

HOLY WEEK

At Home

“

AS FOR ME
AND MY HOUSE
WE WILL SERVE
THE LORD.

— JOSHUA 24:15

”



SAINT NICHOLAS

GREEK ORTHODOX CHURCH

DEVELOPED BY FR. SAMPSON KASAPAKIS
ANNUNCIATION—PENSACOLA, FL

LAZARUS SATURDAY

On the Saturday before Holy Week, we remember the miracle of when Jesus raised Lazarus from the dead after he had lain in the grave four days. Mary and Martha plead with the Lord to come quickly to heal their brother Lazarus. Jesus delays his return until Lazarus is dead four days. Martha confesses her belief in Jesus as the Christ, the Son of God. Jesus says: "I am the resurrection and the life; he who believes in me, though he die, yet shall he live..." Jesus has the power to raise the dead, and raises Lazarus. Jesus is the Resurrection and Life of all people.

AT HOME ACTIVITIES

- Attend Divine Liturgy Virtually
- Make Lazarakia (Lazarus Bread) with Recipe Included

ICON OF THE FEAST

The icon of the Saturday of Lazarus shows Christ calling His friend to come out of the tomb. Lazarus is coming forth from the tomb, still bound in the strips of burial cloth. His sisters, Mary and Martha are bowing before Christ, expressing both their sorrow in the death of their brother, but also their faith in Christ as the Messiah and Son of God.

Next to them is someone who has followed the request of our Lord and removed the stone from the door of the tomb. Standing

with Christ are his disciples who are witnesses of this miracle.

In the center of the icon is a person who represents the crowd who also witnessed the miracle. Some believed, but others went and told the Pharisees and chief priests who continued their plans to to arrest Christ. The walled city of Jerusalem, where Christ will arrive in triumph the following day, is depicted in the background.

"By raising Lazarus from the dead before Your Passion, You confirmed the universal resurrection, O Christ God! Like the children with palms of victory, We cry out to You, O Vanquisher of Death; Hosanna in the highest! Blessed is He that comes in the name of the Lord!"

DISCUSSION POINTS FOR ADULT

Saturday of Lazarus:

- 1) Many people misunderstood why Jesus delayed going to Bethany. They all believed Jesus could heal and didn't know why he would let Lazarus die. There are many today who do not understand why God doesn't heal all their problems. Discuss why Jesus allowed Lazarus to die and why God may allow troubles in our lives today.

- 2) Mary, Martha and their friends all believed in Jesus' power to heal. They believed that He was the Messiah. But still Jesus wanted to increase their faith. He wanted them to see the full power and glory of God, to give substance to His promises. They said they believed in the resurrection on the final day, but had not yet seen God's power to raise the dead. It was distant to them -- not connected to their current life. Jesus allowed Lazarus to die in order to show God's ultimate power. Discuss how this tragedy turned into a terrific source of faith in their lives. How they could then proclaim to others, "God can raise the dead!"

NOTES:



Saturday before Holy Week



LAZARAKIA

*ADVENTURES OF AN ORTHODOX
MOM BLOG*

INGREDIENTS

- 4 1/2 tsp. yeast
- 12-14 cups unbleached all-purpose flour
- 1 1/2 cups sugar
- 3 tsp. salt
- 2 1/2 to 3 cups lukewarm water
- 1/2 cup vegetable oil
- 1 tsp. cinnamon
- 1 tsp. aniseed or anise extract

PROCEDURE

- Preheat oven to 350 degrees.
- Dissolve yeast in 1/2 cup of the 2 1/2 – 3 cups lukewarm water.
- Add sugar and salt and stir well.
- Add remaining water, oil cinnamon and 6 cups flour and stir the mixture until creamy.
- Slowly add enough of remaining flour to make a medium dough.
- Divide dough into however many Lazarakia you'd like and roll into logs. Cut slits for arms and legs. Cross arms across chest and pinch a head.
- Place on slightly greased cookie sheets, cover with towel and let rise for about an hour or until almost doubled in size.
- Bake loaves for 20-30 minutes or until hollow when tapped on bottom.

PALM SUNDAY

On the Sunday before the Feast of Great and Holy Pascha and at the beginning of Holy Week, the Orthodox Church celebrates one of its most joyous feasts of the year. Palm Sunday is the commemoration of the entrance of our Lord into Jerusalem. Having anticipated His arrival and having heard of the miracle of Lazarus, the people went out to meet the Lord and welcomed Him with displays of honor and shouts of praise.

AT HOME ACTIVITIES

- Attend Divine Liturgy Virtually
- Make your Palm Cross
- Wave your Palm Crosses Proudly and Sing “Hosanna in the Highest! Blessed is He That Cometh in the Name of the Lord”

ICON OF THE FEAST

In the Icon of the Feast of Palm Sunday, Christ is the central figure, depicted seated on a donkey. Christ is blessing with His right hand, and in His left hand is a scroll, symbolizing that He is the fulfillment of the prophecies.

The donkey, one of the animals that were considered dirty according to the Law, is symbolic of the inclusion of all peoples of all nations in the new covenant.

On the right, are the disciples of Jesus. Depicted on the left are the Jews who greet

Him crying “Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!” The word “Hosanna” means “Save, I pray” or “Save now.”

The children are the small people who are greeting Christ with palm branches and laying on the ground before Christ as tokens of honor. The city of Jerusalem is shown as the walled buildings, and the temple is depicted as the building with the dome.

“As by baptism we were buried with Thee, O Christ our God, so by Thy Resurrection we were deemed worthy of immortal life; and praising Thee, we cry: Hosanna in the highest; blessed is He that cometh in the Name of the Lord.”

