

Resources for Great Lent - 2021

Parenting During Lent

- Articles on Lent in time of Pandemic
[Preparing for Lent in Time of Pandemic](#)
[We Need a Humble Lent in These Troubled Times](#)
[Lent and the Pandemic Fallout \(Feb. 28, 2021\)](#) (4 parts) by Father Barnabas Powell
- **Parenting Guide for Lenten Services** (how do I bring my children to any/all of the services?)
<http://myocn.net/parenting-guide-for-lenten-services/>
- **Children During Lent: Ideas for Parents** (ways to involve our children during Lent)
<http://www.orthodoxmotherhood.com/children-during-lent-ideas-for-parents/>
- **Our Journey To Pascha – free printable calendar poster plus tips on using it with your family**
<http://illumination-learning.com/main/2017/02/09/our-journey-to-pascha/>
- **The Lenten Journey: Our Family's Plan for Great Lent**
<http://www.orthodoxmotherhood.com/the-lenten-journey-our-familys-plan-for-great-lent/>
- **Ten Ways to Prepare for Our Lenten Journey**
<http://www.orthodoxmom.com/2015/02/09/10-ways-to-prepare-for-great-lent/>
- **Links to all our Lenten Resources** (learn more about and participate in the fasting period of Great Lent including explanations of the different weeks of Lent, explanations of the special services held during Lent, why and how we should fast, the special prayer of Saint Ephraim recited daily by the faithful, and books to read and activities to do with your children during this time of preparation for Pascha.)
[Lenten Resources](#)

General Articles

- **The Great Lent: A Week by Week Meaning**
<https://www.goarch.org/-/the-great-lent-a-week-by-week-meaning>
- **Numerous articles and resources for Great Lent, Holy Week and Pascha**
<https://www.goarch.org/lent>
- **Archbishop Demetrios' Ten Suggestions for Lent**
<http://www.pravoslavie.ru/english/91730.htm>

On Lenten Services:

- **Lenten Wednesday Evening Pre-Sanctified Services:**
<http://myocn.net/pre-sanctified-liturgy/>
- **Presanctified Liturgy: The Gift of Lent**
<http://www.orthodoxmotherhood.com/presanctified-liturgy-children/>
- **Lenten Monday Evening Compline Services:**
<http://myocn.net/great-compline/>
- **Friday Evening Salutations to the Virgin Mary:**
<http://myocn.net/the-salutations/>
- **Instructions for Reader's Services for Compline in Great Lent**
[Readers Compline.pdf](#)

Prayer of Saint Ephraim

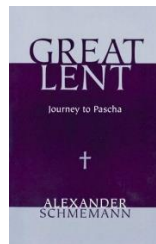
- **The Prayer of St. Ephraim**
<http://myocn.net/prayer-st-ephraim/>
- **The Meaning of the Prayer of St. Ephraim the Syrian**
<http://www.pravmir.com/the-meaning-of-the-prayer-of-st-ephraim-the-syrian/>
- **The Prayer of St. Ephraim Explained**
<http://stnektariosroc.org/2015/02/the-prayer-of-st-ephrem-explained/#more-2280>

- **A Unit Study on the Prayer of St. Ephraim**
<https://www.scribd.com/document/83871410/Prayer-of-St-Ephraim-Unit-Study-Part-1>
- **The Prayer of Lent: The Prayer of Saint Ephraim**
<http://www.orthodoxmotherhood.com/prayer-lent-prayer-st-ephraim/>

Books for Parents/Older Children:

Great Lent: Journey to Pascha by Father Alexander Schmemmann

A dynamic Orthodox Christian theologian offers a scholarly introduction to the major themes, services and texts of Lent. Introduces the reader to the reasons for and necessity of fasting and other Lenten practices according to the wisdom of the Church.

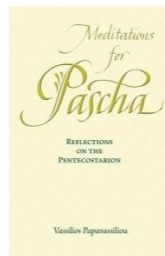


***Meditations for Pascha: Reflections on the Pentecostarion* by Archimandrite Vasilios Papavassiliou**

Far from being merely a “vacation from fasting,” the Pascha season is a time that, properly understood, can greatly enrich our faith. During the Pascha season, we celebrate and rejoice in our Lord’s Resurrection and we prepare for the great feast of the Holy Spirit descending upon us.

