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**OBJECTIVE**

To have each family member understand that Jesus Christ is from above and we need to keep our eyes on His heavenly kingdom as our goal and final destination in life.

**PREPARATION**

The committee leading this activity should review and use the *Preparing for the Family Night* checklist in *Appendix B* to plan for the event.

Session leaders should allocate sufficient time to prepare, familiarizing themselves not only with the session but also with each of the following Bible passages: John 8:23, Genesis 28:10–17, Isaiah 2:2–3, and John 14:1–4. In addition, look over any prayers that will be used so that you are comfortable with them as well. If theological questions arise during preparation, the leader(s) should schedule a meeting with the parish priest so that the lesson is fully understood before the session.

On the day of the session, allow time to organize the materials.

**MATERIALS NEEDED**

For the Whole Group

- Copies of prayers and/or prayer services (*for all participants*)
- Flip chart, masking tape, and markers
- Bibles (*one per family*)
- *Family Time: Opening Activity* handouts (*see pp. 185–186*)
- *Family Time: Closing Activity* handouts (*see pp. 187–188*)
- Pens/pencils and paper
- *Family Night: Taking It Home* handouts (*see pp. 189–190*)

For Children's Break-out Session

- Paper bags
- Random props for skits

For Teenagers' Break-out Session

- *Small Group Activity* handout (*see p. 181*)
- *Personal Reflection* handout (*see p. 182*)
- Pens/pencils

For Adults' Break-out Session

- Butcher paper
- Set of markers

**OPENING AND CLOSING PRAYERS**

*We recommend that as a parish family you begin and end your evening with a worship service or prayer. We have included a Small Compline service in Appendix A to reproduce and distribute for all to participate. If you choose a different service, make every effort to have the text available for everyone. For alternative prayer time, teach the families these hymns from the Feast of the Ascension of Our Lord. It is important to take a few minutes as a group to review the meaning of the hymn so that all can be active participants when praying. Consult with your parish priest for guidance in this.*

O Christ our God, upon fulfilling Your dispensation for our sake, You ascended in glory, uniting the earthly with the heavenly. You were never separate but remained inseparable,

# SESSION 10

## I AM FROM ABOVE

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and cried out to those who love You, “I am with you and no one is against you.”

—**Kontakion of the Ascension**

O Christ our God, You ascended in glory and gladdened Your disciples by the promise of the Holy Spirit. Your blessing assured them that You are the Son of God, the Redeemer of the world.

—**Apolytikion of the Ascension**

**OPENING ACTIVITY:** ASCENDING TO THE ASCENSION (15–20 minutes)

*After the opening prayers, give each family a Family Time: Opening Activity handout. Begin the discussion when most of the families have completed the task.*

**DISCUSS** (*Look first to the children for answers and reflect back.*)

- What do we celebrate on the Feast of the Ascension?
- What does the feast mean to our lives?
- In the Bible, Jesus says, “*You are from beneath; I am **from above**. You are of this world; I am not of this world*” (John 8:23). What do you think He meant by this? (*Allow several people to answer before beginning the opening remarks.*)

**OPENING REMARKS** (*Paraphrase in your own words.*)

Very good answers! Before we move on, I want to make sure you remember what Jesus said. Let’s all read it together:

*Write John 8:23 on a flip chart or project on the wall for all to see. Have everyone recite the passage in unison. If you like, have a quick contest to see who can recite it the loudest—the adults or the children.*

Man has always looked for knowledge of God from above. Moses climbed Mount Sinai to receive the basic law of God, the Ten Commandments. The prophets received their revelations from on high. Even our Lord, Jesus Christ, was revealed to us by the voice of the Father from on high at the Theophany. Forty days after His Resurrection, Christ ascended to Heaven, but this did not put an end to His connection with His faithful. He is still there for us, actively preparing for the day when we will join Him in His heavenly kingdom above. Before we move on, let’s see who remembers what Jesus said. (*Say the following and allow participants to fill in the blanks.*)

*Jesus said to him, "You are from \_\_\_\_\_; I am from \_\_\_\_\_. You are of this \_\_\_\_\_ and I am not of this \_\_\_\_\_."*

**BREAK-OUT SESSIONS** (45–60 minutes)

Three age-appropriate break-out sessions are offered on the following pages. These may or may not work for your parish, depending on the number of families that participate. If you are not able to break into three groups, keep participants together and adapt one of the sessions to best meet your needs.