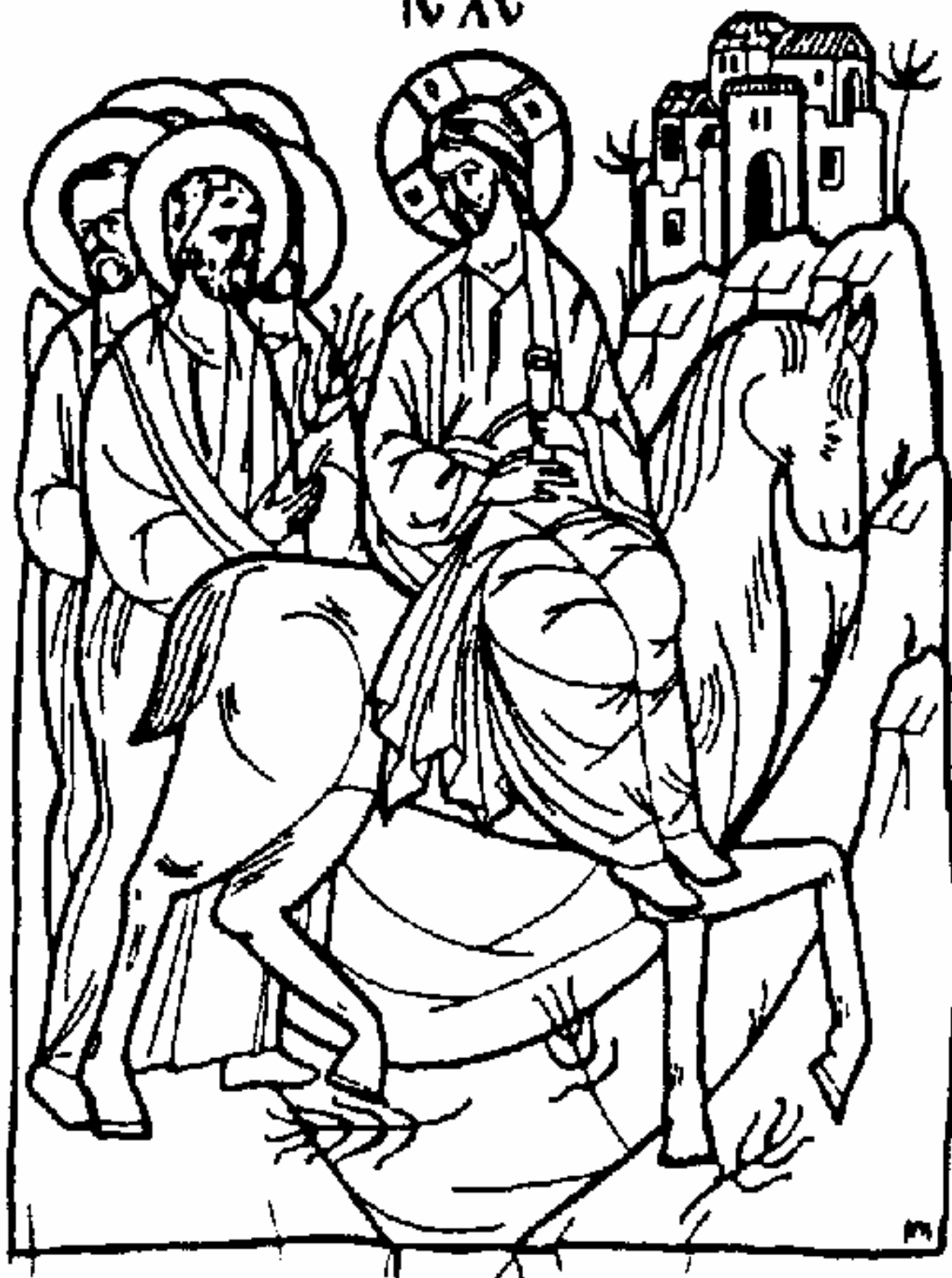
DISCUSSION POINTS FOR ADULTS

Palm Sunday

- John 11:45 - 12:9 shows the background for the entry of Jesus into Jerusalem. The leaders of the Jewish nation wanted Jesus killed. Jesus had not made a public appearance in a while. News of Lazarus' resurrection was spreading and many were believing on Jesus because of it. The question of whether Jesus would dare come to Jerusalem for the Passover was part of everyone's conversation. Not only did he come - he came as a King!
- Jesus normally walked everywhere he went. He didn't own an animal to ride. For this occasion, he borrowed a donkey's colt. Even his ability to tell the disciples where a colt would be and what the owners would say was a small but powerful reminder of who Jesus was and the power he possessed. If he had such power, why didn't he own a riding animal? Why did Jesus avoid all physical trappings of power?
- Jesus rarely accepted praise in such a manner. Why did he this time?
 - to fulfill prophecy -- John 12:16
 - to acknowledge God -- Luke 19:37
 - he fully deserved it -- Luke 19: 40
 - The timing was right. The kingdom was at hand.
- Even in Jesus' moment of glory, the scripture says the people praised **God** for the signs they had seen. This was as it should be. Jesus was a great example of directing glory to God. We should be as well.
- One reason for the crowd was the testimony of those who had seen Jesus raise Lazarus from the dead. Even before the kingdom, testimony of a resurrection brought people to Christ. But Lazarus' resurrection was just a foreshadowing of Christ's own.
 - Lazarus would die again, Christ would not.
 - Lazarus' resurrection was to declare the power and glory of God, Christ's resurrection was to bring redemption to all mankind.
 - Lazarus' resurrection would be testified of in Jerusalem, Christ's resurrection would be preached everywhere.
 - Lazarus' death brought pain to a few, Christ's death brought pain to God and even the earth broke.
- The Pharisees wanted Jesus to stop the crowds. They considered their acknowledgement of Christ's kingship as treason against Herod. Jesus' response was that no one could stop the true acknowledgement of His kingship. Creation itself stands as evidence (Romans 1). As Gamaliel would later warn them, if it's from God, no one can stop it. (Acts 5:39)
- The Pharisees wanted to kill Jesus before this grand entrance into the city. What affect would this have on their hearts? Why not kill him then and there?

