



WEEK TWO

SPF: Say Prayers Frequently

Make an effort to attend either an upcoming Vespers or Orthros before Divine Liturgy on Sunday. Check out the following link from AGES Initiatives for printable texts for these services: <http://www.agesinitiatives.com/dcs/public/dcs/dcs.html>.

Encourage your family to pay attention to how we use our five senses to worship during church services. Discuss the following questions after church:

- How do I use my sense of sight to worship?
- How do I use my sense of hearing to worship?
- How do I use my sense of smell to worship?
- How do I use my sense of taste to worship?
- How do I use my sense of touch to worship?
- How can we continue to give glory to God through our senses when we are not in church?

Dive In: Iconography Around Us

Gather the family at home and tell them you are taking a “tour” of sorts. Walk around and carefully observe the iconography inside your house. Is there a primary place where most of the icons are? Are there icons in the bedrooms? Maybe there is an icon of the Mystical (Last) Supper in the dining area or kitchen. Were the icons bought, received as gifts, or maybe handed down from a relative? Does everyone in the house have an icon of his or her patron saint or feast day? How many icons are of Christ? How many are of the Theotokos? Do you have an icon that represents the name of your local parish community? These are just a few questions that can initiate good conversation among your family members. Remember to mention that we don't use iconography to merely decorate our homes—even though there is an aesthetic quality. Rather, we have iconography in our homes as constant visual reminders to pray! We honor the subjects and events depicted—a pious practice that connects us to God, His saints and angels, and His saving actions.

If there's an opportunity, find some time outside of services to look more closely at your church's icons. Start with ten minutes of silent observation, and then have everyone share which icon spoke to them and what questions they have.

Consider making an appointment with your priest so he can give you a tour and tell you about the different icons.

**Take pictures, and don't forget to share with us!
#soakuptheSON**

Vitamin D: Holy Trinity Iconography Update

Icons are in colors what the Scripture are in words: witnesses to the Incarnation, the fact that God has come among us as a person whom we can see, touch, and hear, to offer us the new life and begin the new creation.

The more continually holy personages are seen in icons, the more are the beholders lifted up to the memory of the prototypes and to an aspiration after them.

—Fathers of the Seventh Ecumenical Council

Watch this amazing video taken at Holy Trinity Greek Orthodox Church in Pittsburgh, Pennsylvania. As you watch the 19-minute video, you'll see the large Pantokrator icon of Christ and the Holy Angels at the top of the dome being "written" by iconographer Dr. George Kordis and his team. This is the first in a series of videos showing the iconography of this church: <http://bit.ly/icon-writing>.

