

Agenda for Lesson

Lesson 1

1. Prayer of Welcome

Come, let us worship God our King and bow down before Him.

Come, let us worship Christ God our King and bow down before Him.

Come, let us worship Christ, our King and our God, and bow down before Him.

Morning Prayer:

O Heavenly King, Comforter , the Spirit of truth, present in all places and filling all things' treasury of good things and giver of life, come and dwell in us and purify us from every stain, and of Your goodness, save our souls.

Prayer to Holy Spirit

2. Discuss Epistle and Gospel of the Day

Prior to the lesson – print out the included Epistle reading or create a transparency, if you will use the overhead projector. If you create a transparency, place it on the overhead and show the icon and the readings to the students.

Each week, introduce the Epistle reading to the students. Teacher may read it aloud or a 'willing' student or students may read it. Ask the students to give you a brief description of what the Epistle message is about. Discuss any points they may have missed.

3. **Begin this week's lesson of the Divine Liturgy**
 - a. **The lesson begins with showing the students pictures of the priest's vestments. (pictures found with teaching plans)**
 - b. **The teacher will label each piece and read the prayer that goes with each piece.**
 - c. **Teacher will explain the steps the priest follows in order to wear the vestments in preparation to serve the Divine Liturgy.**
4. **The parts of the Divine Liturgy:**
 - a. **Service of Preparation**
 - i. **Fr. prepares himself with prayer and then begins to vest himself. To vest himself means to begin putting on his robes and the various parts of his priestly clothing. A special prayer is repeated for each article of priestly clothing that the priest wears. The information about each of the vestments and the prayers that go with each is as follows:**

The Liturgical Vesting of the Greek Orthodox Priest:

(the following sections have been enlarged to allow the teacher to print them and either hang them up or hand them to each student and have them stand when this part occurs. This can also be used as a review to allow the students to place the parts in order. The teacher may also make an overhead transparency and conduct the class showing the parts to the students with the overhead projector.)

- ❖ *In the Orthodox Church, the clergy wears two kinds of robes, non-liturgical and liturgical.*
- ❖ *In our Church, Fr. Alexios serves the Liturgy along with Fr. Michael.*
- ❖ *Before the actual beginning of the Divine Liturgy, the priest enters the Church with special prayers and begins to prepare himself to serve the Liturgy.*
- ❖ *Our priests stand before the Royal Doors and read the Prayers of Entrance.*
- ❖ *In the Orthodox Church, our priests vest in special robes for the liturgical services. There are two special Christian vestments, the first of which is referred to as the ‘baptismal robe’. This robe is worn at the service of Holy Communion and is always white. It is the ‘robe of salvation’. It symbolizes the new humanity of Jesus and life in the Kingdom of God (Rev.7:9)*
- ❖ *The priest puts on the Sticharion which represents the Baptismal Garment. It signifies the white robe of the angel who announced to the Myrrh bearing women the glad tidings of the Lord’s Resurrection (Mark 16:5).*

- ❖ *As the vestment is put on, the priest recites this prayer:*
“My soul shall rejoice in the Lord, for He has clothed me with the garment of righteousness and covered me with a robe of gladness. (Isaiah 61:10)
- ❖ *Next, our Priest places the cuffs or ‘Epimanikia’ around his wrists. The Epimanikia symbolically represent the creative power of God. The Epimanikia represent the reminder that this Priest is tied against sin.*
- ❖ *As the priest wraps the ‘cuff’ around his left hand, he prays: “Your hands have made me and have fashioned me. Grant me understanding and I shall learn from Your commandments. (Psalm 119:73)*
- ❖ *As the Priest places the ‘cuffs’ on his right hand he prays: “Your right hand, Oh, Lord, is glorified in strength. Your right hand has crushed the enemies. In the fullness of Your glory, You have shattered Your adversaries.” (Exodus 15:6-7)*
- ❖ *At this point, the Priest puts on the Epitrachelion. The stole or Epitrachelion symbolizes the grace of the Holy Spirit that flows upon the Priest and is put on at this point. This vestment is worn around the neck of the Priest. It has 2 sets*

of tassels; the set on top represents the souls of those living which the priest is responsible and the set on the bottom represents the souls of those who have fallen asleep in the Lord.

