

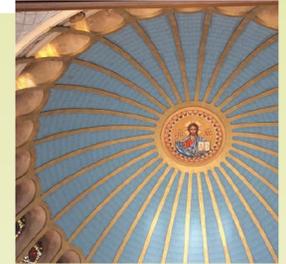
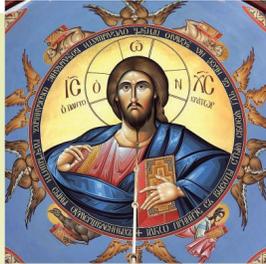


# I SPY IN MY LITTLE "I"CON

## ICON INFO FOR THOSE WILLING TO LOOK!

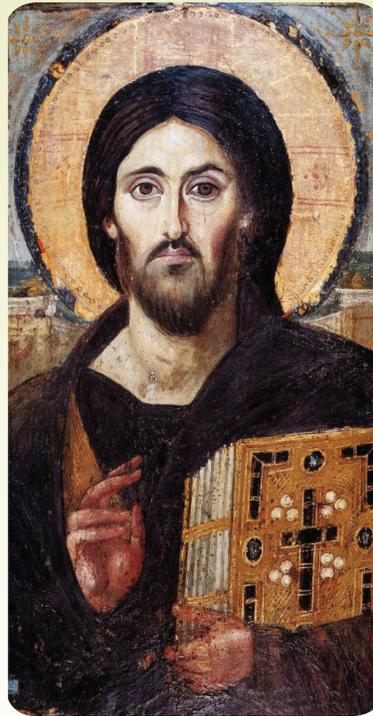


The title of this month's coloring page is "**Christ Pantocrator**" (pan'-to-kra'-tor). The word Pantocrator comes from two Greek words and means "**Almighty Ruler.**" These icons show Jesus as our all-powerful ruler and judge of all people. In his left hand he holds the Gospel book, which will be used to judge us. This shows Jesus as our just judge. His right hand is raised to bless us. This shows his great mercy. On Meat-fare Sunday, we will hear the story of the Divine Judgment. Listen to the story and see how God will judge us by how we treated our neighbor. Often we find these icons on the inside of the main dome of a church. It looks like Our Lord is looking down on us (which, of course, He is.) In some icons, we see that the Gospel book which Our Lord is holding is open to a verse in the Bible for us to read. Then we can call the icon by the name "**Christ the Teacher.**"



Pictures of Christ Pantocrator icons from Wikipedia. The last picture is the inside dome at The Ukrainian Catholic Cathedral of the Immaculate Conception in Philadelphia.

**This is the oldest Christ Pantocrator icon. It is at St. Catherine's Monastery in the Sinai Desert and is probably from the 6th century. Do you notice something strange in this icon? Look at it carefully.**



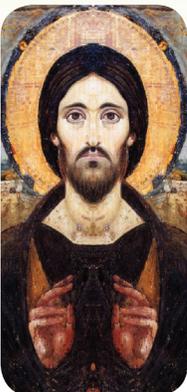
**The eye on this side shows Jesus looking as if he is not pleased with our sins.**

He is our just judge. On the side that shows Jesus as our judge, he hold the Gospel book. He will judge us by his teachings and how we have treated others. Two 8-pointed stars are in the upper corners. Maybe they represent the "Eighth Day" which could mean judgement day. Maybe they are just stars in the sky above the buildings. Or perhaps, they are just pretty decorations? Do you have any other ideas?

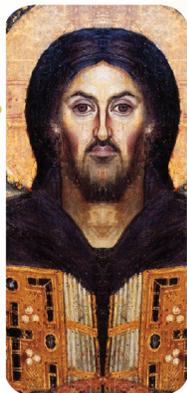
**The eye on this side is kind and loving.**

It shows that Jesus is merciful. On the side that shows Jesus as our loving God, we see his hand raised to bless us.

