



Great & Holy Pascha

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*Christ is risen from the dead,
By death trampling down upon death,
And to those in the tombs,
He has granted life.*

We have finished a great journey in through Lent. Where does this leave us? Where do we go from here? Does the journey stop? Do we stop learning? We have reached a sort of strange point. In one respect, we completed what seemed a never-ending journey of self-discovery and self-evaluation each week, striving to perfect our weaknesses in hopes of meeting our Lord, renewed and cleansed. We feel the rewards of our work. Yet where are we now? Has the excitement of the journey come to a complete halt?

The Great Feast of Holy Pascha is celebrated for forty days to the Feast of the Ascension of our Lord! For the first seven days, there is no fasting; this is a far cry from what we just experienced during Great Lent! For these forty days after Pascha, we let everyone we come in contact know that "Christ is Risen"; how amazing is that?

As with the weeks that led up to this Great Feast, we commemorate individuals who played a major role either in Jesus's ministry, who performed special acts, or who help

us learn something about our faith by their example. The acts of these people during Jesus's ministry and His passion, the decisions they made, and what they said after His death are important teaching tools. We just went through a period of self-examination. But if we still have questions, we now have the ability to understand what Jesus expects from us. We come closer to what Jesus wants of us in our everyday life. This means we don't stop learning. Living Orthodoxy means we never stop learning about our faith or our relationship with Jesus, our neighbors, and ourselves.

MIRROR TRIPTYCH PROJECT

The mirror project allows us to look at ourselves while reflecting on the Resurrection and our patron saint. We used the weeks of Great Lent to help us evaluate and prepare ourselves for the Resurrection. We made a major step if we corrected even one sin. During the Paschal season, we are not evaluating ourselves as intensely as we did through Great Lent. Great Lent was a period of self-examination. The period we are now in is one of celebration and



reflection: how well did we prepare and perform ? During the Paschal season, we look at how key people reacted to Jesus's ministry. We hear how Jesus responds to their actions, and subsequently use those comments to enhance who we are on our journey to theosis. How do we keep ourselves on the path we have already established? It gives us the opportunity to continually ask ourselves:

"Would Jesus be happy with the person in the mirror?"



MATERIALS

- 3 x 4" mirror, or other reflective object of that size
- 1 piece of cardstock
- 3 foam cards, about 5 x 7"
- Paper Resurrection icon
- Paper icon of your patron saint
- Stencils, decorative scrapbook paper, etc.
- Tacky glue or other adhesive that works with foam
- Clear packing tape
- Scissors
- Pencil



INSTRUCTIONS

Make a triptych by joining three pieces of foam:

1. Cut four pieces of packing tape about 4 inches long.
2. Working only on one side, join the first two pieces of foam cards with a piece of tape just cut.
 - A. Place the foam pieces together so that the edges are exposed.
 - B. Take the cut tape and carefully lay it on the exposed edges.
 - C. Press the tape down, making sure that the edges are covered and contact is made.
 - D. Open the two piece of foam cards, repeat steps A, B, and C, by joining another card to the two joined cards. Now you should have a triptych.
 - E. Turn your triptych over to the side that has no tape. Taking one of the remaining pieces of tape, reinforce the one joint; and with the remaining, piece of tape the last joint. The triptych should stand freely.

Add the icons and the mirror:

3. Glue the icon of the Resurrection to the right inner side of the triptych.
4. Glue the icon of your patron saint to the inner left side of the triptych.
5. Glue your mirror or reflective object to the middle panel of the triptych. If you are using a mirror, you might consider a stronger adhesive (e.g., hot glue) to make sure it sticks.

Above and below the mirror, write **Who are you in Jesus's eyes?**

Decorate the mirror triptych as much as possible, both front and back, to make it your very own. Use stencils, textured or patterned scrapbook paper, etc.

The triptych should go on your night stand and you should look into it especially if you did something wrong, for example, had a disagreement with a family member, friend, teacher, etc. Ask yourself the question that surrounds the mirror.