- Children's Break-out Session—Jacob's Ladder (p. 177–178)
- Teenagers' Break-out Session—Come, Let Us Go Up (p. 179–182)
- Adults' Break-out Session—Looking Toward Heaven (p. 183–184)

Transitioning smoothly from one activity to the next is critical when leading a session, especially for young children. For this reason, make sure to know exactly where each group is going for the break-out sessions and who is leading them. Give clear instructions and proper support so the lessons can begin promptly.

Please note that the children's and teenagers' groups will vary greatly in age, as well as in developmental and spiritual levels. If there are many children, it would be best to split the preschoolers through 2<sup>nd</sup> graders into one group and the 3<sup>rd</sup> through 6<sup>th</sup> graders into another. Likewise with the teenagers, split the junior high and high school students into two groups when appropriate. However the groups are arranged, make sure that all the young people are fully engaged in the lesson. For more specific information about the developmental needs of children and teenagers, see the *Guidelines* published by the Department of Youth and Young Adult Ministries of the Greek Orthodox Archdiocese of America ([www.youth.goarch.org](http://www.youth.goarch.org)). Above all, always be certain there is enough adult supervision to ensure that the young people will be safe and supported in their learning.

**CLOSING ACTIVITY** (15–20 minutes)

*Reassemble the participants back together as families. Give each family group a Family Time: Closing Activity handout. Have them follow the instructions on the handout, and when most families are done (they can continue at home if necessary) begin the wrap-up discussion.*

**DISCUSS** (Look first to the children for answers and reflect back.)

- What did you learn today?
- What are you going to do as a family when you get home?
- Does anyone remember the passage about Jesus we learned earlier? (Repeat as a group.)

**WRAP-UP** (Paraphrase in your own words.)

Often, our lives are focused on the here and now. Our daily routine seems to be focused on what has to be done just to get through the day. How often do we stop, look up to God, and ask Him what He wants for our life? What is our personal commission in life?

# SESSION 10

## I AM FROM ABOVE

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We have been called to be disciples of Jesus Christ. We must lift up our hearts and let the heavenly kingdom radiate through us. The more we do this, the more we will be living life as true disciples of Christ—teaching others through our example. Look up and experience the love that comes from God. Focus on Him so that one day we will be able to abide with Him in His heavenly kingdom.

### **AS FAMILIES PREPARE TO LEAVE**

- Remember to close with a short worship service or closing prayer.
- Don't forget to give families the *Family Night: Taking It Home* handout.
- Let them know when the next Family Night is scheduled.
- Enlist families to help you clean up (*rotate monthly*).
- Thank them sincerely for their attendance and participation.

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## JACOB'S LADDER

### CHILDREN'S BREAK-OUT SESSION

#### **OPENING STATEMENT** (*Paraphrase in your own words.*)

We just learned that Christ is from above. Today we are going to hear a very special story from the Bible about a man named Jacob and a ladder to heaven.

#### **DISCUSS** (*Allow all to share and reflect back.*)

- What do ladders do?
- Have any of you ever climbed a ladder?
- What was hard?
- Did you need help?
- If you had a really, really tall ladder, do you think you would need help?
- What happens if you fall?