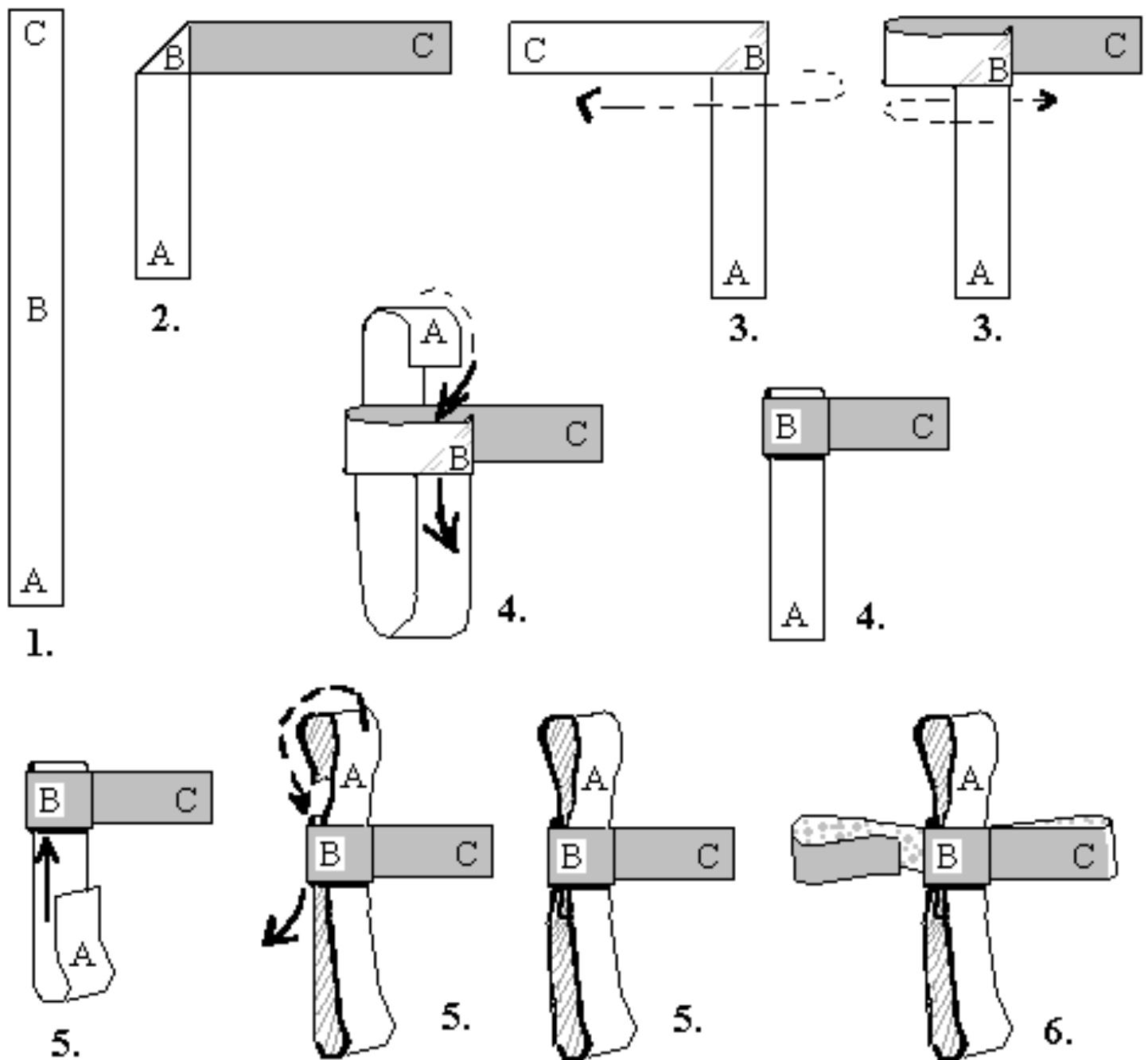
:ENTRY INTO JERUSALEM:

IC XC



Palm Sunday

HOW TO MAKE A PALM CROSS



YOU CAN ALSO SEARCH
YOUTUBE FOR VIDEOS

THE BRIDEGROOM SERVICE

HOLY MONDAY, HOLY TUESDAY & HOLY WEDNESDAY

Beginning on the evening of Palm Sunday and continuing through the evening of Holy Tuesday, the Orthodox Church observes a special service known as the Service of the Bridegroom.

AT HOME ACTIVITIES

- Light an oil lamp in your home if you have one
- Every evening we will hear the beautiful hymn "Behold the Bridegroom Comes". Try to memorize it and chant it along with the chanter

Behold, the Bridegroom cometh in the middle of the night, and blessed is that servant whom He shall find watching; and again unworthy is he whom He shall find heedless. Beware, therefore, O my soul, lest thou be overcome with sleep, lest thou be given up to death, and be shut out from the Kingdom. But rouse thyself and cry: Holy, Holy, Holy art Thou, O God, through the Mother of God, have mercy on us.

Holy Monday Bridegroom:

- Sing Alleluia
- Listen for 6 Psalms in a Row
- Make Prostrations

Holy Tuesday Bridegroom:

- Sing "Behold the Bridegroom Comes"
- Bow your head and Pray
- Listen for the Hymn of Kassiani

DISCUSSION POINTS FOR ADULTS

Holy Monday, Tuesday and Wednesday

- The first thing that must be said about these services, and most of the other services of Holy Week, is that they are "sung" in anticipation. Each service is rotated ahead twelve hours. The evening service, therefore, is actually the service of the next morning, while the morning services of Holy Thursday and Holy

Saturday are actually the services of the coming evening. Understanding that, let's turn to the Services of Holy Monday, Tuesday and Wednesday (celebrated Palm Sunday, Monday and Tuesday evening). The services of these days are known as the Bridegroom or Nymphios Orthros Services. At the first service of Palm Sunday evening, the priest carries the icon of Christ the Bridegroom in procession, and we sing the "Hymn of the Bridegroom." We behold Christ as the Bridegroom of the Church, bearing the marks of His suffering, yet preparing a marriage Feast for us in God's Kingdom.

- Each of these Bridegroom Orthros services has a particular theme.
 - o On Holy Monday, the Blessed Joseph, the son of Jacob the Patriarch, is commemorated. Joseph is often seen as a Type of Christ. Joseph was betrayed by his brothers, thrown into a pit, and sold into slavery by them. In the same way, our Lord was rejected, betrayed by His own, and sold into the slavery of death. The Gospel reading for the day is about the barren fig tree, which Christ cursed and withered because it bore no fruit. The fig tree is a parable of those who have heard God's word, but who fail to bear the fruit of obedience. Originally the withering of the fig tree was a testimony against those Jews who rejected God's word and His Messiah. However, it is also a warning to all people, in all times, of the importance of not only hearing the God's word, but putting it into action.

Questions for Monday:

1. How can we be like Christ?
 2. After hearing the Gospel reading of the cursed fig tree, how can we bear our fruits so we don't become like the withered fig tree?
 3. We learn about obedience, what are being obedient to? Is this the right thing or person to be obedient to? how can we become more obedient to Christ and his Teaching in our lives?
- o The Parable of the Ten Virgins is read on Holy Tuesday. It tells the story of the five virgins who filled their lamps in preparation for receiving the bridegroom while the other five allowed their lamps to go out, and hence were shut out of the marriage feast. This parable is a warning that we must always be prepared to receive our Lord when He comes again. The theme of the day is reinforced by the exhortation hymn we sing: *"I see Thy Bridal Chamber adorned, O my Savior, but have no wedding garment that I may enter. O Giver of Light, enlighten the vesture of my soul, and save me."*

Questions for Tuesday:

1. We know there will be a time (we don't know when) we stand before God, Are we prepared to be judged before God at this moment?
2. What can we do to better prepare?

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Christ the Bridegroom

The icons in our churches show Jesus in different ways. We see Him at different times in His life, as our teacher and our Savior. During Great and Holy Week, we see another icon,

called the Extreme Humility. This shows us the overwhelming love Christ has for His people and the Church -- love so great, that He will even die for us.