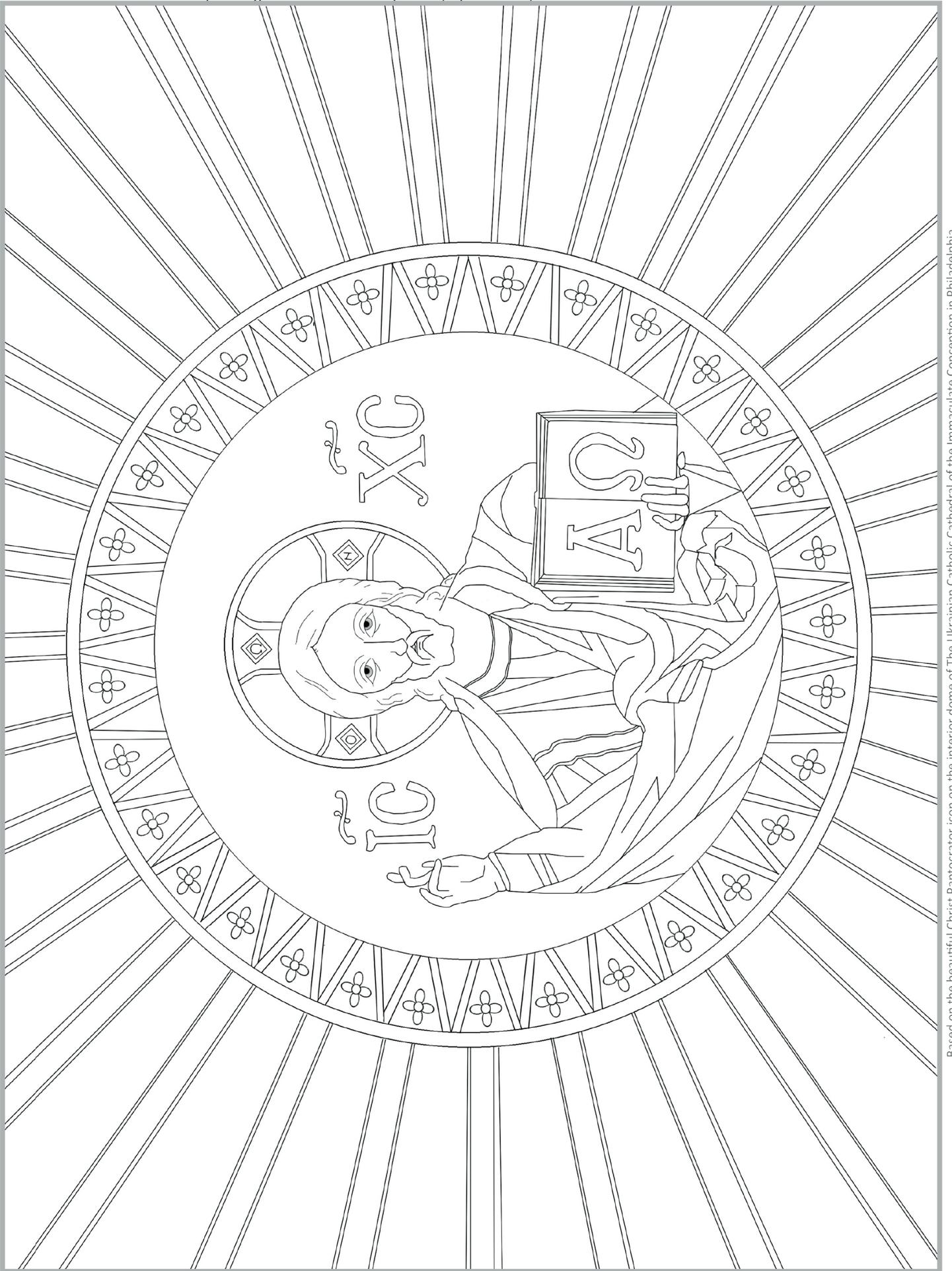
Many icons have a gold background representing heaven and eternity. Here we see buildings instead. Jesus is outside. Do you think it is judgement day?



**It is fun to put this picture into a computer and take half the picture, reverse it and put two of the same sides together. The picture on the left is what you get when you put the two merciful sides together. The picture on the far right is what you get when you put two of the just judge sides together. Or, you can just put in two of the same eyes, (in the smallest picture) and get this very nice picture.**



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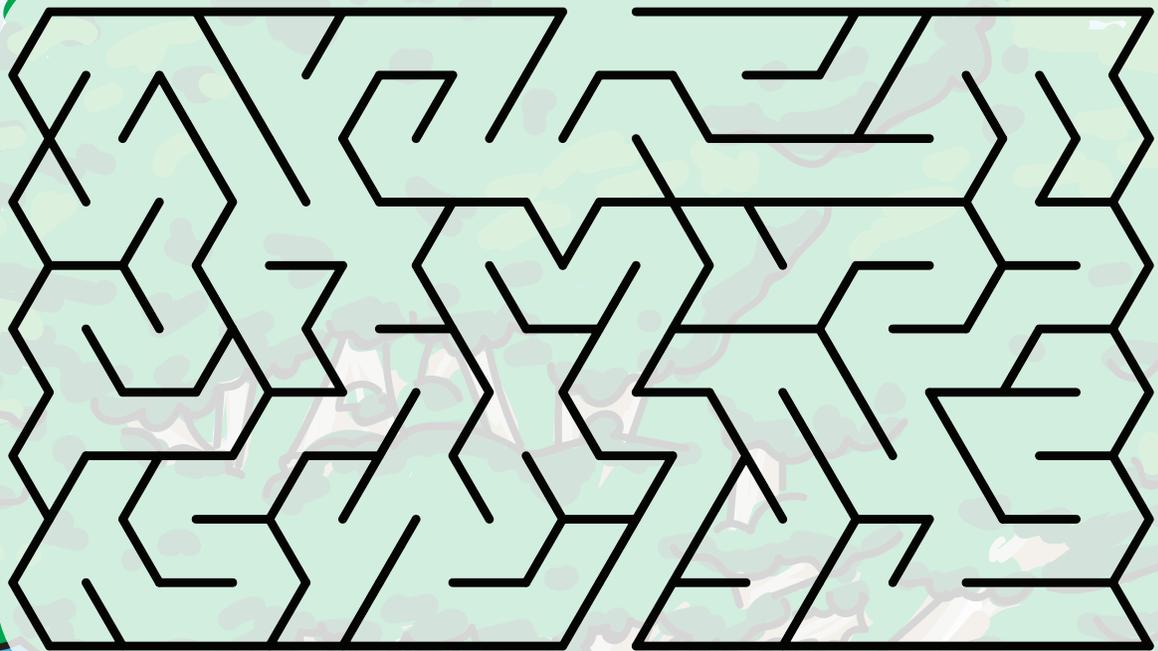


Based on the beautiful Christ Pantocrator icon on the interior dome of The Ukrainian Catholic Cathedral of the Immaculate Conception in Philadelphia. May be freely copied and shared for non-commercial purposes. Saints Joachim and Anna Ukrainian Catholic Church, Front Royal, Virginia and Byzimom.com

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# ZACCHAEUS NEEDS YOUR HELP!