#### **STATE** (*Paraphrase in your own words.*)

Ladders help us get to things that are too high for us to reach on our own. When we are on a ladder, we should take only one step at a time very carefully so that we don't fall. As Christians, we strive to reach something higher every day: heaven. You can't go to the Home Depot and buy a ladder to take you to heaven. But the image of climbing a ladder is a good way to be mindful of our journey to heaven. When we are focused on God, we slowly work our way up the ladder. When we are focused only on ourselves, we might miss a step and slide down the ladder. What do we do when this happens? (*Allow children time to share their answers.*) We pick ourselves up, ask for forgiveness, focus our attention back on God and begin climbing again.

#### **BIBLE PASSAGE:** GENESIS 28:10–17

We are going to start by hearing a story from the book of Genesis in the Old Testament of the Bible. Today we are going to learn about Jacob who had a dream about a ladder.

*Jacob left Beer-sheba and went toward Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a ladder set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. And the Lord stood beside him and said, "I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and your offspring; and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not*

# SESSION 10

## I AM FROM ABOVE

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*leave you until I have done what I have promised you.” Then Jacob woke from his sleep and said, “Surely the Lord is in this place—and I did not know it!” And he was afraid, and said, “How awesome is this place! This is none other than the house of God, and this is the gate of heaven.”*

**DISCUSS** (*Allow all to share and reflect back.*)

- Tell me in your own words what happened in this story?
- Can you imagine seeing a ladder that reached all the way to heaven with angels on it? What would you do if you saw this?

**SMALL GROUP ACTIVITY: LADDERS TO HEAVEN**

Now you will have the chance to create a skit about finding a ladder to heaven. We are going to split you into groups with 5–6 people each, and you will have 10 minutes to create your skit. You can sing. You can dance. You can silently act out your skit without talking—whatever you want. We will give each group a grocery bag with things that you need to use in your skit. Each bag has different items, and some of them might be quite silly. Just have fun and include everyone in your group.

*Make sure there are enough adults to help the children stay on task. When 10 minutes have passed, have the young people act out their skits. Consider having them act the skits out for the large group of all the participants—children, teenagers, and adults.*

**WRAP-UP** (*Paraphrase in your own words.*)

Those skits were wonderful! I want to let you in on a little secret: our Orthodox Church has a ladder to heaven. Can anyone guess where we might find it? (*Allow children time to guess, then proceed with the following.*) In the Orthodox Church, we consider the Theotokos—the Mother of God—our Ladder to Heaven. Because of her Jesus came down to earth, and because of that we can go up to heaven. Let us pray to the Theotokos that she can help us climb to heaven to live eternally with her Son.

*Close by chanting the following hymn:*

Through the prayers of the Theotokos, Savior save us. (*3 times*)

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## COME, LET US GO UP

### TEENAGERS' BREAK-OUT SESSION

#### **OPENING ACTIVITY:** MOUNTAIN CLIMBING

We are going on a trip today. We are going to hike up a very large mountain. Don't worry; you won't even have to get out of your seats—it is an imaginary hike. So, let's get started. We are going to break you into four groups, and each group will help to prepare for our hike in some capacity. You will have five minutes to discuss your part. Then you will report back to the whole group.

*When the allotted time has passed, bring the groups back together and have them share their part. Start with Group 1 and proceed accordingly. After each group has shared, proceed with the following discussions.*

#### **DISCUSS** (*Allow all to share and reflect back.*)

- Why is it important to plan our trip before we go?
- Why is it necessary to prepare what we need for our trip?
- Why is it necessary to physically prepare ourselves for the trip?
- Why is it necessary to consider things we want to be mindful of along the way?

#### **STATE** (*Paraphrase in your own words.*)

Planning is always important, especially when we are going somewhere we have never been. We must first know where we are going and then plan what we need to bring. It is also critical that we prepare ourselves physically so that we are fit enough for this journey. Consideration should also be given to the journey itself especially detours and other obstacles we may find. We spoke today of a trip to a mountain, but there is another mountain we need to climb up: the mountain of our Lord. Let's read a passage from the Book of Isaiah found in the Old Testament.