<http://store.ancientfaith.com/meditations-for-pascha/>

<http://store.ancientfaith.com/meditations-for-pascha-ebook/>

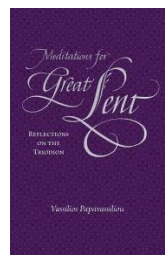


***Meditations for Great Lent: Reflections on the Triodion* by Archimandrite Vasilios Papavassiliou**

The Lenten Triodion exhorts us, “Let us observe a fast acceptable and pleasing to the Lord.” Using hymns from the Triodion and the Scripture readings appointed for the season, *Meditations for Great Lent* shows us how to make our fast acceptable: to fast not only from food but from sin; to fast with love and humility, as a means to an end and not an end in itself. Keep this gem of a book with you to inspire you for the Fast and to dip into for encouragement as you pursue your Lenten journey.

<http://store.ancientfaith.com/meditations-for-great-lent/>

<http://store.ancientfaith.com/meditations-for-great-lent-ebook/>

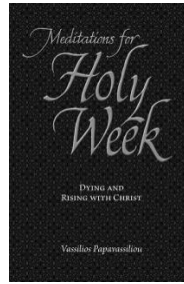


***Meditations for Holy Week: Dying and Rising with Christ* by Archimandrite Vasilios Papavassiliou**

Archimandrite Vassilios brings his liturgical and devotional insights and warm, accessible style to bear on the services of Holy Week, helping the reader enter fully into this most rich and intense period of the Christian year.

<http://store.ancientfaith.com/meditations-for-holy-week/>

<http://store.ancientfaith.com/meditations-for-holy-week-ebook/>



***The Lenten Spring* by Father Thomas Hopko**

Forty inspiring meditations on Great Lent based on scriptural and liturgical passages from the Lenten services.

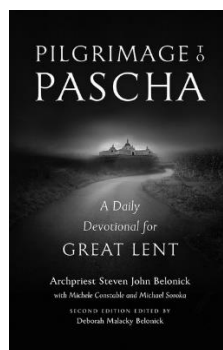
Includes spiritual wisdom of ancient and modern saints.



***Pilgrimage to Pascha: A Daily Devotional for Great Lent* by Archpriest Steven John Belonick**

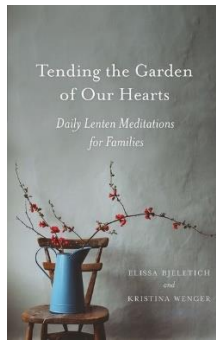
This unpretentious little book of meditations based on Scripture, ancient hymns, and writings from Church Fathers will nourish the souls of reflective seekers during the forty-day period of Great Lent. Authors of each meditation have delved deeply into the sins and shortcomings of their own hearts, enabling readers to share in a collective human experience - from darkness to light, from despair to hope, and from isolation to commonality in the body of Christ - as they move steadily toward our Lord's Resurrection.

[Pilgrimage to Pascha: A Daily Devotional for Great Lent - Ancient Faith Store](http://store.ancientfaith.com/pilgrimage-to-pascha-a-daily-devotional-for-great-lent)

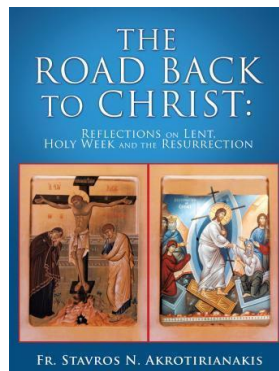


Tending the Garden of Our Hearts: Daily Lenten Meditations for Families

<https://store.ancientfaith.com/tending-the-garden-of-our-hearts-daily-lenten-meditations-for-families/>



***The Road Back to Christ: Reflections on Lent, Holy Week and the Resurrection* by Fr. Stavros Aktrotirianakis**
[The Road Back to Christ: Reflections on Lent, Holy Week and the Resurr – Holy Cross Bookstore](#)



***The Lenten Journey: Spiritual Readings for Great Lent* article**
<http://www.orthodoxmotherhood.com/the-lenten-journey-spiritual-reading-for-great-lent/>

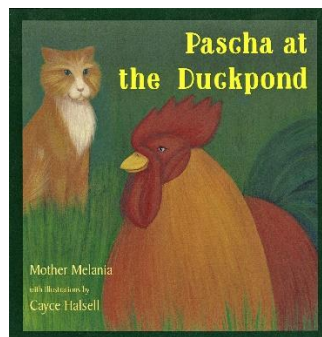
Children's Books:

Lenten MiniBooks for the Triodion
[Lenten Series 2021 - Google Drive](#)

***Pascha at the Duckpond* by Mother Melania**

Join the animals at the Duckpond as they journey through Great Lent towards Pascha (Easter). Along with them, we learn that Lent is not about the rules, but about allowing God to change our hearts through love and repentance.

