

WEEK 19: USE OF THE SENSES DURING THE LITURGY

PRE-K - KINDERGARTEN

GOALS

How do we use our senses during the Divine Liturgy?

Why do you think the Church incorporates the use of all of our senses during the liturgy?

LESSON

Visual aid provided with this lesson on using the 5 senses during the Divine Liturgy

DIVINE LITURGY AS A TEACHING SERVICE:

God created us with many ways to process the world around us. We call this using our 5 senses. We can see things with our eyes. We can hear sounds with our ears. We smell things with our nose. We touch things with our skin and taste things with our mouth. Did you know that we use all 5 of our senses during the Divine Liturgy? Yep, we do!

When you go to church on Sundays, do you see little babies, grandmas and grandpas, and people of all ages standing around you? We all go together, don't we? There are also people at our church who are not Orthodox Christians yet. They are there learning more about God until they are baptized or chrismated, just like you and me.

With so many different ages and people with different levels of knowledge about God, it's important that the Divine Liturgy provides something for everyone to learn. The babies and little kids are learning by what they see, hear, smell, touch, and taste on the most basic level. Everyone that is older than them is also using their senses to learn, but they have a deeper understanding of what is going on around them. When we use our five senses during the Divine Liturgy, we are participating in the service.

SIGHT:

When you walk into an Orthodox church, what do you see?

(Icons, candles, people, priest, altar boys, chanter, chanter stand, altar table, etc)

SOUND:

When you are in church with your parents, what do you hear?

(Singing, prayers, the bells on the censer, the priest giving a sermon, etc)

SMELL:

Can you think of something you've smelled while you were church?

(Candles burning, incense, sometimes flowers and sometimes rose scented holy water, holy oil, etc.)

TOUCH:

There are several times we use our fingers and hands while we are at church. Can you think about one of those times?

(Lighting a candle, making the sign of the cross, kissing icons, kneeling, kissing our priest's hand, kissing a cross, taking a piece andithoron, etc)

TASTE:

What do we all look forward to tasting during the Divine Liturgy?

(Holy Communion!)

Sometimes, we have special, short services at the end of the Divine Liturgy and we get to eat other things as well. Does anyone remember one of them?

(Kolyva for memorials, red Pascha eggs after liturgy on Pascha, Artoclasia, St. Phanourios cake, and blessed bread called andithoron)

REVIEW:

- How many senses do we have? (5)
 - Can you name them? (See, hear, smell, touch, and taste)
 - Can you tell me something you see while at church?
 - Can you tell me something you hear while at church?
 - Can you tell me something you smell while at church?
 - Can you tell me something you touch while at church?
 - Can you tell me something you taste while at church?
-

OUR 5 SENSES

During the Divine Liturgy

SEE



HEAR



SMELL



TOUCH



TASTE



WEEK 19: USE OF THE SENSES DURING THE LITURGY

1ST - 2ND GRADE

GOALS

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With so many different ages and people with different levels of knowledge about God, it's important that the Divine Liturgy provides something for everyone to learn. The babies and little kids are learning by what they see, hear, smell, touch, and taste on the most basic level. Everyone that is older than them are also using their senses to learn, but they have a deeper understanding of what is going on around them. When we use our five senses during the Divine Liturgy, we are participating in the service.

SIGHT:

When you walk into an Orthodox church, what do you see?

(Icons, candles, people, priest, altar boys, chanter, chanter stand, altar table, etc)

SOUND:

When you are in church with your parents, what do you hear?

(Singing, prayers, the bells on the censer, the priest giving a sermon, etc)

SMELL:

Can you think of something you've smelled while you were church?

(Candles burning, incense, sometimes flowers and sometimes rose scented holy water, holy oil, etc.)

TOUCH:

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(Lighting a candle, making the sign of the cross, kissing icons, kneeling, kissing our priest's hand, kissing a cross, taking a piece andithoron, etc)

TASTE:

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REVIEW:

- How many senses do we have? (5)
 - Can you name them? (See, hear, smell, touch, and taste)
 - Can you tell me something you see while at church?
 - Can you tell me something you hear while at church?
 - Can you tell me something you smell while at church?
 - Can you tell me something you touch while at church?
 - Can you tell me something you taste while at church?
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OUR 5 SENSES

During the Divine Liturgy

SEE



HEAR



SMELL



TOUCH



TASTE



WEEK 19: USE OF THE SENSES DURING THE LITURGY

3RD - 5TH GRADES

GOALS

How do we use our senses during the Divine Liturgy?

Why do you think the Church incorporates the use of all of our senses during the liturgy?

