

# Byzantine Catholic Journeys: Unit #1

Lesson Plan Overview

September 5 - October 23, 2021

✠ **Week 1:** 12<sup>th</sup> Sunday after Pentecost

## So You Want to be Perfect

September 12, 2021

**Epistle/Apostol:** 1 Corinthians 15:1-11  
Galatians 6:11-18 (Cross)

**Gospel:** Matthew 19:16-26  
John 3:13-17 (Cross)

**Tone/Mode:** 3

- Learn from the Apostle Paul about life in the Early Church, how Jesus Christ was seen by hundreds of people after the Resurrection, include the Apostle himself.
- How would you respond if Jesus Christ said to give everything away and follow Him?
- Why should we love God above all other things in our life?

✠ **Week 2:** 13<sup>th</sup> Sunday after Pentecost

## Building on the Cornerstone

September 19, 2021

**Epistle/Apostol:** 1 Corinthians 16:13-24  
Galatians 2:16-20 (Cross)

**Gospel:** Matthew 21:33-42  
Mark 8:34-9:1 (Cross)

**Tone/Mode:** 4

- It's been nearly five months since Holy Week and Pascha, and we again see the Cross placed in the middle of the Church, for our veneration and contemplation of its meaning in our life.
- What would you say if Jesus Christ asked to tell Him about the fruits of your spiritual labors?
- How can we live according to the gospel message and live in the 21<sup>st</sup> century world?

✠ **Week 3:** 14<sup>th</sup> Sunday after Pentecost

## In the Presence of God

September 26, 2021

**Epistle/Apostol:** 2 Corinthians 1:21-2:4

**Gospel:** Luke 5:1-11

**Tone/Mode:** 5 (Plagal 1)

- Twelve men came from different backgrounds, yet all became followers and Apostles of Jesus Christ, and we are called to be like them. Would you?
- What would you do if someone started picking on you because you're an Byzantine Catholic Christian?
- Why is having hope in God important both in the good and bad times?

✠ **Week 4:** 15<sup>th</sup> Sunday after Pentecost

## Be Merciful as Your Father

October 3, 2021

**Epistle/Apostol:** 2 Corinthians 4:6-15

**Gospel:** Luke 6:31-36

**Tone/Mode:** 6 (Plagal 2)

- Treating other people with dignity and respect is something we're all taught, because we're followers of Jesus Christ who loves us more than we love ourselves.
- How would you react if you saw someone in need on the street?
- Did you ever help someone without expecting anything in return from them?

✠ **Week 5:** 16<sup>th</sup> Sunday after Pentecost

## Being a Cheerful Giver

October 10, 2021

**Epistle/Apostol:** 2 Corinthians 6:1-10

**Gospel:** Luke 7:11-16

**Tone/Mode:** 7 (Plagal 3)

- Learn from the Apostle Paul why patience is an important part of our life - what can we learn from this reading about how to live?
- Jesus Christ raises the young man from the dead - what does this say about God?
- How can we be part of the Body of Christ in our local parish?

✠ **Week 6:** 17<sup>th</sup> Sunday after Pentecost

## Sowing the Seeds

October 17, 2021

**Epistle/Apostol:** 2 Corinthians 6:16-7:1  
Hebrews 13:7-16

**Gospel:** Luke 8:5-15  
John 17:1-13

**Tone/Mode:** 8 (Plagal 4)

- Explore the parable of the sower, taking a few moment to pray and reflect on the type of soil we have for the Word of God to dwell and grow in our life.
- How do we live as Byzantine Catholic Christians in our relationship with others?
- Why do Christians suffer - shouldn't things be easy since we believe in God?