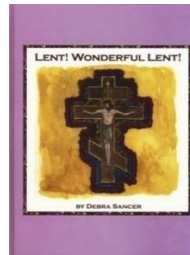
<https://www.holycross.org/products/pascha-at-the-duckpond> - Holy Cross Monastery



Lent Wonderful Lent by Debra Sancer

A wonderful book for children about the meaning of Great Lent as a time of repentance. Also explains the meaning of each Sunday in Orthodox Lent. For children ages 5-10.

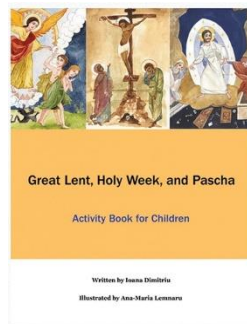
[Lent, Wonderful Lent! - Ancient Faith Store](#)



Great Lent, Holy Week and Pascha Activity Book for Children by Ioana Dimitriu

The readings contained in this activity book follow the main structure of the Triodion, namely, the four Sundays before the beginning of Great Lent, the five Sundays of Great Lent, Lazarus Saturday, Palm Sunday, Holy Week, and Pascha. This activity book includes a series of activities that are mostly appropriate for children 9 to 12 years old.

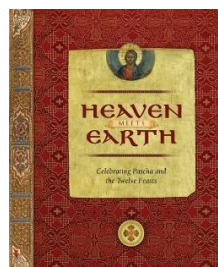
[Great Lent, Holy Week, and Pascha: Activity Book for Children - Ancient Faith Store](#)



Heaven Meets Earth: Celebrating Pascha and the Twelve Great Feasts by John Kosmas Skinas

Enhance your family's celebration of the Great Feasts of the Orthodox Church with this beautifully designed book. Written for all ages and illustrated with icons and more, the book brings alive each of the Twelve Great Feasts (plus Pascha, the Feast of Feasts) with hymns, traditions, Old and New Testament scriptures, explanations of the festal icon, and quotes from the Fathers. A wonderful companion as we journey through the liturgical calendar year after year, deepening our faith one feast at a time.

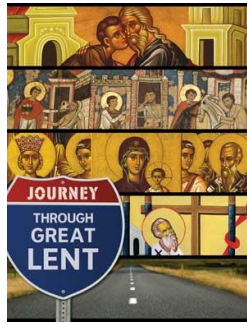
<http://store.ancientfaith.com/heaven-meets-earth>



Journey Through Great Lent Zine

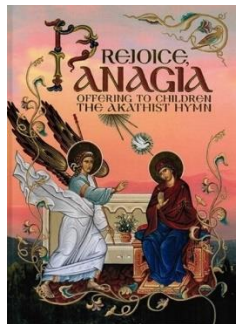
This nine-week unit spans the Great Fast with clear, vivid introductions to the season's scriptures, traditions, saints, and services. The brief readings in the zines are a focal point in classroom lessons that include not only personal reflection and thoughtful discussion, but also interactive activities and projects to help students refuel. Journal assignments keep students focused all week long on the disciplines of the Great Fast: fasting, prayer, giving and learning. Includes an in-depth lesson on the Sacrament of Confession. (Age 12+) Student Zine.

<https://www.orthodoxmarketplace.com/eSSS/ProductInfo/M15.aspx>



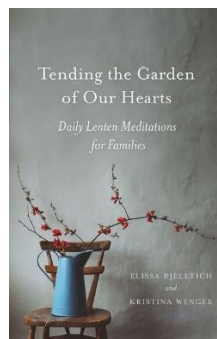
Rejoice Panagia - Offering to the Children the Akathist Hymn

<http://www.svspress.com/rejoice-panagia-offering-to-children-the-akathist-hymn/>



Tending the Garden of Our Hearts: Daily Lenten Meditations for Families

<https://store.ancientfaith.com/tending-the-garden-of-our-hearts-daily-lenten-meditations-for-families/>



The Lenten Journey: Best Children's Books for Lent and Holy Week article

<http://www.orthodoxmotherhood.com/the-lenten-journey-best-childrens-books-for-lent-and-holy-week/>