have put on Christ!” *Guardian Angel* pg 116/117.

Holy Water received from church can be kept all year. If other water is added to the holy water it becomes holy too. The water should not be poured into a drain but may be spilled on the ground for flowers or grass to drink.

Arts & Crafts/Hands-on Activity decorate small bottles with stickers.



Supplies needed

1. Bottles (these may be obtained from your church supply)
2. Labels with child's name
3. Stickers

Have the children decorate the bottles with stickers and put their names on the bottom. Fill the bottles with Holy Water using a funnel and cup to not spill the water. Remember adding water to any amount of Holy water makes the new water Holy.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 15

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Today's topic Our Baptism

Picture Reaching for Jesus lesson 20 "Our priest baptizes us in Jesus' name".

Lesson "The first Holy Mystery we receive is Baptism." Many of us are baptized when we are very young. "Through baptism we become God's children. 'The servant of God ____ (your name), is baptized in the name of the Father and of the Son and of the Holy Spirit. Amen' Right after a child is baptized, he or she receives Chrismation. Father anoints the child and says 'The seal of the gift of the Holy Spirit. Amen'". *Guardian Angel* p 140. Chrism is a special sweet smelling Holy Oil rubbed on your body.

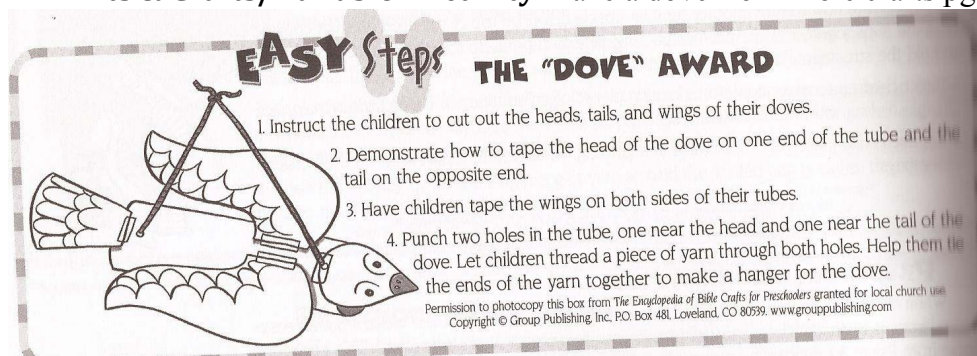
Before we are baptized our parents choose our godparents, someone who will take care of us if our parents cannot. We don't have to be young to be baptized. Anyone who believes in Jesus can be baptized at any age. When we are very young our godparents speak for us. They promise God to help us learn to be good Christians.

"Jesus told his helpers or disciples to teach everyone what he taught them. Jesus told his disciples to baptize everyone. When you were a baby, your mother and father brought you to church to be baptized. Your godfather or godmother came too. Your godparents held you. Your godparent came to make promises for you. You were baptized in the baptismal font. The priest put you in three times. You were given your name. Then you were given Holy Communion for the very first time. You became a Christian -A follower of Christ. When your baptism was over, your godparent gave you back to your mother and father." *Reaching for Jesus* Lesson 20.

Holy Mysteries in our church are also called Sacraments. We receive three sacraments the day we are baptized. The baptism (being put into the water in the font) cleans us from sin, the Holy Chrism makes us part of Christ's family, and Holy Communion allows Christ to live in us.

Who has seen the baptismal font in our church? Who is your godmother or godfather? Sometimes we go by a nickname but we are always baptized with the name of a saint. Do you go by a nickname? (Tina? Stacy? Tommy? Dena?) Do you know the day your saint is honored in our church? Most saints are honored on the day they died and went to heaven. We call this day our name day. Many Orthodox Christians received presents on their name day. Each church has a name day too. It is the day for the saint after whom the church is named. Do you know our churches name day?

Arts & Crafts/Hands-on Activity Make a dove from Bible crafts pg 139.



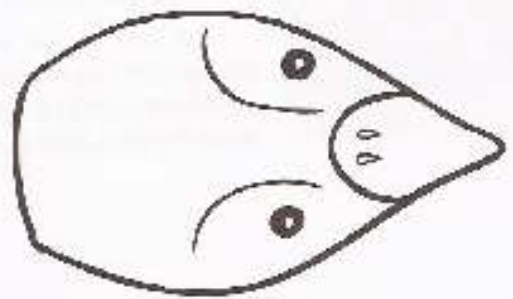
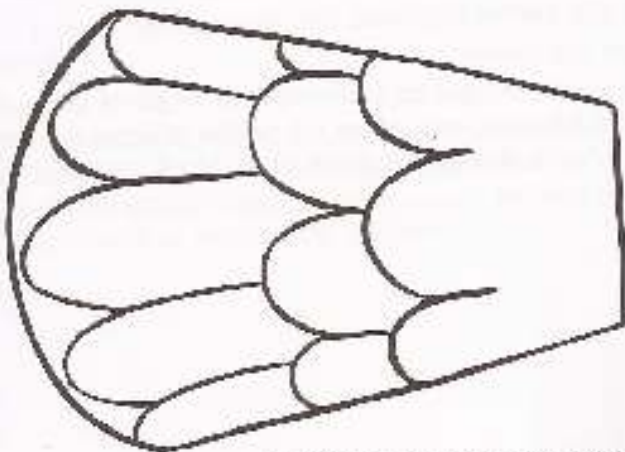
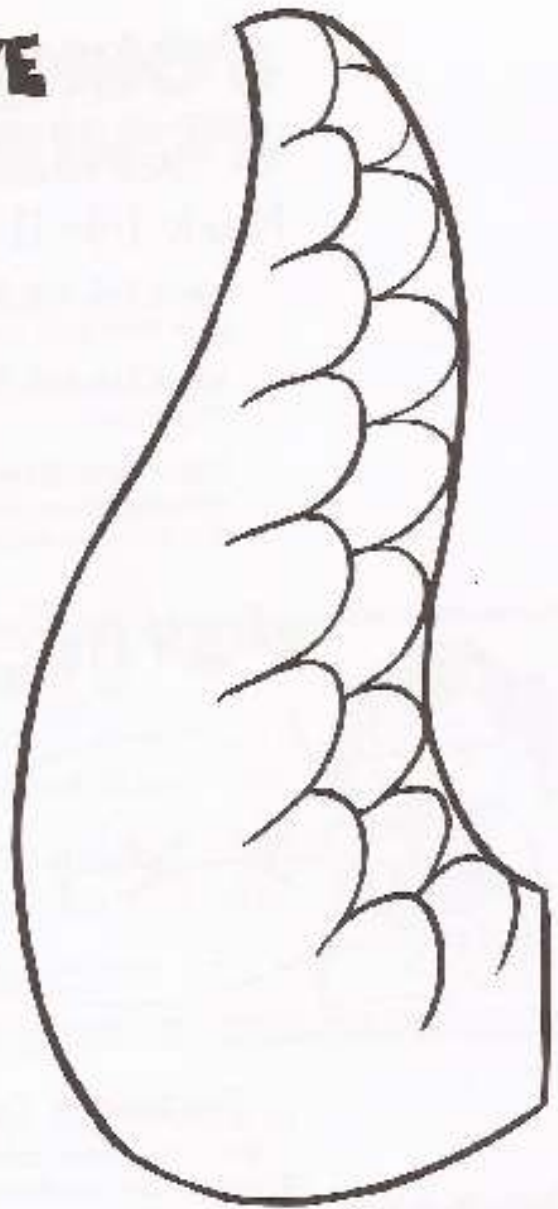
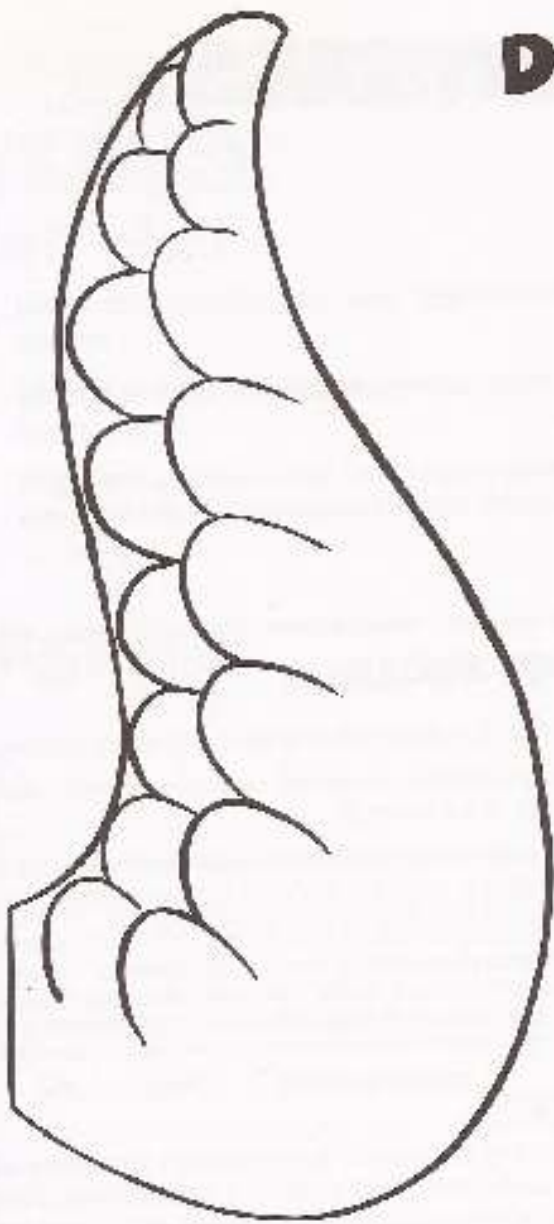
Supplies needed

1. Toilet paper tube
2. Image to cut out
3. Tape
4. Hole punch
5. Yarn
6. Markers to color the beak
7. glue

Color the wings, tail & head of the dove.
String the yarn through the tube. Glue the dove to the tube.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

DOVE



Moms, Pops, & Tots Lesson- 16

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Today's topic – A field trip to the Park

Picture- *Reaching for Jesus* “Things God Made” Lesson 6

Today we are going to go to the park. Let's see how many things we can find there that God made.

We know God made everything. Can you think of some things we might see today?

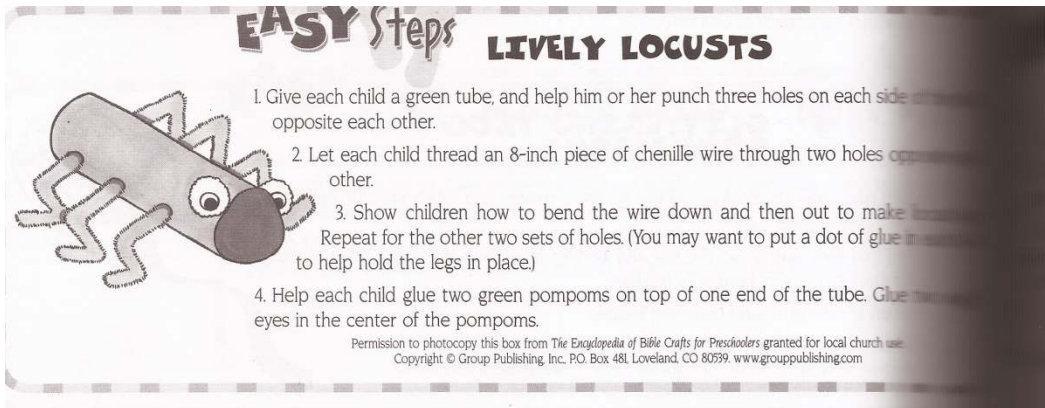
What are your favorite things that God made?

Shall we take a ball to play in the park?

Please find a “buddy”, when we are walking or crossing the street please hold both your buddies hand and your mom's hand (or Dad's or Nanny or grandmom)

Remember when we go to the park we need to stay together. When I clap my hands please come near me so we can talk.

Arts & Crafts/Hands-on Activity: The Lively Locust



Supplies needed

1. Toilet tube
2. 3 chenille wires
3. Ice pick
4. gooley eyes
5. markers
6. glue

Make the holes in the toilet paper roll opposite and large enough for the wires to enter. Have the

children color the tube with markers. Push the wire through the tube. Bend the legs as shown. Glue the gooley eyes onto the tube.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 17

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Today's topic Guardian Angel

Picture *Reaching for Jesus* lesson 7

Lesson Angels are important in our church. We see them in Icons and pray to God through them. Angels do not have bodies but they are with us.

“God gives each of us a guardian angel to watch over us. We have a special prayer to our guardian angel. My guardian angel, watch over me. Help me during the day and during the night. Pray to the Lord for me. Amen” *Guardian Angel* pg 103.

Each Sunday in a silent prayer our priest thanks God and says “even though You are surrounded by thousands of Archangels and tens of thousands of Angels, by the Cherubim and Seraphim, six-winged, many-eyed, soaring with their wings, singing the victory hymn...” pg 20 Holy Cross *The Divine Liturgy* book. Cherubim are one of the nine ranks of angels. Seraphim are the first rank of angels. They are in heaven around the throne of God. The last prayer in the Liturgy has “...the protection of the honorable, bodiless powers of heaven...” pg 36 again talking about the Angels. We are important to God even though he has all these angels around Him.

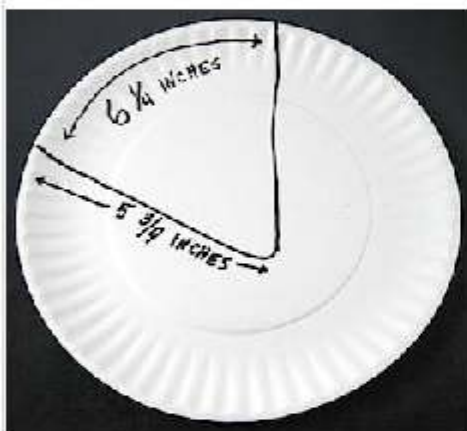
Arts & Crafts/Hands-on Activity: make an angel



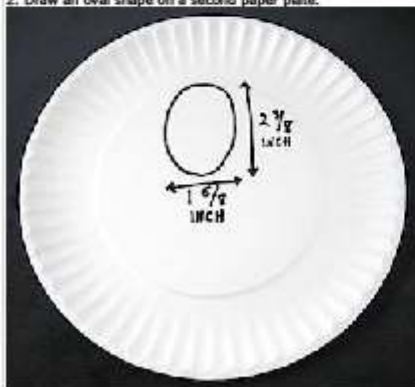
Supplies needed

1. Thin white Paper plate
2. Scissors (or pre cut the plates)
3. Elmer's glue
4. Sparkle glue stick or paint
5. Oval from construction paper
6. Stapler
7. Marker for eyes & face

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



2. Draw an oval shape on a second paper plate.



7. Staple the triangle body shape onto the wing shape as shown.



8. Staple the head shape onto the body & wings shapes, overlapping the first staple slightly to hide it.



9. To make a hook for hanging, unfold a paper clip to look like this.



10. Attach the hook to the back of the sparkly paper plate angel.



Your finished angel is ready to hang.

Moms, Pops, & Tots Lesson 18

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Feast Day “the meeting” 2/2

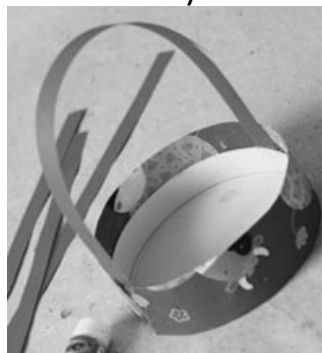
Picture- “Come Bless the Lord Icon Packet” (#31) Notice the four adults (Joseph, the Virgin Mary and St Simeon, and St Ann.)

Lesson “ when the Baby Jesus was forty days old, Mary & Joseph took him to the Temple. The baby Jesus was blessed by the priest. There was a very, very old priest at the Temple. The priest’s name was Simeon. God promised Simeon that he would see Jesus. Simeon took the baby Jesus in his arms and thanked God for letting him see Jesus. This was called the presentation of Christ. Just as Mary and Joseph took the baby Jesus to church to be blessed when He was forty days old, so did your parents take you to church when you were forty days old. Your mother and you were blessed by the priest.” Lesson 15 from *Reaching for Jesus* “The meeting of our Lord in the Temple ...two holy people met Jesus and recognized Him as the Saviour” pg 119 *Guardian Angel*

During the prayers of this feast day at Orthros, we learn from the Old Testament (Exodus 12) that it was the custom to bring to the temple two turtledoves (or pigeons) as an offering. The Old Testament also predicted that Jesus would be “born as a child and bound in swaddling clothes, laid in a manger and fed upon milk, receiving circumcision and carried by Simeon” pg 414 *The Festal Menaion*.

Notice in the Icon of the Presentation, Joseph is carrying a cage with two doves and the Virgin Mary’s hands are covered. Just like Eve’s hands are often covered in the Resurrection Icon as a sign of humility.

Arts & Crafts/Hands-on Activity: making a cage



Supplies needed

1. Round slice from an empty oatmeal container or any cardboard container or cardstock (glue 2 circles together).
2. Three or four 2” wide strips of construction paper (11” or 14” long)
3. Stapler
4. Tape
5. Paper strip 5” wide

Have the children color or decorate the paper strip. Staple the ends together to make a circle. Tape the bottom circle to the decorated strip. Staple the long strip to the circular slice. If you are using cardstock tape the strip to the circle. Help the children fold the long strip and attach it to the other side. Repeat this for all three strips to make a cage.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson19

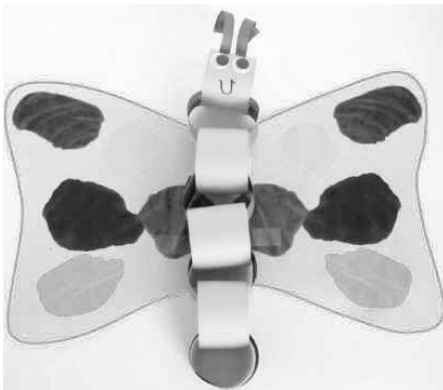
Use the first page for Circle Time: Good Morning Song: Music & Movement: BELLS:

Story time/Religion/Lesson: Today's topic – Prodigal Son

Picture *Lord's Prayer Coloring Book* - As we forgive

Lesson This is the story about a Father's love for his children. It is like God's love for us. He is always waiting for us. This story called the "prodigal Son" is in the bible (Luke 15 verses 11-32). There was a very rich man and he had two sons. The younger son asked his father to give him the money he would get in the future now. He took the money and went away and spent it on friends and having fun. When the money ran out he tried to go to work but it was hard to find a job so he worked for someone feeding pigs on his farm. He was hungry and wanted to eat the food for the pigs but nobody gave him food. One day he thought to himself that his rich father had people working for him who weren't hungry so he decided to go home and ask his father for a job on his farm. His father saw him walking toward the farm and he ran to greet him. The son said he was sorry and shouldn't be considered part of the rich family. He asked to be one of the farm workers. But the father was happy to see his son and sent one of his servants to get some new clothes, shoes, and a ring. He had a party to celebrate his son's return. As they were partying, the older son came home from work and was very angry about the party for his brother who wasted all his money. He did not want to join the party but the Father came out to talk with him. He said everything the father had belonged to the older son but they should celebrate because his younger brother had been lost and now he was found. He was dead and now he is alive. This father shows love and forgiveness. He asked the brother to do the same thing. Sometimes we are like the older brother and do what our parents want us to do but sometimes we are like the young brother and do things that make our parent sad. Our parents still love us.

Arts & Crafts/Hands-on Activity make a paper Butterfly



Supplies needed

11. Construction paper cut butterfly shape & strips
12. Scissors
13. Paints or dots
14. Googly eyes (optional)
15. Stapler
16. Marker for face & eyes

Cut one piece of construction paper in half. Fold the half and trim the edge making a butterfly shape. Unfold the paper have the children decorate it with paint blobs, stickers or rhinestones. Cut 8 one inch strips from the other half. (use several colors for all the butterflies share the strip so each butterfly has three colors.) From the left over ½ inch strip cut the antennae. (Cut two 1/4 inch by 5 inch pieces of construction paper for the antennae). Wrap each around a pencil to make it curly.

Cut a slit in the butterfly body and thread one of the eight strips through it. Staple or tape the ends making it a ring. Now loop two more strips one above (making a neck and face) Either decorate the top strip by drawing a mouth, glue wiggly eyes onto the front of the head OR draw two eyes onto the front of the head with a marker. Glue the antenna tabs onto the top of the head. Finish the body by looping a strip through the original one and going down.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 20

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: **Sacrament – Marriage**

Picture- Bring in a family wedding picture or use the Holy Mysteries marriage

Lesson Marriage in the Orthodox Church is one of the Holy Mysteries granted by God.

We have already learned about Baptism & Chrismation, the holy oil we are first blessed with at our baptism. Today we will learn about marriage another sacrament of the church.

“When two people wish to share their lives together in love, they come to church to receive a blessing. Father crowns the bride and groom, ‘O Lord, crown them with glory and with honour’. They are now husband and wife forever.” *Guardian Angel* pg 144.

A long time ago the marriage service was like the Baptism service. It has two parts (like Baptism with Chrismation). The bride and groom put their rings on each other’s hands (the bride puts her ring on the grooms hand then back on her hand, showing that they will constantly be sharing things.

The second part of the service is the ceremony of coronation - like making them the King and Queen; Crowns are placed on their heads, sometimes they are gold or silver, and sometimes artificial flowers and leaves. The crowns are crowns of joy, but also crowns of martyrdom, since marriage involves self-sacrifice on both sides. At the end of the service the bride and groom drink wine from one cup. This shows that they will share things. And it reminds us of the marriage feast of Cana in Galilee where Jesus changed water into wine. This story is the first miracle Jesus did. His mother asked Him to solve the problem of no wine for the guests at a wedding feast so he changed water into wine.

Some people keep their crowns in a case at home. Sometimes they belong to the parish and are kept there and used at many weddings.

Arts & Crafts/Hands-on Activity: Lesson Craft make crowns



Supplies needed

1. Florist wire
2. Pearl beads
3. White ribbon

String the beads onto two wires. Connect the wire into a circle. Tie a white ribbon between the two rings putting a bow at each end of the ribbon at the crown.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 21

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: **Fasting**

Picture- *Reaching for Jesus* Lesson 9 (used in Lord's Prayer part 3)

Lesson Fasting in the Orthodox Church is a balance between things we do and things we do not eat. We should eat less. We go to church more, give more to poor people or those who have less than we have, and pray more. The church calendar has a lot of days we fast and a few special days in which we do not fast. The *Red Pocket Prayer Book* (pg 33) defines the times we fast.