#### **BIBLE PASSAGE:** ISAIAH 2:2–3

*Now it shall come to pass in the latter days That the mountain of the Lord's house Shall be established on the top of the mountains, And shall be exalted above the hills; And all nations shall flow to it. Many people shall come and say, "Come, and let us go up to the mountain of the Lord, To the house of the God of Jacob; He will teach us His ways, And we shall walk in His paths." For out of Zion shall go forth the law, And the word of the Lord from Jerusalem.*

#### **DISCUSS** (*Allow all to share and reflect back.*)

- What is happening in this passage?
- What do you think the mountain represents?
- According to this passage why should we "go up to the mountain of the Lord?"
- What does this mean for our lives?

#### **STATE** (*Paraphrase in your own words.*)

# SESSION 10

## I AM FROM ABOVE

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There is much energy in this passage. You really get the sense that the people are excited to go up to the Lord's mountain. We all certainly would be excited to go and see God on His mountain. Yet, we have this opportunity all the time and fail to take advantage of it. You see, the mountain in this passage represents the church. Can you imagine if people each Sunday woke up and proclaimed with excitement, "Come, and let us go to Church." What if people started having this excitement not just on Sunday but every day and went to church whenever a service was offered? When we enter into the church, we leave this world and enter into heaven on earth. We begin the Divine Liturgy by saying, "Blessed be the kingdom of the Father, the Son, and the Holy Spirit, now and forever and to the ages of ages." This is not a faraway kingdom that is being blessed but where we are standing in the heavenly kingdom on earth. Some of you might say, "How can this be heaven? I am bored." It appears this way because you are trying to climb the mountain of the Lord without any preparation. But how do we prepare?

### PERSONAL REFLECTION

We want you to take the next five minutes to silently reflect on how we can prepare to enter the kingdom of heaven through church. Use this personal reflection sheet to guide you. Write on them if you wish. We won't be collecting them; they are for you to keep.

*When the appropriate time has passed, bring the young people back together to discuss.*

### DISCUSS *(Allow all to share and reflect back.)*

- Which services will we attend? Where can I get a copy of the services to follow along?
- How can we prepare ourselves for the services by learning more about them?
- How can we prepare ourselves for the services physically, mentally, emotionally, and spiritually?
- What distractions might we face either during the services or on our way to them that might keep us from fully attending? How can we work to avoid them?
- What questions do we have? How can we begin to seek out the answers?

### WRAP-UP *(Paraphrase in your own words.)*

As Christians, we must keep our focus to be mindful of our ultimate goal in this life: heaven. This may seem to be a distant goal, but in reality it is very near. Remember that our time in this life won't even measure a second when compared to eternity. We regularly have the opportunity to leave our worldly cares behind us and enter into the heavenly kingdom through church. We must put some effort into preparing ourselves for participating in church by learning more about the services and our role in them. We promise you if you put the effort into preparing you will realize that the church is heaven and not just something we passively sit back and watch.

*After five minutes have passed, close with the following prayer:*

O Christ our God, upon fulfilling Your dispensation for our sake, You ascended in glory, uniting the earthly with the heavenly. You were never separate but remained inseparable, and cried out to those who love You, "I am with you and no one is against you."

—Kontakion of the Ascension

### SMALL GROUP ACTIVITY: MOUNTAIN CLIMBING



We are going on a trip to a mountain. Each group is responsible for planning one part of the trip. Before you start planning, read the instructions for all the groups. Stay focused on your own instructions to reduce any overlap.

**GROUP 1**

Your group needs to plan where we are going. What is needed to get there? What information do we need to gather about the hiking trail and general location before we go?

**GROUP 2**

Your group needs to help us prepare for our trip by telling us what we need to bring. What things do we need to pack for our hike?

**GROUP 3**

Your group needs to decide how to train for the hike. What physical, mental, emotional, and spiritual preparations do we need for this journey?