HOLY WEDNESDAY

HOLY UNCTION

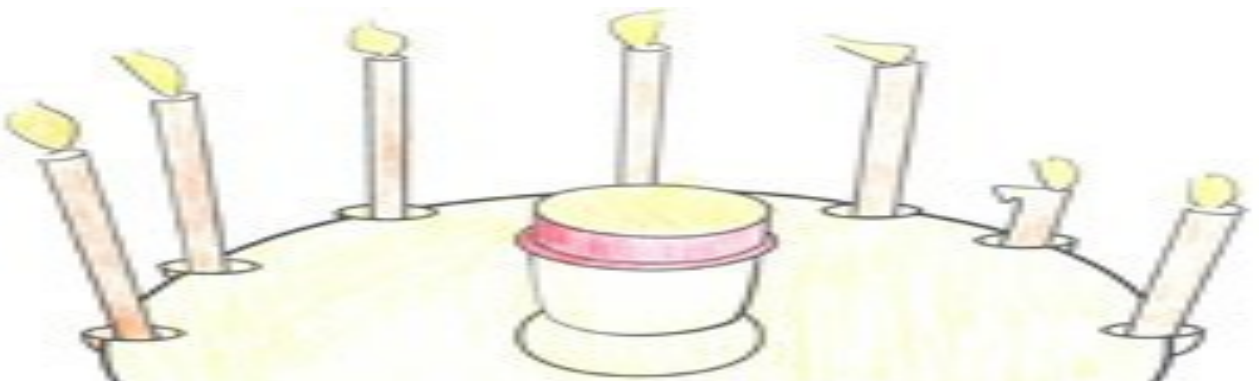
On the afternoon or evening of Great and Holy Wednesday, the Sacrament or Mystery of Holy Unction is conducted in Orthodox parishes. The Sacrament of Holy Unction is offered for the healing of soul and body and for forgiveness of sins. At the conclusion of the service of the Sacrament, the body is anointed with oil, and the grace of God, which heals infirmities of soul and body, is called down upon each person.

AT HOME ACTIVITIES

- Listen to Seven Epistle & Gospel Readings on the Livestream - try to have children pay close attention to the Gospels and then draw a picture about each one.
- Pray Seven Prayers for Healing
- See Seven Candles Being Lit (if you have candles at home light them to keep track)
- Be Anointed with Oil

PRAYER FOR THE OIL

O Lord who, in thy mercies and bounties, heal the disorders of our souls and bodies, do Thou, the same Master, sanctify this Oil, that it may be effectual for those who shall be anointed therewith, unto healing, and unto relief from every passion, every malady of the flesh and of the spirit, and every ill; and that therein may be glorified Thy most Holy Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages. Amen.



DISCUSSION POINTS FOR ADULTS

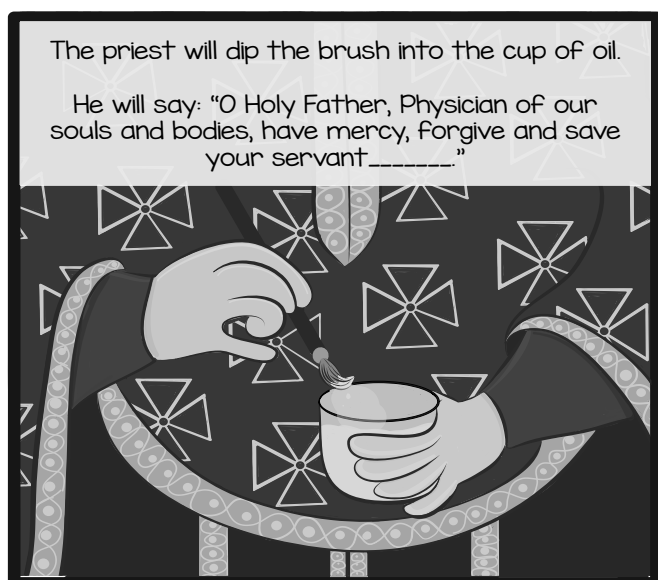
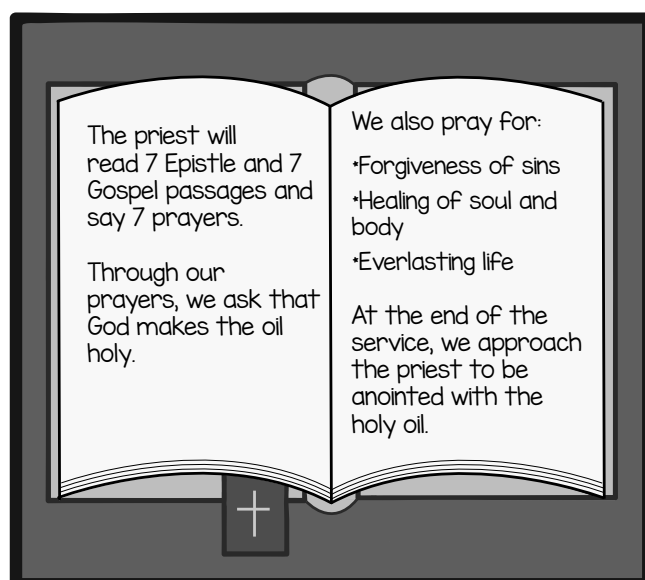
HOLY WEDNESDAY

The theme of Holy Wednesday is repentance and forgiveness. We remember the sinful woman who anointed our Lord in anticipation of His death. Her repentance and love of Christ is the theme of the wonderful "Hymn of Kassiane" which is chanted, reminding us one more time, before "it is too late," that we too may be forgiven if we repent.

Questions for Wednesday:

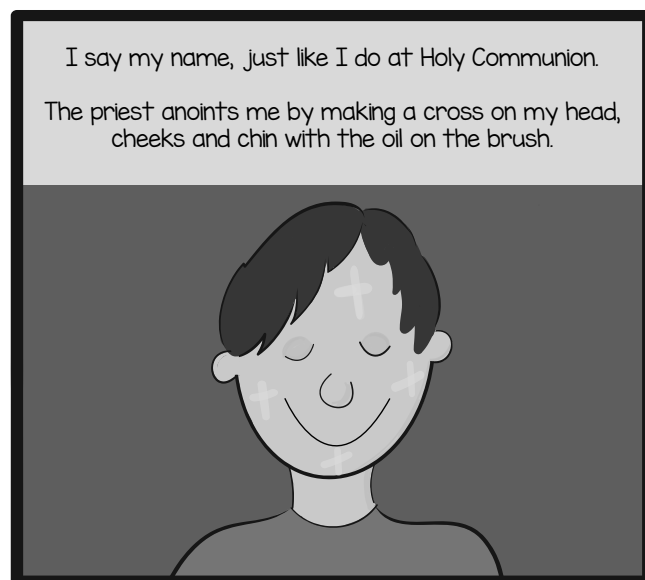
1. Have we/how often have we gone to the Sacrament of confession?
2. Are we forgiven without being repentant for our sins?
3. In the Lord's Prayer we pray to God "Forgive us our trespasses and we forgive those who trespass against us" how have we forgive ? Is this the same way we want to be forgiven?