- ❖ *This prayer is recited as the vestment is put on: “Blessed is God who pours out His grace upon His priests, myrrh upon the head that ran down the beard of Aaron, which ran down to the hem of his garment.” (Psalm 133:2)*
- ❖ *The ‘Epitrachelion’ which usually consists of two narrow strips sewn or buttoned together in the front, is richly embroidered with crosses at set distances.*
- ❖ *Next, the priest places the ‘Zone’ or belt around his waist over the Sticharion and Epitrachelion. It is a sign of the strength given to the priest by the Holy Spirit to lead the community in prayer.*
- ❖ *The symbolism of the ‘zone’ is signified by the following biblical passage: “Blessed is God who girds me with strength and makes my way blameless.” (Psalm 18: 32-33)*

- ❖ *Next comes the ‘Phelonion’. As Fr. places the ‘Phelonion’ on, we are reminded that this represents the Priest putting on the gifts of the Holy Spirit. This cloak represents the garment that the Romans dressed our Lord before His Crucifixion and shows that the Priest should be ministers of the truth.*

- ❖ *As the Priest places the ‘Phelonion’ on he prays: “Your priests, O Lord, shall clothe themselves with righteousness, and Your saints shall rejoice with joy.” (Psalm 132:9)*

- ❖ *Once the Priest is fully vested, he washes his hands before beginning any of the sacred functions of the Divine Liturgy.*

At this point, the first part of the Divine Liturgy begins.

(see teacher guides for Primary-Intermediate or Middle School)

5. Departing Prayer:

Lord, now let Your servant depart in peace, according to Your Word:

For my eyes have seen Your salvation,

Which You have prepared

Before the face of all people;

A light to provide light for the Gentiles,

And the glory of Your people Israel.

❖ *Curriculum Standards used in this lesson: 1-2-3-4-5-6-8*

Primary Teachers: (PreK-Kdgn-1st-2nd)

- 1. Welcome students and allow them to venerate the icon and light their candles*
- 2. Begin with Morning prayers.*
- 3. Discuss Epistle and Gospel-showing the icons that go with each.*
- 4. Begin your lesson by showing the pictures of Fr. Ioannis preparing for the Divine Liturgy by dressing in his Priest's vestments. Allow the students to hold the pictures and to discuss them with you.*
- 5. After the students look at the pictures, put them up around the room. Use the enclosed note cards with the names of the vestments on them to label the pictures.*
- 6. Use the blackline copies of the priest and the vestments to have students color. They may color, cut and paste to dress their own priest.*
- 7. Help students label each vestment piece.*

Materials:

Index cards

Crayons/markers

Scissors/glue

Vestment pieces:

Sticharion-Epitrachelion-Zone-Epimanikia-Epigonation-Phelonion

❖ *Curriculum Standards used in this lesson: 1-2-3-4-5-6-8*

Intermediate Teachers (3rd-4th-5 & 6th)

1. *Welcome students and allow them to venerate the icon and light their candles*
2. *Begin with Morning prayers.*
3. *Discuss Epistle and Gospel-showing the icons that go with each.*
4. *Begin your lesson by showing the pictures of Fr. Ioannis preparing for the Divine Liturgy by dressing in his Priest's vestments. Allow the students to hold the pictures and to discuss them with you.*
5. *After the students look at the pictures, put them up around the room. Use the enclosed note cards with the names of the vestments on them to label the pictures.*
6. *Use the blackline copies of the priest and the vestments to have students color. They may color, cut and paste to dress their own priest.*
7. *Allow students label each vestment piece.*
8. *Students may use their Bibles to find the prayers used by the priest when he dresses in the vestments.*

Materials:

Index cards

Crayons/markers

Scissors/glue

Bibles –Old and New Testament

Vestment pieces:

Sticharion-Epitrachelion-Zone-Epimanikia-Epigonation-Phelonion

❖ *Curriculum Standards used in this lesson: 1-2-3-4-5-6-8*

Middle School Teachers

- 1. Welcome students and allow them to venerate the icon and light their candles*
- 2. Begin with Morning prayers.*
- 3. Discuss Epistle and Gospel-showing the icons that go with each.*
- 4. Begin your lesson by showing the pictures of Fr. Ioannis preparing for the Divine Liturgy by dressing in his Priest's vestments. Allow the students to hold the pictures and to discuss them with you.*
- 5. After the students look at the pictures, put them up around the room. Use the enclosed note cards with the names of the vestments on them to label the pictures.*
- 6. Share the power point pictures with the students and guide them to look up the verse where the prayers are found.*
- 7. Older students may trace and cut out a larger priest doll using poster paper and construction paper.*
- 8. Allow students to label each vestment piece.*

Vestment pieces:

Sticharion-Epitrachelion-Zone-Epimanikia-Epigonation-Phelonion

Materials:

Poster board

Crayons/scissors/black markers/glue

Construction paper-various colors

Transparency pictures of priest and vestments

Bibles with Old and New Testament verses

Vestment pieces:

Sticharion

Epitrachelion

Zone

Epimanikia

Epigonation

Phelonion