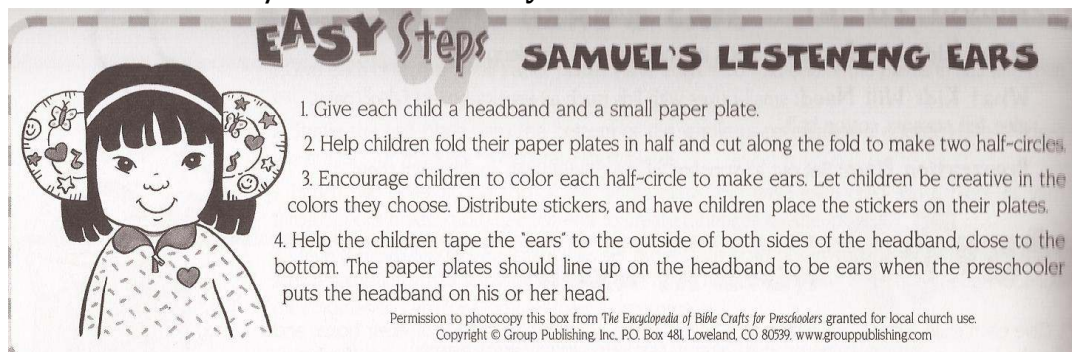
1. Wednesday & Fridays (Fasting on Wednesdays reminds us that Christ was betrayed (turned over to the courts to be judged). We fast on Fridays because Jesus was crucified (killed) on Friday).
2. Special fast days – August 29th when John the Baptist was killed, the elevation of the cross (Sept 14th) and January 5th the Eve of Epiphany (when Christ was baptized).
3. The Great Lent fast is forty days before Palm Sunday and then again until Pascha.
4. The fast of the Holy Apostles. The Monday after All Saints Sunday until June 29th the feast day of Sts Peter and Paul. All Saints Sunday depends upon Pascha. It is the Sunday after Pentecost which varies each year on the calendar. This fast may be only a few days or not at all.
5. The fast of the Theotokos from August 1st until the 15th is when the Theotokos entered heaven.
6. The fast before Christmas is from November 15th until December 24.

Fasting is not allowed on these days

1. From December 25th until January 5th
2. The week following the Sunday of the Pharisee and Publican. (before lent)
3. The week following meat-fare Sunday (before Great Lent begins – no meat allowed)
4. The week following Easter (Pascha)
5. The week following Pentecost
6. All Saturdays except Holy Saturday (we fast on the Saturday before Pascha)

What we eat depends upon many things. Monks (men who live in a monastery) fast from eating regular meals or only eat a light meal in the afternoon. Fasting restricts foods some foods like meat; animal products (ice cream, cheese, milk, butter eggs, lard, drippings); fish with a backbone; olive oil; wine (all alcoholic drinks). The church calendar marks the days with a small picture. On strict fast days we should avoid things from the entire list. We can always eat fruits, vegetables and peanut butter.

Arts & Crafts/Hands-on Activity: Lesson Craft



Supplies Needed

1. headband
2. decorated paper plate cut in half glued to the band
3. stickers

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 22

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: **Becoming a Priest**

Picture- Holy Mysteries –Priests

Lesson Becoming a priest in the Orthodox Church is a gift from God. When a baby boy is brought to church for the first time, the priest carries him into the altar and prays that he will love the Lord. Later, when he is six or seven years old, if he chooses, he can become an altar boy, helping with the liturgy. Later still some young men may be called to become Deacons. They also help with the liturgy leading the prayers. Some men go to a special school to study more about the faith, the traditions, the language and customs. These men may marry and become priests. Some do not marry; they become priests and may become a bishop. If a deacon is not already married when he becomes a deacon, he may not marry later.

To become a priest is a great responsibility. When a Deacon becomes a priest several other priests come to a service called Holy Orders. “This mystery is called ‘laying on of hands.’ A man receives a gift of the Holy Spirit to serve God in the Church. A deacon is a helper. He helps in church services and takes care of people in need. A priest takes care of the people who make up his parish. He prays for them and leads them to God. A bishop looks after the faithful in his eparchy (territory). He is the main priest.” *Guardian Angel* pg146-149.

During the liturgy when a deacon becomes a priest, he is taken around the altar; he kneels, places his crossed hands on the altar, and puts his head on his hands. After the others priests or bishop say some prayers the new priest is greeted with the words “Worthy” or in Greek, Αξιός. (Axs ee os)

Baby girls are also blessed the first time they are brought to church but they are not taken into the altar. They are taken to the solea. When they are older they serve as myrrh bearers, holding candles during special services. Many sing in the choir, teach Sunday school, become youth directors, choir directors, Philoptochos members, and/or parish council members. Some women become Presbyteras (wife of the priest). She is given the gift of the Holy Spirit to love and care for the people of God. Women have always been important in our faith; they were with the Virgin Mary when Christ died and were the first to the tomb after He rose from the dead. They may not however, become priests in the Orthodox Church. The Philoptochos is an organization in the church that helps other people. Any woman over 18 may join. The Philoptochos gives to the poor, decorates Icons with flowers, serves coffee on Sundays, sponsors Vacation Bible School in the summer, and helps with whatever the priest needs.

Arts & Crafts/Hands-on Activity: Lesson Craft Make a bookmark

Supplies needed

1. cardstock
2. hole punch
3. Tissue paper to glue on
4. Thin ribbon – thread through hole on the top
5. glue



Cut white card stock strip 7” long and 1 ¾ inches wide. Punch a hole near the top. Cut tissue paper or crepe paper into irregular-shaped pieces; glue them over the entire bookmark. The overlapping parts create a nice stained glass effect. Fold the tissue to the other side such that both sides are fully covered. Cut 7” yarn or ribbon. Fold the yarn push a loop through the hole and pass the end through the loop and pull tight.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 23

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Holy Oil offered on Wednesday of Holy Week,

Picture- Holy Mysteries –Holy Unction

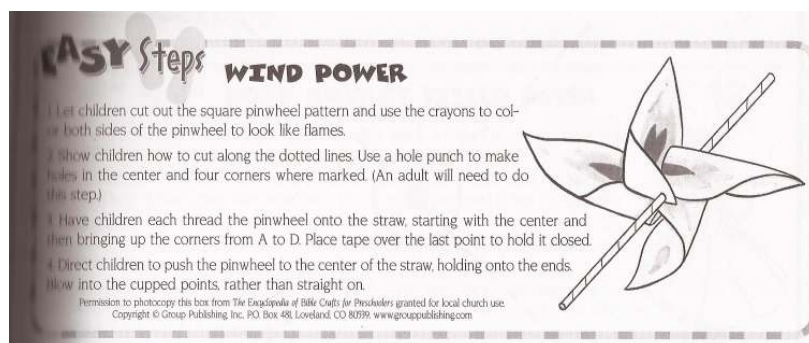
Lesson Holy Week is the most important week in the Orthodox Church. There are services every day. The services of Holy Week explain the life and death of Christ. We learn that God lets our souls live after our bodies die.

On Holy Wednesday we try to get closer to God through Jesus Christ. We do this through prayer. Holy oil heals our body and leads us closer to God. After this service each of us goes to the solea where the priest puts oil on our hands and face and prays for us.

“Holy Oil - This is the holy mystery of healing. The Church prays that the sick person be healed by the power of Jesus.” Pg 150 *Guardian Angel*

When we go to the Solea we lift up our face to the priest. He puts holy oil (usually on Q-tip) on our forehead, then on our chin, then our cheeks. After he does our face, we hold our hands up (first with the palms facing down then over so the palms are facing up. Father will put oil on both sides of both our hands.

Arts & Crafts/Hands-on Activity: Lesson Craft



Supplies needed

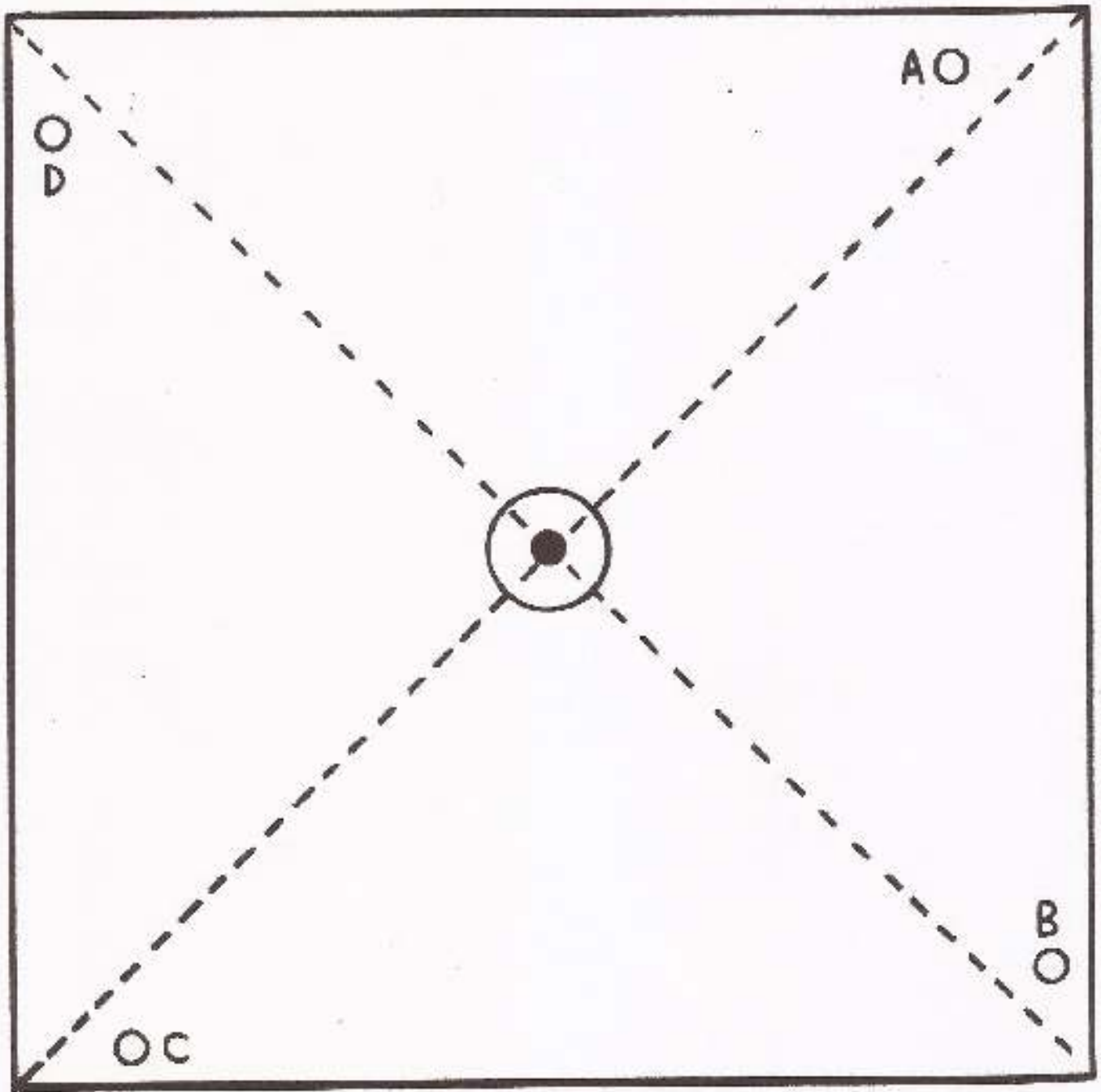
1. Card stock
2. Scissors
3. Crayons
4. Hole punch
5. Straw or thin stick
6. Tape

Cut the pattern and punch the holes for this craft ahead of time. Have the children color or

decorate the pinwheel on both sides before stringing it on the straw. Use a little tape on the pinwheel edge to hold the shape but allow the pinwheel to rotate around the straw. Make sure the holes are larger enough for the wheel to rotate. Otherwise use a thin stick and put an extra piece of tape on the end to prevent the wheel from sliding off the stick.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

PINWHEEL PATTERN



Cut out pattern including along the dashed lines. Do not cut the center circle but punch a hole there and at the corners.

Moms, Pops, & Tots Lesson 24

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: field trip

Picture- Pamphlet from the place you will visit.

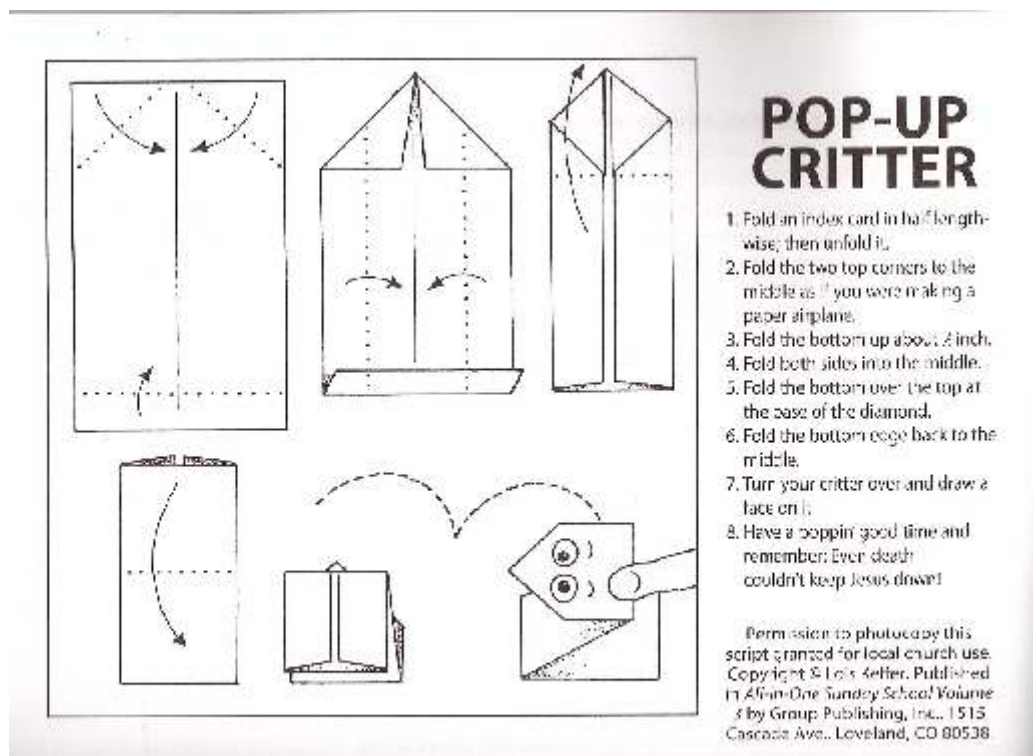
Lesson Today we are going to a special place (the zoo, the aquarium, an animal park) Pick a place that is child friendly and discuss what you will see there.

Since this outing might be an all-day adventure take project, snacks and close out the session away from church.

Arts & Crafts/Hands-on Activity: Lesson Craft Pop Up critter

Supplies needed

1. One index card
2. Markers



End the day by saying a prayer together.

Moms, Pops, & Tots Lesson 25

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *Feast day* –Palm Sunday

Picture- *Come Bless the Lord Icon Packet (Palm Sunday)*

Lesson “Jesus enters into Jerusalem – Palm Sunday – The people cheered and greeted Jesus. ‘Hosanna! The King is coming!”pg 125 *Guardian Angel*

This is the Sunday before Pascha and the day after Jesus raised His friend Lazarus from the dead. Lots of people heard what Jesus had done. Stories in the Old Testament said that our savior would arrive in Jerusalem on a young donkey and not on a large beautiful horse. That way the people would know it was the savior. All of the Gospel writers (St Matthew, St Mark, St Luke, and St John) wrote about this.

When He arrived in Jerusalem, the children greeted Him with palms. In our church on Palm Sunday every year the Sunday school students place palms in the aisle of the church so the Icon of Palm Sunday can be taken to the altar. Lots of palms are tied into crosses and distributed after liturgy to everyone in church.

We take our palms home and place them with our Icons. Remember not to throw any blessed thing (palm, bread, holy oil, icons) from church into the trash. Bread crumbs can be scattered on the grass for the birds to eat. All the other things should be burned; either burn them in a safe way at home or return them to church to be burnt. The ashes can be buried. Holy things should be returned to nature and not trashed.

Arts & Crafts/Hands-on Activity: Lesson Craft Mosaic Cross

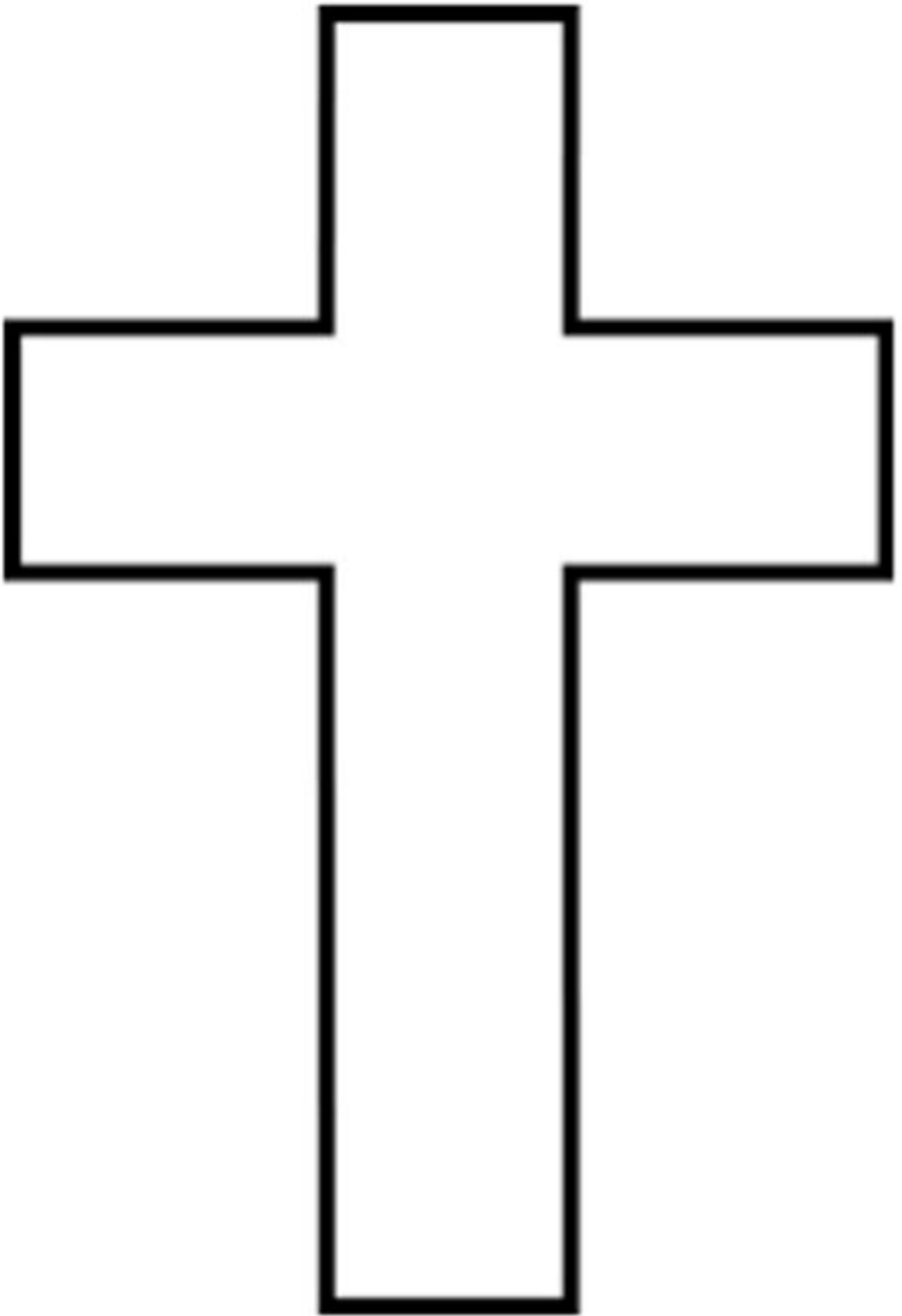


Supplies needed

1. Page with cross image on sheet
2. Cut squares of multiple colors
3. Glue

Have the children glue squares on their mosaic cross in many colors. Do not cut the cross out but leave it on the paper.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 26

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *Christ is Risen*

Picture- *Come Bless the Lord Icon Packet (Pascha)*

Lesson “the Greatest Holy Day – Easter Christ is risen! Indeed He is Risen! Christ is risen from the dead, conquering death by death; and to those in the tombs He granted Life! Jesus gives us new life! This is good news!” pg 127 *Guardian Angel*

This feast day is so important that it is celebrated from midnight and all the next the day. At midnight the priest or altar boy lights a candle and then lights everybody’s candles. Soon the church is bright from all the candles. We know that Christ came alive again after he was dead. Many people saw and spoke with Him. He stayed on the earth for more than a month. We sing “Christ is Risen” We’ll sing this chant on Sundays to remind us the Christ was with us. We greet each other with ‘Christ is Risen’, and answer back ‘Truly He is Risen!’

Since the Liturgy is late at night we do not come to church on Sunday at the regular time but we come later for a short service where the gospel is read in several languages to let everyone know Christ came back to life after He died. Since Jesus died and rose again for all the people on earth we call this day ‘Sunday of Agape’ (love feast). We tried to not be mad at anyone and to do something nice for someone who has less than we do on this day. After the service we received a blessed hardboiled egg from the priest. We crack the eggs with each other saying “Christ is Risen” to show that the door of Jesus’s tomb was cracked open and He rose from the dead.

Arts & Crafts/Hands-on Activity: Lesson Craft Hide Plastic Easter eggs throughout the room

Assign each child a color to find. Snacks may be placed in the plastic eggs.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 27

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *confession*

Picture-Holy Mysteries - confession

Lesson Why do we confess our sins? What are sins? They are things we do that keep us away from God. "When we want to tell God in a special way that we are sorry for what we have done or said, we come to the holy mystery of Reconciliation (Confession). We hear Father say the beautiful words, 'Your sins are forgiven'." *Guardian Angel* pg 142.

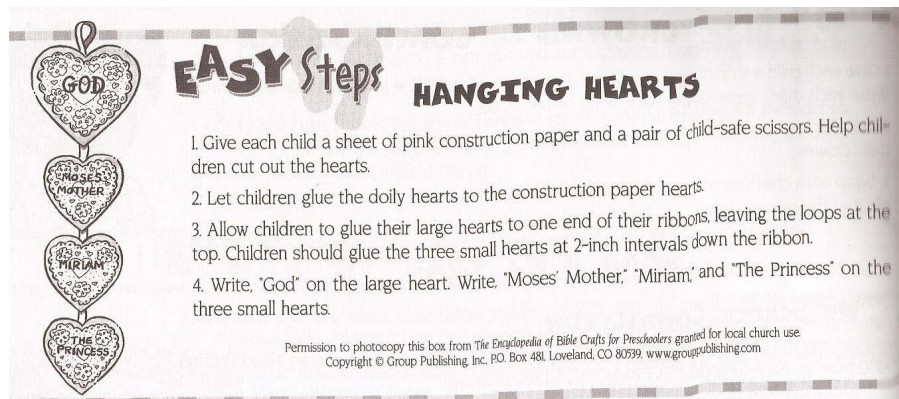
Orthodox Christians believe are some serious sins. They cause someone much sorrow. They are:

1. Pride: bragging about things you have that others don't have.
2. Greed: wanting things. It is ok to want a few things but not more than anyone else or everything.
3. Lust: bad thoughts.
4. Anger: staying mad or getting mad at everything. Again it is ok to be angry but don't stay that way.
5. Gluttony: eating more than we need (like eating a cookie when you're not even hungry).
6. Envy: bring jealous of some other person's happiness.
7. Sloth: laziness that keeps us from doing our duty to God and man.