NOTES:



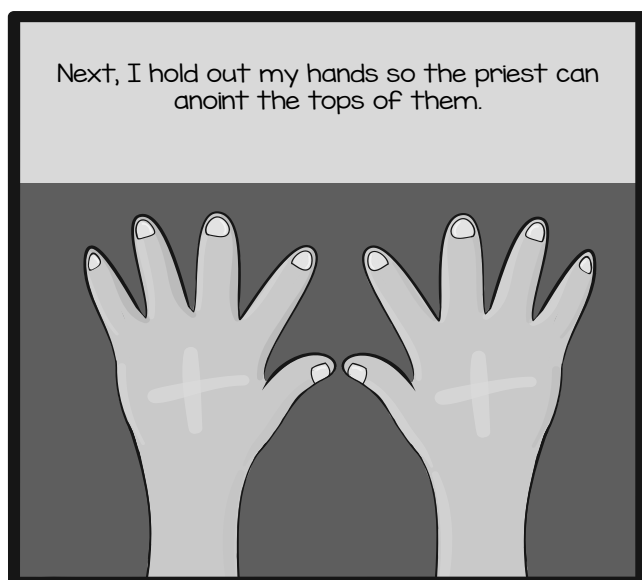
The priest will dip the brush into the cup of oil.

He will say: "O Holy Father, Physician of our souls and bodies, have mercy, forgive and save your servant_____."



I say my name, just like I do at Holy Communion.

The priest anoints me by making a cross on my head, cheeks and chin with the oil on the brush.



Next, I hold out my hands so the priest can anoint the tops of them.



Then, I turn my hands over and he anoints the palms of my hands.

Praise be to God for His great mercy!



Jesus' Prayer in the Garden

After eating a Passover meal with His friends (a meal which was the first holy eucharist,) Jesus went out in the garden to pray. The place was called Gethsemane. Jesus had spoken many times about how he would be arrested

and have to die. His followers were very confused and tired. They did not understand what was happening with their Lord.

See St. Matthew 26:26-56

HOLY THURSDAY

On Thursday of Holy Week four events are commemorated: the washing of the disciples' feet, the institution of the Sacrament of the Holy Eucharist at the Last Supper, the agony in the garden of Gethsemane, and the betrayal of Christ by Judas. The day begins with Divine Liturgy of St Basil and ends with the reading of the Twelve Gospels.

AT HOME ACTIVITIES

- Dye Red Eggs
- Listen to the Twelve Gospel Readings
- See the procession with the Cross on LiveStream - Hold the cross that was included in your kit
- Listen for *"Today He is suspended on a Tree who suspended the earth over the waters"* when it is chanted

ICONS OF THE FEAST

The Icon of the Mystical Supper – Institution of the Holy Eucharist. Christ is the central figure at the table. Saint John the Beloved is seated at Christ's right; as the youngest of the disciples he is depicted as beardless. Judas Iscariot the Betrayer is the third figure from Christ's left; he is depicted dipping into the dish. Saint John the Beloved receives in his left hand a piece of the Body of Christ; another morsel is on the table before Christ. The chalice containing the Precious Blood of Christ is in His Left hand.

The Church also has an icon of the Crucifixion of Christ. He is shown nailed to the Cross. His right side is pierced and from the wound flows blood and water. At the foot of the Cross is a skull. (Golgotha, the Mount of the Crucifixion, means "the place of the skull."). On the top bar of the Cross is the inscription "I.N.B.I.", the initials for the Greek words meaning "Jesus of Nazareth, King of the Jews."

When the glorious disciples were enlightened at the washing of their feet before the supper, the impious Judas was darkened by the disease of avarice, and to the lawless judges he betrayed You, the Righteous Judge. Behold, this man because of avarice hanged himself. Flee from the insatiable desire which dared such things against the Master! O Lord Who deals righteously with all, glory to You.

DISCUSSION POINTS FOR ADULTS

Holy Thursday:

- We are called to deny ourselves, take up our cross and follow him. How do we do this in today's time? Why is this difficult for us to do? How can we find the courage and support needed to accomplish this?
- We read scripturally, "Through the cross joy has come to all the world." How does our suffering become transformed into Joy?

NOTES:



Greek Easter Eggs



Prep
15 m

Cook
45 m

Ready In
2 h 15 m

allrecipes

Publix

Publix Super Market
5055 N 9th Ave
PENSACOLA, FL 32504



Recipe By: smgormas

"I found how to make this dye online, but I changed the technique because I did not get good results that way. The first Easter that I celebrated with my husband's family was wonderful. After Easter dinner, a tray of red-dyed hard-boiled eggs was placed on the table. (The deep red eggs remind us of the blood of Christ.) Everyone chose one egg and then paired up two-by-two. Taking the eggs and matching fat or pointed end to end, as they said 'Christos Anesti' they tapped the ends of the eggs together and whoever's egg remained unbroken 'won'. This continued (both ends of the egg can be used as long as matching ends tap each other) until the last person had at least one end of their egg in tact. This was a fun and joy-filled way to help celebrate."

**Nellie's Free Range
Eggs Free Range
Large Grade A
Brown Eggs 12 Ct**
\$2.99 for 1 item -
expires today

Ingredients

5 cups water	12 eggs
12 yellow onions, skins removed and reserved	olive oil
2 tablespoons white vinegar	

Directions

- 1 Combine water, onion skins, and vinegar in a pot; bring to a boil. Set aside onions for another use. Reduce heat, cover pot, and simmer, stirring occasionally to make sure skins are submerged, for 30 minutes. Remove pot from heat, remove cover, and cool dye to room temperature, at least 30 minutes.
- 2 Remove skins from dye and discard skins. Place eggs in the dye and bring to a boil; cook for 15 minutes. Remove pot from heat and leave eggs in the dye until a deep red color is reached, about 30 minutes more.
- 3 Transfer eggs to a wire rack to dry, about 15 minutes.
- 4 Rub olive oil onto each egg to make them shiny. Store eggs in the refrigerator.