## Feasts & Saints

**September 1**  
Indiction of the New Year

**September 8**  
Nativity of the Theotokos

**September 12**  
Leavetaking (Apodosis) of the Nativity

**September 14**  
Elevation (Exaltation) of the Cross

**September 21**  
Leavetaking (Apodosis) of the Cross

**September 23**  
Conception of the Prophet, Forerunner, and Baptist John

**September 26**  
Repose of St. John the Evangelist

**September 30**  
St. Gregory, Enlightener of Armenia

**October 1**  
Protection of the Theotokos

**October 17**  
Sunday of the Fathers of the 7th Ecumenical Council



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# Byzantine Catholic Journeys: Unit #2

## Lesson Plan Overview

October 24 - December 4, 2021

✠ **Week 1:** 18<sup>th</sup> Sunday after Pentecost

### Seize the Moment

October 24, 2021

**Epistle/Apostol:** 2 Corinthians 9:6-11

**Gospel:** Luke 16:19-31

**Tone/Mode:** 1

- The memory of our ancestors and the departed is a frequent occasion in the Church. We sing "Memory Eternal," keeping them close to us, as they stand in the presence of God in Heaven.
- What can we do to live with a sense of urgency to be prepared for eternity?
- How did the apostles and the faithful in the early church live their daily lives?

✠ **Week 2:** 19<sup>th</sup> Sunday after Pentecost

### In Fear, Faith, and Love

October 31, 2021

**Epistle/Apostol:** 2 Corinthians 11:31-12:9

**Gospel:** Luke 8:26-39

**Tone/Mode:** 2

- In the gospels, very few people recognize or proclaim Jesus as God - but the demons do, suggesting that we need to understand Christ on a spiritual level - not from an earthly perspective.
- Why did the demons want to get away from Jesus so quickly?
- Faith and works - what must we do to inherit eternal life?

✠ **Week 3:** 20<sup>th</sup> Sunday after Pentecost

### Who Touched Me?

November 7, 2021

**Epistle/Apostol:** Galatians 1:11-19

**Gospel:** Luke 8:41-56

**Tone/Mode:** 3

- Each of us has a guardian angel and we know from scripture there are legions of angels ministering to God. These celestial beings aren't cute and playful, but messengers and warriors of God.
- Why does St. Paul tell us that to be Christian is to accept suffering?
- How does Jesus reveal His divinity while interacting with people in the gospel?

✠ **Week 4:** 21<sup>st</sup> Sunday after Pentecost

### Who is My Neighbor?

November 14, 2021

**Epistle/Apostol:** Galatians 2:16-20

**Gospel:** Luke 10:25-37

**Tone/Mode:** 4

- Tomorrow begins the Advent fast, meaning we're 40 days before the feast of Our Lord's Nativity. To prepare for the coming of Christ, we begin fasting, more prayer, and service to others - so that we may offer ourselves in the cave, before our newborn Lord.
- How would you react if you saw someone in need on the street?
- Can we freely give of our possessions to help others?

✠ **Week 5:** 22<sup>nd</sup> Sunday after Pentecost

### Members of God's Household

November 21, 2021

**Epistle/Apostol:** Galatians 6:11-18

**Gospel:** Luke 12:16-21

**Tone/Mode:** 5 (Plagal 1)

- How do we act as members of God's Household?
- How does a Christian live their life knowing that tomorrow is not guaranteed?
- How do we welcome all people into God's house?

✠ **Week 6:** 23<sup>rd</sup> Sunday after Pentecost

### Sharing God's Peace

November 28, 2021

**Epistle/Apostol:** Ephesians 2:4-10

**Gospel:** Luke 13:10-17

**Tone/Mode:** 6 (Plagal 2)

- What does it mean to have the Peace of the Spirit?
- Why was Jesus not afraid of healing on the Sabbath, even though it scandalized others?
- How do we share the Holy Spirit with others by our actions, not words?

