CHALLENGE

THE PULSE OF ORTHODOX YOUTH

Christ is Risen! Truly He is Risen!

Remembering the Resurrection… Everyday!

by Eva Kokkinos

Take a moment to think about a joyous occasion in your life. Some of those moments happen only once in a lifetime, so we do a lot of things to remember those special events. We take pictures, we hold on to souvenirs, we reunite with people from that special day, or we return to the location of that special event to reminisce. Ultimately, we never want the memory of that joyous event or moment to fade in our minds and hearts.

On April 15, Orthodox Christians around the world celebrate the most joyous event of the year… the glorious Resurrection of our Lord! With a powerful and emotional voice, each one of us proclaimed "Christ is Risen" to announce the Good News that Jesus Christ "trampled death by death… bestowing life to those in the tombs." Nothing compares to that moment when we lift up the candle and sing.

Unfortunately, Bright Week comes along and we are ALREADY back to "life as usual." We get back to work, school, sending emails, text messages, posting on Facebook, gossip, jealousy, arguments… If Pascha is the most joyous event of our lives as Orthodox Christians, how are we keeping that joy in our hearts and minds? How can we remember the Resurrection

EVERYDAY? Here are just a few simple ways that we can remember this feast throughout the year and keep the joy of the Resurrection alive in our hearts.

REMEMBER THE RESURRECTION by attending Divine Liturgy

Sometimes we forget that we have an opportunity to celebrate and remember the Resurrection of Christ every week through the Divine Liturgy in our Churches. What better way to remember the joyous Resurrection than by going back weekly to the place where we celebrate it every year! From beginning to end, the prayers, hymns, and Holy Scriptures guide our hearts and minds toward the Resurrection.

REMEMBER THE RESURRECTION by Keeping an Icon of the Resurrection

We often have pictures of those special moments in our lives. We keep photo albums and framed photos to remind us of those occasions. An excellent way to remember the Resurrection of our Lord is to keep an icon of the Resurrection with you. Start by having an icon of the Resurrection in your room… at your desk, on your wall, or on your nightstand. You will begin and end your day by seeing an icon that reminds us of Pascha. You might also choose to keep a laminated icon in your school bag, locker, or your car. In times of joy or sorrow, you will always have the joyous Resurrection with you.

REMEMBER THE RESURRECTION by Serving and Loving Your Neighbor

We know that Christ gave His life willingly, so that we may be free and we can inherit eternal life. The Resurrection of our Lord is a result of His selflessness and unconditional love for every single person in the world. One way that we can remember the Resurrection every day is to love our neighbor and to give to those in need. We can donate food, clothing, monetary assistance to the poor, donate our time at school and church, help out a friend by listening to their concerns, and much more.

Ultimately, giving of our time and our resources in even the smallest ways for our friends AND foes honors the sacrifice that God made for all mankind.

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Proclaim the Resurrection Around the World

According to many different resources, there are approximately 300 million Orthodox Christians throughout the world. During the period between Pascha and Ascension, Orthodox Christians forgo the usual greetings of "Hi" or "Hello." Instead, Orthodox Christians greet each other with "Christ is Risen" and respond "Truly He is Risen." It is our joyous proclamation of the Lord's Resurrection to those we meet. Here are just a few ways that this greeting is shared throughout the world:

ENGLISH
Christ is Risen! Truly He is Risen!

GREEK
Christos Anesti! Alithos Anesti!

ARABIC
Al-Masih-Qam! Hakkan Qam!
ROMANIAN
Hristos a enviat! Adeverat a enviat!
RUSSIAN
Khristos Voskrese! Voistinu Voskrese!
FRENCH
Le Christ est ressuscité! Vraiment Il est ressuscité!
GERMAN
Christus ist auferstanden! Er ist wahrhaftig auferstanden!
ITALIAN
Cristo e risorto! E veramente risorto!
JAPANESE
Harisutosu fukkatsu! Jitsu ni fukkatsu!
SPANISH
Cristo ha resucitado! Verdaderamente, ha resucitado!
SWAHILI
Kristo Amefufukka! Kweli Amefufukka!