(These are on Pg 28 *A Pocket Prayer Book for Orthodox Christians*.)

When we go to confession in the Orthodox Church we usually go with the priest where there is a place to kneel. After you tell the priest the bad things you have done, he will place his cloth over your head and say a prayer forgiving you. It is very important that you be sorry and that you try to not do those things again. Then you kiss the cross and his hand (because during a service the priest's hand has been holding the body and blood of Christ). Then we thank God for His forgiveness.

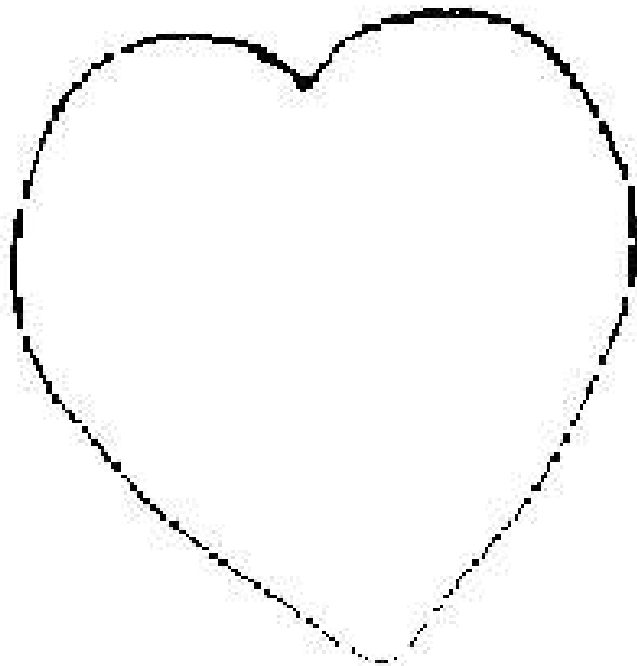
Arts & Crafts/Hands-on Activity: Lesson Craft Hanging Hearts pg 48 of Bible crafts



Supply needs

1. Construction paper- cut into heart shapes – 4 per child
2. Doily sheets
3. Elmer's Glue
4. Long wide ribbon
5. Labels (GOD, The Saints, My Family, ME)

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



1. fold a sheet of pink construction paper in half and half again. Making four (4 ½ by 6" rectangles. Paper should be large enough to cut a four inch heart from each piece if using the above pattern. If small sheets are used cut the pattern above to fit the paper.
2. Cut out hearts. With the paper folded the four hearts will be the same.
3. Cut one or two doilies into four pieces. Paste the pieces to the hearts. Either top or sides (if two pieces)
4. cut & add the labels for GOD, the Saints and my family
5. Create a label or have the child write his/her name on a piece of paper. Cut it out and paste it on a heart.
6. Cut the ribbon 18" long. Make a loop in the ribbon (½ inch) either staple or glue it.
7. Glue the hearts to the ribbon (start with God at the loop, the 1" away glue the saints, then 1" below that glue My Family". The last one with the name will hang below the end of the ribbon so only put glue on the top of the heart. The others will need Elmer's white glue down the middle. Hint. Once the glue is between the ribbon and the heart it will need to dry for a few minutes. You might glue them and turn the project over so that nothing else will stick to the ribbon while the glue dries.

Moms, Pops, & Tots Lesson 28

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: ***Feast day*** -Annunciation

Picture- *Come Bless the Lord Icon Packet (Annunciation)*

Lesson –“The Annunciation on the Virgin Mary – The Archangel Gabriel asked Mary to be the Mother of Jesus. We are happy because Mary answered ‘yes’ to God. Each day we say with the Archangel Gabriel, ‘Hail Mother of God, Virgin Mary, full of grace...’” pg 121 *Guardian Angel*

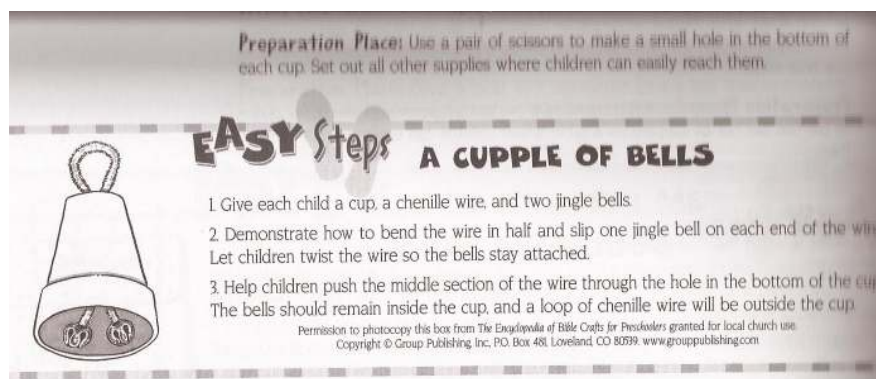
God decided to become man and to live like a human. To do this he had to be born a baby and grow up. He needed a mother and a family to protect Him. The young Virgin Mary agreed to become His mother and the older Joseph agreed to protect Him.

The Virgin Mary was a very good mother. She was always obeyed God’s wishes and remained humble in her life even though she was the Mother of God. God always respects human liberty so when He decided to become a man, he had to find someone who was willing to be His mother.

The Angel Gabriel was very surprised to learn that God was going to be born a baby. Many Icons in the church show the Annunciation - Archangel Gabriel telling the Virgin Mary about God’s plan. Some are shown as two separate icons and some have them together.

Does our church have this Icon?

Arts & Crafts/Hands-on Activity: Lesson Craft Bells Page 112 Cup



Supplies needed

1. Styrofoam or plastic coated cups
2. Bells
3. Chenille wire
4. Ice pick to punch hole in cup
5. Optional –
 - a. stickers to decorate cup
 - b. markers or crayons

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 29

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *Assumption*

Picture- *Come Bless the Lord Icon Packet (Assumption)*

Lesson “When the Virgin Mary’s life ended, she was taken to a new life in heaven. Mary always cares for us and continues to love us.” Pg135 *Guardian Angel*. The Angels in heaven realized we were being saved because the Virgin Mary agreed to be the Mother of God on earth. On August 15th as she was dying she asked that all the apostles come to see her for one last time. St Thomas was so far away that he arrived after she was buried. The other apostles saw the angels taking the body of the Virgin to heaven to be with her Son. We say that she was “translated from life to life” (she went from Life on Earth to Life in Heaven).

When St Thomas arrived after her death, they opened her tomb but the Virgin Mary’s body was not there. She had been taken to heaven where she constantly watches over us and prays for us. She is a perfect mother and loves everyone.

On feast days we offer two special chants explaining the feast. One called the “troparion” and other called the “kontakion”. The chant for today begins with “all of creation rejoices in you, O lady full of Grace.” The Kontakion is “Neither the tomb nor death has power over the Theotokos who is ever watchful in her prayers and in whose intercession lies unfailing hope. For as the Mother of Life she has been transported into life by Him who dwelt within her ever virgin womb.” Let’s try to understand the words in the chant. We are not afraid as the Virgin Mary is there for us. She has been given a special place as the Mother of God. Our church year begins by celebrating the Virgin Mary’s birth and ends with her death.

Arts & Crafts/Hands-on Activity: Lesson Craft **Make a flower for the Virgin Mary**

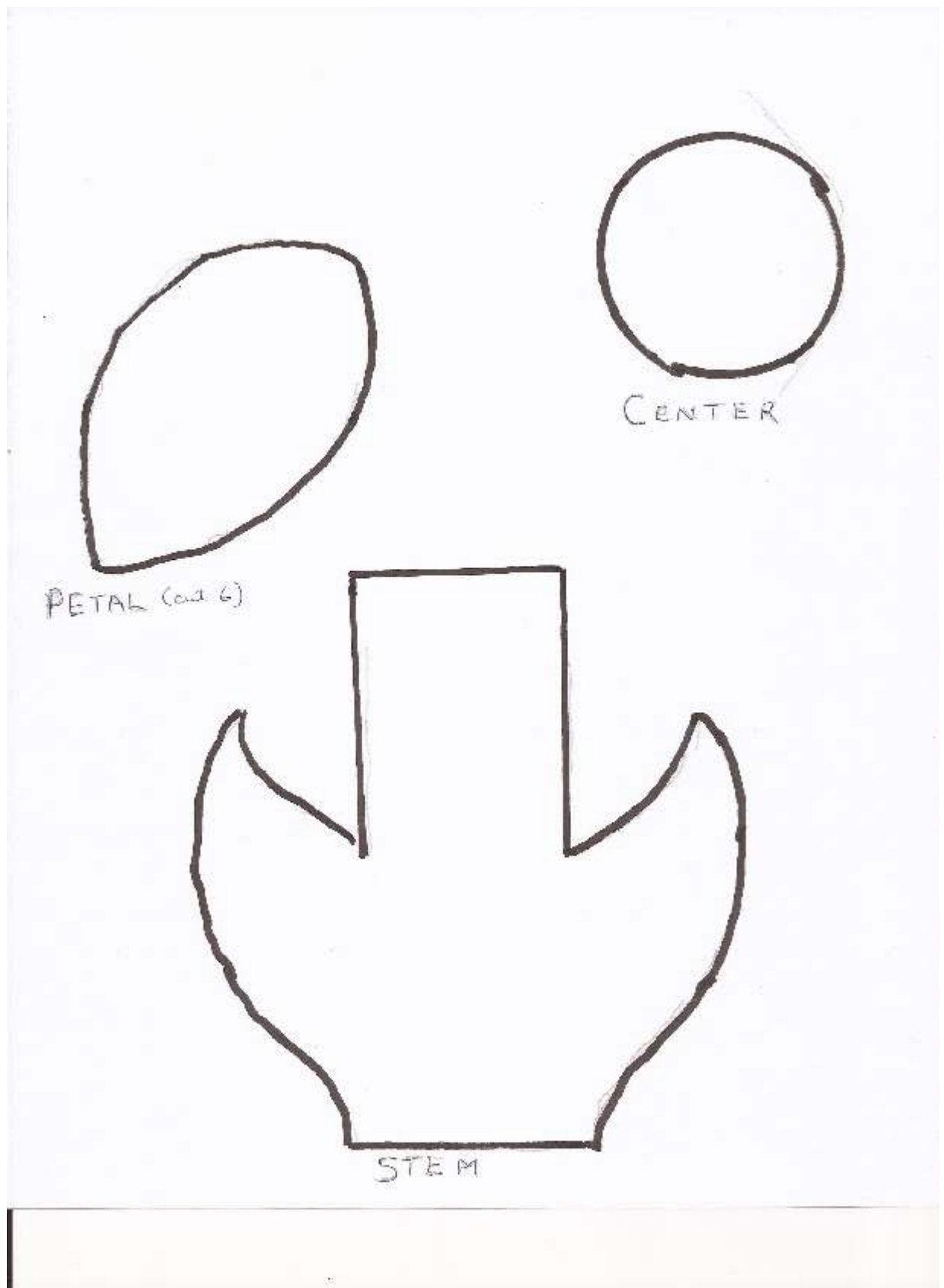


Supplies needed

1. Cut out stem from construction paper
2. Cut out flower petals
3. Cut out flower center
4. Glue

Have the children color the stem. Cut the flower petals from construction paper of different colors. Cut the center circle from yellow paper. Glue the flower petals to the center circle. Make it large enough so that the petals can be glued to it. Now glue the flower head to the stem.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Cut one stem & center. Cut six petals

Moms, Pops, & Tots Lesson 30

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *Your church's Name*

Picture- **Your church Icon**

Lesson Today we are going to speak about our church and the name of the saint or event which celebrate each Sunday. On the Solea- near the Altar at the front of the church are a row of Icons. Next to the Virgin Mary that is always on the left as we face the Altar is an Icon representing our church's name. Do you know our church name? (St Katherine? John the Baptist? Holy Trinity?) The troparian is the song we sing each Sunday about the life of the saint or the event in Christ's life. Do you remember hearing the hymn?

(Add a few sentences about your saint. The Greek Archdiocese is a great place to read the story of your Saint or capture an electronic icon - <http://www.goarch.org/ourfaith>. Most likely the story is well known to your community.

Arts & Crafts/Hands-on Activity: Lesson Craft Mother's Day Card

Happy Mother's Day 2015



Supplies needed

Construction paper light colored

- 2. Washable paints (pink, blue, green yellow)**
- 3. Crayons or markers**
- 4. Write message (or put on a sticker)**
- 5. Write the child's name on the bottom**
- 6. Wipes to clean the child's hand**
- 7. Paper plate to hold the inks**

Pour the ink on a plate. Have each child place one hand in the ink and stamp the page. Use a different color for the other hand. Help the child clean their hands. Have the child draw a stem and leaves on it. Draw some grass on the bottom.

Either preprint the message on the top or make stickers.

Add the child's name. Let the paint dry.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 31

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: – Ascension Thursday – 40 days after Pascha

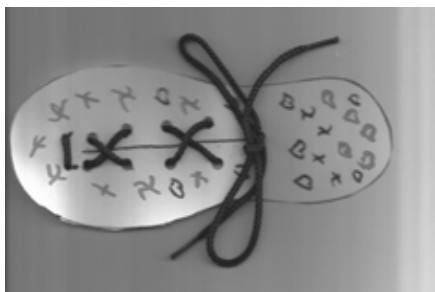
Picture- *Come Bless the Lord Icon Packet (Ascension)*

Lesson “The Ascension – Jesus returns to God the Father. Jesus took His friends to the Mount of Olives. As He blesses them, He was taken up to heaven. Jesus went to His Father to prepare a place for each of us in heaven.” Pg 129 *Guardian Angel*

“Jesus returns to Heaven – He will come again. After Jesus had come alive again, He walked on earth; he talked with His friends and taught them about God and heaven. After forty days, Jesus was talking with His friends; He told them he was leaving them now. Then, Jesus began to slowly rise up, and disappeared into a cloud. Jesus went to heaven Jesus will come again. This is a special day... ‘Ascension Day’” Lesson 28 *Reaching For Jesus*. God, the Father glorified His Son on His way to heaven and He will one more time when He comes to judge us.

Jesus promised He would send the Holy Spirit to be with us all forever. On Sundays between the Resurrection (Pascha Sunday) and Ascension (forty days later) we greet each other with Χριστός Ανέστη (Christ is Risen) and Αλήθος Ανέστη (Truly He is risen). We do not kneel during the service as we remember Jesus was with his friends during this time.

Arts & Crafts/Hands-on Activity: Lesson Craft Super Shoe



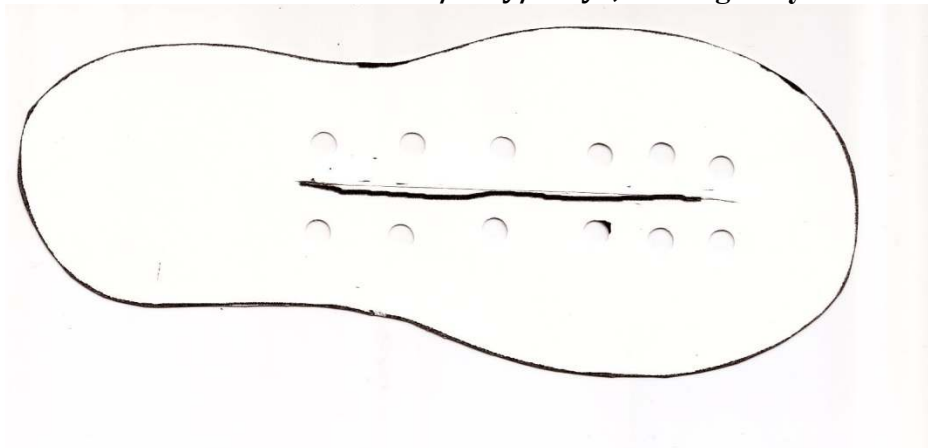
Supplies needed

1. Card stock
2. Scissors
3. Shoe lace
4. Hole punch
5. Markers or crayons

Have the children decorate the shoe with crayons or markers. Make sure holes are punched and a slit so the children can lace the shoe. Help them

tie a bow.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 32

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: – St Thomas

Picture- *Come Bless the Lord Icon Packet (Saint Thomas)*

St Thomas was one of the 12 Apostles but he was not there when Jesus first appeared to his Apostles after he came alive again. Thomas told the apostles he would not believe Jesus was alive unless he saw him and put his finger into the side where Jesus was stabbed with a sword. Look closely at the Icon called the “touching” Jesus is showing Thomas his side and letting him touch it. All the other Apostles were there too. Not only did Thomas believe that Jesus was alive but he went all the way to India to teach the people there about God, Jesus and the Holy Spirit. Thomas came back when the Virgin Mary died and was taken to heaven. He went back to India and was the furthest any of the Apostles traveled.

Because of his doubts St Thomas is sometimes referred to as “the twin”. He himself was doubted by the other apostles at the assumption of the Virgin Mary to heaven. All the apostles went to see her but Thomas was in India and did not arrive in time. He was lifted up into a cloud and transported to the Holy land. In the cloud he saw the Virgin Mary. She gave him the belt she was wearing but when he showed it to the other disciples they doubted him until they opened her tomb and saw her body was not there and they recognized the belt she was wearing. That belt is still in a church in Greece today.

St Thomas was killed in India around 72AD and his body was taken to Edessa. Today we sometimes call someone “a doubting Thomas”. Do you know what that means?

Arts & Crafts/Hands-on Activity: Lesson Craft chain bracelet



Supplies needed

1. colorful paper clips
2. Rhinestone
3. glue
4. Key tag

Decorate the key tags with a marker or glue a rhinestone to it. Show

the children how to connect the paperclips together (6 or 8 should be enough to pass their hands through). Loop the key tag to the chain.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 33

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: – Last Session of the year PARTY

Picture- Discuss our favorite Lesson or our favorite Arts & Crafts/Hands-on Activity: Or use lesson 66 to make a graduation hat.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

BEGINNING OF THE SECOND YEAR

Moms, Pops, & Tots Lesson 34

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: – Lord's Prayer

Picture- last page – *Lord's Prayer Coloring Book Dobson*

Fr. Thomas Hopko comments on the Lord's Prayer. When we are Baptized, God becomes our Father and we become His Children. He shares everything with us. We ask Him to guide our lives. Jesus always did what God wanted. We ask for help to do that too. When we go for communion on Sunday we are receiving our "daily Bread". Communion gives us everlasting life and forgiveness of sins. Everlasting life means our souls will live forever. Sins are things we do that make God unhappy- Being mad, yelling, hitting someone, and not doing what our Mom's ask. We need to love one another and ask God to protect us.

When we say the Lord's Prayer God listens to us. Jesus talk us this prayer. Every Sunday in Church we say it together. Try to say it every day when you wake up and when you go to sleep

Arts & Crafts/Hands-on Activity: Lesson Craft cut out Angel

(Original pattern *Reaching for Jesus* fourth page from the end of the book)



Supplies Needed

1. Construction paper
2. Cut 2 wings, a body, two feet, 2 hands, 3 robe pieces, one halo
3. Cut out an oval circle for the face
4. Glue
5. Sheet of paper
6. Marker

Have the children draw the face and add hair to the oval cut out. Paste the angel wings to the page. Add the dress and feet. Glue the robe pieces and face. Add a halo around. The angel parts may be glued to a sheet of paper or a cut out.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 35

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Feast Day -Birth of the Theotokos

Picture- *Come Bless the Lord Icon Packet (packet #20)*

Lesson: You know how important your mom is to you. She does a lot for you. Can you tell me some things she does for you? Why is the Mother of God important in our faith? She always prays for us. She is the link between heaven & earth, between God and Man. We have lots of names for her (Virgin Mary, Despina, Panagia, Theotokos, Lady Full of Grace, Holy Mother and Birth giver)

The Virgin Mary's parents were quite old when she was born. They had been married for 20 years. They were sad that they did not have any children. So they promised God if they had a child they would dedicate that child to God.

There are twelve feast days in our church every year. Can we count to twelve together? A feast day is a day we celebrate something special. Some of the 12 feast days honor the Virgin Mary who is the Mother of God. The rest honor Jesus Christ. The feast days honoring the Mother of God are

1. When she was born, September 8th
2. When she entered the temple to serve God at age three (some of you are three), November 21st,
3. When she took the baby Jesus to church when he was forty days old, February 2nd (sometimes this one is included in the Feasts of the Lord, since it honors both Jesus & His mother),
4. The Annunciation when she learned she would be the Mother of God (March 25th) an angel told her and she was surprised as she was not married and had no one to protect or support her. But she said she would do whatever God wanted and the angel asked Joseph to protect her.
5. The Dormition when she entered heaven. (August 15th). When her body was taken to heaven because she was a good mother who always loved God, was dutiful and humble.

The Mother of God is so important in our faith that we begin the church year with her birthday (September 8th). The church year begins when we start coming to Sunday school and ends after school is out for the summer. The last feast day of the church year is August 15th, when the Virgin Mary went to heaven.

Arts & Crafts/Hands-on Activity: Lesson decorating a frame for the Icon



Supplies Needed

1. a small Icon of the Virgin Mary (40 cents from the Archdiocese pg 62 of Catalog)
2. a small frame (or make a frame from folding cardstock cutting out a window for the Icon.
3. Glue
4. Stickers or rhinestone
5. Open paper clip to hang the framed Icon if on cardstock

Let the children decorate the frame and place (or glue) the icon.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 36

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Making Prosforo – Holy Bread

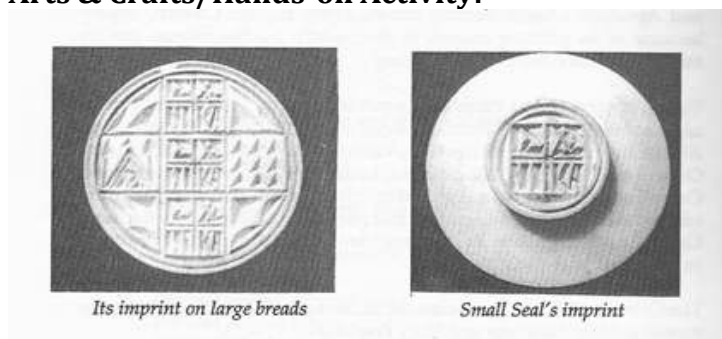
Picture Prosforo making seal and description.

Lesson: This bread is both special and simple. Each Sunday it is donated by someone and special prayers are said for that person's family. Thus it is special for that family.

The bread is made with only three or four ingredients making it simple. It has flour, water and yeast (salt). The yeast allows the flour and water to rise and get air bubbles in it. The person making the bread says prayers or reads the psalms (a part of the Bible written a long time before Jesus was born.) A special stamp (prosforo seal) makes a pattern on the bread. Holes are punched around the seal in the form of a cross. Often the bread is two balls of dough pressed together to represent the two natures of Jesus (divine & human). The seal is pressed onto the top ball only. The seal has two sides. The larger one used for communion and the small side used for five loaves. Remember Jesus fed 5,000 people with five small loaves.