## Feasts & Saints

**October 26**  
St. Demetrius the Greatmartyr

**November 1**  
Ss. Cosmas and Damian

**November 8**  
Synaxis of the Angels

**November 13**  
St. John Chrysostom

**November 14**  
Apostle Philip

**November 15**  
Beginning of the Advent Fast

**November 21**  
Entry of the Theotokos in the Temple

**November 24**  
St. Catherine the Greatmartyr

**November 25**  
Leavetaking (Apodosis) of the Entry

**December 4**  
St. John of Damascus  
St. Barbara the Greatmartyr



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# Byzantine Catholic Journeys: Unit #3

Lesson Plan Overview

December 5, 2021 - January 15, 2022

✠ **Week 1:** 24<sup>th</sup> Sunday after Pentecost

## God is Watching our Lives

December 5, 2021

**Epistle/Apostol:** Ephesians 2:14-22

**Gospel:** Luke 17:12-19

**Tone/Mode:** 7 (Plagal 3)

- “The light of Christ illumines all” is said during Lenten Scripture readings. What does it mean in our daily life?
- What does it feel like when we forget to say thank you?
- How would our life be different if we said “thank you” to everyone as if we had been helped by Christ Himself?

✠ **Week 2:** 25<sup>th</sup> Sunday after Pentecost

## Turning to Christ

December 12, 2021

**Epistle/Apostol:** Colossians 3:4-11

**Gospel:** Luke 14:16-24

**Tone/Mode:** 8 (Plagal 4)

- Do we live as a Christian every day, or only sometimes?
- How often do we make excuses to not attend Divine Liturgy, or pray every day?
- How do we prepare ourselves so that we do not avoid Christ?

✠ **Week 3:** 26<sup>th</sup> Sunday after Pentecost

## Righteous Ancestors

December 19, 2021

**Epistle/Apostol:** Hebrews 11:9-10,  
17-23, 32-40

**Gospel:** Matthew 1:1-25

**Tone/Mode:** 1

- Why does the New Testament spend this time talking about people who died in the Old Testament?
- How has our family helped us grow in our Faith?
- Why do you like hearing about the righteous people of the Old Testament?

✠ **Week 4:** 27<sup>th</sup> Sunday after Pentecost

## Responses to Meeting Christ

December 26, 2021

**Epistle/Apostol:** Galatians 1:11-19

**Gospel:** Matthew 2:13-23

**Tone/Mode:** 2

- How would you feel if you had to change your position as drastically as Saint Paul did?
- Have you ever known anyone who had to move away from home to be safe?
- “God has revealed Himself to us.” Does this revelation change our life?

✠ **Week 5:** 28<sup>th</sup> Sunday after Pentecost

## The Coming One

January 2, 2022

**Epistle/Apostol:** 2 Timothy 4:5-8

**Gospel:** Mark 1:1-8

**Tone/Mode:** 3

- Why does St. John, the Prophet and Forerunner of Christ baptize people?
- How does St. Paul use athletic imagery to describe the Christian lifestyle?
- What is the meaning of the word Theophany? and the word Epiphany?

✠ **Week 6:** 29<sup>th</sup> Sunday after Pentecost

## Light Has Dawned

January 9, 2022

**Epistle/Apostol:** Ephesians 4:7-13

**Gospel:** Matthew 4:12-17

**Tone/Mode:** 4

- Why is Jesus Christ called the Light of the world?
- How is the Kingdom of Heaven present in our lives today?
- What gifts has God given each of us to live as Christians in today’s world?

## Feasts & Saints

**December 6**  
St. Nicholas of Myra in Lycia

**December 12**  
St. Spyridon  
Sunday of the Forefathers

**December 19**  
Sunday before the Nativity

**December 25**  
Nativity of our Lord (Christmas)

**December 26**  
Synaxis of the Theotokos

**December 31**  
Leavetaking (Apodosi) of the Nativity

**January 1**  
Circumcision of our Lord  
St. Basil the Great

**January 2**  
St. Seraphim of Sarov  
Sunday before Theophany

**January 6**  
Theophany of our Lord

**January 14**  
Leavetaking (Apodosi) of Theophany



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# Byzantine Catholic Journeys: Unit #4: Using Our Gifts Wisely

Lesson Plan Overview

January 16 - February 26, 2022

✠ **Week 1:** 30<sup>th</sup> Sunday after Pentecost

## God is Our Treasure

January 16, 2022

**Epistle/Apostol:** Colosians 3:12-16

**Gospel:** Luke 18:18-27

**Tone/Mode:** 5 (Plagal 1)

- Who is the image of the invisible God?
- Why is it hard for a rich person to enter the Kingdom of Heaven?
- What can we do to be perfect like God?