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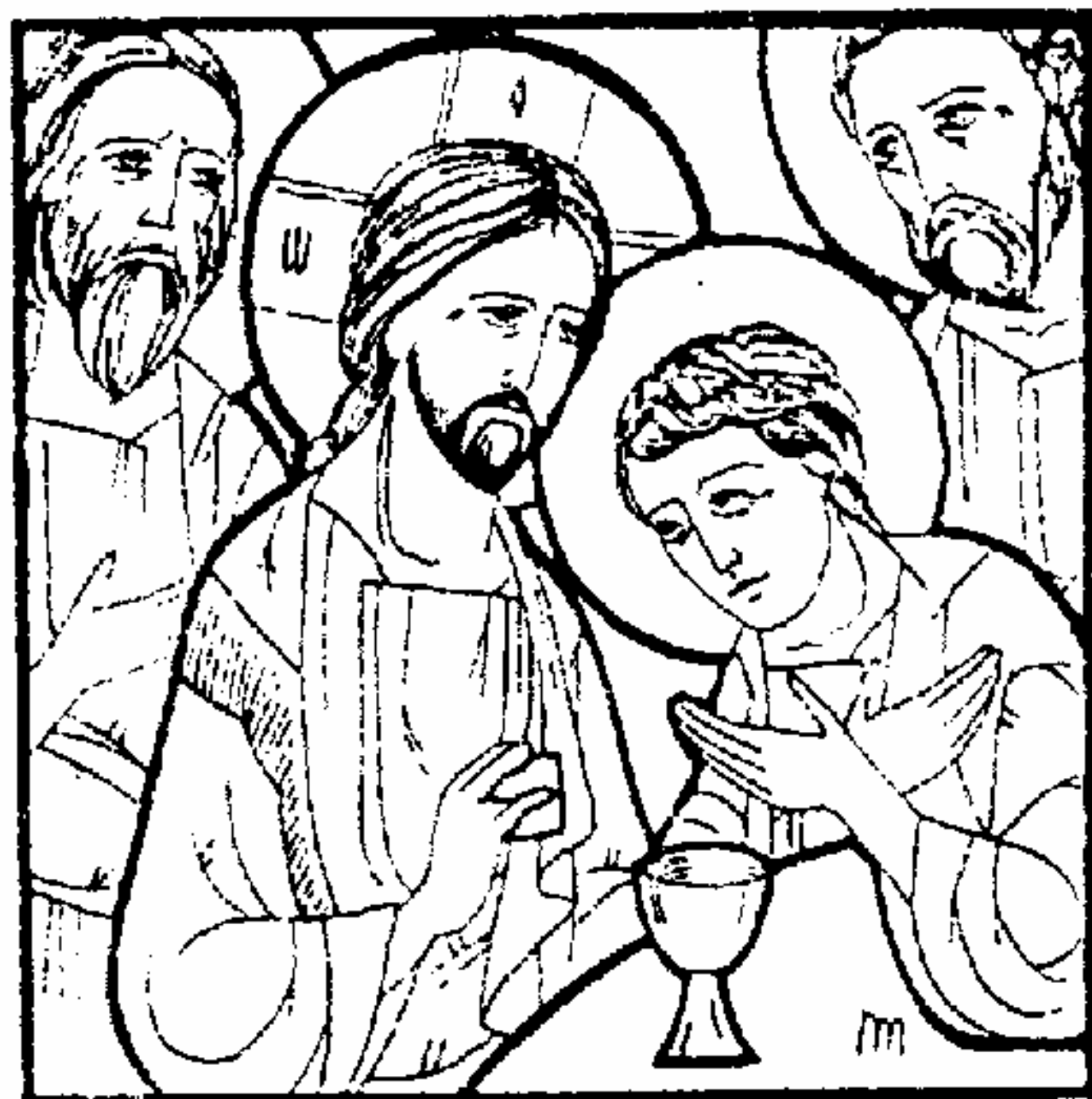


Washing of the Disciples Feet

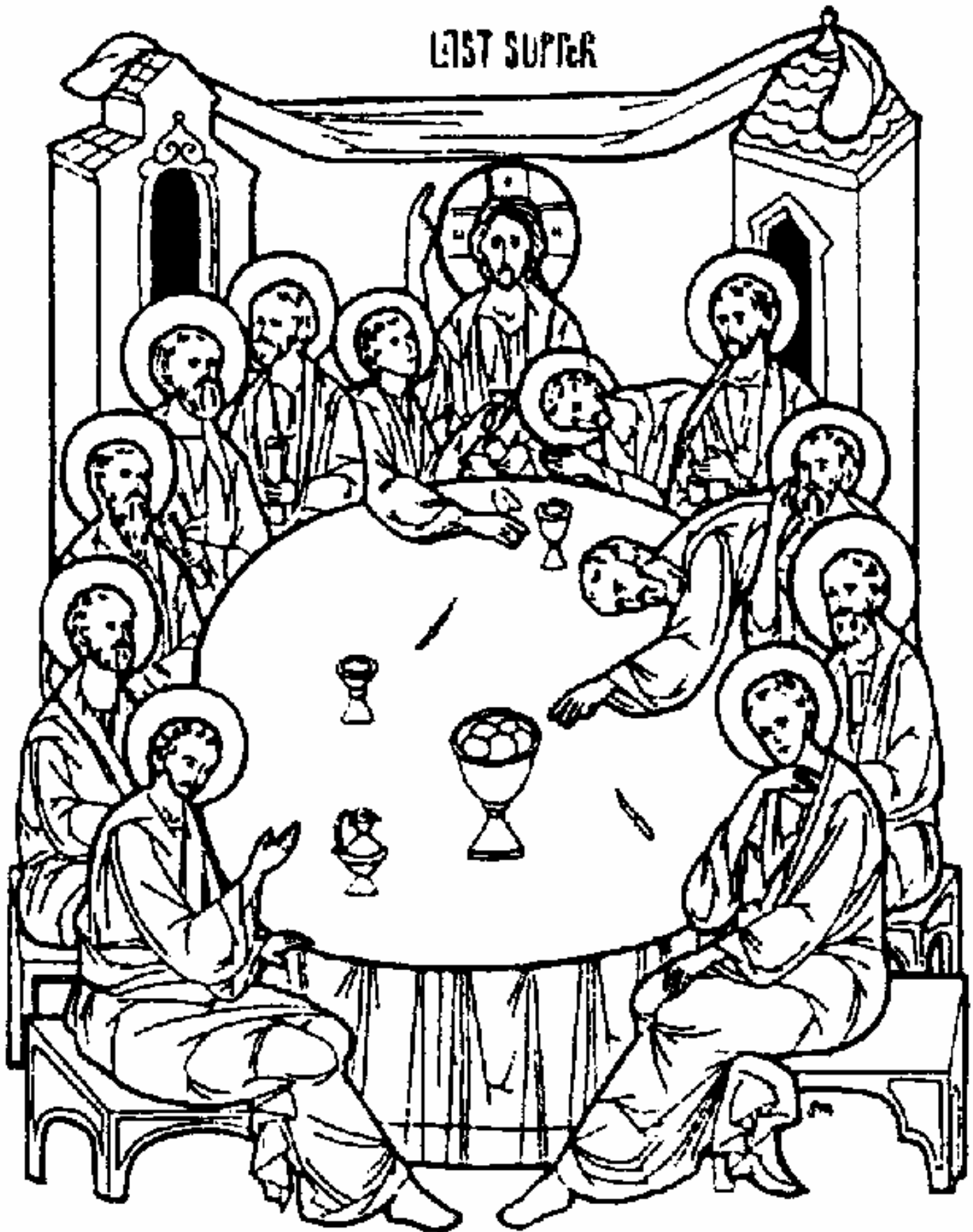
If washing another person's feet sounds like a hard thing to do, you are right. That is exactly what Jesus did to his followers, shortly before his arrest. Like a servant, the Lord knelt

down to wash their feet. This sign of humility and love symbolizes how those who love Christ in return will always be a part of Him.

