

Family Connections

Forgiveness Sunday

Romans 13:11-14; 14:1-4 & Matthew 6:14-21



Do you fast? Prove it by doing good works. If you see someone in need, take pity on them. If you see a friend being honored, don't get jealous of him. For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body.

—St. John Chrysostom (4th century)

EXPLORE TOGETHER:

Preparing for the Fast—Great Lent begins tomorrow. Take some time as a family to plan—considering not just how you will eat but how you will move closer to Christ through prayer, fasting, and almsgiving. How can we simplify our food using the fasting guidelines of the church so we

can focus more on spiritual endeavors? How can we think less about our wants and focus on the needs of others through almsgiving? For more direction, schedule time with your parish priest to assist you. Visit www.lent.goarch.org for more resources to guide your Lenten journey.

OCMC Sunday—This Sunday has been designated Orthodox Christian Mission Center (OCMC) Sunday. Visit www.ocmc.org for more information and read about some of the Orthodox missionaries throughout the world. Consider picking one of the missionaries to follow their story. As a family learn more about the country they live in and what their life is like there. Keep them in your prayers, and if possible consider making a donation as part of your almsgiving this Lent.

Forgiveness Vespers—As tomorrow is Clean Monday, today we seek forgiveness not only from our family members and friends but from our parish family. Make plans to attend Forgiveness Vespers as a family tonight. In addition, ask your priest for prayers from the service to read at home as a family. After reading these prayers, have each family member ask for forgiveness with a prostration and kiss of peace. Consider making this a weekly practice as preparation for Holy Communion.

Before church next week, read the scripture passages for the

1st Sunday of Lent: Sunday of Orthodoxy

Hebrews 11:24-26, 32-40 and John 1:43-51

FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:



Center for Family Care of the Greek Orthodox Archdiocese of America
www.family.goarch.org