✠ **Week 2:** 31<sup>st</sup> Sunday after Pentecost

## Gift of Sight

January 23, 2022

**Epistle/Apostol:** 1 Timothy 1:15-17

**Gospel:** Luke 18:35-43

**Tone/Mode:** 6 (Plagal 2)

- How is it possible to see and still not see?
- Why do we pray, "Jesus, have mercy on me!"?
- The Great Fast is approaching: What bad habits do we want to move away from this year?

✠ **Week 3:** 32<sup>nd</sup> Sunday after Pentecost

## Great is Your Faith

January 30, 2022

**Epistle/Apostol:** 1 Timothy 1:15-17

**Gospel:** Matthew 15:21-28

**Tone/Mode:** 7 (Plagal 3)

- Why does it seem like Jesus is mean to the Canaanite Woman?
- If Christ came into the world to save sinners, what must we do to inherit eternal life?
- Why is faith in God important for us as Byzantine Catholic Christians?

✠ **Week 4:** 33<sup>rd</sup> Sunday after Pentecost

## Desire to Change

February 6, 2022

**Epistle:** 1 Timothy 4:9-15

**Gospel:** Luke 19:1-10

**Tone/Mode:** 8 (Plagal 4)

- Why did Jesus visit Zacchaeus' home?
- How would you respond if Jesus invited Himself to your home for a meal?
- Why is the reading of scripture important for our relationship with God?

✠ **Week 5:** Publican and the Pharisee

## Seeing Ourselves

February 13, 2022

**Epistle:** 2 Timothy 3:10-15

**Gospel:** Luke 18:10-14

**Tone/Mode:** 1

- Why does St. Paul say that reading scripture and learning the teachings of the Church are important for believers?
- What are the good habits we can learn from the Publican? And from the Pharisee?
- What are the bad habits of the Pharisee we should avoid? And those of the Publican?

✠ **Week 6:** Prodigal Son

## Returning to God

February 20, 2022

**Epistle:** 1 Corinthians 6:12-20

**Gospel:** Luke 15:11-32

**Tone/Mode:** 2

- Why does St. Paul describe our bodies to be temples of the Holy Spirit?
- What are the good habits we can learn from the Older Son? And from the Younger Son?
- What are the bad habits of the Younger Son we should avoid? And those of the Older Son?

## Feasts & Saints

**January 17**  
St. Anthony the Great

**January 18**  
St. Athanasius of Alexandria

**January 30**  
3 Hierarchs: Ss. John Chrysostom, Basil the Great, and Gregory the Theologian

**February 2**  
Presentation in the Temple

**February 3**  
Synaxis of the Righteous Symeon

**February 9**  
Leavetaking (Apodosis) of the Presentation in the Temple

**February 17**  
Greatmartyr Theodore "the Recruit"

**February 18**  
St. Leo the Great, Pope of Rome

**February 21**  
Beginning of Lenten Triodion

**February 24**  
First and Second Finding of the Head of St. John the Baptist



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# Byzantine Catholic Journeys Unit #5: Restoring the Image of God

Lesson Plan Overview

February 27 - April 9, 2021

## ✠ Week 1: Last Judgment

### Being Like God

February 27, 2022

**Epistle:** 1 Corinthians 8:8-9:2

**Gospel:** Matthew 25:31-46

**Tone/Mode:** 3

- Why does it matter more what comes out of our mouths than what goes in?
- Why does Christ want us to care for the hungry, sick, naked, imprisoned, and strangers?
- Do your actions place you on the right or left hand of God?