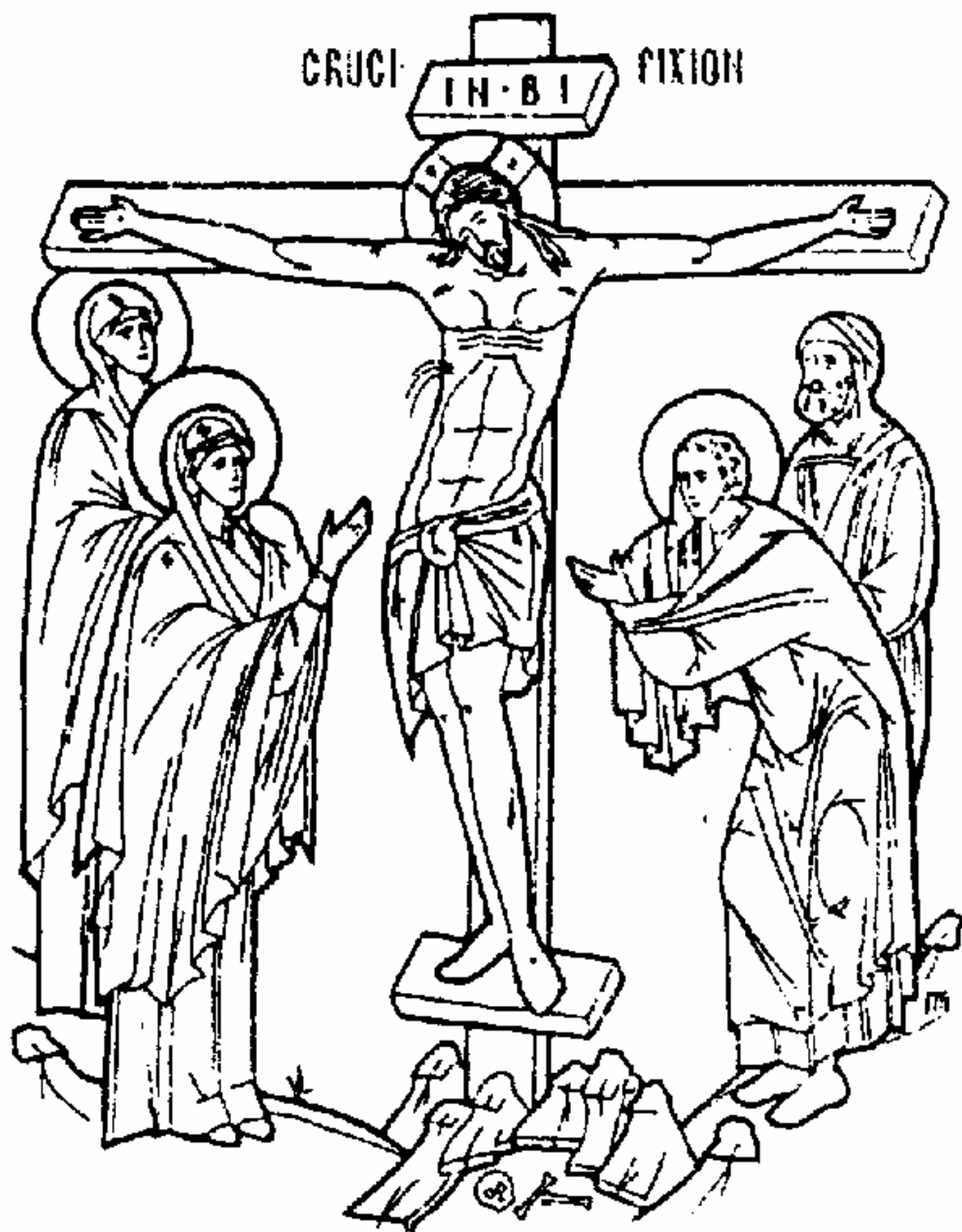
See St. John 13:1-17



LAST SUPPER



Holy Wednesday



Holy Thursday

GOOD FRIDAY

On Great and Holy Friday, the Orthodox Church commemorates the death of Christ on the Cross. This commemoration begins on Thursday evening concludes with a Vespers on Friday afternoon that observes the un-nailing of Christ from the Cross and the placement of His body in the tomb. This is a Day of Silence and solitude.

AT HOME ACTIVITIES

- Attend the Services Virtually: see the Un-nailing of the Cross
- Attend the Good Friday Retreat Virtually - Join us on ZOOM
- Make an Kouvoklion (tomb) of Christ out of Cardboard/Shoebox and Decorate it with Flowers, Tissue Paper and things you have at Home
- Light the candle at home and sing along with the Lamentations during the Epitaphios Service

Today He who hung the earth upon the waters is hung upon the Cross. He who is King of the angels is arrayed in a crown of thorns. He who wraps the heavens in clouds is wrapped in the purple of mockery. He who in Jordan set Adam free receives blows upon His face. The Bridegroom of the Church is transfixed with nails. The Son of the Virgin is pierced with a spear. We venerate Thy Passion, O Christ. Show us also Thy glorious Resurrection.

DISCUSSION POINTS FOR ADULTS

Good Friday:

1. What does the Kouvouklion represent? Why do we usually process with it outside and why do we go under it as we enter the church?
2. Reflect on the Lamentations and the word xarmolipi (joyful sorrow). What lessons do we learn from these poetic hymns?
3. Why did Christ have to be crucified, be buried, descend into Hades? Why did he do this for us? How does the answers to these strengthen our relationship?

NOTES:



The Crucifixion of Christ

One of the worst things that can happen is for a person to be punished when he or she is innocent. It is even harder to understand when this happens to God. Jesus, the son of God, was

put on a cross and died for everyone else's sins, but he had no sin. This sacrifice though is turned to joy at the Resurrection.

See St. John 19:17-30

HOLY SATURDAY

On Great and Holy Saturday, the Orthodox Church commemorates the burial of Christ and His descent into Hades. It is the day between the Crucifixion of our Lord and His glorious Resurrection. Holy Saturday morning is the first announcement of the Resurrection. The priest celebrates by throwing bay leaves and flowers chanting, "Arise, O God."