JESUS WOULD LIKE TO HAVE  
DINNER WITH ZACCHAEUS.  
HE ASKS HIM TO COME DOWN  
FROM THE TREE. ZACCHAEUS IS  
SO HAPPY THAT JESUS WANTS TO  
COME TO HIS HOUSE BUT HE MAY  
NEED SOME HELP FROM YOU TO  
GET DOWN FROM THE TREE.



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# February 3

## THE SUNDAY OF ZACCHAEUS

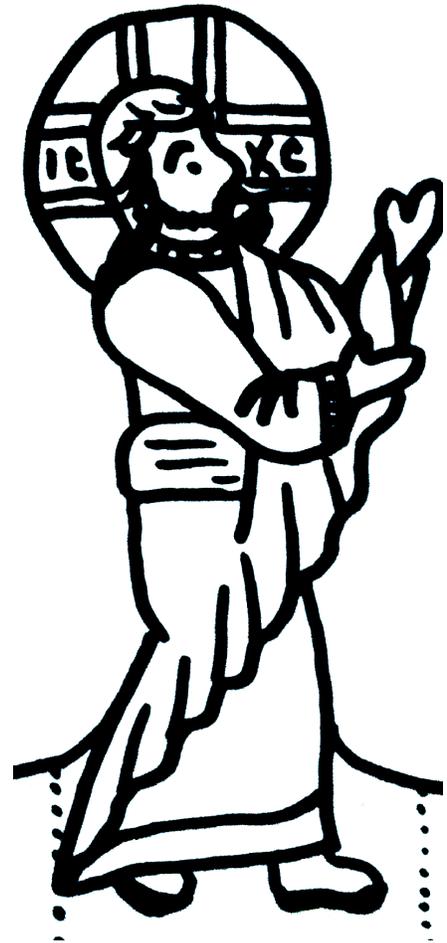
The story of Zacchaeus, the short, little tax collector who climbed a tree so that he could better see the Lord, prompts us to get out of our own comfort zones a bit and climb upward toward Christ as well! So now, ask yourself, how will the story of Zacchaeus influence the way you observe the Fast this year? When it comes time for us to offer your favorite meals to Christ and eat vegetables instead, will you be willing to do this hard thing in order to see Christ more clearly? Are you willing to attend Presanctified Liturgies and other Lenten services instead of staying comfortably at home on the couch? Are you willing to become "uncomfortable" for a little while so that you may please God and grow closer to Him? If you are, then you have the "holy ambition" of our friend Zacchaeus! Christ was so pleased with the disposition in our friend, and He will be just as pleased to find it in you!! As a reminder of this week's Gospel story, you can make these paper cut outs to adorn your favorite "tree" ..any house plant will do! When you see Zacchaeus in the "tree" and Jesus prompting him to come down, you can think about holy ambition and become inspired to work toward seeing Jesus more clearly yourself!



THE FINISHED PROJECT

### Instructions:

Make a photocopy of this page. Cut out these figures and then color them however you like. Tape a wooden craft stick, or chop stick, to the back of Zacchaeus so that you can stick him into your favorite potted plant, as if he was climbing the tree! Then tape the figure of Jesus to the pot of the plant, as if He was calling Zacchaeus down.



# February 10

## THE SUNDAY OF THE PUBLICAN AND THE PHARISEE

When we hear this Gospel story we are asked to take a look at how we choose to pray. Let's take a look at the prayer of the Pharisee. He begins to thank God that he is not a "bad person" and begins to list all of his attributes, as if God doesn't already know all of those things. "I" do this and "I" do that..."I" is all he talks about. This man is so impressed with himself, yet sadly, God is not impressed with this man. Our friend the Publican however, silently takes his humble place and simply asks God for mercy. He offers a simple, yet powerful, prayer which sums up everything a soul needs in every time and in every situation. We can learn this powerful prayer and pray it often throughout our day!

*Lord Jesus Christ, Son of God, have mercy on me, a sinner*

We can make a simple bracelet upon which we can pray this prayer, during the day or night, whenever we have the time or the desire to connect with God. This bracelet design is based on the Chotki, or knotted cords that were first made and used by St. Pachomius, a monk of the fourth century in order to keep better track of his prostrations during the day. Later on, the monk began to notice that as he tried to pray with these knotted cords, the devil would come and attempt to trip him up by untying the knots! It is said that the Theotokos, herself, appeared to him and taught him how to tie each knot in the form of seven crosses so that the enemy, at the sign of the cross, would flee and leave him to his precious prayers.