After the bread is baked it is taken to church so Father can use it during the service. The bread is placed on a special table near the altar. The center of the bread is cut with a special tool; the pieces are placed on a special plate and crumbled into the chalice with special wine. Father does this during Orthros (the morning service), and during Liturgy we help by asking God to make it His Body and Blood. This is used for communion. The rest of the blessed bread is cut into small squares and given to everyone after church.

Arts & Crafts/Hands-on Activity:



Supplies needed

1. Warm water
2. Yeast
3. Flour
4. salt
5. Seal
6. Hand wipes
7. Toothpick, nail or ice pick for poking bread

Put some yeast into warm water show the children how it bubbles.

Put four cups of flour in a Cuisinart. If salt is used add it to the flour. Put yeast (one or two packages) into $\frac{1}{4}$ warm water. Add this to the flour along with 1 cup of water. Blend the mixture until the flour comes away from the sides of the bowl. Remove from the bowl and kneed a little before letting it sit (on the counter or in a larger bowl to rise. (or mix some flour, yeast and water earlier so that it is ready). Then give each child enough dough to make a flat round shape. Use the prosforo seal to make an impression on the bread. Both sides of the seal may be used. Allow the children to use the toothpicks to put holes around the seal before removing it. Let the bread rise again for five minutes then bake at 350 degrees for 45 minutes. Or make some bread ahead of this and offer it to the children at snack time.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 37

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Church Visit – learning about the Altar

Picture (altar from *Greek Orthodox Church, in Town and Country, Missouri, USA & Archangel Michael*)

Lesson: (Hapgood –Service Book). The Altar also called the sanctuary is beyond the Iconostasis (the altar screen) in the front of the church. There is an altar table usually made of stone or wood. It represents the throne of God, the place where Jesus was killed and the tomb (the place where He was buried). The things on the altar are special and remind us of special things in the life of Christ and our faith. There are cloths like the plain one that Jesus's body was wrapped in when he was placed in the tomb. There is a fancy cloth showing the glory of God. Another cloth shows Christ and the four evangelists - the people who wrote the gospels we read on Sundays.

Sometimes there are relics in the altar table. Relics are small holy pieces of a Holy person.

On the Altar table are candles, a Bible, a miniature shrine with communion and special items placed there by the priest. Everything in the Altar is holy. The cloths that cover the altar table are changed during the year and special colors are used during special seasons.

In the sanctuary is another small table where communion is prepared. It has some special plates and tools used by the priest to cut the Holy Bread each Sunday. Special prayers are said for the family who brought the bread.

Arts & Crafts/Hands-on Activity: Decorate a challis



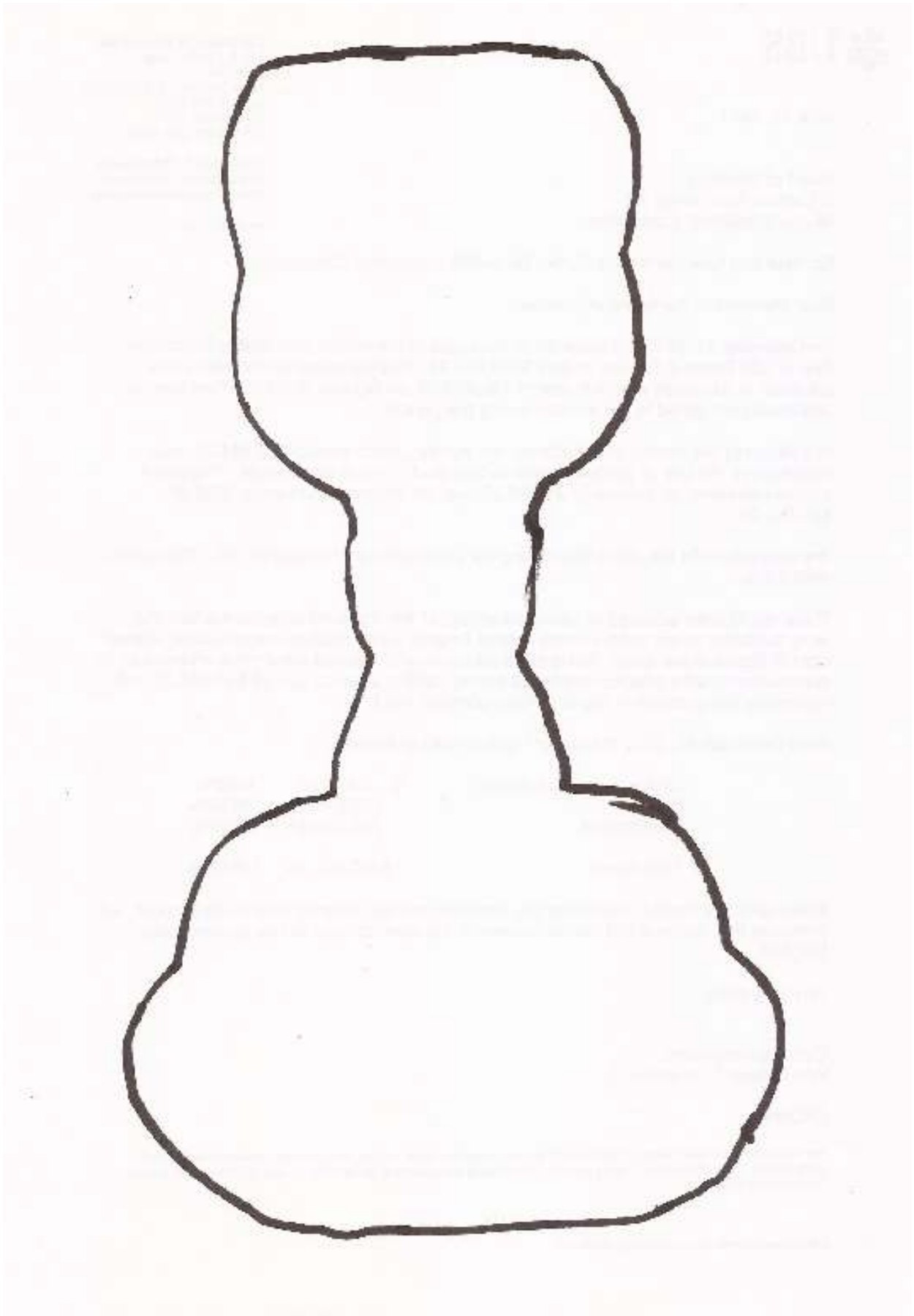
Supplies needed

1. Construction paper challis cut
2. Rhinestones
3. Glue
4. Plastic spoon
5. Stickers

Have the children glue rhinestones on the paper challis. Give each child a spoon and have them decorate the handle with stickers.

Remind the children when they approach the challis on Sundays to take communion to say their first name and open their mouth really wide.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 38

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Archangel Michael

Picture “Come Bless the Lord Icon Packet” (St. Michael)

Lesson: The iconostasis has two icons which cover doors into the altar. One of the doors is an Icon of Archangel Michael. He is holding a sword as he was the leader of the angels and archangels in heaven when they fought against the bad angels. We believe God created all the angels as bodiless powers. Some of the Angels, led by the Devil wanted to use their powers to become like God. Some of the angels wanted to serve God. There was a big fight in heaven and the angels of God won. The other angels were forced to leave and must live on earth. They cannot go back to heaven so they try to keep others from going there too.

Archangel Michael guarded paradise where Adam & Eve the first humans lived. He was sent by God to help several people in the Old Testament. His name is in many stories told before Jesus was born. God sends His angels to oversee nations and individual people. We have an angel watching over us.

The archangel on the second door is Gabriel. He is the archangel who told the Virgin Mary she would be the mother of God.

Every Orthodox Church has these two archangels on the doors of the iconostasis. The altar boys and priest use these doors during services.

Arts & Crafts/Hands-on Activity: newspaper swords



Supplies needed

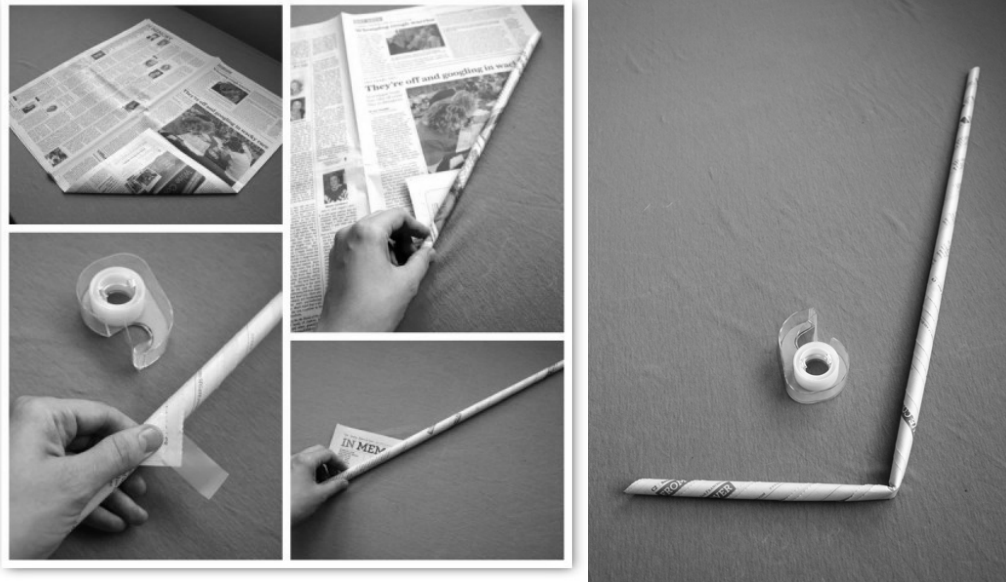
- 1. Two large sheets of newspaper**
- 2. Tape**
- 3. Cardstock oval with center hole**
- 4. Marker or stickers**

Decorate the oval cut out with a marker or stickers. Roll the cardstock such that it is not completely flat. Now roll newspaper on the diagonal as thin as possible. Tape the roll. Thread the handle over one end leaving several inches. Bend the edge of the newspaper roll and tape it making a loop to hold the sword.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Rolled newspaper sword instructions

You'll need some newspaper, some tape and a little bit of cardboard. Any cardboard really (cereal box/corrugated card/whatever you can get your hands on) If you want to decorate the handle of your sword then you'll need some markers too.



Roll the newspaper as tight as possible. Help the children get started with this.



Bend and flatten the short part and tape to the large part making a handle. Decorate the cardboard



Slide the handle over the sword and tape.

Moms, Pops, & Tots Lesson 39

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Feast Day Pentecost

Picture *Come Bless the Lord Icon Packet* (Pentecost 5/31/2015)

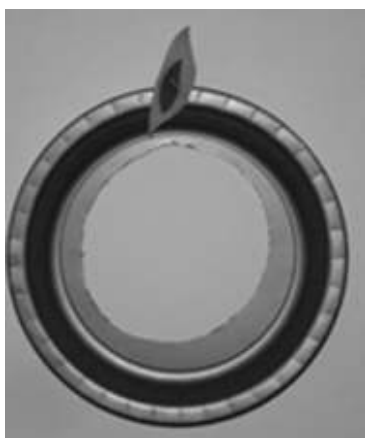
Lesson: We celebrate Pentecost 50 days after Pascha. “Today we kneel in church. We ask the Holy Spirit to fill our hearts with joy and love. Pentecost - the birthday of the Church. The friends of Jesus and Mother Mary received a wonderful gift from God – the Holy Spirit.” Pg 130/131 *Guardian Angel*.

When Jesus rose from the dead He was with his apostles and promised them that when He went to heaven He would send the Holy Spirit to be with all of us forever. Jesus told his disciples to teach everyone about the Holy Trinity. But they did not know the languages that other people spoke. So the Holy Spirit made sure they spoke all the languages and could teach the people about God, Jesus & the Holy Trinity. We refer to this as making the apostle “fishers of men”. They could go to the entire world and preach to the people. That is why we call Pentecost the birthday of our church.

Usually on Sundays we kneel during the Liturgy when we ask God to change the Holy Communion into His Body and Blood. However after Pascha (when Jesus rose from the dead) until Pentecost we do not kneel (this is because Jesus was on the earth with His disciples during this time after He rose from the dead). On Ascension Thursday, Jesus went into heaven to be with God and ten days later on Pentecost, He sent the Holy Spirit to be with us. We kneel THREE times to honor the Holy Trinity and to ask God to forgive us of our sins. Each time we kneel Father prays for all of us, our families and the whole world.

Arts & Crafts/Hands-on Activity: Make a Halo

Use two colors of construction paper, round plate (6 inch) to cut a hole in the plate. Cut one large and one smaller flame. Glue the smaller one inside the large one. Glue to the top of the circle. Have the children wear the halos and tell them that they too can be “apostles”.



Supplies Needed

1. construction paper red and orange
2. paper plates – gold or yellow colored if possible
3. Glue or stapler
4. Scissors

Cut the plate so that it will fit over the child’s head. Glue the flames together. Staple or glue them to the halo. Remind the children that they too can become saints of the church.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 40

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

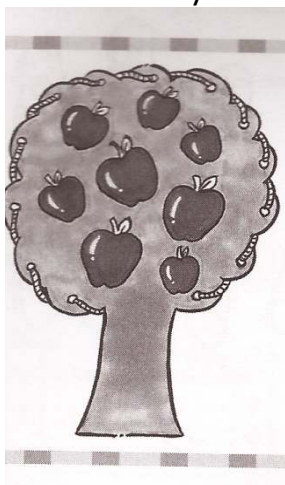
Story time/Religion/Lesson: Protection of the Mother of God

Picture *Come Bless the Lord Icon Packet* (Protection 10/1)

Lesson: The Virgin Mary always prays for us and asks her son to protect us. We have many Icons so we know what she looked like. Christians pray for her to protect them. A long time after she died the Christians in the main city of early Christians (Constantinople) were being mistreated. There was a priest in the church (St Andrew) who wrote about the appearance of the Virgin in the church. While he was praying he saw the dome open and the Virgin descend into the church, she was crying and prayed at the Altar. Then she turned to all the people in the church and spread her veil in her open arms to show she was protecting them. The people in the church saw this and were amazed. They understood she was protecting all mankind. Each year we celebrate this event on October 1st. The hymn to remember this ends with “you who always protect those who honor you”.

We need to love the Virgin Mary and to always remember she is the mother of God.

Arts & Crafts/Hands-on Activity: **Make a tree of Life (pg 12 Bible Crafts)**

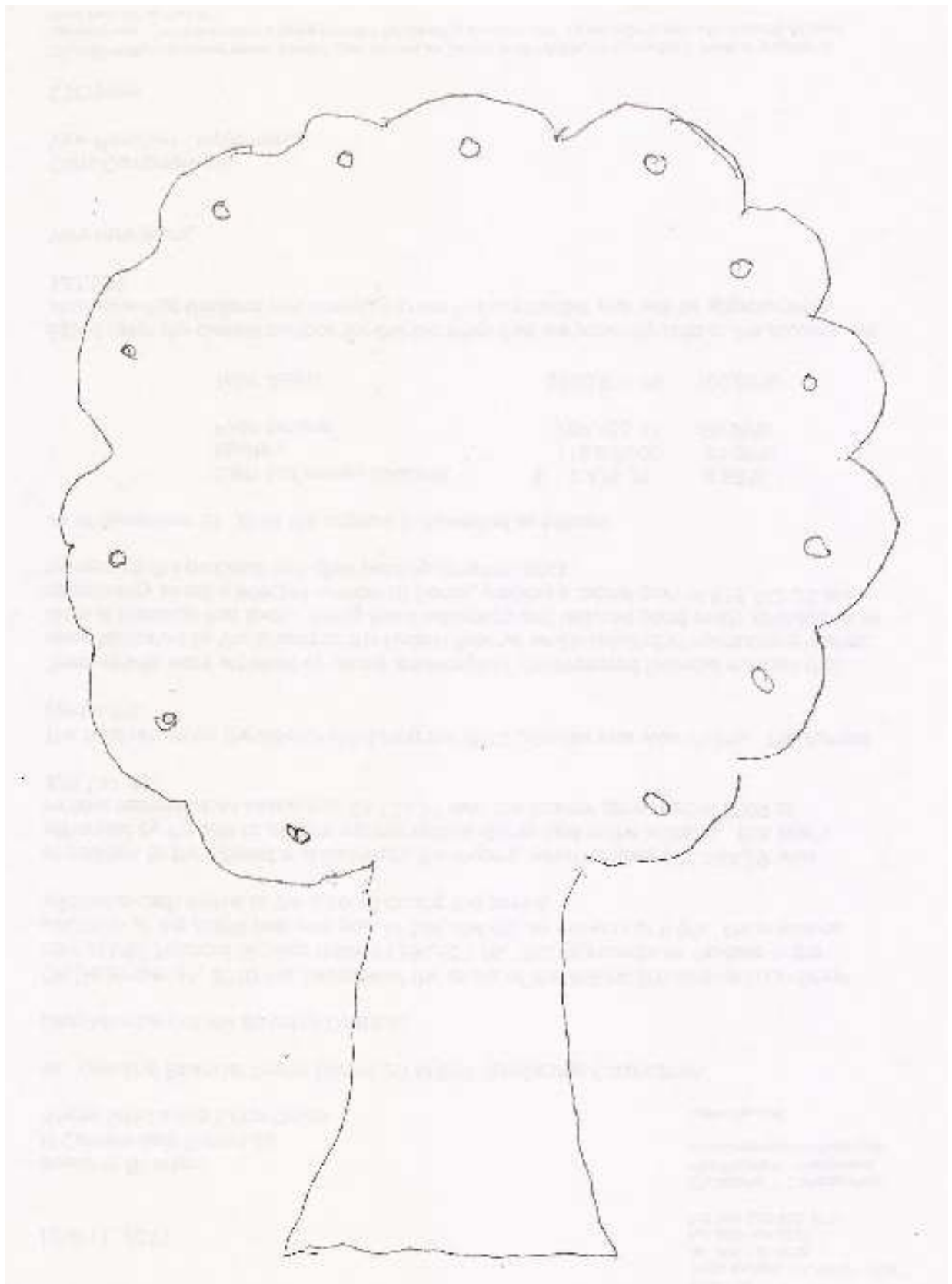


Supplies Needed

1. tree cut from green construction paper
2. Hole punch
3. Long piece of Yarn
4. Tape
5. Stickers

Put some tape on the edge of the yarn to make the “needle”. Give each child two trees with holes punched help them “sew” the trees together. Give the children stickers to decorate their tree.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Cut two trees for each child so they can be ‘sown” together. Punch holes so yarn may be passed through. Use green construction paper or have the children color the trees.

Moms, Pops, & Tots Lesson 41

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: church visit – the Iconstasis

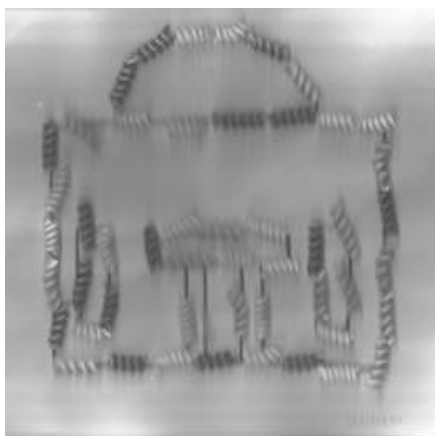
Picture *Come Bless the Lord Icon Packet* (The Icon screen packet cover)

Lesson: Today we are going to visit the church to learn about the Icon screen. Most Orthodox churches in the world have a wooden or carved panel with large Icons in the front of the church. These Icons separate the sanctuary (altar) from the main part of the church. In front of the panel is the solea – where we go to take communion. There are doors or archways in the panel so the priest and altar boys can enter the sanctuary and the solea.

The door in the center is called the Royal door; the altar table can be seen through it. To the right of the Royal door is an Icon of Christ. He is the way to Heaven. On the other side of the Royal door is an Icon of the Virgin Mary holding Jesus as a child. These two Icons are always there. Next to these Icons are icons of the Archangels Michael and Gabriel. They are usually on the doors used by altar boys. The other Icons include the Icon of the Saint for whom the church is named; it is usually near the Virgin Mary's icon. The icon of John the Baptist is often near Christ as is an icon of the Last Supper over the royal door.

As we go into the church let us remember this screen is welcoming us to be with Christ in heaven.

Arts & Crafts/Hands-on Activity: Build a church with Macaroni

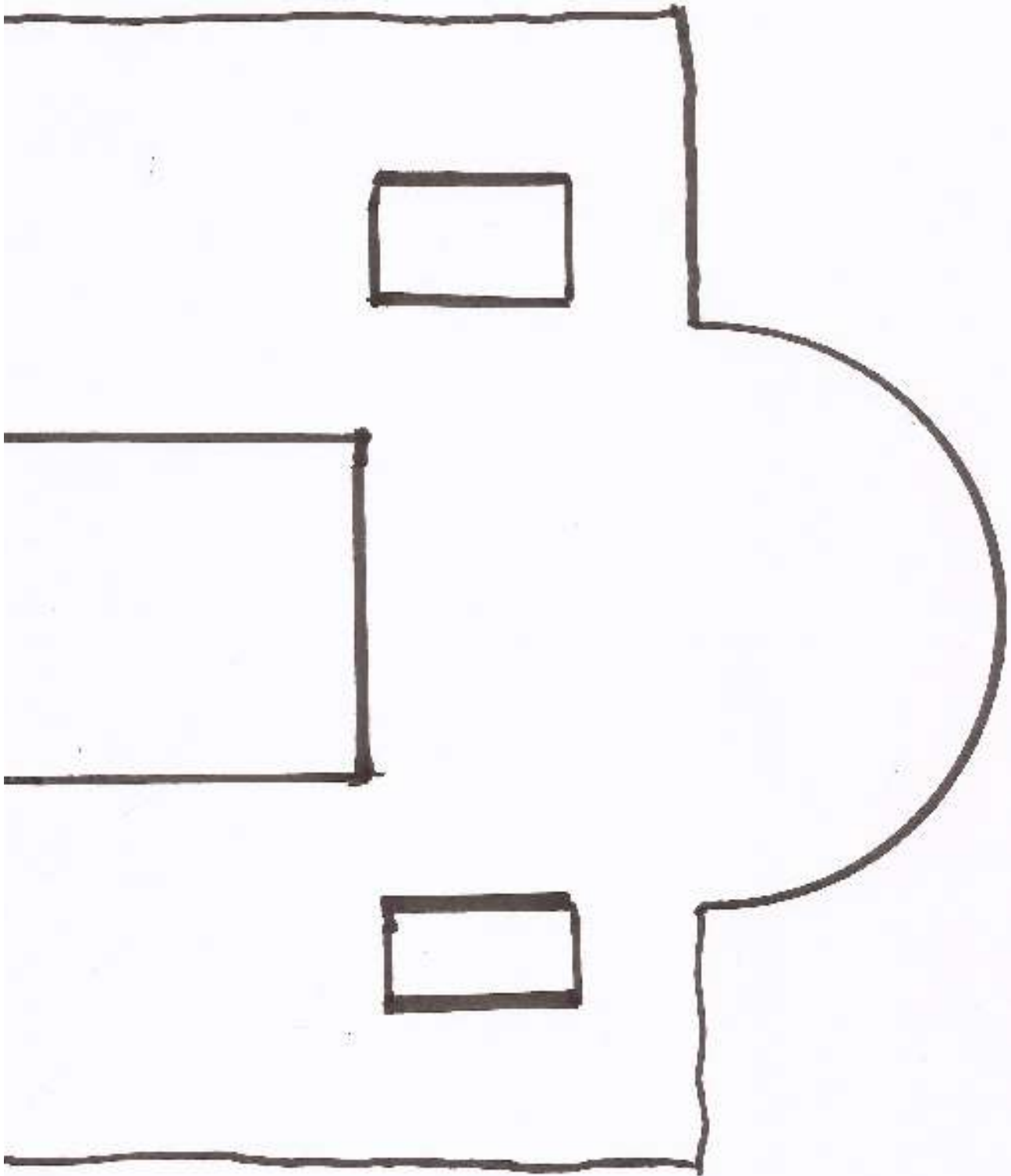


Supplies Needed

1. Church image
2. macaroni (either twists or penne)
3. Glue

Have the children follow the outline of the church, door and windows with glue and macaroni. Add a cross to the top of the dome.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 42

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Sts Peter & Paul

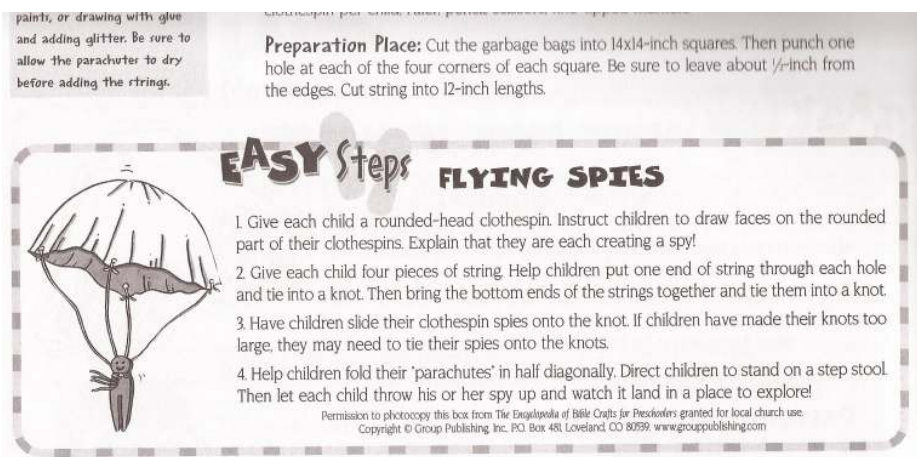
Picture *Come Bless the Lord Icon Packet* (Sts Peter & Paul). St Peter has white hair and the younger St Paul has dark hair.

