

PREPARING YOUR FAMILY FOR LENT

TOOLS AND RESOURCES

FAMILY GOSPEL LESSONS – These lessons help families prepare for the upcoming Sunday by reading the Gospel lesson, discussing, Praying and doing an activity around it.

http://www.goarch.org/archdiocese/departments/family/files/len/family_gospel

PASCHA PASSPORT – The Pascha Passport is intended to be used as a means of enrichment and education on your journey through Lent to Pascha. It is a small booklet, about the size of an actual US passport (with a much prettier cover). Much like a real passport, it has many different spaces for stamps; however, the stamps that go in this passport are of beautiful icons that correspond to each destination in the Pascha Passport.

<http://www.stspyridons.org/lentenmaterials/>

RAISING LAZARUS – The Raising Lazarus Project is designed to raise awareness about the Sacrament of Confession. It strives to teach parishioners about confession (why and how we confess), guide them towards setting up a confession with their priest, and give them tools to actually confess. <http://www.stspyridons.org/lentenmaterials/>

ZINES – These resources explore one topic of the Orthodox Christian Faith in easy-to-read bites of information and accompanying images, with many interactive elements, such as questions for reflecting or things to look up in the Bible. For this season they offer Journey through Great Lent and Journey through Holy Week.

www.religionsed.goarch.org

ICON ORNAMENT KITS – Offered for the Sunday's of Lent and the Days of Holy Week. Each kit offers pre-printed shrink paper. Color the full sized sheets and then bake them in the oven to shrink them to ornament size.

www.paideaclassics.org

MY BEAUTIFUL LENT – This program is designed to eliminate the dread and stress of feeling like an extra layer is being added to an already tapped out life, and simplify it. By knowing that the areas that require decision making are taken care of, time is freed up to use the fast for the nourishment of the soul, leaving room for the blessings that the Church intends and that God wants to give freely. www.mybeautiful Lent.com

WEBINARS AND PODCASTS

ORTHODOXY LIVE

Fr. Evan Armatas offers listeners an opportunity to ask pointed questions about the Orthodox Church in this podcast. The program streams live, with listener call-ins from around the world, on the first and third Sundays of each month at 8:00 PM Eastern/5:00 PM Pacific on Ancient Faith Radio's Talk Station. To listen to a two-part series on Lent and Holy Week: http://www.ancientfaith.com/podcasts/series/holy_week_special_edition_of_orthodoxy_live

TRANSFORMING OUR LIVES

In this podcast, Fr. Evan Armatas shares lessons from Scripture, Tradition, and the Fathers with his parish in Loveland, Colorado. To listen to a three-part Lenten Retreat:

http://www.ancientfaith.com/specials/armatas_transforming_our_lives

RAISING SAINTS

Elissa Bjeletich offers tools to bring the Orthodox Christian faith to life for our children in this podcast and blog. Providing specific ways to express complex ideas to children so that they can understand and make them their own, and offering concrete and practical suggestions to reinforce those ideas, this podcast hopes to equip adults to share the faith with children, shaping the way in which our youth understand their lives. Some past podcast focused on the Lenten season

- Fasting as a Family

http://www.ancientfaith.com/podcasts/raisingsaints/fasting_as_a_family

- Great Lent: A Season of Increase and Decrease
http://www.ancientfaith.com/podcasts/raisingsaints/great_lent_a_season_of_increase_decrease
- Lenten Struggles and Anxieties
http://www.ancientfaith.com/podcasts/raisingsaints/lenten_struggles_and_anxieties
- The Devil's Fast
http://www.ancientfaith.com/podcasts/raisingsaints/the_devils_fast
- Teaching Why We Fast
http://www.ancientfaith.com/podcasts/raisingsaints/teaching_why_we_fast
- Leading the Family into the Great Fast
<http://blogs.ancientfaith.com/raisingsaints/leading-family-great-fast/>

FAITH AND FAMILY PODCAST

This monthly podcast features talks on Orthodox spirituality as it relates to our family lives and responsibilities, and hopes to offer practical advice and solutions for the many challenges facing today's Orthodox families and individuals. Episodes that are relevant to our Lenten Journey:

- Lent in the Home
<http://myocn.net/lent-home/>
- Children and Confession
<http://myocn.net/children-and-confession/>
- Lazarus and Spiritual Healing
<http://myocn.net/lazarus-spiritual-healing/>

BE THE BEE

This brief weekly video podcast will focus on the various ways in which God has infused all of creation with goodness and beauty. The title refers to the metaphor of the bee and the flies that was used by Elder Paisios to describe how Christians should approach life.

<http://bethebee.goarch.org/>

WEBINARS

- Preparing Your Family for Great Lent
www.family.goarch.org
- Preparing Your Family for Holy Week
<http://www.goarch.org/archdiocese/departments/family/events/hwprepare>
- Observing Holy Week as A Family
<http://www.goarch.org/archdiocese/departments/family/files/webinars/coffeefolder/coffeewiththebcfc>

FOR MORE INFORMATION AND IDEAS FOR FAMILIES

- Greek Orthodox Archdiocese of America
<http://lent.goarch.org/>
- Illumination Learning – A collection of Orthodox Christian resources for family-centered catechesis
www.illumination-learning.com
- Phyllis Onest – Resources for Orthodox Christian Religious Educators
www.phyllisonest.com
- Orthodox Family Life Archives
www.theologic.com/oflweb
- Ancient Faith Ministries
<http://www.ancientfaith.com/>
- Orthodox Christian Network
<http://myocn.net/>