

- SUNDAY SCHOOL -

ONE YEAR WITH THE DIVINE LITURGY:

FAMILY GUIDE



GOALS FOR THE YEAR

- Learn about the Divine Liturgy
- Prepare and encourage children to have weekly Sunday dinner discussions with their parents about each week's topic
- Foster deeper participation in the Divine Liturgy

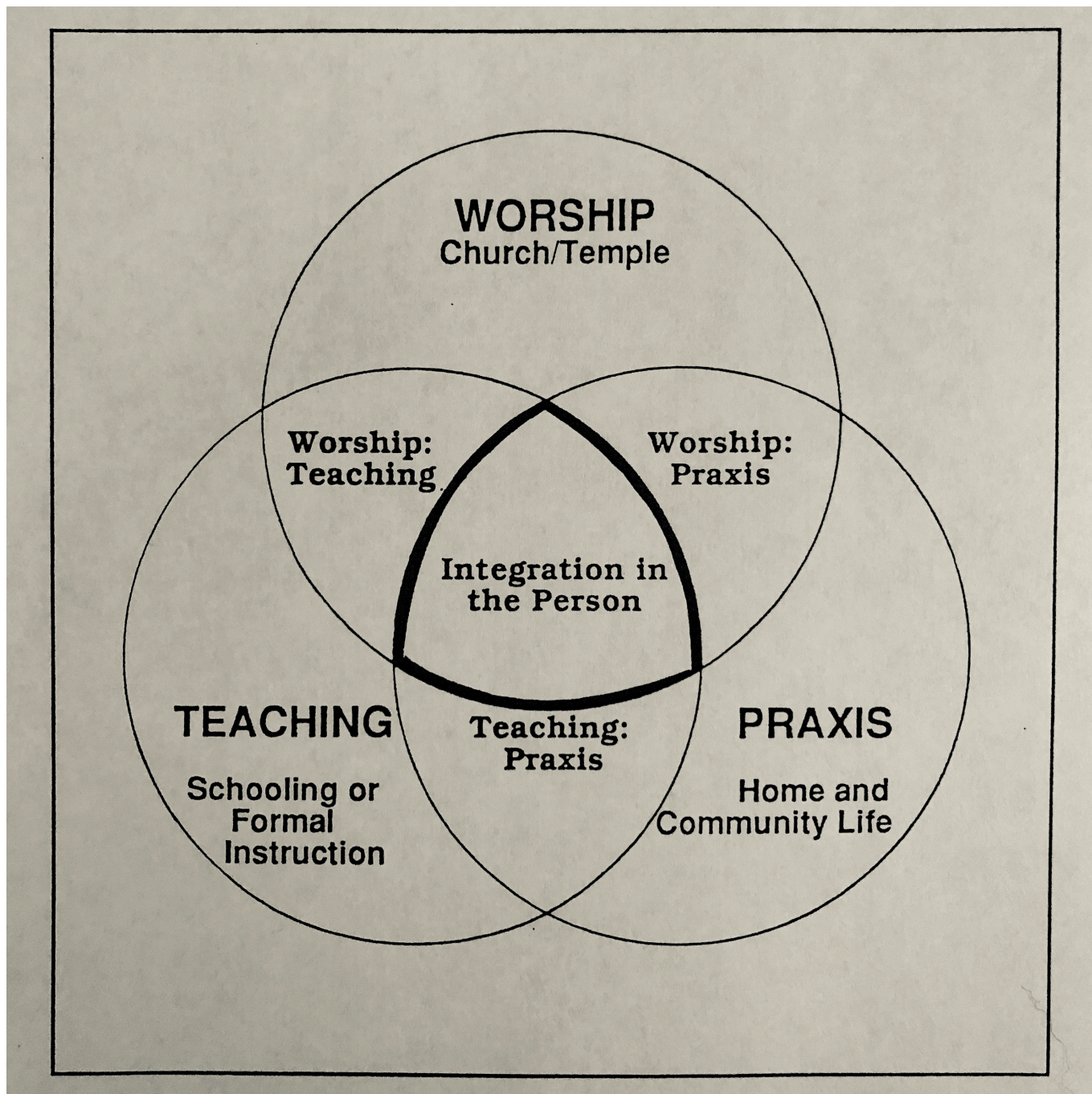


“Let everything take second place to our care for our children, our bringing them up in the discipline and instruction of the Lord.”