Lesson : St Peter died in 64AD and St Paul died in 67AD. St Peter knew Christ and was an apostle (he was with Him during His teaching, death and resurrection). St Peter established the first church in Antioch becoming its first bishop. Later in Rome he was crucified (hung on a cross to die) but he was hung upside down. St Peter is often mentioned in the bible stories during Christ's life and afterwards. St Peter witnessed many miracles that Jesus performed when he was alive. It is said that St Peter is at the gates of heaven examining the people trying to enter heaven.

St Paul was not a follower of Christ. He did not know Christ but was converted to Christianity when he was made blind and heard the voice of Jesus ask him why he persecuted Him. St Paul was very smart and had a good education. He was a good writer and speaker. He wrote about ½ of the books of the New Testament which we use along with the Gospels on Sundays.

These two saints made sure our faith survived and grew strong after Jesus' resurrection.

Arts & Crafts/Hands-on Activity: Flying Spies



Supplies needed

1. Clothespin
2. Thin plastic bag
 - a. (cut in 14inch squares)
3. String
4. Thin markers
5. Hole punch

Prepare the plastic, punch holes and tie the strings for the children. Have the children draw a person on the clothespins. Tie

them to the bundled strings. Cut a hole in the top of the plastic to allow the parachute to open when it is dropped.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 43

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Feast days Transfiguration 8/6

Picture *Come Bless the Lord Icon Packet* (Transfiguration) Identify the people in the picture. The living then are Christ, St Peter, St James and St John. Moses and Elijah are to the left & right of Christ. They are standing on Mt Tabor which is in Israel.

Lesson : “On this day we bless fruit in the church. We celebrate the goodness of God. Transfiguration – “Jesus is God” Jesus took Peter, James and John up to Mount Tabor. His face shone like the sun, and His clothes were bright as light. Moses and Elijah appeared. God the Father said, “This is my beloved Son!””pp132-133 Guardian Angel.

Before Jesus was killed, He asked Peter, James and John to go to the mountain to pray with him. While Jesus was praying two men from the Old Testament appeared. They were Moses and Elijah. They talked with Jesus about what would happen to him. Moses had seen God many years before Christ was born and received the Ten Commandments from Him. Elijah was a prophet who was taken up in a cloud. He too lived a long time before Christ was born. Some people thought Jesus was Elijah returning to earth. This Icon shows that Jesus is the Lord of both the living and the dead.

St. Peter, St. James and St. John were afraid and fell to the ground. Then they heard the voice of God saying Jesus was His Son. This was the first time the apostles knew for sure that Jesus was God and one of the Holy Trinity.

On August 6th in every Orthodox Church, the priest blesses grapes which have been cut into small sections to be given to everyone who comes to church. In the prayer Father thanks God for the abundant harvest and asks that God give us “all things profitable to us”. Father prays that all who eat these grapes be filled with joy. Do you like grapes? What other fruits do you like?

Arts & Crafts/Hands-on Activity: create a sheet with a bunch of grapes. (glue leaves, stems and dots onto construction paper)

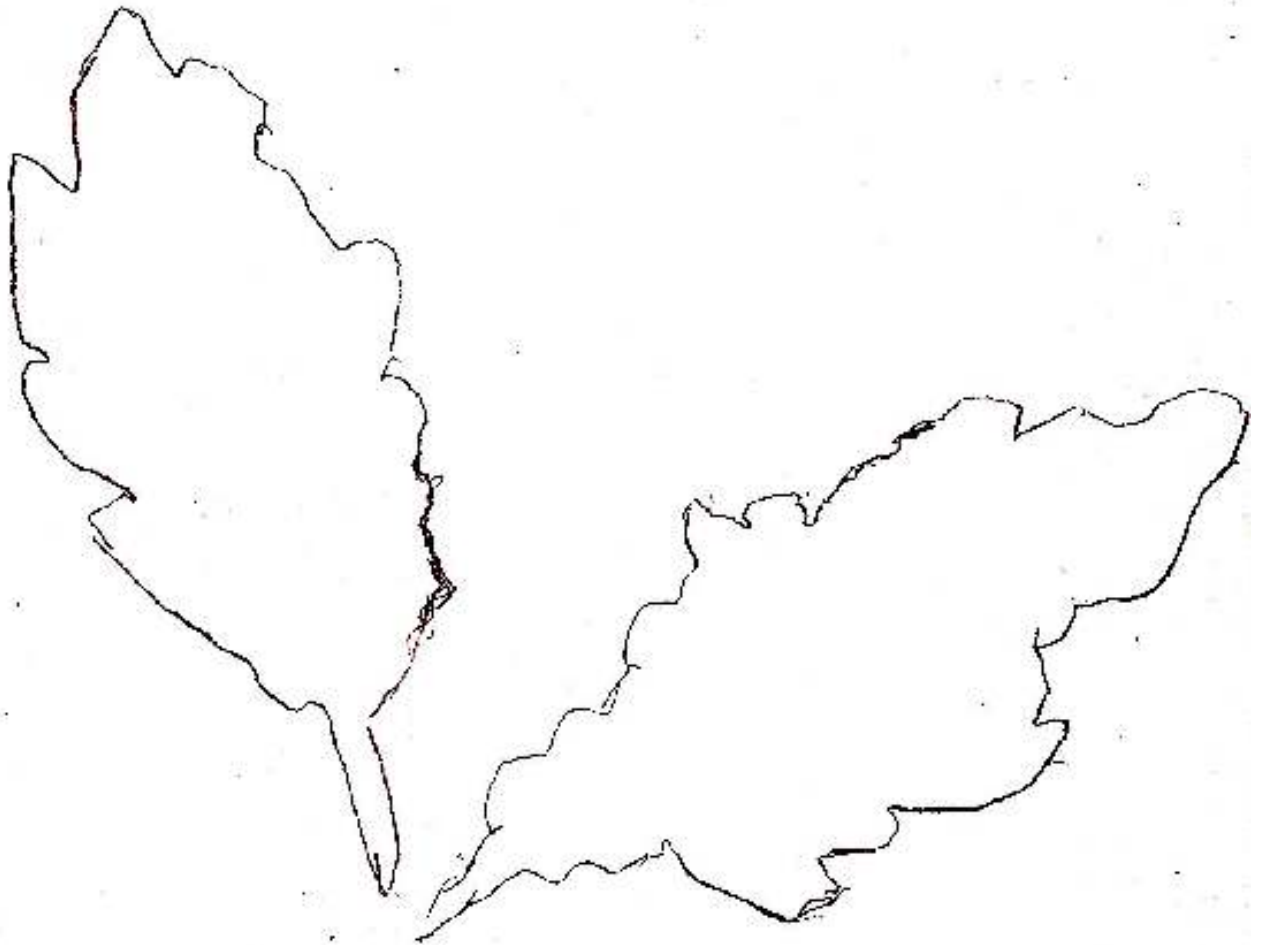
Supplies needed



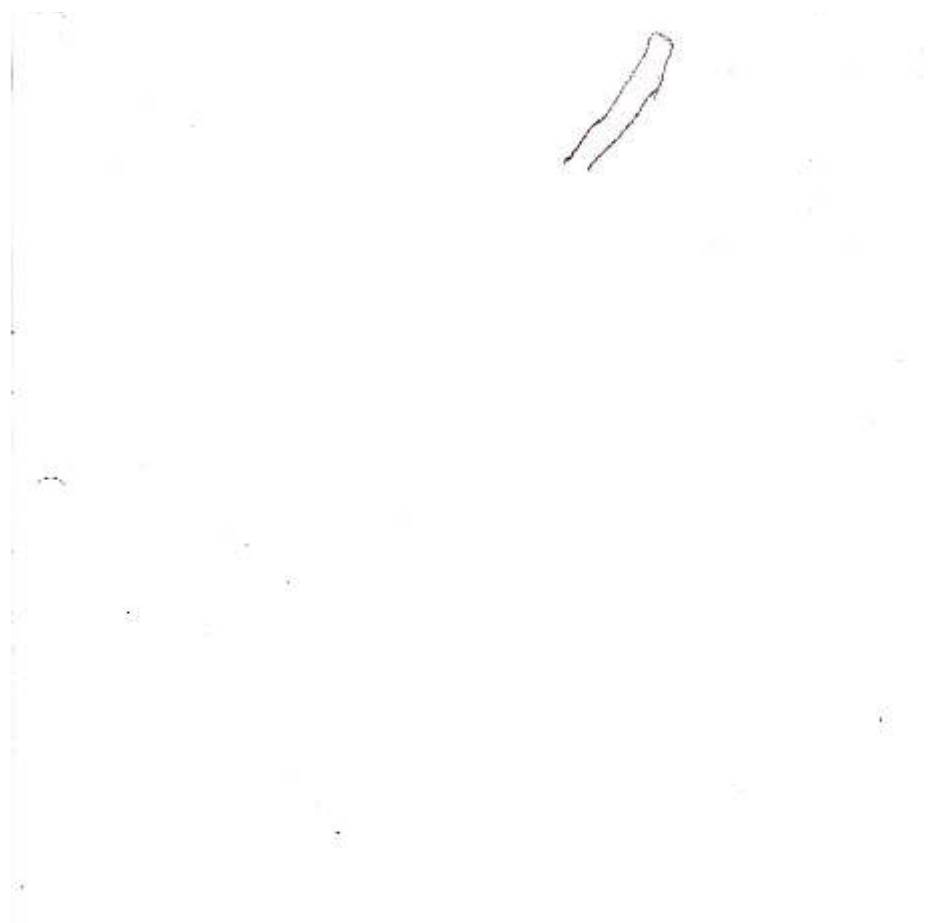
1. Paper with stem drawing
2. Two cut green leaves
3. Lots of cut purple circles
4. Glue
5. Green or brown crayons for the stem

Give each child a paper with the stem drawing. Have them color the stem. Now paste the leaves on the paper and glue the round dots to the page.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Cut two leaves from Green construction paper. Reproduce the next page and have the children color the stem.



Moms, Pops, & Tots Lesson 44

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: The Holy family travels to Egypt

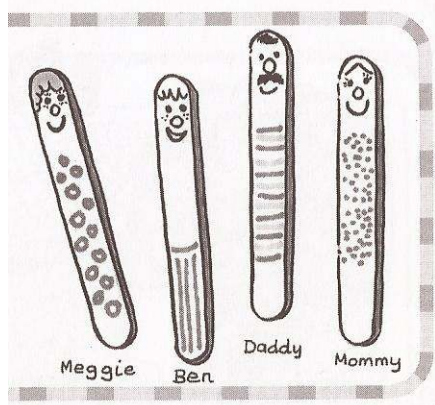
Picture Icon of the Holy family – This Icon shows the Virgin Mary riding on a horse being led by St James as a young boy. Joseph holding the Baby Jesus walks behind.

Lesson : We know from the Bible stories that Jesus was born in a manger in Bethlehem when the Virgin Mary and Joseph had to travel for a census. Some wise men told King Herod that they were following a new star to find the baby Jesus. King Herod asked them to tell him where the baby was but the wise men did not do that. Herod decided to kill all the baby boys under two years old because he was afraid the baby Jesus would grow up to be his enemy. These children are considered the first martyrs for Christ. But neither the baby Jesus nor John the Baptist was killed. An angel told Joseph to take his family to Egypt. They lived there for three and ½ years.

These stories are in the Bible. The Old Testament (the part of the Bible written before Jesus was born) says God told the prophet Hosea, "Out of Egypt have I called my son" (Hos. 11:1). St Matthew understood this eight hundred years later when he writes in the New Testament (the part of the Bible written about Christ's life) of an angel coming to Joseph in Bethlehem where Jesus was born and saying to go to Egypt. After Herod died the angel told Joseph it was ok to return to Israel.

When He was twelve years old Jesus was again traveling with His family and was lost. There was a large group traveling together and His parents thought He was with the other group. When they realized He was not with them they were very worried. They found him in the temple. This is when Jesus began telling everyone about God and mankind.

Arts & Crafts/Hands-on Activity: Family Cups



Supplies needed

1. Stick for each family member
2. Styrofoam cup (write the Family name - place the family in the cup)
3. Tissue paper to hold sticker upright
4. Crayons & markers*
5. Stickers or rhinestones (for cup)

Have the children decorate one stick per family member. Pets maybe included. Decorate the cup with stickers and stuff some tissue paper into it. Place the family sticks in the cup.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 45

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Candles

Picture *Reaching for Jesus* lesson 1

Lesson: When we enter the church we light a candle, say a prayer and kiss the icon. Candles in the Orthodox Church are very meaningful. They take our prayers to heaven. We light them in memory of the people we love (both living and dead). We burn candles during Holy Week services. Small candles are lit when we come into church and stay in the Narthex. We might light a three day candle (small red glass), or a weekly (large Red or White) candle. These candles are placed on the Solea or in a special stand to burn all week. The Narthex is where we enter the church. The solea is in front of the iconostasis (icon screen)

Why do we light candles?

1. To pray to God, who is Light. Jesus said, "I am the light of the world..." Jn 8:12
2. To not be afraid of the dark.
3. To make us happy (on our birthdays we light candles and sing Happy...).
4. To honor the saints of our Faith (people put candles in front of the icons of the saints).
5. To show God we want to do things for Him. Our priest asked us to do this when we were baptized.
6. To ask God to forgive us, all the people we love and everyone, even our enemies. We sin when we make God sad and we want Him to forgive us when we make Him sad.

We light a candle in Church to show our love for Jesus. Jesus shows us the way with his light.

Arts & Crafts/Hands-on Activity: Pop up Altars pg 94



Supplies needed

1. Stick for flame
2. Styrofoam cup
3. Tissue paper cut into flame shapes
4. Stickers, rhinestones or brick wrapping paper
5. Glue or tape

Decorate the cup and punch a hole for the stick in the bottom. Glue the flames to the stick. Show the children how the candle disappears when you pull it down.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 46

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Who is Santa Claus

Picture *Come Bless the Lord Icon Packet* (St Nicholas)

Lesson: Today we are going to discuss “Santa Claus” who goes by many names and traditions. Some people call him Saint Nick or St Nicholas. Orthodox Christians are also reminded of Saint Basil because of his love of children, gift giving, and teachings.

St Nicholas is called the protector of children, merchants, sailors and scholars. When he was a bishop one of his parishioner had three daughters but was too poor to give them money to marry which was the custom at that time. One night St Nicholas put some gold coins in a bag and tossed it in the window without anyone knowing so the oldest daughter could get married. He did it again for the other daughters too. He was very kind and loving. People would leave their shoes outside their doors and St Nicholas would put gold coins in them during the night. Today some people hang Christmas stockings hoping for a present from St Nick.

Saint Basil was very rich and very well educated. He wrote the first Liturgy service. Later it was modified by St John Chrysostom. On Sundays we always use one of these liturgy’s to pray. Saint Basil also established the first orphanage for children, the first Christian hospital and the first home for older people. He always cared for the poor and underprivileged. He wanted us to love one another and to give things without expecting anything in return.

We remember both of these saints at Christmas time.

Arts & Crafts/Hands-on Activity: Tree Ornaments



Supplies needed

1. Three craft sticks – painted green
2. Rhinestones
3. Brown felt or construction paper square
4. Gold string or yarn
5. glue

Give each child three sticks to decorate. Have one larger stone for the top of the tree. Glue the three sticks together. Glue the felt trunk to the triangle and tie the string or yarn so that the ornament can hang on a tree. Glue the larger stone on the top and smaller stones on

the sides

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 47

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: St John the Baptist

Picture *Come Bless the Lord Icon Packet (#35)*

Lesson: St John the Baptist was born on June 24, six months before Jesus was born. His Mother Elizabeth was the sister of the Virgin Mary's mother Anna. We usually celebrate a saint on the day he/she dies because that is when he/she enters heaven. But for John the Baptist we celebrate the date when he was born because he always believed Jesus was God.

His parents were very old when he was born and they died when he was around 9 years old. He lived in the desert on honey & locust. He told everyone the Christ was coming to save the world and he baptized people with water. He is considered the last of the Old Testament prophets; the bridge between the two times (before Christ and after the birth of Christ). St John said he was sent as a messenger thus we call him "the forerunner".

He recognizes Jesus when he sees Him; Jesus asks St John to baptize Him. He baptized Jesus in the Jordan River. Because lots of people followed him, St John was put in prison as the king was afraid of his teaching. Later the king beheaded him (had his head cut off). We believe the St John went into Hades to tell the people there that Jesus would soon come to save them. He was very young when he died only 27 years old.

Arts & Crafts/Hands-on Activity Fancy Fish

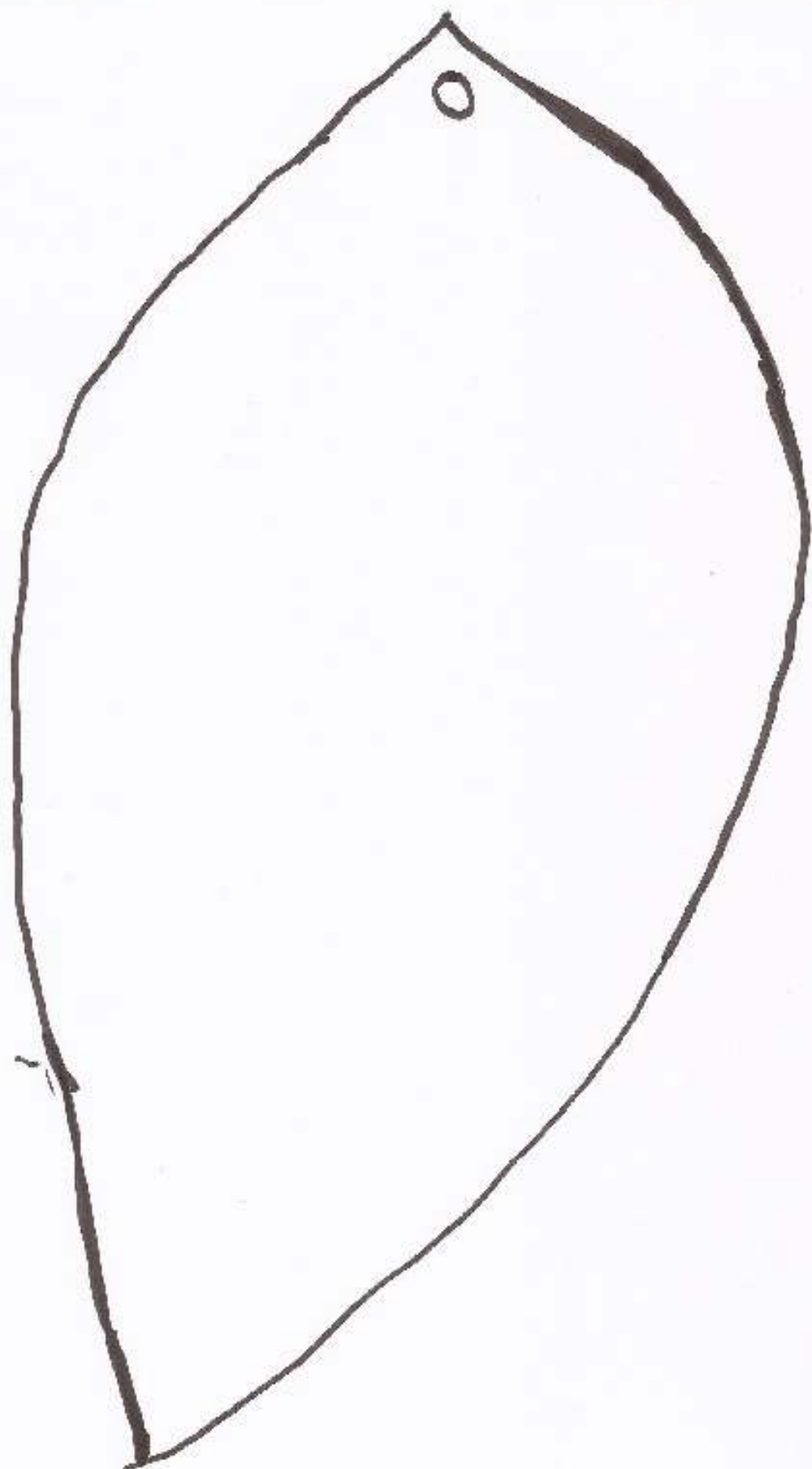


Supplies needed

1. Construction paper
2. Fish pattern
3. scrap of colored paper (from previous projects)
4. White circle from card stock
5. Glue
6. crepe paper for tail
7. hole punch
8. yarn

Have the children glue or color a black dot in the cardstock eye. Glue scrap paper over the fish. Optionally punch a hole near the mouth and tie yarn for the kids to swing the fish around. You'll need a hole punch and yarn. Also cut a strip of crepe paper and split into two; glue to the tail of the fish

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 48

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: church visit – the sitting in the pews

Picture *Reaching for Jesus* (lesson 2)

Lesson: Today we are going into the church to discuss all the things we see. Does our church have pews or chairs? Or do we stand? Are there books to use on Sundays? Liturgy? Matins? a Bible? Chants? Do we have a special place for the choir? Are there icons around the church? In a stained glass windows? Do we have a center isle? What path do we take for communion? For Sunday school?

