

Family Connections

1st Sunday of Lent: Sunday of Orthodoxy

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



If someone turns with his spiritual world to the spiritual world of another person, he encounters an awesome and inspiring mystery ... He comes into contact with the true image of God in man with the very icon of God incarnate in the world, with a reflection of the mystery of God's incarnation and divine manhood. And he needs to accept this awesome revelation of God unconditionally, to venerate the image of God in his brother.

—St. Maria of Paris (20th century)

EXPLORE TOGETHER:

Make a Family Icon Tree—In honor of the restoration of icons which is commemorated today, make a family icon tree. Search online for your

family patron saint icons and an icon of Christ. Download, format for size, and print the icons. On a piece of poster board, draw a tree with a branch for every member of your family. Place Christ's icon in the trunk, and the family icons on the branches. Decorate as you like and display somewhere prominent in your home. Visit www.lent.goarch.org for more resources on this Sunday and to guide your Lenten journey.

“I Saw You” Journals—In today's Gospel lesson, Nathanael is curious about how Jesus knows him, and Jesus responds, “I saw you.” How important it is for us to remember that Jesus sees all of us. He does not just see us where we are but He sees into our hearts and knows us better than we know ourselves. For one week, have each member of your family keep a brief daily journal (written or drawn). In this journal, each person should reflect on what Jesus saw them do that day and what was in their hearts. Have each family member use these journals at the end of the day to offer prayers for guidance and gratitude.

**Before church next week, read the scripture passages for the
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FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:



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