*This is so much simpler to make than those knots, and anyone can do it!*



### *You will need:*

- Some woolen yarn
- Matching embroidery floss
- Clear tape
- 21 Pony beads

Cut two pieces of yarn, and two pieces of coordinating floss, each measuring at least 12 inches.

Pair each length of yarn with a piece of floss, wrap each end together with a piece of transparent tape, like a shoelace, in order to make it easier to push the yarn through each bead. Push one end of both cords through one bead and place the bead in the center of the cords. Tie the bead in place by knotting the cords on either side. This will become the center bead of your chotki. You may wish to make this bead red, or some other accent color.

On each side of the center bead, string 10m pony beads (mine are black, for the Fast; you may choose any color you like) in the following manner: Take the bead, push one cord through the hole in the bead from the right side to the left, and then take the other cord and push it through the same hole from the left side to the right. Then pull the bead down toward the center bead. Continue with the other beads, 10 on each side until all 20 beads are strung.

Then bring all four ends together and make a great big knot, thus making a circular set of beads. Cut off the excess yarn and fray the ends a bit to form a tassel which, according to tradition is there to dry the penitent's tears.

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# February 17

## SUNDAY OF THE PRODIGAL SON

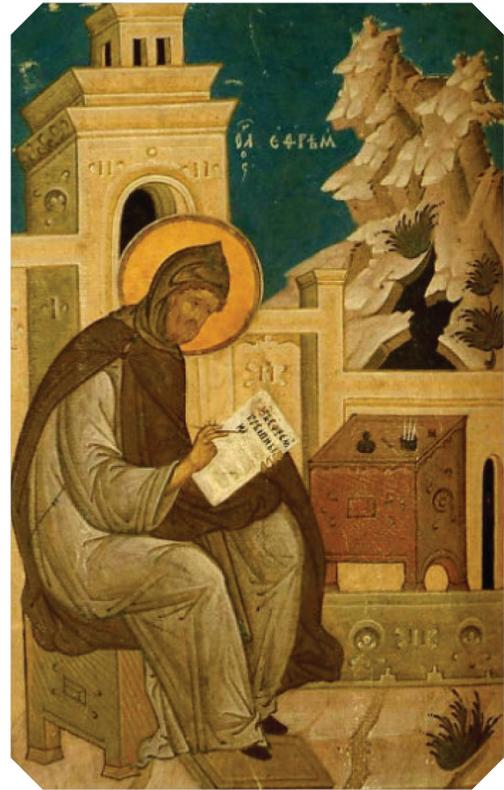
When we listen to this Gospel, we notice that the repentant son returns to his father and humbles himself by prostrating before him to beg his forgiveness. We in the east know what prostrations are, at least we should! They have always been a symbol of our humility before God for generations and should be a part of our daily prayers, especially during the Great Fast.

### How do we do it?

We first make the sign of the cross, then kneel down on both knees, then bowing forward, we place our hands down and our faces to the ground. Then we rise and continue our prayer.

We make these prostrations during the prayer of St. Ephrem which will be recited during the Presanctified Liturgy. St. Ephrem was a Syrian monk who lived in the fourth century. When he was just a little boy, he had a very bad temper and often got into fights and other trouble. One day, because of his reputation he was wrongly accused of stealing some sheep and was put into jail. That evening, God called out to him in a dream and told him to correct his life and stop misbehaving, and so he did. The charges were dropped and, grateful to God, Ephrem began to change his ways immediately, and that's when he composed his famous prayer. Ephrem became a monk and then a saint who had developed such humility and piety that it was said that he had furrows down his cheeks from all the tears he shed in reparation for his former sins.

Let's practice our prayer and our prostrations today!



ST. EPHREM THE SYRIAN 16TH CENTURY @WIKI

## The Prayer of St. Ephrem

O Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power and idle chatter  
(make a great prostration)

Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love.  
(make a great prostration)

Yes, O Lord and King, let me see my own sins, and not judge my brothers and sisters;  
for you are blessed forever and ever.  
Amen.  
(make a great prostration)



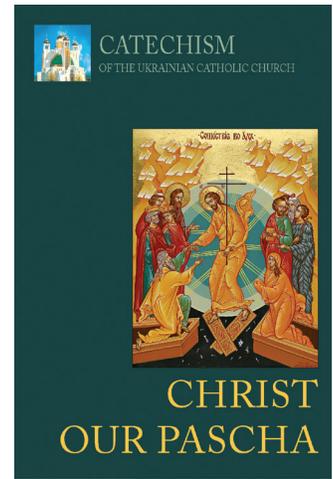
# The Catechism of The Ukrainian Catholic Church

## Kids Lesson #4 The date of Pascha

We are getting ready for our count-down through Great Lent to Pascha. It's going to be a long ride, so fasten your seatbelts. Let's see what **The Catechism of the Ukrainian Catholic Church: Christ—Our Pascha** has to say about the Sundays leading up to Great Lent. Since we are talking about what the Gospel is about for each of these Sundays, we should be looking in **section two, The Prayer of the Church**. In this section we learn all about The Holy Mysteries, (sacraments), Divine Liturgy, and everything else that happens in church.

