



GREAT LENT AND PASCHA

Our Family's Journey

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also." - Matthew 6:14-21

Our Family's Journey Through Great Lent

PRAYER OF SAINT EPHRAIM

Lord and Master of my life, deliver me from the spirit of laziness and meddling, the lust for power and gossip.

(Great Prostration)

Rather, grant the spirit of wisdom, humility, patience and love to me, Your servant.

(Great Prostration)

Yes, Lord and King, grant that I may see my own faults and not judge my brother; for You are blessed to the ages of ages.

(Great Prostration)

FASTING

PRAYER

ALMSGIVING

Our Family's Journey Through Great Lent

Take a moment to talk with your family about your goals for Lent this year while you're eating dinner, after your evening prayers, or gathered together in your family room. What is Lent? What goals are we going to make as a family regarding fasting, prayer, and almsgiving? What did we do last year? Can we try and add something more this year? For additional ideas, please talk with your spiritual father for personal guidance for your family's specific needs.

FASTING EXAMPLES

- Choosing simple, inexpensive meals in order to allow more time for prayer and additional money to give to others
- If we only fasted from meat last year, maybe we can add not having cheese also this year
- Going out to eat less during Lent so we can save up more money to give away

PRAYER EXAMPLES

- Saying a prayer before every meal
- Gathering for family prayer time before bed
- Attending as many Lenten services as possible
- Saying a prayer by myself every morning
- Have Family Forgiveness Night in our home on Forgiveness Sunday
- Read the Bible
- Attend a class at church during Lent
- Attend a retreat during Lent
- Use the Pascha Passports

ALMSGIVING EXAMPLES

- In addition to our normal stewardship, we will save the extra money we do not spend on more expensive foods in a jar on our kitchen table to give to others
- Give an extra donation to our parish
- Give a donation to an Orthodox charity
- Give a donation to an Orthodox seminary
- Support a seminarian family with a gift
- Provide a meal for Pascha to a family in your community
- Invite a family over for a Pascha meal at our home
- Volunteer our time for a project at church