

Family Connections

3rd Sunday of Lent: Veneration of the Holy Cross
Hebrews 4:14-16, 5:1-6 & Mark 8:34-38, 9:1



What is perfection in love? Love your enemies in such a way that you would desire to make them your brothers ... For so did He love, Who hanging on the Cross, said "Father, forgive them, for they know not what they do" (Luke 23:34). —St. Augustine of Hippo (5th century)

EXPLORE TOGETHER:

Decorated Cross—On this Sunday, the priest places a cross standing upright on a tray surrounded by flowers. Do the same in your home so that it can be a source of strength to all as you complete the fast. If you don't have a large cross, make one out of playdough, cardboard, or whatever you like and decorate it. You can also decorate the tray with flowers from church and your yard or make your own

flowers with tissue paper. Place it in a prominent place in your home. As a family, learn to chant the hymn to the Holy Cross. Visit www.lent.goarch.org for more resources on this Sunday and to guide your Lenten journey.

Cross Word Find—Take a Bible with a concordance and look up the word “cross.” Have each family member find a passage about the cross. If your children are very young, pair them up with an older child or adult. After they find a passage, have them write it on a piece of paper and draw a picture to represent it. Display these in your home during the rest of the fast.

Lenten Review—Take some time to review your Lenten progress as a family. Look to the remaining weeks and decide if there are other things that you need to do to prepare for the Resurrection of our Lord. Your parish priest can help your family continue on this journey, so do not hesitate to consult with him.

**Before church next week, read the scripture passages for the
4th Sunday of Lent: St. John Climacus
Hebrews 6:13-20 & Mark 9:17-31**

FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:



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