Look at the Table of Contents. Remember that the Table of Contents uses page numbers unlike the index which gives us paragraph numbers. Read through the table of contents for section two. You will notice a section called "The Yearly Cycle of Services" on page 187. We see that the services of the Divine Liturgy are either part of the **immovable cycle** or the **movable cycle**. Did you ever wonder why Christmas is always on the same date each year and Pascha is not? Let's find out.

Check out "The Movable Cycle of Feasts" on page 188. We learn that the date of Pascha or Easter moves to different dates each year. Pascha always falls on **the first Sunday after the full moon after the vernal equinox**. An equinox is the exact day when there are an equal number of hours in the day and in the night. This happens twice a year, in the fall, called the autumnal equinox, and in the spring, called the vernal equinox.) Since the vernal equinox does not happen on the same day each year, Pascha and all the Sundays related to Pascha do not fall on the same day each year. In paragraph (not page number) 568 we learn that there are four Sundays that come before Great Lent to help us prepare for Lent.

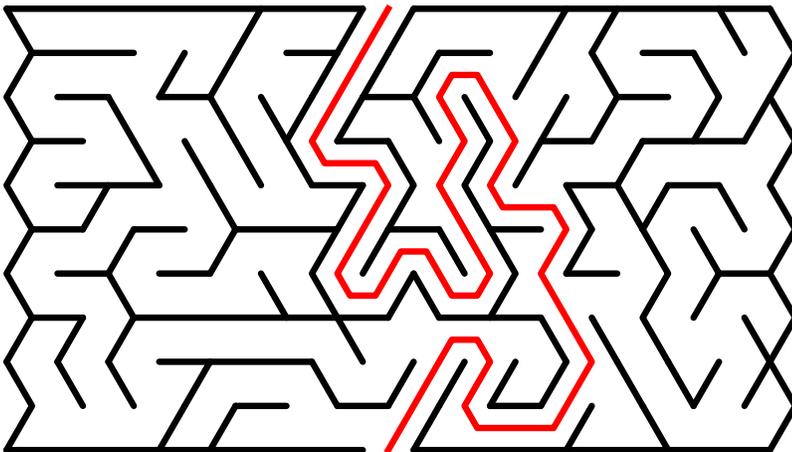


- Written By Julie Luckey



They are:

1. **The Sunday of the Publican (Tax Collector) and the Pharisee**—we learn to imitate the humility of the tax collector
  2. **The Sunday of the Prodigal Son**—we learn to be sorry for our sins and return to God who loves us so much
  3. **Meatfare Sunday**—we learn about the Divine Judgement and how we should show our love for God by works of charity
  4. **Cheesefare Sunday**—we learn to forgive each other just as God forgive us.
- During the Great Lent, we must not only fast, but also show our love for God by praying as much as we can and also show our love for God by doing acts of love for our neighbor and by giving alms.

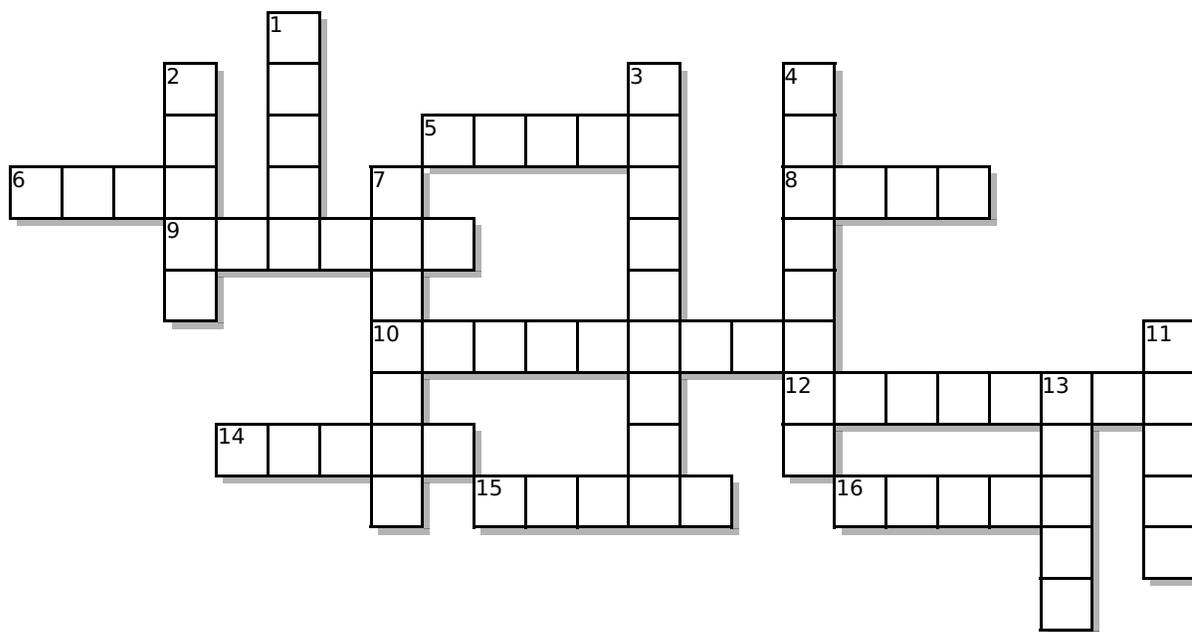


ANSWER KEY  
TO MAZE PG.4

(THIS IS UPSIDE DOWN)