LESSON

Visual aid/worksheet provided on the use of the 5 senses during the Divine Liturgy

DIVINE LITURGY AS A TEACHING SERVICE:

When you were younger, you learned that you have five senses. Who can list our five senses for us? (Sight, sound, smell, touch, taste) Our senses allow us to take in information around us for learning, exploring, entertainment, and also to keep us safe. Think about a person who is blind or deaf - they learn ways to compensate for the loss of that particular sense. Our senses are very important in helping us participate in everything we do every day, including in the Divine Liturgy. Sometimes we don't realize just how much we use our senses while we're at church. Today, we are going to go over how we use them every Sunday in order to help you recognize some of the ways you are learning during the Divine Liturgy.

During the Divine Liturgy, we use our senses not just to perceive regular things in the material world but to perceive God, the unseen world. The sights, sounds, smells, tastes, and things we touch are different here than outside and they become associated with God's presence. For example, icons are different than paintings, chanting is different than pop music, incense is different than perfume. All things are specially dedicated to God in Church, and therefore leads us to Him, not to the world.

The first part of the Divine Liturgy is known as the Liturgy of the Catechumens (or Liturgy of the Word). Catechumens are people who are not Orthodox Christians yet, but are learning and studying for when they are baptized or chrismated. Thus, the first part of the Divine Liturgy is specifically geared towards teaching those who are learning about God - and all of us are always students our entire lives, so it's for us as well. This is the part of the liturgy when we hear the epistle reading, the gospel reading, and when we hear our priest give a sermon.

Babies and little kids may not understand the epistle reading, the gospel reading, or Father's sermon, but they sure do learn still by seeing everyone and everything around them. They are constantly listening to the singing and prayers. They look to see where the smell of incense is coming from. They love kissing icons and helping to light candles. Little ones especially love when it's time for Holy Communion and then when they receive andithoron at the end.

The Divine Liturgy is wisely structured that every person can participate - instead of passively stand - at their appropriate age level using all of their senses.

SIGHT:

When you walk into an Orthodox church, what do you see?

(Icons, candles, people, priest, altar boys, chanter, chanter stand, altar table, etc)

How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

SOUND:

When you are in church with your parents, what do you hear?

(Singing, prayers, the bells on the censer, the priest giving a sermon, etc)

How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

SMELL:

Can you think of something you've smelled while you were church?

(Candles burning, incense, sometimes flowers and sometimes rose scented holy water, holy oil, etc.)

How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

TOUCH:

There are several times we use our fingers and hands while we are at church. Can you think about one of those times?

(Lighting a candle, making the sign of the cross, kissing icons, kneeling, kissing our priest's hand, kissing a cross, taking a piece andithoron, etc)

How are they different than outside the Church?

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TASTE:

What do we all look forward to tasting during the Divine Liturgy?

(Holy Communion!)

Sometimes, we have special, short services at the end of the Divine Liturgy and we get to eat other things as well. Does anyone remember one of them?

(Kolyva for memorials, red Pascha eggs after liturgy on Pascha, Artoclasia, St. Phanourios cake, and blessed bread called andithoron)

How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

REVIEW:

- Why do we use all of our senses during the Divine Liturgy? (They help us participate in the service)
 - Can you tell me something you see while at church?
 - Can you tell me something you hear while at church?
 - Can you tell me something you smell while at church?
 - Can you tell me something you touch while at church?
 - Can you tell me something you taste while at church?
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OUR 5 SENSES

During the Divine Liturgy

List three ways you use each of your senses under each category.

SEE



HEAR



SMELL



TOUCH



TASTE



WEEK 19: USE OF THE SENSES DURING THE LITURGY

MIDDLE SCHOOL

GOALS

How do we use our senses during the Divine Liturgy?

Why do you think the Church incorporates the use of all of our senses during the liturgy?

LESSON

Visual aid/worksheet provided on the use of the 5 senses during the Divine Liturgy

DIVINE LITURGY AS A TEACHING SERVICE:

When you were younger, you learned that you have five senses. They are our sense of sight, hearing, smell, touch, and taste. Our senses allow us to take in information around us for learning, exploring, entertainment, and also to keep us safe. Think about a person who is blind or deaf - they have to learn ways to compensate for the loss of that particular sense. Our senses are very important in helping us participate in everything we do every day, including in the Divine Liturgy. Sometimes we don't realize just how much we use our senses while we're at church. Today, we are going to go over how we use them every Sunday in order to help you recognize some of the ways you are learning during the Divine Liturgy.

During the Divine Liturgy, we use our senses not just to perceive regular things in the material world but to perceive God, the unseen world. The sights, sounds, smells, tastes, and things we touch are different here than outside and they become associated with God's presence. For example, icons are different than paintings, chanting is different than pop music, incense is different than perfume. All things are specially dedicated to God in Church, and therefore leads us to Him, not to the world.

The first part of the Divine Liturgy is known as the Liturgy of the Catechumens (or Liturgy of the Word). Catechumens are people who are not Orthodox Christians yet, but are learning and studying for when they are baptized or chrismated. Thus, the first part of the Divine Liturgy is specifically geared towards teaching those who are learning about God - and all of us are always students our entire lives, so it's for us as well. This is the

part of the liturgy when we hear the epistle reading, the gospel reading, and when we hear our priest give a sermon.