**GROUP 4**

Your group needs to make notes of things to keep in mind while we hike. What obstacles might we face, and how will we prepare for them?

*Discuss and write your comments below. Someone in your group will need to report back to the whole group when you are done.*

**PERSONAL REFLECTION**

## SESSION 10

### I AM FROM ABOVE

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*Now it shall come to pass in the latter days That the mountain of the Lord's house Shall be established on the top of the mountains, And shall be exalted above the hills; And all nations shall flow to it. Many people shall come and say, "Come, and let us go up to the mountain of the Lord, To the house of the God of Jacob; He will teach us His ways, And we shall walk in His paths." For out of Zion shall go forth the law, And the word of the Lord from Jerusalem. —Isaiah 2:2–3*

### **You are going up to the mountain of the Lord. How will you prepare?**

Which services will I attend? Where can I get a copy of the services to follow along?

How can I prepare myself for the services by learning more about them?

How can I prepare myself for the services physically, mentally, emotionally, and spiritually?

What distractions might I face either during the services or on my way to them that will keep me from fully attending? How can I work to avoid them?

What questions do I have? How can I begin to seek out the answers?

*\* An excellent book to help you learn more about the Divine Liturgy is Living the Liturgy by Fr. Stanley Harakas, available from Light and Life Publishing ([www.light-n-life.com](http://www.light-n-life.com)).*

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## LOOKING TOWARD HEAVEN

### ADULTS' BREAK-OUT SESSION

#### OPENING STORY

We want to begin today's session by sharing a very special story with you about the difference between heaven and hell.

*One day God visited a special old saint. "You have been a faithful follower of mine all these years," God said. "Is there anything that still puzzles you about my kingdom?"*

*"Yes," the saint confessed. "Although I have read all of the words of Scripture, I still have no idea what heaven and hell are like. I would be deeply grateful if you help me understand."*

*"Normally I do not answer questions that belong to the realm of mystery," God said, "but since you have led such an exemplary life, I will give you a preview of the world to come."*

*In the twinkling of an eye the woman was transported through time and space until she found herself standing before the gates of hell. It was not at all what she expected. As she walked through the magnificent black gates, the old saint was struck with the beauty of the place. Ahead of her she saw a huge banquet room with long tables filled with food. It was the most delicious food she had ever seen. All of the residents of hell were seated about the tables. They all looked normal except for one very important difference. All of the people had very large arms, nearly six feet in length. At the end of each arm was a fork, but the people were unable to eat because no one had an elbow. Even though all of the food was so close at hand, they were unable to put the forks into their mouths. The sounds of hell were not very pleasant, for the people cried out in agony.*

*Suddenly the woman was transported to heaven. Ahead of her were gleaming white gates. When she walked into the celestial city she was surprised to see that things looked very much like they did in hell. Ahead of her was a banquet table, quite similar to the one she had seen moments before. The food looked amazingly similar. As the woman walked closer to the table, she could see that people were built identically to those in hell. All had long arms with no elbows and forks at the end. The sounds in heaven, however, were very different. People were laughing and singing, for they found their long arms to be no great disadvantage. Each person simply loaded his or her fork and then reached out across the table to a friend. The situations were identical except for this one thing: in heaven people fed each other. —Citation Unknown*

**DISCUSS** (*Allow all to share and reflect back.*)

- According to this story what are the differences between heaven and hell?
- What does this story teach us?

**STATE** (*paraphrase in your own words*)

During this lifetime, we can never know what heaven or hell is like. But this story beautifully illustrates a powerful lesson: heaven and hell aren't different, but the type of people we are impacts how we react in them. A father of the Church said hell is being in

# SESSION 10

## I AM FROM ABOVE

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the presence of God's love but not being able to accept it. Let's read what the Bible says. In the following passage, Jesus told these words to His disciples during the Last Supper, shortly before His crucifixion.