All of our churches are alike and different. All of our churches have icons. The icons are of holy people. Some (like the icon of Christ and the Virgin Mary) are in every church. Some are unique to our church.

Let's go in to church today and talk about what we see. Please remember to speak softly and not to run in church.

Arts & Crafts/Hands-on Activity: folding an Origami butterfly

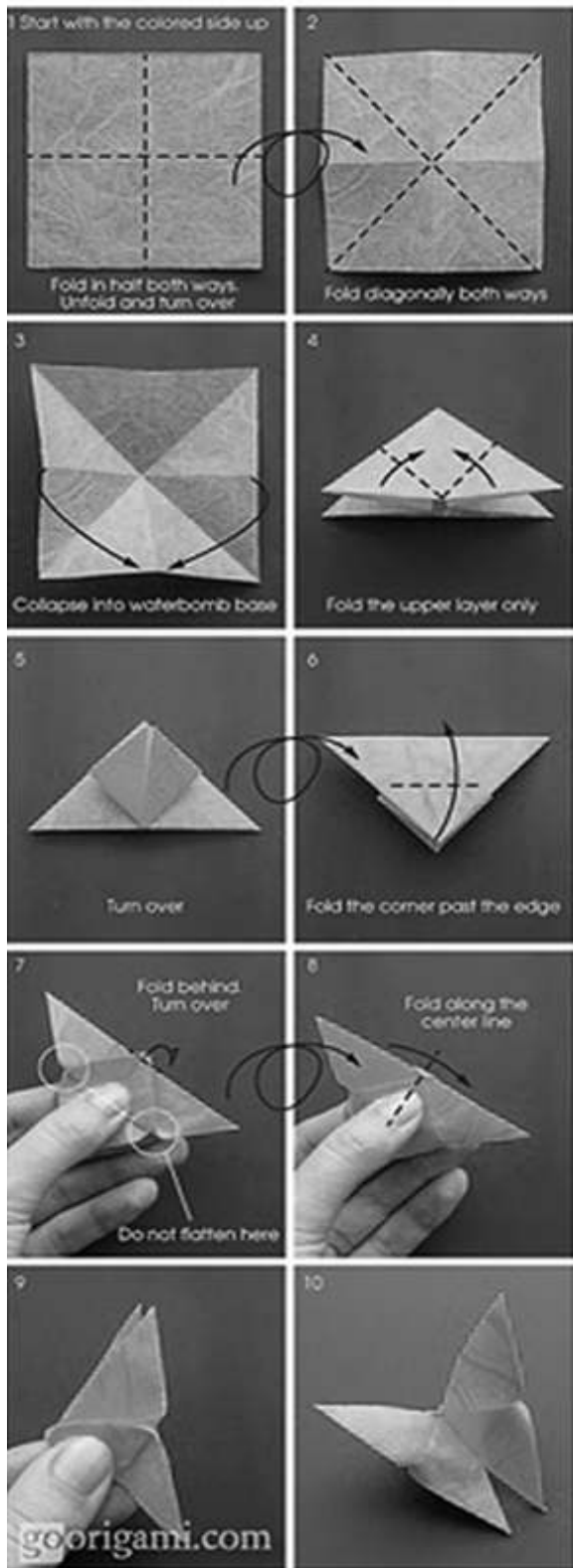


Supplies Needed

1. color copier paper – square sheets
2. crayons or markers

Have the children decorate their paper with crayons. Help the children fold the sheets. They can do the first two folds and unfold it after creasing the paper. Help them with the triangle. They can fold up the sides (4 and 5). Turn it over fold and open the butterfly.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Color the sheet on both sides

1. fold in half both ways. Unfold and turn over
2. fold diagonally both ways
3. collapse into waterbomb base (bring two folded sides together then press the triangle together).
4. Fold the upper layer of the triangle side up
5. Turn it over
6. Fold the tip of the triangle top past the bottom edge of the triangle
7. Fold the tip over the base
8. Now fold the butterfly in half
9. Release and the butterfly will open
10. Let the children play with the butterfly

Moms, Pops, & Tots Lesson 49

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: The three Hierarchs

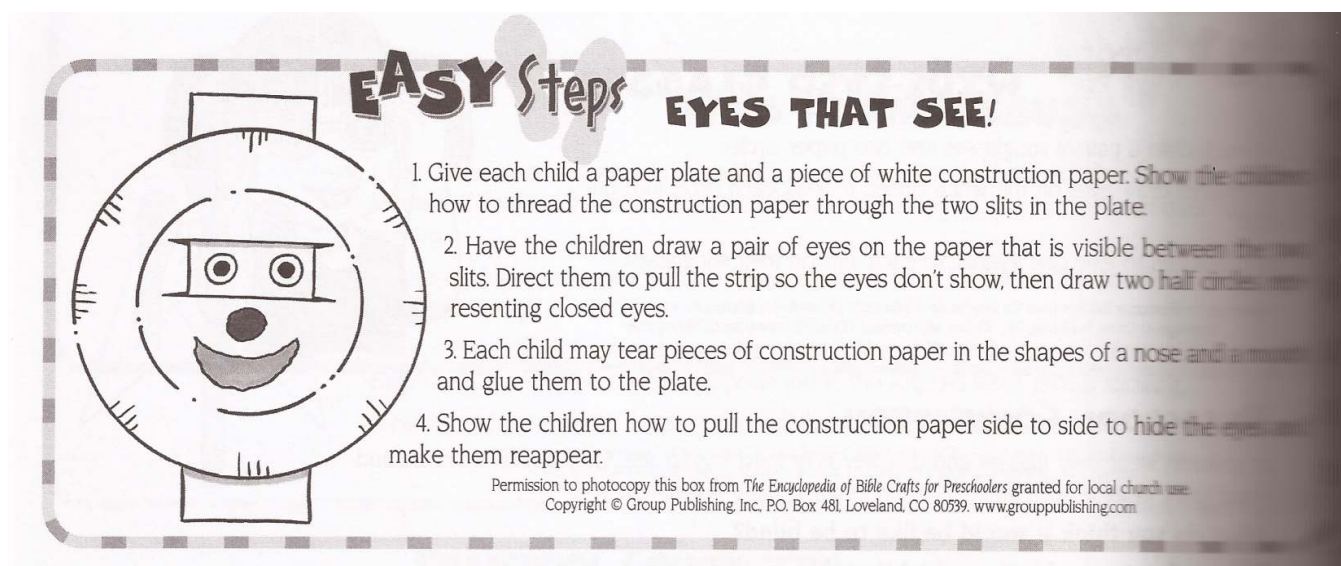
Picture *Come Bless the Lord Icon Packet (#30)*

Lesson: These Three Saints lived in the fourth century. They were all great theologians (teaching about God) and helped the church grow in many ways. Hundreds of years later, people were trying to decide which one was the best teacher. They could not decide. A famous bishop with them said he dreamt about the three saints who told him they were all equal. So the church decided to celebrate the three of them together on a Sunday in January. They are called the three hierarchs (people who rank high in the church). They are St Basil the Great, St Gregory the Theologian and St John Chrysostom.

St Basil started the monasteries, hospitals, orphanages and homes for older people. He wrote the service we use on Sundays and was very generous giving many gifts to people secretly. St John was an excellent preacher and writer. His name means “golden tongue”. St Gregory was also a good speaker and writer. He wrote many poems used in our special services and chants.

These saints (the three hierarchs) are the patron saints for all of the Greek language schools in our country today. All the Greek school children celebrate on January 29th to honor their patron saints.

Arts & Crafts/Hands-on Activity Eyes that see



Supplies Needed

1. paper plate

2. scissors

3. white cardstock –cut into strips

4. markers or crayons

Have the children draw a nose and mouth on the plate. Cut two slits onto the plate above the nose wide enough for the rectangular cardstock to slide in. Have the children draw two eyes on the cardstock above the middle. Show the children how to put the card to hide and reveal the eyes.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 50

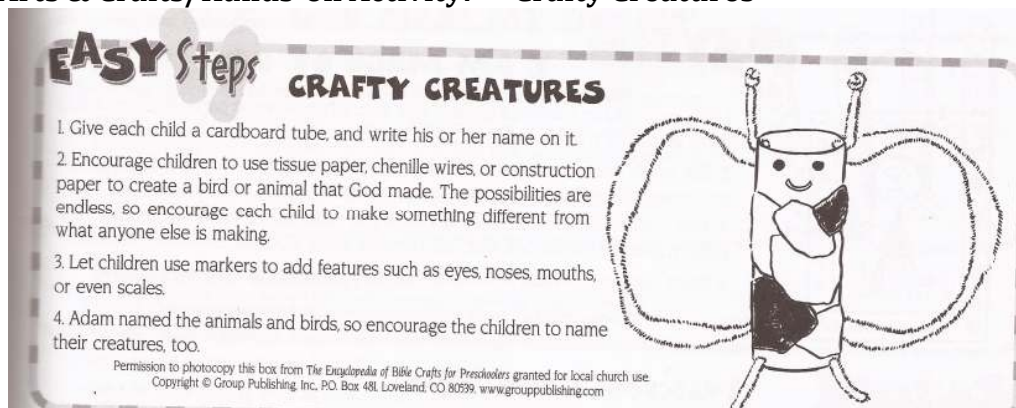
Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: field trip to the playground

Picture *Lord's Prayer Coloring Book* - and the glory

Lesson : Today we are going to the playground. Before we go who can think of some things we will see that God made for us? (Like the Sun, air to breathe). Today we will get to play with our friends. Remember to include everyone in our games.

Arts & Crafts/Hands-on Activity: **Crafty Creatures**



Supplies needed

1. Toilet paper tube
2. Tissue paper
3. 2 Chenille wires
4. Markers
5. Glue
6. Hole punch

Punch four holes into the tube. Glue the tissue to the tube. Color the eyes and mouth. Help each child thread the chenille wire through the tube. Each wire make the foot (then out the tube) the arm (then in the tube and) up for the ear.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 51

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

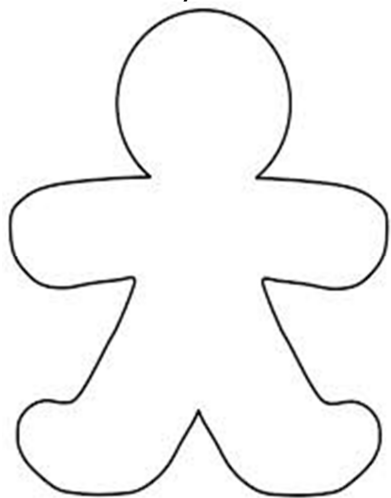
Story time/Religion/Lesson: the Good Samaritan

Picture *Reaching for Jesus* Lesson 11 – Thank you God for friends

Lesson : We are very lucky to have friends. Jesus asks us to be friends with those who need our help. Today we are going to learn the story of the Good Samaritan. It is in the Bible. Jesus told someone to love his neighbor but the person asks Jesus, “Who is my neighbor?” So to answer his question Jesus gave him an example. Once upon a time a man was traveling along a road. He was robbed and beaten and left on the road to die. In a little while a rabbi passed by and saw the man but he did not stop. He walked pass him on the other side of the road as far away as he could. Then a helper from the same place walked by and saw the man. But he did not help him either. Finally a man who was traveling with his donkey from Samaria saw the man. He stopped and helped him. He bandaged his wounds. Then he lifted the man and put him on his donkey. He took the man to an inn (a hotel) and continued to take care of him. But kind man had to leave the next day so he paid the inn keeper to help the wounded man. He told the inn keeper if he needed more money to take care of this man until he got well to spend it and when the Samaritan came back he would pay the inn keeper. Jesus asked which of the three people in the story was a “good neighbor”? The Samaritan is a kind and helpful neighbor!

Today we call anyone who helps a person he doesn’t know a “good Samaritan”.

Arts & Crafts/Hands-on Activity: **injured man**

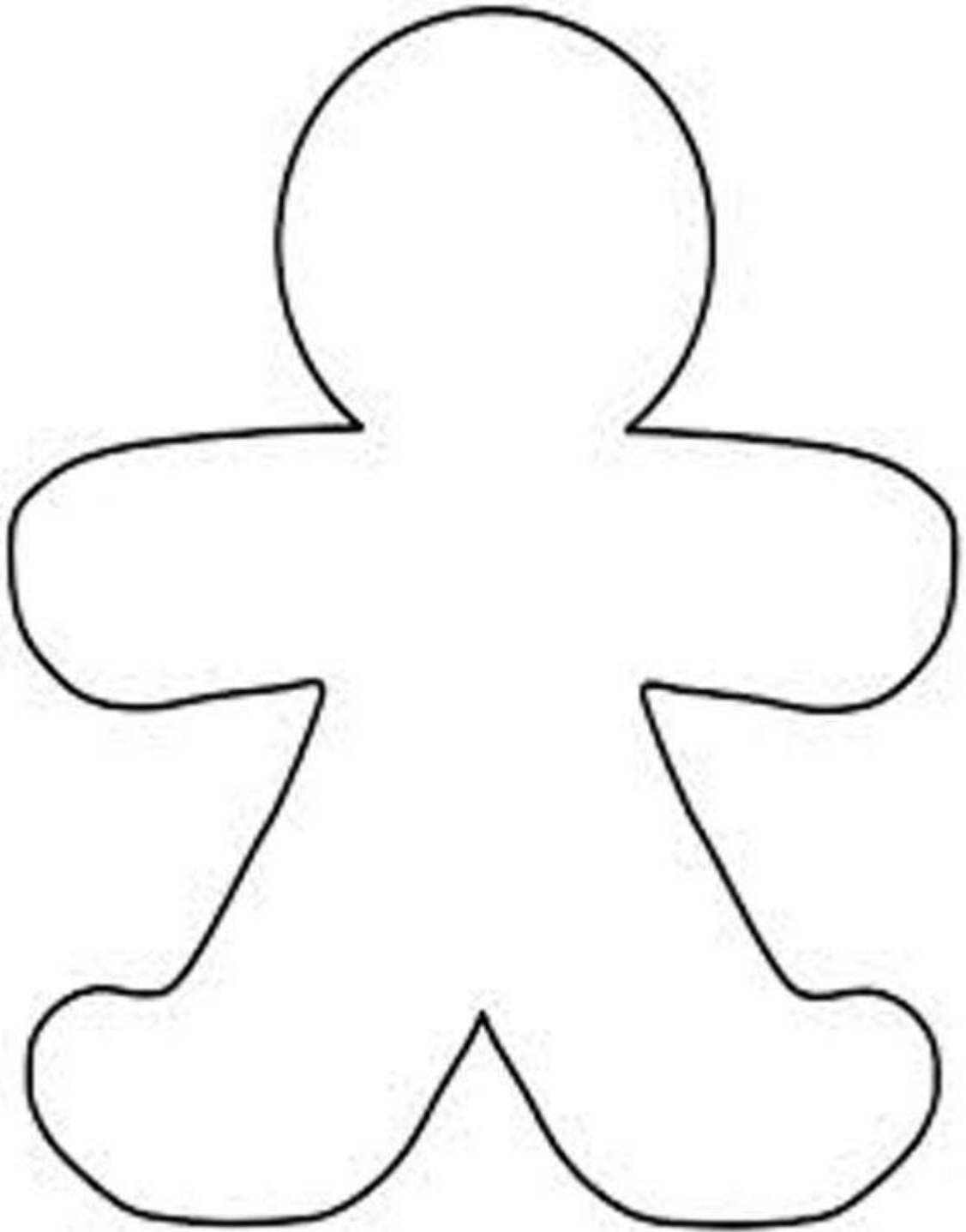


Supplies needed

1. Paper
2. band aids
3. Markers

Have the children draw hair, hands and feet on the pattern. Now draw an unhappy face on the head. Use a red marker to injure the paper man (maybe on his arms or legs). Now put band aids on his injury.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 52

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Members of His body

Picture *Lord's Prayer Coloring Book* – Is anyone Happy

Lesson : St Paul in his letter to the people in Corinth tells them about the Body of the church. Just like we have different body parts, hands, eyes, ear, legs, et al, the church is made up of people with different talents. Our ears cannot see but they can hear. Our legs cannot hear but they are good at something else. All of our body parts are important and they make up one person. No one part is better than another part. God wants us to know that we are all important to Him too. Some of us might be good speakers and some of us good listeners.

When Jesus lived on the earth He had a body like ours and could do things to help other people. Once He went to heaven He asked us to be His body. He wants us to help other people. He knows that we do not all have the same talents (some people are doctors and can heal the sick; some are teachers and came help others learn). Everyone can do something even if it is to say “hello” and be kind. Just like the different part of one body does something special we can do something special for God. We have to do Christ’s work on earth until He returns.

“For God so lo**V**ed the world,
that he g**A**ve
His on**L**y
Begott**E**n
So**N**
That whosoever
Believeth **I**n Him
Should **N**ot perish,
But have
Everlasting life” John 3:16

Arts & Crafts/Hands-on Activity: reverse heart

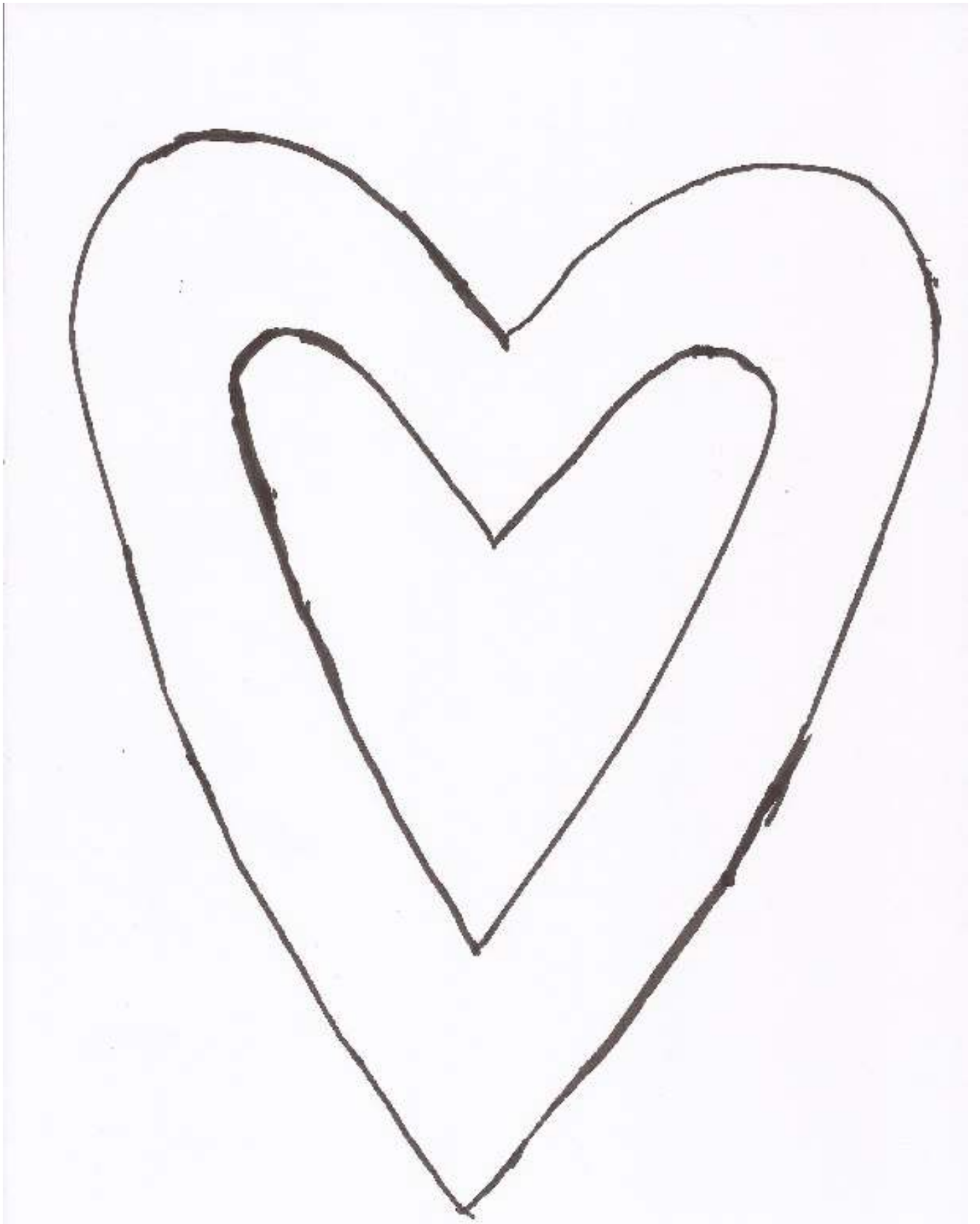
Supplies needed

1. White paper
2. Cut out heart pattern – cut center out too
3. Paint tubes
4. tape



Tape the heart pattern to the white paper.(make sure to have the tape behind the heart. Have the children put paint dots over the entire page. Let them cover the pattern too as the heart will be revealed once the pattern is removed. Let the paint dry. Then remove the pattern.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 53

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Holy Thursday

Picture *Come Bless the Lord Icon Packet (#13)*

Lesson: There are two services on Holy Thursday. The one in the morning tells us about the first time Holy Communion was offered (by Jesus at the Last Supper). The Last Supper is when Jesus ate with all his apostles before he was betrayed by Judas. Jesus took bread and wine and offered it to His followers as His body and blood.

The service on Thursday night is very long and lots of Bible stories (gospels) are read. These gospels tell the story of Jesus' life, how he was arrested, his trial, his being beaten and finally how He was killed. He was hung on a cross and left to die there. During this Service the priest carries the wooden cross around the church and the image of Jesus is nailed to the cross. This cross is placed on the solea so everyone can venerate it. We kiss a holy image to venerate it. The myrrh bearers of the church (young women) hold candles each time one of the gospels is read. After the image of Christ is hung on the cross everyone in the congregation goes to the cross and kisses the feet of Jesus. Often they light a candle near the crucifix.

The cross with Jesus's body stays on the solea all night. Some people stay in the church too remembering that Jesus suffered and died for us. They read all 151 psalms which were written long before Jesus was born.



Arts & Crafts/Hands-on Activity sweet spices

Supplies Needed

1. coffee filter
2. Potpourri or snacks (fish snacks or hard candy)
3. Ribbon
4. Markers or crayons

Have the children decorate one side of the coffee filter. Help the children hold the filter while you fill it with a treat or potpourri. Help the children tie the filter with a bow.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 54

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Sunday of Orthodoxy

Picture Bring in Icons

Lesson: Orthodox Christians *venerate* Icons, which is to say, we kiss them because they are holy objects, showing holy people. Maybe they are Icons of Jesus, or His Mother, or holy angels, or holy men and women. Each time we see them we want to be like the people in them. Many of these saints believed in Jesus at a time when it was not allowed to be a believer and they were punished.