Babies and little kids may not understand the epistle reading, the gospel reading, or Father's sermon, but they sure do learn still by seeing everyone and everything around them. They are constantly listening to the singing and prayers. They look to see where the smell of incense is coming from. They love kissing icons and helping to light candles. Little ones especially love when it's time for Holy Communion and then when they receive andithoron at the end.

When we're older, we know the names and stories of the saints we see in the icons. We actively listen to the words of the hymns, prayers, readings, and sermon. Oftentimes, the moment we smell the scent of incense wafting through the air we immediately feel like we've left the cares of this world and have entered the peaceful embrace of God. We take care to show reverence when we touch icons and thoughtfully make the sign of the cross over and over again. We also have gotten to the point that we spend most of our week striving to prepare for Holy Communion.

The Divine Liturgy is wisely structured that every person can participate - instead of passively stand - at their appropriate age level using all of their senses.

SIGHT:

When you walk into an Orthodox church, what do you see?

(Icons, candles, people, priest, altar boys, chanter, chanter stand, altar table, etc)

How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

SOUND:

What are some of the sounds you hear while you're at church?

(Singing, prayers, the bells on the censer, the priest giving a sermon, etc)

How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

SMELL:

Can you think of something you've smelled while you were church?

(Candles burning, incense, sometimes flowers and sometimes rose scented holy water, holy oil, etc.)

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TOUCH:

There are several times we use our fingers and hands while we are at church. Can you think about one of those times?

(Lighting a candle, making the sign of the cross, kissing icons, kneeling, kissing our priest's hand, kissing a cross, taking a piece andithoron, etc)

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TASTE:

What do we all look forward to tasting during the Divine Liturgy?

(Holy Communion!)

Sometimes, we have special, short services at the end of the Divine Liturgy and we get to eat other things as well. Does anyone remember one of them?

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How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

REVIEW:

- Why do we use all of our senses during the Divine Liturgy?
(They help us participate and learn during the service)
 - Can you tell me something you see while at church?
 - Can you tell me something you hear while at church?
 - Can you tell me something you smell while at church?
 - Can you tell me something you touch while at church?
 - Can you tell me something you taste while at church?
-

OUR 5 SENSES

During the Divine Liturgy

List three ways you use each of your senses under each category.

SEE



HEAR



SMELL



TOUCH



TASTE



WEEK 19: USE OF THE SENSES DURING THE LITURGY

HIGH SCHOOL

GOALS

How do we use our senses during the Divine Liturgy?

Why do you think the Church incorporates the use of all of our senses during the liturgy?

LESSON

Visual aid/worksheet provided on the use of the 5 senses during the Divine Liturgy

DIVINE LITURGY AS A TEACHING SERVICE:

Our five senses allow us to take in information around us for learning, exploring, entertainment, processing a situation, and also to keep us safe. Think about a person who is blind or deaf - they have to learn ways to compensate for the loss of that particular sense. Our senses are very important in helping us participate in everything we do every day, including in the Divine Liturgy. Sometimes we don't realize just how much we use our senses while we're at church. Today, we are going to go over how we use them every Sunday in order to help you recognize some of the ways you are learning and processing your environment during the Divine Liturgy.

During the Divine Liturgy, we use our senses not just to perceive regular things in the material world but to perceive God, the unseen world. The sights, sounds, smells, tastes, and things we touch are different here than outside and they become associated with God's presence. For example, icons are different than paintings, chanting is different than pop music, incense is different than perfume. All things are specially dedicated to God in Church, and therefore leads us to Him, not to the world.

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The Divine Liturgy is wisely structured that every person can participate - instead of passively stand - at their appropriate age level using all of their senses.

Additionally, we learn how to focus our senses on God during the Divine Liturgy instead of on the cares of this world. The passions that we struggle with in life enter through our senses and oftentimes we have to learn how to discern between what we do and don't allow in through our eyes, ears, nose, skin, and mouth. What are some examples of indulging our senses with activities that pull us away from God instead of towards Him?
(Overuse of electronics to the exclusion of interacting with others, etc.)

SIGHT:

When you walk into an Orthodox church, what do you see?

(Icons, candles, people, priest, altar boys, chanter, chanter stand, altar table, etc)

How are they different than outside the Church?

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SOUND:

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How are they different than outside the Church?

**Note to teachers: We need to help the children understand the special things happening in the Church.*

REVIEW:

- Why do we use all of our senses during the Divine Liturgy?
(They help us participate and learn during the service as well as teach us how to focus our senses on God)
 - Can you tell me something you see while at church?
 - Can you tell me something you hear while at church?
 - Can you tell me something you smell while at church?
 - Can you tell me something you touch while at church?
 - Can you tell me something you taste while at church?
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OUR 5 SENSES

During the Divine Liturgy

List three ways you use each of your senses under each category.

SEE



HEAR



SMELL



TOUCH



TASTE


