

ONE YEAR WITH THE DIVINE LITURGY: LESSON SUGGESTIONS & SUPPLEMENTS

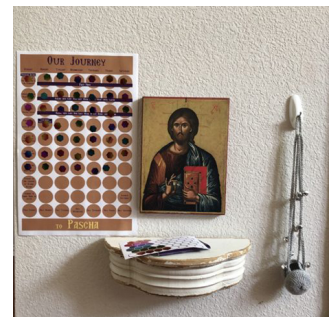
INCORPORATE THE 5 SENSES

We process the world around us through our senses: sight, sound, smell, taste, and touch. New material is retained to a far greater degree when we incorporate learning while using multiple senses.

Think about some of your most vivid memories. Were you doing something with your hands or feet? Have you ever tasted, smelled, or saw something – and it transported you right back to a childhood memory? Do you remember something that was taught to you through a song?

We can incorporate our children's senses in the classroom or home by – showing photos, watching videos, reading books, participation (making the sign of the cross, attending services, helping others), smelling the beeswax candles while praying, helping to bake the prosphoro or fasting meal, planting basil for the feast of the Elevation of the Holy Cross, and many other ways!

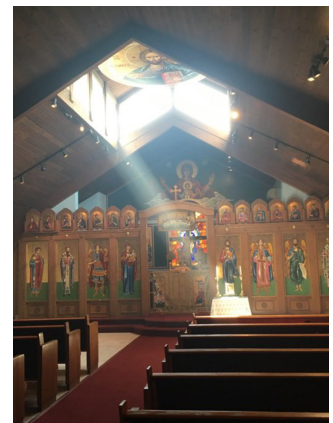
It is through the Divine Liturgy that we learn to transform our senses from seeking the things of this world to seeking God. The Divine Liturgy is structured as a teaching service and reaches each person on their own developmental level – the youngest to the oldest in our community. Our babies are already learning to recognize being in church and prayer time when they smell the incense wafting through the air, when they hear the bells on the censer jiggling as well as the hymns being sung, and when they receive Holy Communion.



PERSONALIZED VISUALS

The lessons provided in “One Year with the Divine Liturgy” contain some visual aids. I would highly recommend creating additional ones of your own, such as, taking pictures of your clergy during the Divine Liturgy at your parish. (Please make arrangements with your parish priest before doing this though.) This would be highly beneficial for everyone in your parish, but especially young children and children with special needs who think concretely about the world around them. Seeing photos of their brothers serving on the altar, their grandparents lighting candles, their sisters singing, and their priest reading the Gospel will help provide context and meaning to the lessons being taught in the classroom that would otherwise be too abstract for them.

As an additional activity or lesson(s), teach your children about each of the individual icons on the walls and ceiling of your church. Who are these saints? What are these feast days? These lessons will help to keep the children engaged during the liturgy when they can look up and see the stories of the saints all around them.



BULLETIN BOARD

One Year with the Divine Liturgy



Create a bulletin board in your classroom, church school hallway, fellowship hall, or in your home chronicling your journey through *One Year with the Divine Liturgy*. You can hang up all the weeks at once or hang up one per week, showing your progression through the curriculum. This can be used as a resource to review prior lessons, to share with others this week's lesson, or to encourage home discussions and/or activities.

Extension Activity:

Provide your children with an index card at the end of each lesson and ask them to write a short summary of the lesson. We retain information with more detail and for longer when we review the lesson afterwards. We especially remember the new material when we're asked to recall it the next day, or in this case, the following Sunday. This bulletin board provides us the opportunity to review our entire school year as the pictures help to jog the children's memory months later. It is so crucial to incorporate as many senses as possible to help our children retain all these lessons in long term memory.