The first Sunday in Lent is known as the Sunday of Orthodoxy. Icons tell the story of Jesus, the feast days, early Christian followers, and parables (stories with a special lesson) told by Christ. Pictures were used because many people did not know how to read. We believe icons look like the real people. However, some people did not believe icons should be used as they were afraid it was worshipping the people in them instead of worshipping God. So for many years icons were not used in churches. This Sunday is when Icons were allowed in churches again.

On this Sunday Icons are taken around the church. Many Sunday school children bring icons from home and followed the priest and altar boys around the church. They stop to offer prayers. This service is often held in a large cathedral with people from all Orthodox faiths (like Russia, Serbia, Syria, Lebanon, Greece, Ethiopia, Albania, America and England) attending the service.

Icons are venerated by burning lamps and candles in front of them, by the use of incense and by kissing them. Most Orthodox Christians have Icons at home. The burning incense takes our prayers to heaven.

Arts & Crafts/Hands-on- making a megaphone. Craft for Lesson 22 Bible crafts 101

Decorate and cut out the megaphone. Tape the opposite ends. This will make a cone shape. Use the one tab to strengthen the taping. Bend the handle so the child can hold it.



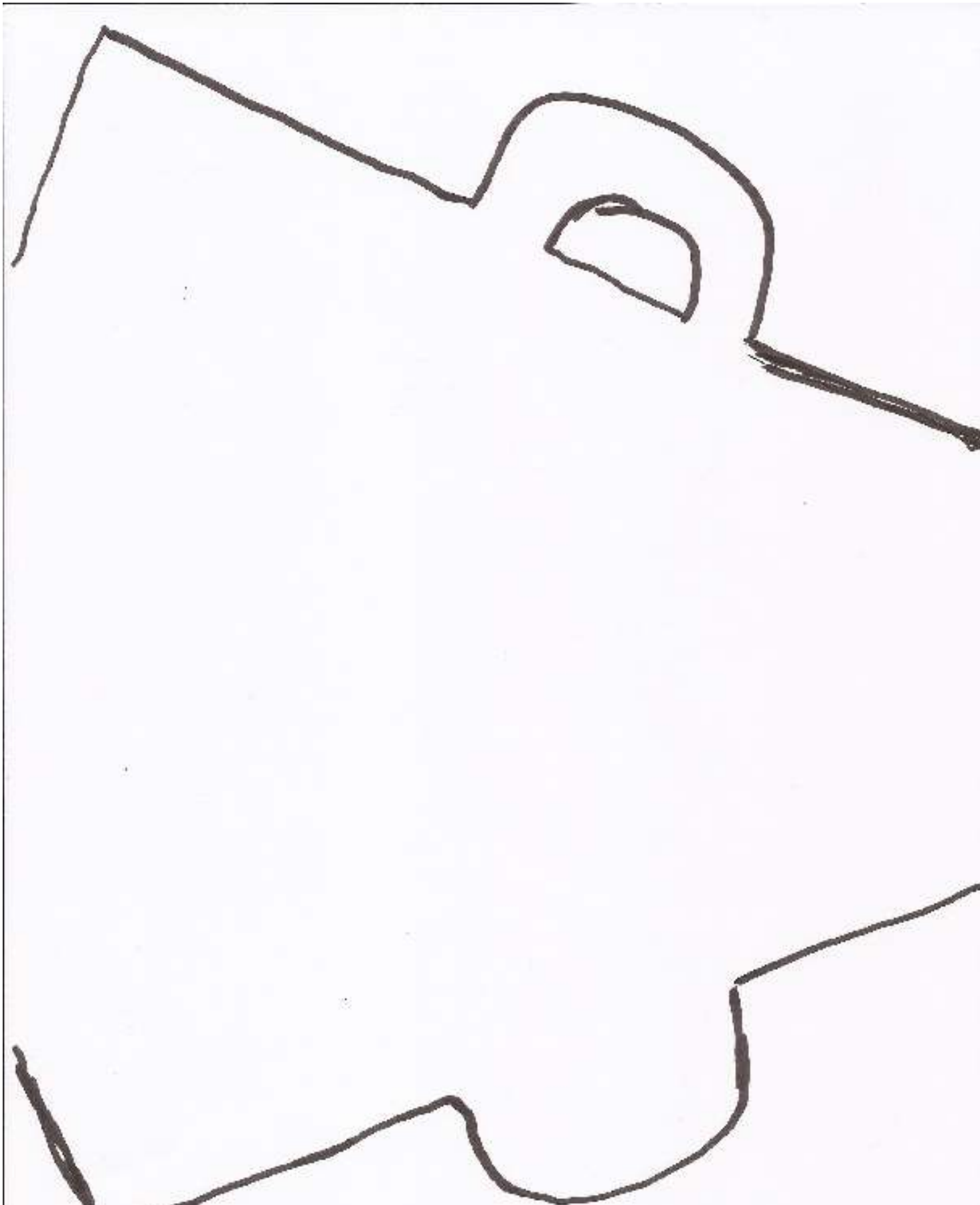
Supplies needed

1. Card stock cutout
2. crayons
3. Tape
4. Small stickers

Cut out megaphone pattern (shown on right). Decorate & tape.



Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Moms, Pops, & Tots Lesson 55

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

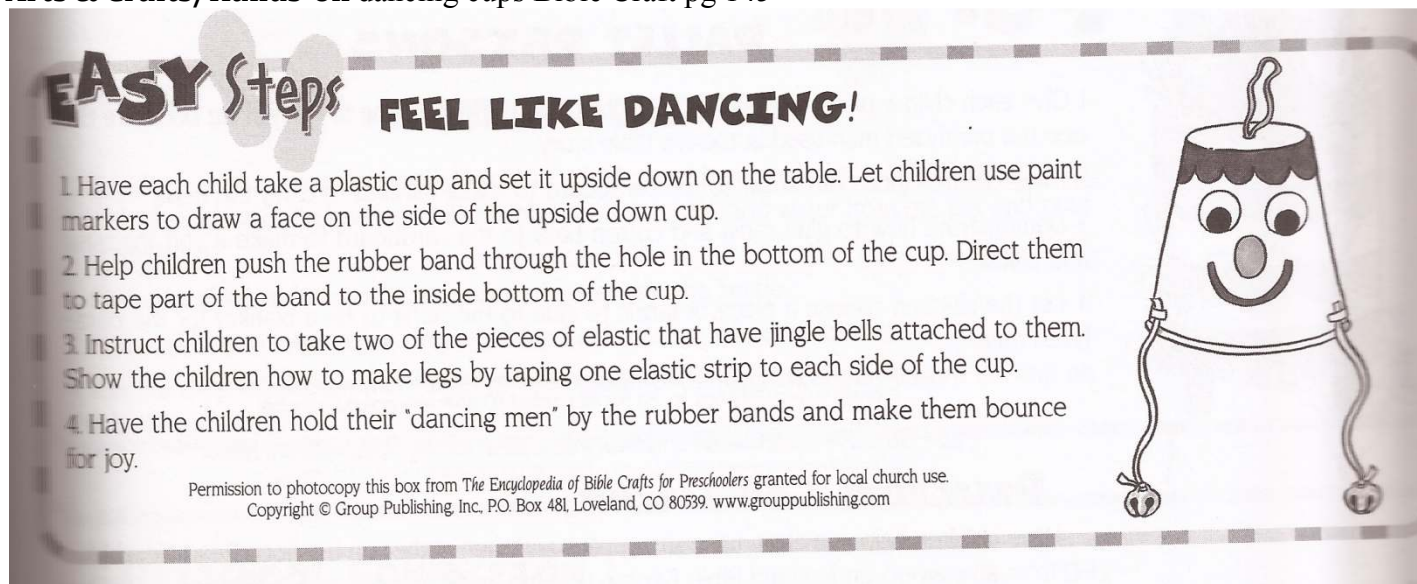
Story time/Religion/Lesson: *Lazarus*

Picture *Come Bless the Lord Icon Packet (#8)*

Lesson: Lazarus was Jesus' friend. His sisters Martha and Mary were also friends of Jesus. Sometimes Jesus would be at their house to talk about God. One time when Jesus was not there Lazarus got very sick and his sisters sent for Jesus. But by the time Jesus came His friend was dead and had been buried for four days. Jesus raised Lazarus from the dead and Lazarus lived for 30 more years. He taught the people of Cyprus about our religion.

When the people saw that Jesus could bring people back from the dead they greeted Him by putting palm branches on the path when He came to Jerusalem the next day. That week some people who were jealous had Jesus arrested. Although His friend Lazarus lived until he was 58 years old; Jesus died at age 33.

Arts & Crafts/Hands-on dancing cups Bible Craft pg 145



Supplies needed

- | | |
|-----------------------------------|---------------|
| 1. Cup | 5. Hole punch |
| 2. Rubber bands | 6. Stapler |
| 3. Bells | 7. Tape |
| 4. Markers, stickers, googly eyes | |

Tape a rubber band to the top of the cup. Have the children decorate the cup. Cut one rubber band into two pieces. Tie a bell to the end of one piece and staple it to the cup. Repeat for the second side.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 56

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: **Today's topic – Holy Friday**

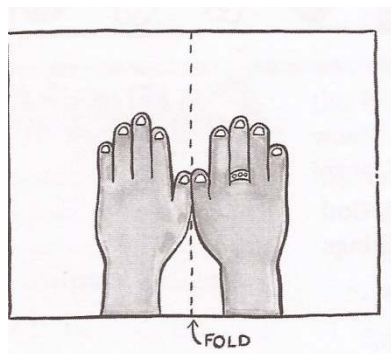
Picture- Icon of the Feast from *Come Bless the Lord Icon Packet* #12

Lesson On Friday of Holy week we are in church all day. The Friday morning services are called the Royal Hours. Each of the hours (numbered one, three, six and nine) include Psalms, readings from the Old Testament and gospel readings from the New Testament. One gospel story is about Jesus' betrayer (Judas who killed himself). Another is about the two robbers that were hung with Jesus. One asked Jesus to forgive Him. After the ninth hour services ends, flowers are placed on the Kouvouklion, a large carved wooden frame representing the tomb of Christ.

At the afternoon service we honor the person who gave Jesus a new tomb. As this Gospel is read the priest pauses, removes the image of Christ from the wooden cross and wraps it in a cloth and places it on the altar table. The priest then takes the Epitaphios, the cloth on which the body of Christ is painted or embroidered, around the church and puts it in the Kouvoukleon. (our picture today is this cloth)

Later that night the readings are about forgiveness and God being with those who died before Christ was born. In this service a long sad poem is sung. Lots of verses have been written, however not all are sung. One verse is repeated while the priest sprinkles rose water on the Epitaphio and all the people in church. This verse remembers the women going to the tomb of Christ. In many Churches the entire tomb (decorated kouvoukleon, epitaphio, and rose petals) is carried around the church. Some have all the people in church follow the tomb outside. They come into the church by passing under the tomb. During this procession the people stop and offer prayers. At the end of the service the flowers from the Kouvoukleon are given to the people.

Arts & Crafts/Hands-on Activity: Praying hands



Supplies needed

1. Paper
2. Pencil
3. Rhinestones
4. Crayons
5. Scissors

Have the children place their hands together on a sheet of paper. Trace their hands including between the fingers. Have the children decorate the hands (rings, fingernails, and bracelet. Help the children cut and

fold the hands.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 57

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: Holy Week

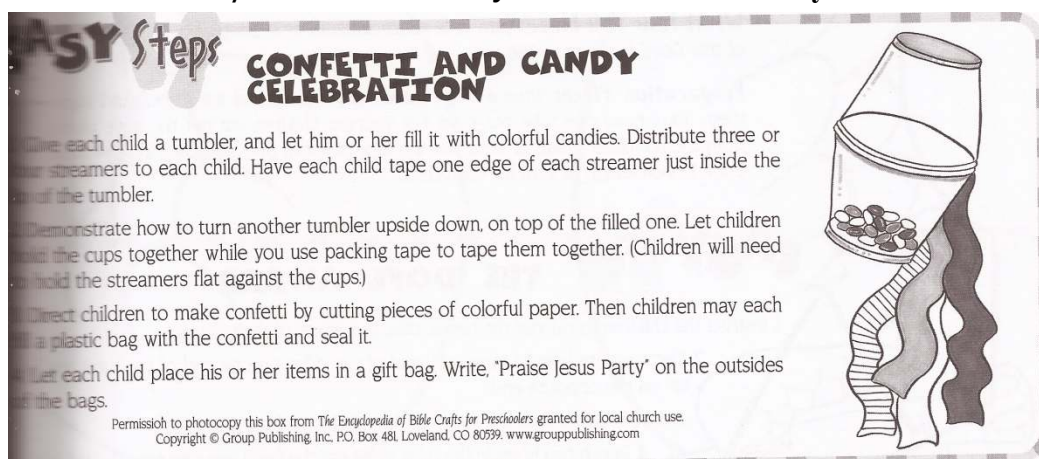
Picture *Come Bless the Lord Icon Packet (#11)*

Lesson: There are church services every day in this very important week. The service on Sunday, Monday & Tuesday nights is called the bridegroom service. We call the church the bride of Christ. Each of these services compares two things. How Jesus suffered and how Joseph understood the dreams of the King of Egypt. We hear about people trying to trick Jesus and women waiting for Him all night. The third night is about a bad person who turned good and a good person who turned bad (Judas). On Wednesday we come to church to receive holy unction (a holy oil) to help us.

There are two services on Holy Thursday. The one in the morning tells us about the first time Holy Communion was offered (by Jesus at the Last Supper). The Last Supper is when Jesus ate with all his apostles before he was betrayed by Judas. The service on Thursday night is very long and lots of Bible stories (gospels) are read. These gospels tell the story of Jesus' life, how he was arrested, his trial, his being beaten and finally how He was killed. He was hung on a cross and left to die there. During this Service the priest carries the wooden cross around the church and the image of Jesus is nailed to the cross. This cross is placed on the solea so everyone can venerate it. It stays there all night. Some people stay in the church too remembering that Jesus suffered and died for us.

There are services all day Friday and on Saturday there are two services. The morning is called the first resurrection and we receive communion. The next service is very late and goes into Sunday morning. So there is no liturgy on Sunday morning when we usually go to church but in the afternoon we hear the gospel read in many languages.

Arts & Crafts/Hands-on Activity: Lesson Craft -Candy tumblers



Supplies needed

1. Clear plastic tumblers
2. Tape
3. Crepe paper
4. M & M candy

Give the child some candy or other small hard rhinestones. Place them in a cup. Glue the streamers and

cups together.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 58

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: The Pantocrator

Picture *Come Bless the Lord Icon Packet (#3)*

Lesson: “Christ is the icon of the invisible God, the firstborn over all creation” (Col 1:15). We cannot see God but He was born as the baby Jesus and grew up. We could see Him. Many iconographer (people who made Holy pictures) gave us images of Him. Some of our churches have a dome (a large round ceiling in the church). These domes have an Icon in them and it is usually the Pantocrator (the almighty). Icons of Jesus have a halo around His head but His halo is always the same and is different from halos on other saints or the angels. Jesus Halo always has three Greek letters inside the top of a cross. The three arms of this cross are Holy Trinity. The letters are ω O N (omega, omicron, nu) “the being” or “He who is”. The omicron is “the” and omega/ nu is a word used to for Christ’s being God.

In this icon Christ is usually holding a Bible. If it is open it means He is the teacher telling us about the Trinity. If the book is closed it means Christ is the Judge who will come again to see who has followed His teachings. The fingers on His right hand are held to spell out four letter IC XC (the first and last letters of Jesus Christ).

Arts & Crafts/Hands-on Activity: Lesson Craft -Christ’s halo



Making Christ’s halo Three Greek letters Omega, Omicron and Ni. This halo will not be cut out but will be left on white paper. Note the Omega is a small letter while O & N are caps

Supplies needed

1. Christ image pattern on paper
2. Rectangular strips with the three Greek letters
3. Glue unless labels are used to make the letters
4. Marker to draw the lines on the sides of the letters.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer



Ο Ν Ω

Moms, Pops, & Tots Lesson 59

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: **Orthros**– Matins – morning service 9AM – 10AM

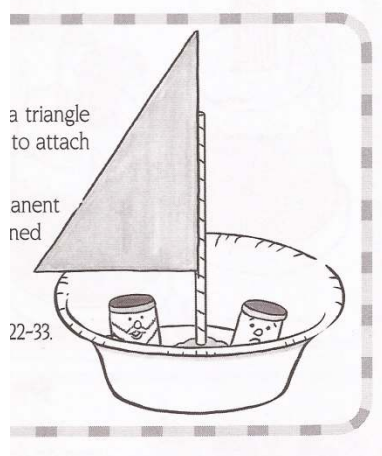
Picture- *Come Bless the Lord Icon Packet* (four Evangelist # 40)

Lesson On Sunday before Liturgy begins there is “Orthros” or Matins, often referred to as morning prayers. This service teaches us about our religion. Unlike like Liturgy which is the mostly the same every Sunday, when we gather to glorify & thank God, Orthros varies. There are eight Tones (one sung each Sunday) and eleven different Gospels (one read each Sunday). These gospels are called “Resurrectional” gospels because they are about Jesus after he died and came back to life. They were written by the four evangelists (Matthew, Mark, Luke and John)

Orthros begins with the Triagion prayer, a series of prayers including the Lord’s Prayer. Many people say this prayer each day. Throughout the service there are many prayers (asking God to be merciful). Many Psalms are read. The psalms are prayers written by King David a long time before Christ was born. While the Psalms are being read the priest is preparing the bread and wine to be blessed during liturgy. He does this on a small table inside the Altar.

In Orthros chants are about the Theotokos, Christ and the saints for this day. During this service we ask God to teach us what he expects from us. The Deacon censens the entire church including the narthex and all the icons there. While he is censeng the church, more prayers to the Theotokos are sung. Finally a chant regarding the gospel and one final prayer to the Virgin Mary are sung before the Doxology, the long chant praising God that ends Matins and begins Liturgy. Orthros is usually sung by the priest, deacon and chanters, who are at the chanter stand on the Solea. The choir sings during the Liturgy.

Arts & Crafts/Hands-on Activity: Lesson Craft floating boats



Supplies needed

1. plastic salad bowl
2. straw
3. paper triangle
4. tape
5. corks, bottle caps, clothespins or paper people

Have the children decorate the outside of the plate. Tape the “mast” to the straw. Glue or tape the straw to the boat. Add the people.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 60

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *Myrrhh Bearing Women*

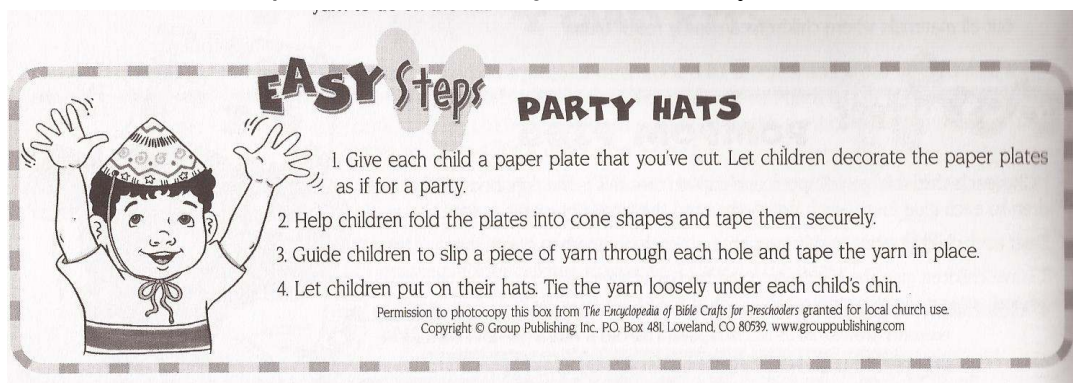
Picture *Come Bless the Lord Icon Packet (# 15)*

Lesson Women have always been important in our faith and in the life of Christ on earth. His mother the Virgin Mary prays for us constantly. The first person to recognize Jesus and become a believer was a woman at a well. Once he began teaching us many of His followers were women disciples.

When Jesus was hanging on the cross, it was the women disciples who were there with the Virgin Mary. Some Catholic hospitals are named “Little Company of Mary” after these women. They saw where Jesus was placed after He was taken down from the cross. The next day they went there with sweet smelling spices to anoint His body. They were wondering who would remove the heavy stone from the front of Jesus’ tomb. When they got there the stone was already moved and an angel told them Jesus had come back to life. Thus these myrrh bearing women were the first to the tomb and the first to know about the resurrection.

Today the young girls in our church are “myrrh bearers” during Holy Week. They hold candles on the solea whenever the gospel is being read at these services.

Arts & Crafts/Hands-on Activity: Lesson Party hats



Supplies Needed

1. paper plate with pie shape removed
2. yarn – two lengths
3. tape
4. hole punch
5. stickers

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 61

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *The Last Supper*

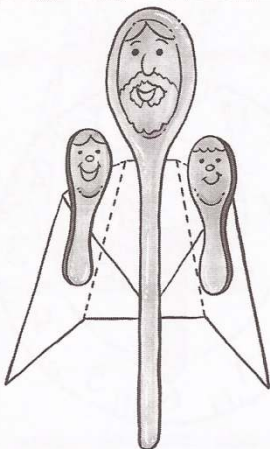
Picture- *Come Bless the Lord Icon Packet (# 10)*

Lesson This Icon is often over the royal doors at the Iconostasis. Jesus is in the middle and his Apostles are sitting on either side of Him. It is also called the icon of the “mystical supper”. As it represents the last time Jesus ate with all of His disciples in Jerusalem. Several important things happened that night. Jesus took bread and wine and gave it to his followers saying, “this is my body given to you; do this in remembrance of me”. (Luke 22:17-19) So each time we offer communion it is doing what Jesus asked us to do.

Jesus knew he was going to die and that one of these disciples would turn Him over to the guards. He told them so. They talked about it. St Peter said he would not betray Jesus but Jesus told him he would say he didn’t know Jesus three times that night. Judas also asked if he would be the one to betray Jesus. They both knew it would be Judas.

All 12 of the Apostles were with Him that night. After Judas leaves Jesus gave them a new commandment which is often sung as a camp song today. It goes; “A new commandment I give unto you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one to another”. —John 13:33-35 . Jesus wants us to love each other.

Arts & Crafts/Hands-on Activity: **Hugs from Jesus**



EASY Steps HUGS FROM JESUS

1. Let children use markers to draw happy Jesus faces on the bowls of the large spoons. Then let each child draw the faces of happy children on the bowls of two or three wooden ice cream spoons.
2. Give each child a paper triangle. Demonstrate how to fold down the point that is opposite the longest edge.
3. Let children fold the remaining sides of the paper triangle in to the center to form a robe. Help them glue the large wooden spoon inside the robe so Jesus' face is showing.
4. Have children glue the smaller spoon "children" to the inside of the robe.