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# CHRIST PANTOCRATOR CROSSWORD PUZZLE



## ACROSS

- 5 The monastery which has the oldest Pantocrator icon is in which desert.
- 6 Often the background of icons is which color which reminds us of heaven.
- 8 Pantocrator icons are often found on the inside of a \_\_\_\_.
- 9 In his right hand, Our Lord holds which book?
- 10 The oldest Pantocrator icon is found in a monastery named after this saint.
- 12 On Judgement Day, Jesus will judge us by how we treated our \_\_\_\_\_.
- 14 Pantocrator icons show Jesus as the all-powerful \_\_\_\_.
- 15 The oldest Pantocrator icon dates from the \_\_\_\_\_ century.
- 16 In icons of Our Lord, when the book he is holding is open, the book usually has words from the \_\_\_\_\_.

## DOWN

- 1 What does the oldest Pantocrator have in the upper corners?
- 2 On the last day, Jesus will be our just \_\_\_\_\_.
- 3 In the oldest Pantocrator icon, each eye is \_\_\_\_\_.
- 4 On Meat-fare Sunday, we hear the story of the Divine \_\_\_\_\_.
- 7 When the book Our Lord is holding is open, we may call this icon Christ the \_\_\_\_\_.
- 11 The word Pantocrator comes from which language?
- 13 Our Lord's hand is raised to \_\_\_\_\_ us.

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# Our Great-Fast Countdown to Pascha Calendar 2019

Compiled to coordinate with *The Zacchaeus Tree* by Lynne Wardach; available from the gift shop page at [ByziMom.com](http://ByziMom.com)

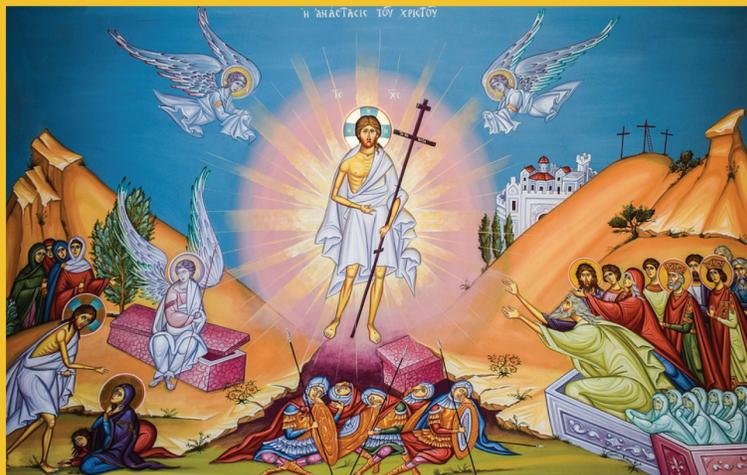
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|--|--|---|--|--|---|---|
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| <b>March 17</b><br>Sunday of St. Gregory Palamas<br><br>Practice prayer today!             | <b>March 18</b><br>Dust your room and think about cleaning the dust from your soul too!  | <b>March 19</b><br>Defend your faith...learn and review the concepts in the Creed | <b>March 20</b><br>Make a chotki bracelet with 10 beads to pray with every day and night!                    | <b>March 21</b><br>Learn and practice the Jesus Prayer with your new beads                           | <b>March 22</b><br>The Family is made in God's image...3 in 1!<br>Review Psalm 127            | <b>March 23</b><br>Learn or review the Prayer before Communion  |
| <b>March 24</b><br>Sunday of the Veneration of the Holy Cross<br><br>We Bow to Your Cross! | <b>March 25</b><br>The Annunciation<br><br>Practice the prayer to the Theotokos today!   | <b>March 26</b><br>Do a secret good deed for someone who is in need.              | <b>March 27</b><br>Review the litany said at Divine Liturgy and think of someone you know for each petition, | <b>March 28</b><br>Review and discuss the guidelines for proper behavior at Liturgy with your family | <b>March 29</b><br>Tonight, listen for this hymn: Let my prayer ascend to you like incense... | <b>March 30</b><br>Clean your closets today and consider donating things you've outgrown  |