**BIBLE READING:** JOHN 14:1–4

*Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also. And where I go you know, and the way you know.*

**DISCUSS** (*Allow all to share and reflect back.*)

- What is being said here?
- How can there be “many mansions” in a house?
- What does this mean to our life?

**SMALL GROUP ACTIVITY:** VISIONS OF HEAVEN

Based on what you have learned today, we would like you, in groups of 4–5 people, to create a mural representing heaven. Use words or pictures; be creative. You will have five minutes to do this, and then you will share your mural with the group.

*After time has passed, have each group share their murals and then proceed with the following wrap-up.*

**WRAP-UP** (*Paraphrase in your own words.*)

Heaven is something so wonderful we can't even begin to comprehend it. We are curious people who get caught up in wanting to know everything. We feel that without facts/evidence we can't believe. The church is full of many mysteries. We can't even begin to comprehend their depth and beauty. Heaven is one of these mysteries that will be revealed, by God's grace, at the end of a faithful life. Heaven is not a mystery being hidden from us but rather one waiting to be revealed to the faithful when they depart the world and the master says, “Well done, good and faithful servant ... Enter into the joy of your lord” (Matthew 25:21). We need to shift our focus from trying to understand heaven to what we need to do to be received there. Keep looking toward God and He will bring us to the place He prepared for us—His heavenly kingdom.

*Close with the following prayer:*

O Christ our God, upon fulfilling Your dispensation for our sake, You ascended in glory, uniting the earthly with the heavenly. You were never separate but remained inseparable, and cried out to those who love You, “I am with you and no one is against you.”

—**Kontakion of the Ascension**

# FAMILY NIGHT: TAKING IT HOME

*And He said to them, “You are from beneath; I am from above. You are of this world; I am not of this world.” —John 8:23*

## PRAY TOGETHER

*O Christ our God, upon fulfilling Your dispensation for our sake, You ascended in Glory, uniting the earthly with the heavenly. You were never separate but remained inseparable, and cried out to those who love You, “I am with you and no one is against you.” —Kontakion of the Ascension*

## MORE ON BEING FROM ABOVE

<i>... speak with you from above ...</i>	<i>Exodus 25:22</i>
<i>Stretch out your hand from above ...</i>	<i>Psalms 144:7</i>
<i>He who comes from above is above all ...</i>	<i>John 3:31</i>

Want to find more?

Grab your Bible and concordance and look up “from above” or anything else you want to look for.

## LIFT UP YOUR EYES

BY FR. ANDREW DEMOTSES

Because I am an early riser, it has long been my custom to take a long daily walk, which usually begins just as the sun is rising. Because the route that I follow is always the same, people have wondered if it might not get boring. But the fact is that each day’s walk is always different; sometimes it is the spectacular colors of the sunrise, or the flowering of a crabapple, or the hues of a sugar maple in early autumn that help to make each day’s walk a new experience. I have often said to my friend and walking partner, “look at that beautiful sight” as we lift up our eyes to survey the landscape around us, and see something for the first time.

These experiences have often made me think of the people to whom the prophet Isaiah was speaking. Seeking to prepare them for their terrible exile in Baby-

lon, he urged them to look up, to lift their eyes toward the heavens and to thereby be reminded of the majesty, power, and faithfulness of their sovereign Lord. “To whom can our Holy God be compared? Is there anyone else like him? Look up at the sky! Who created the stars that you see?” (40:25–26).