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Supplies needed

- | | |
|----------------------------|-----------------------|
| 1. soup spoon | 4. tape or glue |
| 2. wooden ice cream spoons | 5. markers or crayons |
| 3. paper | |

Have the children decorate the spoons. Decorate the back of the paper. Cut the paper into a triangle (Cut form a corner toward the center; repeat for each corner making four triangles) Fold the tip of the triangle down then fold in the sides. Tape or glue the spoons to the paper.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 62

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

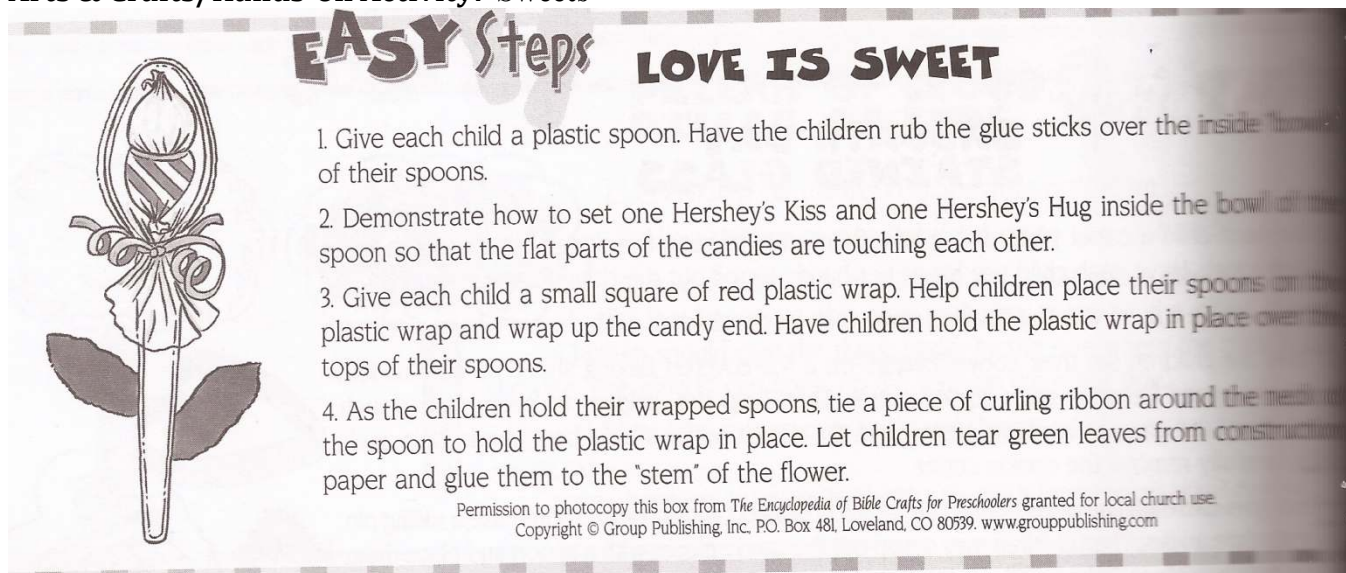
Story time/Religion/Lesson: *Platytera – More spacious than the heavens*

Picture- *Come Bless the Lord Icon Packet (# 5)*

Lesson This Icon is behind the altar usually on the wall and often the largest icon in the altar. It is called the “platitera” or “the icon of the sign”. The Greek word platitera translates into “more spacious than the Heavens” This Icon shows the mother of God with the Christ child. She helped God become man. She is our link to heaven.

The icon shows her with her arms stretched out to present the Christ child, the Christ and our gateway to heaven. She is both the presenter of Christ and our intercessor to Him. She prays for us; He listens to her prayers. She is holding her arms open to give us a hug. Notice the three stars; one on her head and the others on her shoulders. They represent her virginity (purity). She is human and He is God. The Greek letters above her are the abbreviation of Mother & God. This icon tells anyone who walks into the church that this is a Christian church. – one based upon Christ & His teachings.

Arts & Crafts/Hands-on Activity: Sweets



EASY Steps LOVE IS SWEET

1. Give each child a plastic spoon. Have the children rub the glue sticks over the inside bowl of their spoons.
2. Demonstrate how to set one Hershey's Kiss and one Hershey's Hug inside the bowl of the spoon so that the flat parts of the candies are touching each other.
3. Give each child a small square of red plastic wrap. Help children place their spoons on the plastic wrap and wrap up the candy end. Have children hold the plastic wrap in place over the tops of their spoons.
4. As the children hold their wrapped spoons, tie a piece of curling ribbon around the middle of the spoon to hold the plastic wrap in place. Let children tear green leaves from construction paper and glue them to the "stem" of the flower.

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Supplies needed

- | | |
|---------------------------|---|
| 1. plastic spoon | 4. tape or glue |
| 2. Hershey Candies | 5. ribbon |
| 3. plastic wrap | 6. Green construction paper leaves |

Have the children put glue in the spoon. Place two candies in the spoon. Fold clear wrapping paper or clear wrap around the candies. Tie the ribbon around the paper. Glue or tape the leaves to the spoon handle.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 63

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

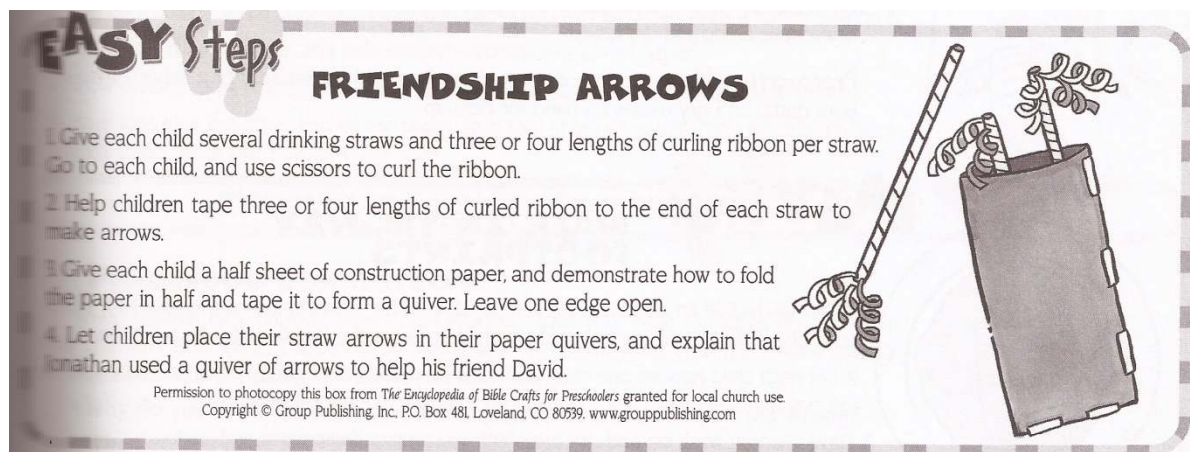
Story time/Religion/Lesson: ***The Ten Commandments***

Picture- *Come Bless the Lord Icon Packet* (use Transfiguration #38 – Moses in upper right)

Lesson In this Icon we see people who lived before Christ was born. Moses who is holding a tablet lived 17 centuries before Christ. Moses was 80 years old when God gave him the Ten Commandments. God wanted the people to know His wishes. These commandments are explained below (from the Red pocket Prayer book). They are:

1. I am the Lord thy God. - God wants us to know who He is.
2. Thou shalt have no other gods before me. - And to love Him along with our parents, friends and relatives.
3. Thou shalt not take the name of the Lord thy God in vain. -We shouldn't be disrespectful to any one particularly God.
4. Remember the Sabbath Day to keep it holy. - Come to church on Sunday or at least pray every Sunday wherever you are.
5. Honor thy Father and Mother. -Always help your Mom and Dad. Don't yell at them, don't take anything from them without asking, be thankful for what they do for you.
6. Thou shalt not murder. -Don't mistreat or hurt anyone or anything including animals.
7. Thou shalt not commit adultery. -Don't do bad things or be around bad people or eat too much making yourself sick.
8. Thou shalt not steal. -Don't take anything or keep something you know belongs to someone else. Be sure to share what you have.
9. Thou shalt not bear false witness against thy neighbor. - Don't lie or say bad things about anyone. Don't tell secrets.
10. Thou shalt not covet. - Don't be jealous of anyone or want something just because somebody else has one.

Arts & Crafts/Hands-on Activity: Sweets



Supplies needed

1. straws
2. ribbon
3. construction paper
4. markers
5. tape
6. Glue or stapler

Give the children the straws and ribbons, have the tape them. Decorate the paper, fold, and tape. Put arrows into the quivers.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 64

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: *Memorials*

Picture- Memorial form for submitting names to be read. (possibly make koliva for the children)

Lesson Memorial services are prayers we offer in memory of people who have died. There are four Saturdays each year for memorial services. We bring a list of the names to church. These are the first names of our family members or friends who have died. The priest will read them during the special prayers. When we have a memorial service for our loved ones, we ask them to be with us in our memories. Their souls are comforted by this.

Four Sundays before the beginning of Great Lent we enter a special time. We are getting ready for Great Lent. During this time, on three Saturdays, we offer a memorial service. The fourth Saturday of Souls is offered the day before Pentecost (Fifty days after Pascha). We believe the dead Saints can pray for us and we can pray for dead people. We ask God to forgive any sins of those who have died. We believe that all of us, the living and the dead will be judged at the second coming of Christ. So it is important to pray for everyone including ourselves. Prayers help everyone until the second coming when we will all be judged by God.

The memorial service is offered when someone dies and at certain times afterwards. It is the same prayers offer on the special Saturdays. Family members come to church with boiled wheat called Koliva; it includes raisins, almonds and is covered with powdered sugar. The wheat reminds us of the bible story associating life after death. A long time ago some bad people put the blood of animals in food so Christians would not be successful in fasting so the good people made Koliva so that they could have something to eat and still fast.

Arts & Crafts/Hands-on Activity: Sweets



Supplies needed

- | | |
|-----------------------|-----------------|
| 1. straws | 2. paper plate |
| 3. construction paper | 4. markers |
| 5. tape or glue | 6. craft sticks |
| 7. elbow macaroni | |

Color the mast; glue the sticks & macaroni to the plate. Tape the straw to the mast and plate.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 65

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: St Matthew

Picture *Come Bless the Lord Icon Packet* (four Evangelists #40)

Lesson : Today we are going to talk about a man without many friends because he collected money from people to give to the rulers of the land. He wasn't very honest and would take more from the people than they owed. He would keep the rest of the money for himself. The people would be put in jail if they didn't give him what he wanted.

One day Jesus saw this man and said to him, "Matthew, follow me". And St Matthew immediately became a better person. He returned money to people and taught every about Jesus after Jesus died. One story, in a book called, "A Way of Life", is about St Matthew healing a the wife & son of a prince who was happy at first because his family was cured but then he tried to kill St Matthew since too many people believed him about Jesus. The prince tried to kill St Matthew three times. Once it became too dark and the soldiers couldn't see; once a very bright light blinded the soldiers and finally the prince himself became blind. He asked Matthew to heal him and teach him about Jesus Christ which he did. St Matthew became the most intellectual of the 12 apostles. He is one of the four evangelists (the four apostles that wrote gospels about Jesus teachings and life.) The other three shown in the icon are St John, St Luke and St Mark.

Arts & Crafts/Hands-on Activity: Pencils Cups



Supplies needed

1. Toilet paper tube
2. Tissue paper
3. Cardstock
4. stickers
5. tape
6. glue

Cut a cardstock piece large enough to extend beyond Toilet paper tube. Have the children color or decorate this. Cut four triangles from the top of the toilet paper roll. Bend the piece out as a base. Glue or tape the cardstock; decorate the flaps. Cover the roll in tissue paper or paint. Tape the paper and put stickers over the taped area. Or put stickers on the painted roll. Be sure to extend the tissue beyond the top so that some may be folded into the cup or paint as much of the inside top you can reach.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

Moms, Pops, & Tots Lesson 66

Use Page One for Circle Time: Good Morning Song: Prayer: Music & Movement & Bells

Story time/Religion/Lesson: – Last Session of the year

Picture- discuss our favorite Lesson

Arts & Crafts/Hands-on Activity: Lesson Craft Make graduation hats



Supplies needed

1. Black construction paper
2. Yellow yarn
3. Paperclip

Cut the paper into one square piece (8") then cut a strip long enough to go around the child's head. Glue or staple an extra piece if the remaining strips are too small. Staple the ends to make the base of the hat. Cut a series of slits along the strip so that it may be folded out. Glue the square to the top of the strip. Cut four lengths of yarn (3") each. Tie a longer piece of yarn around the center of the four strips (making a tassel at the end of the yarn). Leave the tying piece long enough to attach to the center of the hat with a paperclip. Put the paperclip through a slit in the square allowing the tassel fall freely.

Use standard Part 2 for Snack/Play/ Toys, Closing Prayer

VII. Lord's Prayer in Greek

Πάτερ ημών,	and phonetically) Pa ter ee mon
ο εν τοίς ουρανοίς	o en dees ou ra nees ,
αγιασθήτω το ονομά σου	a gi as thee to to o no ma sou.
ελθέτω η βασιλεία σου	el the to ee va si li a sou,
γενηθήτω το θέλημά σου,	gen nee thee to to the lee ma sou
ως εν ουρανώ και επί τής γής.	os en ou ra no, keh epi tees ghees.
Τόν άρτον ημών τόν επιούσιον	Ton ar ton ee mon ton epi oo si on
δός ημίν σήμερον	dos ee meen see me ron;
και αφες ημίν	Keh a fes ee meen
τα οφειλήμα τα ημών,	ta o fi lee ma ta ee mon ,
ως και ημείς αφίεμεν τοίς	os keh ee mees a fee ye men tees
οφειλέταις ημών	o fi le tes ee mon .
καί μή εισενεγκης	Keh mee ee se nen ghees
ημάς εις πειρασμόν	ee mas ees pi ra smon
αλλά ρύσαι ημάς από του πονηρού	al la ree seh ee mas apo tou po ni rou

VIII. Pictures

Reaching for Jesus Pupils workbook for the pre-school Classes. Written by Polyxeny Kalliman Nimmer revised by Mary Hallick, Ph.D Illustrations by Antionette Mellen Greek Orthodox Archdiocese of America (ISBN 0-8667-061-x) revised 1986

1. Lesson 1 – (book lesson 3)
2. Lesson 5 (book lesson 9) Children praying at the table
3. Lesson 7 (book Lesson 5) Creation
4. Lesson 9 (book Lesson 4) taking communion
5. Lesson 11 (book lesson 17) lost sheep
6. Lesson 15 (book lesson 20) our baptism
7. Lesson 16 (book lesson 6) things God made
8. Lesson 17 (book lesson 7) first God made everything Part three
9. Lesson 21 (book lesson 9) thank you God for the good things we eat
10. Lesson 45 (book lesson 1) Going to Church
11. Lesson 48 (book lesson 2) being in Church
12. Lesson 51 (book lesson 11) thank you God for friends
13. Lesson 64 (book lesson 8) wheat

“Come Bless the Lord Icon Packet” God With US Catechetical Series

1. Lesson 2 Exaltation Feast day of the Holy Cross packet # 21
2. Lesson 10 Entry of the Theotokos into the Temple packet # 24
3. Lesson 13 The Birth of Christ packet # 27
4. Lesson 14 Theophany packet # 29
5. Lesson 18 The Meeting of our Lord packet # 31
6. Lesson 25 Palm Sunday packet # 9
7. Lesson 26 Pascha packet # 13
8. Lesson 28 Annunciation packet #32
9. Lesson 29 The Dormition packet #39
10. Lesson 31 Ascension packet # 17
11. Lesson 32 St Thomas packet # 14
12. Lesson 33 Our Lady packet # 6
13. Lesson 35 Birth of the Virgin packet # 20
14. Lesson 38 Archangel Michael packet # 23
15. Lesson 39 Pentacost packet # 19
16. Lesson 40 Protection packet # 22
17. Lesson 41 Iconostasis packet cover
18. Lesson 42 Sts Peter & Paul packet # 36
19. Lesson 43 Transfiguration packet # 38
20. Lesson 46 St Nicholas packet # 25
21. Lesson 47 John the Baptist packet # 35
22. Lesson 49 Three Hierarchs packet # 30
23. Lesson 53 Holy Thursday packet # 13
24. Lesson 55 Lazarus packet # 8
25. Lesson 56 Holy Friday packet # 12
26. Lesson 57 Holy Week packet # 18 (Holy Trinity)
27. Lesson 58 Pantocrator packet # 3

28. Lesson 59 Matins – Four Evangelists packet # 40
29. Lesson 60 Myrrh bearing Women packet # 15
30. Lesson 61 Church - Last supper packet # 10
31. Lesson 62 Platitera packet # 5
32. Lesson 63 the 10 commandment #38
33. Lesson 65 St Matthew # 30
34. Lesson 66 celebration #6

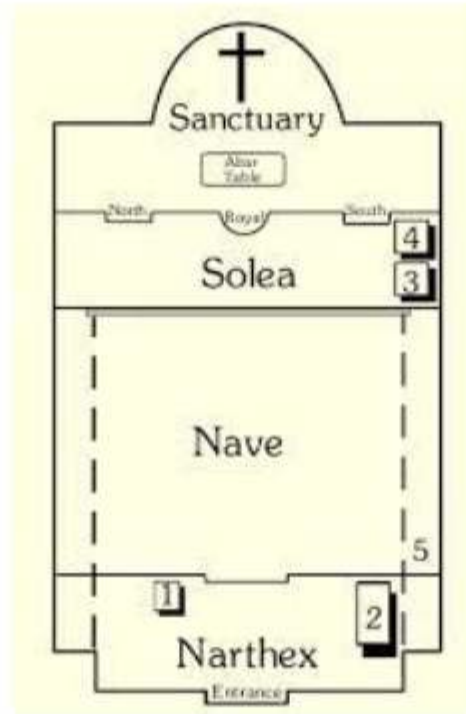
The Lord's Prayer Coloring Book
 Shirley Dobson
 1995 GOSPEL LIGHT Ventura CA 93006

1. Lesson 3- page 1 "Our Father..."
2. Lesson 4 – page 2 "Thy Kingdom..."
3. Lesson 6 – page 6 "and lead us not into..."
4. Lesson 19 – page 5 "as we forgive..."
5. Lesson 34 – last page "God has surely listened and heard..."
6. Lesson 50 – page 9 – "and the Glory..."
7. Lesson 52 - page 11 "is anyone Happy? Let...)

Miscellaneous Pictures – included in this packet.

1. Lesson 2 cross (not included)
2. Lesson 8 – Narthex
3. Lesson 12 – the Christmas story book – show as each page is read.
4. Lesson 20 Holy Mysteries -marriage
5. Lesson 22 Holy Mysteries -priest
6. Lesson 23 Holy Mysteries –Holy Unction
7. Lesson 24 – (no picture field trip)
8. Lesson 27 Holy Mysteries - confession
9. Lesson 30 – Icon of the church's name(not included)
10. Lesson 36 – prosforo seal and meaning
11. Lesson 37 – The Altar
12. Lesson 44 - Icon of the Holy Family traveling to Egypt
13. Lesson 54 – Icons (not included)
14. Lesson 64 - memorial

Image for the Narthex – the churches entry



All orthodox churches have a Narthex, Nave, Solea and Sanctuary



We light Candles and venerate Icons in the narthex

Holy Sacraments – Marriage



Crowns, Candles, Rings, Wine

Becoming a priest



There are Deacons, Priests, Bishops, Metropolitans, Archbishops and five Patriarchs (Constantinople(Turkey), Alexandra(Egypt), Jerusalem(Israel), Rome(Italy) and Antioch(ancient Turkey now Syria)



Deacon vestments are similar to priest vestments, Metropolitans and Bishops wear crowns. Patriarchs wear three medallions (Christ, The Virgin Mary and a cross).

Holy Unction

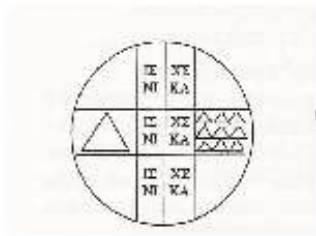


Holy Unction is offered on Wednesday of Holy Week each year

Holy Mysteries Confession



Prosforo Seal

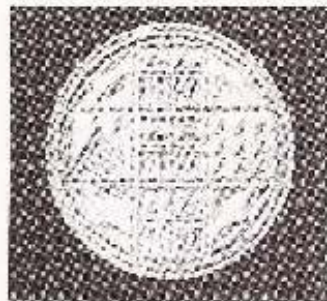


Loaf #	Piece(s) Removed,	Meaning:
1	The whole central square represents	The Lamb Jesus Christ.
2	The big triangular piece honors	The Theotokos, His Mother.
3	All 9 triangular pieces	9 Ranks of Angels and Saints.

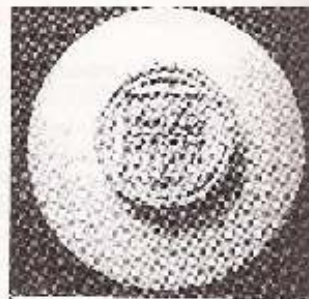
According to the prayer requests received by the Priest:

4	1 tiny piece from the top square	Each living person requested.
5	1 tiny piece from the lower square	Each of the dead requested.

The rest of the 5 loaves, and any others offered by the faithful, are blessed, then cut up to be distributed at the end of the Divine Liturgy.



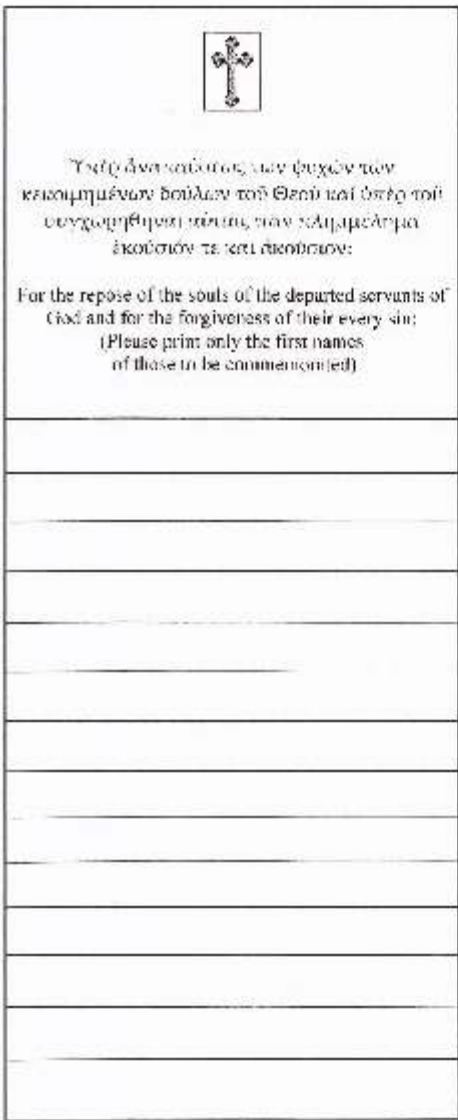
Its imprint on large breads



Small Seal's imprint







For the repose of the souls of the departed servants of
God and for the forgiveness of their every sin:
(Please print only the first names
of those to be commemorated)

Write the first names of those who are being remembered. Try to use their baptized name