



Family Connections



*Family Activities for the
Sundays of Great Lent*



Family Connections

Sunday of Orthodoxy

Make a Family Icon Tree

In honor of the restoration of icons which is commemorated today, make a family icon tree. On a piece of poster board, draw a tree with a branch for a printed icon of every member of your family. Place and display somewhere prominent in your home.





Family Connections

Sunday of St. Gregory of Palamas

Heal the Sick

This Gospel message teaches us that we must come to Christ to be healed of our sicknesses - both physical and spiritual. What are tools offered through the Church that can help us in healing both body and soul? How can we help others who are sick?





Family Connections

Veneration of the Holy Cross

Decorated Cross

This Sunday, the priest places a cross standing upright on a tray surrounded by flowers. Do the same in your home so that it can be a source of strength as you complete the fast. If you don't have a large cross, make one out of whatever you like and decorate it. Place it in a prominent place in your home.





Family Connections

Sunday of St. John Climacus

Jacob's Ladder

Read the OT story of Jacob's Ladder, which is found in Genesis 28:10-17. Discuss how Jesus came down the ladder in order to show us how to ascend it to heaven. Talk about things that help us climb up the ladder and things that make us slide down. The game Chutes and Ladders can be helpful in illustrating this point.





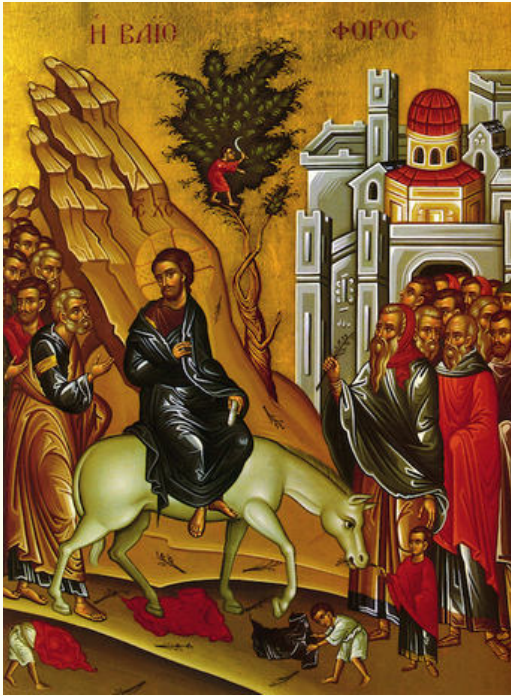
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Sunday of St. Mary of Egypt

Confession

As we are quickly approaching Holy Week, now would be a good time to encourage everyone in your family to go for confession. Discuss how confession not only repairs our broken connection with Christ, but actually brings us closer to Him.





Family Connections

Palm Sunday

Journey with the Lord

As a family, make a plan for your journey with Christ to the Resurrection. Plan to attend as many church services as possible during Holy Week. Also, consider your prayer life at home and how you will prepare yourself and your children to attend the services.





Family Connections

The Resurrection of Our Lord

Visit the Cemetery

Take time today or this week to stop by the cemetery. Walk through as a family singing "Christ is risen!" with your Pascha candles lit. If you have loved ones buried there, take flowers for their grave. What a beautiful way to celebrate the Resurrection of our Lord with our loved ones who have departed this life.