The prophet’s exclamation is good advice for us as well. All of us become involved in the daily difficulties and pressures of life. We become overwhelmed by them and begin to lose our perspective on God, as our problems absorb our energies and limit our vision. This happens to us as we work, as we deal with difficult persons in our lives, as we face illness or experience disappointment in

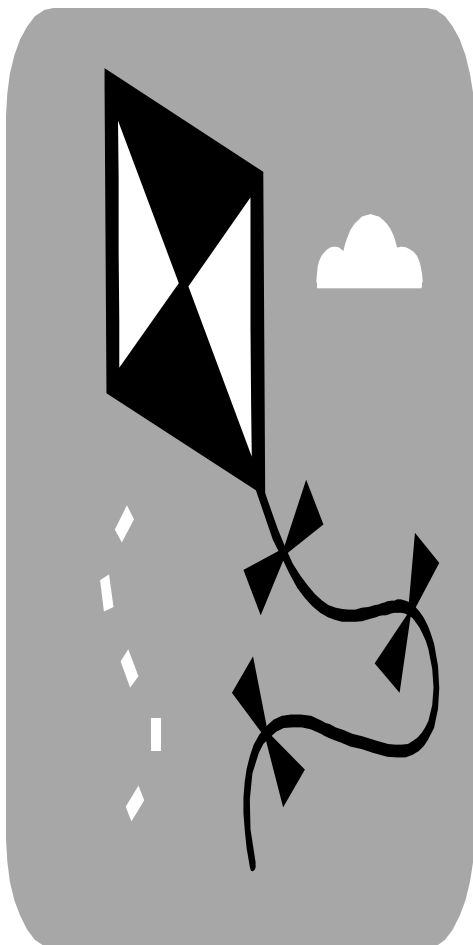


spite of our best efforts. We find ourselves discouraged and weakened.

At times like these, we need to lift up our eyes and once again see the grandeur and power of our all-sufficient God. As we do this, we come to understand that we can see more of God in a simple walk around the block than others see in a trip around the world.

—Taken from the Web site of the Greek Orthodox Archdiocese of America ([www.goarch.org](http://www.goarch.org)).

# FAMILY ACTIVITY: LET'S GO MAKE A KITE



Nothing can lift your spirits like flying a kite. Perhaps it would be even more fun if you made your own. Here are some Web sites that can help you make a kite together as a family:

- [www.wikihow.com/Make-a-Kite-Out-of-a-Plastic-Bag](http://www.wikihow.com/Make-a-Kite-Out-of-a-Plastic-Bag)
- [www.pbs.org/benfranklin/exp\\_kite.html](http://www.pbs.org/benfranklin/exp_kite.html)
- [www.allfreecrafts.com/kids/paper-kites.shtml](http://www.allfreecrafts.com/kids/paper-kites.shtml)

Work together as a family and have fun! Remember this is more about working together and creating family memories than making a perfect kite. If all else fails, you could always run to the store to buy a kite to decorate.

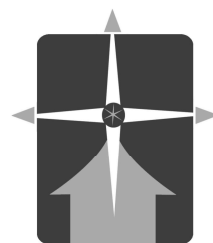
Once you complete your kite, pack a picnic lunch and head out for a day of family fun!

## FAMILY CHALLENGE

Be aware of the different activities of the Orthodox Christian Mission Center (OCMC). This ministry proclaims and practices the evangelical imperative of the Orthodox faith based on the Gospel of our Lord and Savior, Jesus Christ, who commissioned us to go and "make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19). OCMC recruits, trains, and sends missionaries to preach, teach, and baptize and to minister to the poor, hungry, sick, suffering, and orphaned. As a family, explore the OCMC Web site ([www.ocmc.org](http://www.ocmc.org)) and watch the video to learn more about mission work being done through the Orthodox Church.

## FOR MORE INFORMATION

- *Missionaries, Monks and Martyrs: Making Disciples of All Nations* by Luke Veronis, published by Light and Life Publishing ([www.light-n-life.com](http://www.light-n-life.com)).
- *Ascension of Our Lord* by Sister Elayne, illustrated by Bonnie Gillis, published by Conciliar Press ([www.conciliarpress.com](http://www.conciliarpress.com)).
- [www.goarch.org](http://www.goarch.org) by the Greek Orthodox Archdiocese of America for thorough information on all of the feasts of our church visit [www.goarch.org](http://www.goarch.org).



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Family as Church

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