- St. John Chrysostom
On Ephesians Homily 21

“This integral connection between worship, teaching and practice continued in the church and was formalized in the 2nd to the 4th centuries when an elaborate system of education called the catechumenate was developed in the church. This provided a holistic approach to Christian religious education through total involvement of persons in the life of the Christian community – in worship, teaching and praxis.”

- Dr. Constance Tarasar
*A Process Model for the Design of Curriculum
for Orthodox Christian Religious Education*



WORSHIP



Attending services, as often as possible,
throughout the entire year

TEACHING



Intentionally guiding and instructing
- as well as -
continually learning

PRAXIS



Living our faith every day: at home,
school, work, and everywhere we go

CONNECTING CHURCH, SUNDAY SCHOOL, & HOME

1

ATTENDING SERVICES

During this upcoming year, make a family goal to attend more services than you did the previous year. For example, strive to go to vespers on Saturday evenings and arrive at the start of the Divine Liturgy on Sunday mornings. It will be easier for your children to make connections and learn about the Divine Liturgy when they have a frame of context, via experience, for the lessons being taught to them in Sunday School.

2

FAMILY DISCUSSIONS

We encourage you to ask your children about what they learned in class each Sunday during dinner. When we recall information, it encourages our brain to retain it in our long term memory because we've shown we will use this information again. Additionally, by having family discussions about the lessons, not only do we - as parents - learn more about the Divine Liturgy, but we are also encouraging our children to learn more about it as well.

3

LIVING OUR ORTHODOX FAITH

Towards the end of the school year, we will be discussing how we use our five senses during the Divine Liturgy. We also use them as we live our faith in our daily life - praying before meals, fasting, helping those in need around us, reading the Bible to ourselves or to each other, lighting incense during family prayer time, letting our children hold a candle while we pray before bed, reading books about the lives of the saints, baking prosphora to bring to church, planting basil in our garden to bring for the feast of the Elevation of the Holy Cross, and many other ways! We encourage you to incorporate as many of these as possible with your family in the upcoming year.



WEEKLY TOPICS: ONE YEAR WITH THE DIVINE LITURGY

WEEK 1	What is the Divine Liturgy?
WEEK 2	Worship in Homes (Early Church)
WEEK 3	Worship in the Catacombs (Time of Persecution)
WEEK 4	Worship in Churches
WEEK 5	General Structure of the Divine Liturgy (Two Main Parts)
WEEK 6	Liturgy of St. Basil
WEEK 7	Liturgy of St. John Chrysostom
WEEK 8	Presanctified Liturgy
WEEK 9	Liturgy: The Proskomide
WEEK 10	Liturgy: Antiphons, Small Entrance, Trisagion Hymn
WEEK 11	Liturgy: Epistle and Gospel Reading
WEEK 12	Liturgy: Litany of Catechumens
WEEK 13	Liturgy: The Cherubic Hymn, The Great Entrance, Litany of Completion
WEEK 14	Liturgy: The Creed
WEEK 15	Liturgy: The Holy Anaphora
WEEK 16	Liturgy: The Lord's Prayer
WEEK 17	Liturgy: Holy Communion, Thanksgiving, Dismissal

WEEK 18	Practical Preparations for Liturgy
WEEK 19	Use of the Senses During the Liturgy
WEEK 20	Sight: Icons
WEEK 21	Sight: Clergy / Vestments
WEEK 22	Sight: The Church Building / Architecture
WEEK 23	Hear: Hymns / Church Music
WEEK 24	Hear: Church Bells / Censers
WEEK 25	Touch: Making the Sign of the Cross / Kneeling / Prostrations / Veneration of Icons & Relics
WEEK 26	Touch: Priest Blessing / Addressing Clergy
WEEK 27	Smell: Incense, Beeswax Candles Burning & Their Use
WEEK 28	Taste: Holy Communion & Andithoron / (Occasional) Kolyva, Artoklasia, Phanouropita
WEEK 29	Review: One Year with the Divine Liturgy