

GREAT LENT & PASCHA

OUR FAMILY JOURNEY



WORSHIP

Before Lent begins, plan the services your family will attend together



TEACHING

"We cannot teach what we do not practice ourselves."
- Schmemmann



PRAXIS

Fasting, Prayer, and Almsgiving in the Little Church, our families

FASTING

As with everything we teach our children, we start early and incrementally increase it as they are ready for more. This includes fasting. As their parents, we introduce them to fasting foods from a young age so these foods are not foreign to them, but at the same time, we recognize their age appropriate needs and supplement the meal accordingly. How did we fast last year? What can we do to increase our fasting this year? This is a great opportunity to talk

1

FASTING

How did our family fast last year? How can we do more this year?

2

PRAYER

When did our family pray together last year? How can we do more this year?

3

ALMSGIVING

How much did our family give last year? How can we do more this year?

to your priest and ask for personal advice and direction that can help your family.

Before Lent begins, prepare a variety of fasting foods for everyone in your family to sample - such as lentils, quinoa, a variety of beans and vegetables, and especially foods your family hasn't tried before. You might be surprised at some of the foods your family will eat!

PRAYER

When did you pray as a family last year during Lent? What can you do to increase it this year? One of the easiest times to pray, as a family, is before every meal. Another way to gather your children for prayer is to quietly dim the lights around the house, light the charcoal in the censer, and place the incense on the charcoal. Start your own prayers and before you are done, your kids will tend to come see what is going on. You can wordlessly hand them a lit candle to hold and begin saying a prayer all of you know.



ALMSGIVING

Create a family project for Lent! Have your kids help you create a binder of fasting meals they want to eat this year. Bring your kids to the store or let them review the grocery receipts to see your average cost of groceries each week before and during Lent. Has your grocery bill gone down during Lent? If not, what can you do to change that? Place the money you've saved in a jar on your family altar. Have your children research Orthodox charities and who they help. Decide who you want to send the money to during Holy Week as your family's Lenten almsgiving.

PASCHA EGGS

- Learn about St. Mary Magdalene
- What is the symbolism of the red eggs?
- How do you dye the eggs using yellow onion skins?

