



St. Luke Greek Orthodox Church

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Rev. Father Christ Kontos, Protosphyriar

Dear Parents:

March 2024

We pray that this letter finds you and your families joyful and in good health. The Lenten season will begin on Monday, March 18, 2024. In our growing effort to go green, we have posted the Lenten Workbook on the Sunday School website again this year. We **strongly encourage** that you use this workbook as a tool to guide your children through the Lenten season. There is a lot of valuable information about each Sunday in Lent as well as biblical passages to help focus their worship during the week. Please use the following link to access the Lenten Workbook:

<https://www.ss.st-luke.org/lent>.

This letter is also meant to provide you with information about upcoming events over the Lenten season as well as information about the tradition of the Myrrh-bearers that our young women take part in every year. There are two RSVP forms attached to this letter. The first is a form for our young ladies who intend to be Myrrh-bearers this year. There is some basic information included with this letter that will help you decide whether or not you would like your daughter to be a part of this great honor and tradition. There is also a form for our annual "Holy Friday Retreat" that takes place each year on Holy Friday.

Here is a brief schedule of some of the upcoming events:

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| March 18 | CLEAN MONDAY. Lent begins. |
| March 22 | 1 st Salutations, flowers presented by all Sunday School students. |
| March 24 | Worship & Classes. Sunday of Orthodoxy. <i>Icon Procession immediately following the Divine Liturgy.</i> 1st Sunday of Lent |
| March 29 | 2 nd Salutations, flowers presented by all Sunday School students. |
| March 31 | Sunday of St Gregory Palamas, 2nd Sunday of Lent |
| April 5 | 3 rd Salutations, flowers presented by all Sunday School students. |
| April 7 | Worship & Classes. Sunday of the Holy Cross, 3rd Sunday of Lent |
| April 12 | 4 th Salutations, flowers presented by all Sunday School students. |
| April 14 | Worship & Classes. Sunday of St. John Climacus, 4th Sunday of Lent |
| April 19 | 5 th Salutations, flowers presented by all Sunday School students. |
| April 21 | Worship & Classes. Sunday of St. Mary of Egypt, 5th Sunday of Lent. |
| April 27 | Saturday of Lazarus. Palm folding for all Sunday School students in The Social Hall of the Education Building. Myrrh-bearer practice for Holy Friday services. 11 AM, following Divine Liturgy. |
| April 28 | Worship & Classes. PALM SUNDAY. |
| May 3 | HOLY FRIDAY. Holy Friday Sunday School Retreat: 11 AM, or following morning service. Apokathelosis Service, 3 PM (Myrrh-bearers report at 2:30 PM). |
| May 5 | EASTER SUNDAY: FAMILY WORSHIP SUNDAY. AGAPE SERVICE 11 AM. Easter Egg Hunt immediately following the service. |

In addition to attending the Lenten services every child can and should be encouraged to learn the Troparion of Pascha by heart, "Christ is Risen from the dead..." "Christos Anesti Ek Nekron". You as parents can be of great help here. Remember, our children learn by example. We also encourage you to bring your child for Liturgy on Lazarus Saturday, which this year falls on Saturday, April 27, 2024. Immediately following the Liturgy, we will have a palm-folding session in the Education Center. A Lenten lunch will also be served.

We invite our young ladies again this year to participate in one of the most beautiful traditions of our Church, that of a Myrrh-bearer. The Myrrh-bearers represent all that is good and holy in our Christian faith. They were there, "early in the morning", to find the empty tomb and to receive the word from the Angel that He is Risen and to announce that message. They faithfully ministered to Him and followed Him throughout His ministry on earth.

We will include as many young women, in grades 3 through 6, who would like to participate. There are two separate services that the girls may take part in, or, if they choose, they may take part in both. We would like to have as many girls involved as possible and **will not limit** the number that can participate.

There will be two scheduled practices this year which students **must attend**. The first practice is scheduled for the Saturday of Lazarus, April 27, 2024 immediately following the morning Divine Liturgy. After practice is over, the girls are invited to go into the Education Building and take part in the palm-making session for Palm Sunday. The second practice will take place during the Holy Friday Retreat on May 3, 2024. **The evening service is the most important and the one Fr. Christ would like all the young ladies to participate in.** It requires the girls to stand around the Kouvouklion/Epitaphion (Tomb of Christ adorned with flowers) and to participate in the procession of the Epitaphion as it is carried outside the Church.

If your daughter is taking part in the Apokathelosis Service on Friday afternoon, she will need to arrive at Church no later than 2:30 PM to prepare for the Vespers service. If your daughter is going to take part in the evening service, she will need to arrive at Church no later than 6:30 PM on Friday evening. All girls are asked to wear light clothes and shoes, preferably white, so that they will not stand out.

Finally, let us give you some general information about the Holy Friday Retreat. The program on Holy Friday will begin at 11 AM, or immediately following the morning service. Students will participate in some crafts and activities and share a Lenten lunch. The day will end with students having a discussion with Father Christ. Students will finish the day at approximately 1:30 PM. Young ladies signed up to be Myrrh-bearers are welcome to stay straight through until 2:30 PM.

We look forward to seeing all of you throughout the Lenten season as we anxiously anticipate the Resurrection of our Lord. We pray that you and your families have a blessed Pascha and we wish you a Kali Anastasi! If you have any questions, please feel free to contact us.

Respectfully yours,

St. Luke Sunday School

www.St-Luke.org



FatherCK@gmail.com

Myrrh Bearer Form

Child's Name: _____
Parent's Names: _____
Home Phone #: _____
Grade in Sunday School: _____

YES! We would like our daughter to be a Myrrh-bearer for the Friday afternoon service.

YES! We would like our daughter to be a Myrrh-bearer for the Friday evening service.

YES! We would like our daughter to be a Myrrh-bearer for both services.

Holy Friday Retreat Form

Child's Name: _____
Parent's Names: _____
Home Phone #: _____
Grade in Sunday School: _____

YES! I would like my child to take part in the "Holy Friday Retreat".

YES! I would like to volunteer help with the "Holy Friday Retreat".

Name of volunteer: _____

All forms should be returned by Sunday, April 21, 2024.

Forms may be returned by mail, to the attention of Saint Luke's Sunday School. You may also place forms in the Sunday School cubby in the copy room of the Church office. The final option is to hand in forms directly to Jane Kelly or Sophia Milinkovic. For additional information, please feel free to contact Sophia or Jane at stlukesundayschool@gmail.com.