AT HOME ACTIVITIES

- Watch Divine Liturgy Online
- Listen for the story of God creating the world
- See the procession with bay leaves - Touch and Smell the Bay Leaf included in your kit
- Make joyful noise for the announcement of the first Resurrection

When he took down Your immaculate Body from the Cross, the honorable Joseph wrapped it in a clean linen shroud with spices and laid it for burial in a new tomb.

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory be to You.

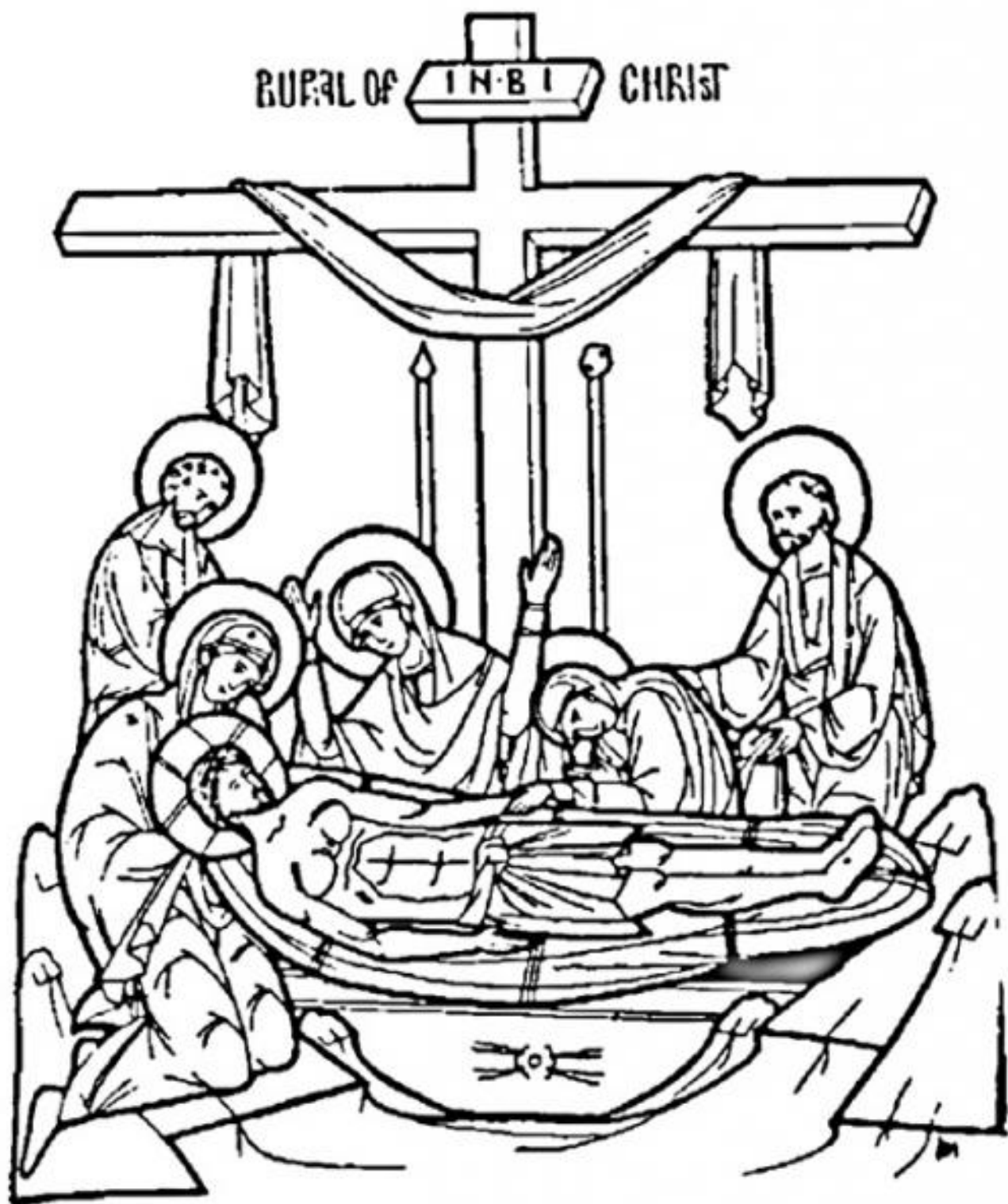
The Angel standing at the sepulcher cried out and said to the ointment-bearing women: The ointments are appropriate for mortal men, but Christ has been shown to be a stranger to decay.

THE MYRRHBEARERS:



Holy Saturday Morning

BURIAL OF IN-B-I CHRIST



GREAT AND HOLY PASCHA

“Our kids may not be awake, but they can still go home smelling like incense, which in some small way, reminds us of the unseen blessings we all received just by being there.” – Elenie P. Grasos (orthodoxeducation.blogspot)

On the Great and Holy Feast of Pascha, Orthodox Christians celebrate the life-giving Resurrection of our Lord and Savior Jesus Christ. This feast of feasts is the most significant day in the life of the Church. It is a celebration of the defeat of death, as neither death itself nor the power of the grave could hold our Savior captive. In this victory that came through the Cross, Christ broke the bondage of sin, and through faith offers us restoration, transformation, and eternal life.

AT CHURCH TODAY

- Watch the dark church for the priest's Pascha candle
- Sing “Come Receive the Light” and light your candle at home
- Listen for “Christ is Risen” many times in different languages
- Crack your Red Egg
- Enjoy your Pascha Feast

ICON OF THE FEAST

One of the most symbolic of the Festal Icons of the Orthodox Church is that of the Holy Resurrection. In the center of this radiant event is Christ pulling Adam and Eve up from their tombs. The gates of the Realm of Death are broken and thrown down. In the background stands the host of the departed, so numerous they cannot be depicted. Among them in the front of the multitude are some of the righteous dead, though now

invigorated by the Resurrection. King David and his son Solomon are seen on the left wearing crowns. Near the center is Saint John the Baptist. On the other side is Abel, the son of Adam and the first man to ever die. He wears a shepherd's robe and has a cane. Many Icons of this subject depict large crowds with a few other recognizable prophets.

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

DISCUSSION POINTS FOR ADULTS

Holy Saturday and Pascha:

1. On Holy and Great Saturday our focus is on Christ descending Into hades and the tomb of Christ but not a normal grave but a life giving tomb as a source of power, victory, and liberation. What is our understanding and thinking of death of our earthly lives? How has the death and resurrection of Christ changed what many think of what happens when we pass?
2. What are some of the eternal truths we have come to Learn through this week and on this day?
3. Christ is Risen! This absolute truth has established the Christian Faith and evangelized the work to build the Church. It illumines, energizes souls, brings forgiveness, transfigures lives, creates saints and gives joy. How can we continue to become closer to God and share the Resurrection with others to continue the expansion of the Orthodox Christian Church?

NOTES:

·THE RES· URRECTION·



Holy Saturday Evening