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|   |  |  |  |  |   |  |
|---|--|--|--|--|---|--|
| <p><b>March 31</b><br/><b>Sunday of St. John of the Ladder</b></p> <p>Step by step we're getting close!</p>                             | <p><b>April 1</b><br/>Make "Crown of Thorn Pretzel Rolls"<br/>Get the recipe at <a href="http://ByziMom.com">ByziMom.com</a></p>           | <p><b>April 2</b><br/>Be a helper like Simon of Cyrene. Help someone with a difficult task today</p>                           | <p><b>April 3</b><br/>Watch for another opportunity to be a helper today!</p>  | <p><b>April 4</b><br/>Help someone whom you are tempted NOT to love today</p>  | <p><b>April 5</b><br/>Tonight, listen for the entrance hymn &amp; pray with the angels when Jesus enters!</p>                           | <p><b>April 6</b><br/>Think about the angels today and how your own angel helps you keep the fast</p>                                  |
| <p><b>April 7</b><br/><b>Sunday of St. Mary of Egypt</b></p> <p>Learn her story and be inspired!</p>                                    | <p><b>April 8</b><br/>As we get closer to Pascha, lets practice singing the troparion... secretly, of course. It's still lent.</p>         | <p><b>April 9</b><br/>Learn about St. Longinus today and how his eyesight was restored by Jesus. How merciful is HE?!!</p>     | <p><b>April 10</b><br/>After you receive Jesus in the Eucharist tonight, close your eyes and snuggle with Him a while.</p> | <p><b>April 11</b><br/>Set aside a special time to sit before your icon corner and rest with Jesus a while</p>                       | <p><b>April 12</b><br/><b>Today is the last day of the Great Fast.</b><br/>Passion week is coming soon.</p>                             | <p><b>April 13</b><br/><b>Lazarus Saturday</b><br/>Listen to the gospel story &amp; think about what you would do if you saw that!</p> |
| <p><b>April 14</b><br/><b>Palm/Flowery Sunday</b><br/>Hosannah in the Highest!<br/>Blessed is He who comes in the name of the Lord!</p> | <p><b>April 15</b><br/><b>Great and Holy Monday</b><br/>Mt 21:18-20<br/>Talk with your family about ways you can be a fruitful branch.</p> | <p><b>April 16</b><br/><b>Great and Holy Tuesday</b><br/>Mt 24:36-28:20<br/>Keep the light burning for Jesus in your soul!</p> | <p><b>April 17</b><br/><b>Great and Holy Wednesday</b><br/>Mt 26:6-16<br/>Tonight YOU can receive HOLY UNCTION!</p>        | <p><b>April 18</b><br/><b>Great and Holy Thursday</b><br/>1 Cor 11:23-32<br/>Spend some extra time with Jesus in prayer tonight.</p> | <p><b>April 19</b><br/><b>Great and Holy Friday</b><br/>Be especially quiet and solemn today in honor of Jesus suffering and death.</p> | <p><b>April 20</b><br/><b>Great and Holy Saturday</b><br/>Help your family prepare for the celebration to come.</p>                    |

## Today is Pascha!

Christ is Risen! Indeed He is Risen!



(<https://www.maxpixel.net/Religion-Church-Orthodox-Iconography-Resurrection-1990452>)

Today we sing,  
Christ is Risen from the dead!  
By death, He trampled Death  
And to those in the tombs, He granted LIFE!

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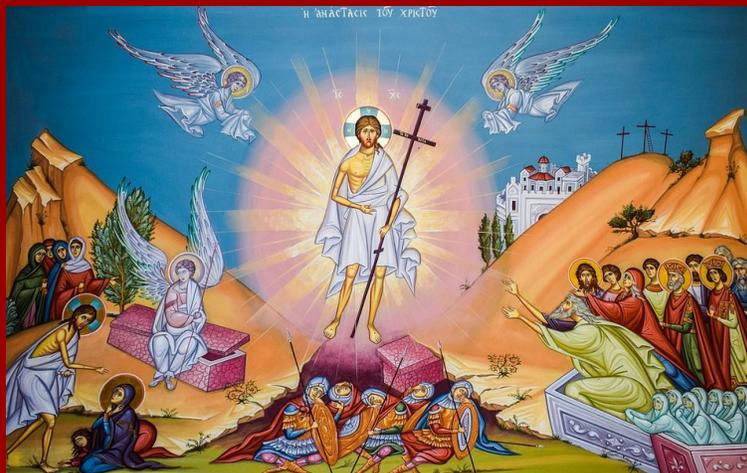
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| <p><b>March 3</b><br/><b>Cheesefare/ Forgiveness Sunday:</b> Ask forgiveness of all in your household</p> | <p><b>March 4</b><br/><b>Clean Monday</b><br/>The Great Fast Begins!<br/><br/>Here we go!!</p>  | <p><b>March 5</b><br/><b>Clean Tuesday</b><br/><br/>It's a great day to clean your room!</p> | <p><b>March 6</b><br/><b>Clean Wednesday</b><br/><br/>Practice your prostrations</p>                                 | <p><b>March 7</b><br/><b>Clean Thursday</b><br/><br/>Learn the Prayer of St. Ephrem</p>                      | <p><b>March 8</b><br/><b>Clean Friday</b><br/><br/>Make Kutjia (Koliva) in honor of St. Theodore's miracle</p> | <p><b>March 9</b><br/><b>Saturday of Theodore the Recruit</b><br/><br/>Read this really cool story at ByziMom.com</p> |
| <p><b>March 10</b><br/><b>Sunday of Orthodoxy</b><br/><br/>Gather your icons and have a procession!</p>   | <p><b>March 11</b><br/>Visit someone who is sick or lonely, or maybe send them a card</p>   | <p><b>March 12</b><br/>Plant some basil seeds in pots today for Pascha</p>                   | <p><b>March 13</b><br/>O Joyful Light<br/>Make beeswax candles for your icon corner</p>                              | <p><b>March 14</b><br/>Learn about your patron saint</p>   | <p><b>March 15</b><br/>Take time to look outside notice the wonderful things God has made.</p>                 | <p><b>March 16</b><br/>Remember to practice obedience, as Jesus was obedient to his parents too!</p>                  |
| <p><b>March 17</b><br/><b>Sunday of St. Gregory Palamas</b><br/><br/>Practice prayer today!</p>           | <p><b>March 18</b><br/>Dust your room and think about cleaning the dust from your soul too!</p>   | <p><b>March 19</b><br/>Defend your faith...learn and review the concepts in the Creed</p>    | <p><b>March 20</b><br/>Make a chothki bracelet with 10 beads to pray with every day and night!</p>                   | <p><b>March 21</b><br/>Learn and practice the Jesus Prayer with your new beads</p>                           | <p><b>March 22</b><br/>The Family is made in God's image...3 in 1!<br/>Review Psalm 127</p>                    | <p><b>March 23</b><br/>Learn or review the Prayer before Communion</p>  |
| <p><b>March 24</b><br/><b>Sunday of the Veneration of the Holy Cross</b><br/>We Bow to Your Cross!</p>    | <p><b>March 25</b><br/><b>The Annunciation</b><br/><br/>Practice the prayer to the Theotokos today!</p>   | <p><b>March 26</b><br/>Do a secret good deed for someone who is in need.</p>                 | <p><b>March 27</b><br/>Review the litany said at Divine Liturgy and think of someone you know for each petition,</p> | <p><b>March 28</b><br/>Review and discuss the guidelines for proper behavior at Liturgy with your family</p> | <p><b>March 29</b><br/>Tonight,listen for this hymn:<br/>Let my prayer ascend to you like incense...</p>       | <p><b>March 30</b><br/>Clean your closets today and consider donating things you've outgrown</p>                      |

**WORKSHEETS ALSO AVAILABLE AT BYZIMOM.COM!**

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| <p><b>March 31</b><br/><b>Sunday of St. John of the Ladder</b></p> <p>Step by step we're getting close!</p>                         | <p><b>April 1</b><br/>Make "Crown of Thorn Pretzel Rolls"<br/>Get the recipe at ByziMom.com</p>  | <p><b>April 2</b><br/>Be a helper like Simon of Cyrene. Help someone with a difficult task today</p>                           | <p><b>April 3</b><br/>Watch for another opportunity to be a helper today!</p>  | <p><b>April 4</b><br/>Help someone whom you are tempted NOT to love today</p>  | <p><b>April 5</b><br/>Tonight, listen for the entrance hymn &amp; pray with the angels when Jesus enters!</p>                           | <p><b>April 6</b><br/>Think about the angels today and how your own angel helps you keep the fast</p>                                  |
| <p><b>April 7</b><br/><b>Sunday of St. Mary of Egypt</b></p> <p>Learn her story and be inspired!</p>                                | <p><b>April 8</b><br/>As we get closer to Pascha, lets practice singing the troparion... secretly, of course. It's still lent.</p>         | <p><b>April 9</b><br/>Learn about St. Longinus today and how his eyesight was restored by Jesus. How merciful is HE?!!</p>     | <p><b>April 10</b><br/>After you receive Jesus in the Eucharist tonight, close your eyes and snuggle with Him a while.</p> | <p><b>April 11</b><br/>Set aside a special time to sit before your icon corner and rest with Jesus a while</p>                       | <p><b>April 12</b><br/><b>Today is the last day of the Great Fast.</b><br/>Passion week is coming soon.</p>                             | <p><b>April 13</b><br/><b>Lazarus Saturday</b><br/>Listen to the gospel story &amp; think about what you would do if you saw that!</p> |
| <p><b>April 14</b><br/><b>Palm/Flowery Sunday</b><br/>Hosannah in the Highest! Blessed is He who comes in the name of the Lord!</p> | <p><b>April 15</b><br/><b>Great and Holy Monday</b><br/>Mt 21:18-20<br/>Talk with your family about ways you can be a fruitful branch.</p> | <p><b>April 16</b><br/><b>Great and Holy Tuesday</b><br/>Mt 24:36-28:20<br/>Keep the light burning for Jesus in your soul!</p> | <p><b>April 17</b><br/><b>Great and Holy Wednesday</b><br/>Mt 26:6-16<br/>Tonight YOU can receive HOLY UNCTION!</p>        | <p><b>April 18</b><br/><b>Great and Holy Thursday</b><br/>1 Cor 11:23-32<br/>Spend some extra time with Jesus in prayer tonight.</p> | <p><b>April 19</b><br/><b>Great and Holy Friday</b><br/>Be especially quiet and solemn today in honor of Jesus suffering and death.</p> | <p><b>April 20</b><br/><b>Great and Holy Saturday</b><br/>Help your family prepare for the celebration to come.</p>                    |

# Today is Pascha!

Christ is Risen! Indeed He is Risen!



(<https://www.maxpixel.net/Religion-Church-Orthodox-Iconography-Resurrection-1990452>)

Today we sing,  
Christ is Risen from the dead!  
By death, He trampled Death  
And to those in the tombs, He granted LIFE!