## ✠ Week 2: Expulsion from Paradise

### Forgiving Like God

March 6, 2022

**Epistle:** Romans 13:11-14:1-4

**Gospel:** Matthew 6:14-21

**Tone/Mode:** 4

- How can we be more like Jesus Christ during the Great Fast?
- Why should we forgive others of their sins?
- What are your spiritual goals for praying during Lent? For fasting? For charitable works?

## ✠ Week 3: Sunday of Orthodoxy

### Come and See

March 13, 2022

**Epistle:** Hebrews 11:24-26,  
32-40; 12:1-2

**Gospel:** John 1:43-51

**Tone/Mode:** 5 (Plagal 1)

- How can the great figures of the Old Testament inspire us to have faith in God?
- Why do the apostles follow Jesus Christ?
- How can you invite others to “come and see” the Byzantine Catholic Faith?

## ✠ Week 4: 2nd Sunday of Great Lent

### The Power of Faith

March 20, 2022

**Epistle:** Hebrews 1:10-14; 2:1-3

**Gospel:** Mark 2:1-12

**Tone/Mode:** 6 (Plagal 2)

- Why do the men break open the roof of the house to see Jesus?
- How can you show your faith in God in your life?
- Why is it important to have the correct/right beliefs about Jesus Christ and God?

## ✠ Week 5: 3rd Sunday of Great Lent

### Take Up Your Cross

March 27, 2022

**Epistle:** Hebrews 4:14-16; 5:1-6

**Gospel:** Mark 8:34-38; 9:1

**Tone/Mode:** 7 (Plagal 3)

- What does it mean to take up your cross in your daily life?
- What would happen if you're ashamed of God?
- Why do we bow down and venerate the cross in church (and at home)?

## ✠ Week 6: 4th Sunday of Great Lent

### Ascend to God

April 3, 2022

**Epistle:** Hebrews 6:13-20

**Gospel:** Mark 9:17-31

**Tone/Mode:** 8 (Plagal 4)

- Why should we learn patience from Abraham in our relationship with God?
- How can the Ladder of St. John Climacus help us grow closer to God?
- How can prayer and fasting help us live a holy life? (*Hint: Mark 9:29*)



## Feasts & Saints

**March 6**  
Memorial Saturday

**March 9**  
40 Martyrs of Sebaste

**March 15**  
Beginning of the Great Fast

**March 17**  
St. Patrick, Enlightener of Ireland

**March 25**  
Annunciation of the Virgin Mary

**March 26**  
Synaxis of the Archangel Gabriel  
Leavetaking (Apodosis) of the  
Annunciation

**March 29**  
Venerable John the Anchorite of Egypt

**April 1**  
Venerable Mary of Egypt

**April 9**  
Saturday of the Akathist to the Theotokos

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# Byzantine Catholic Journeys Unit #6: The Path to Pascha

Lesson Plan Overview

April 10 - May 21, 2021

✠ **Week 1:** 5th Sunday of Great Lent

## Change Your Ways

April 10, 2022

**Epistle:** Hebrews 9:11-14

**Gospel:** Mark 10:32-45

**Tone/Mode:** 1

- How is St. Mary of Egypt an inspiration for us as Byzantine Catholic Christians?
- If Jesus Christ is God, why did say, "The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many"?
- Why is it important to say "no!" to temptations?

✠ **Week 2:** Entry into Jerusalem

## The Lord is God

April 17, 2022

**Epistle:** Philippians 4:4-9

**Gospel:** John 12:1-18

- What are the pure and noble things of God we should treasure in our life?
- What does "Hosanna" mean?
- How can we spend the next six days experiencing Our Lord's Passion?

✠ **Week 3:** Pascha: The Resurrection

## Christ is risen!

April 25, 2022

**Epistle:** Acts 1:1-8

**Gospel:** John 1:1-17

- What does the Resurrection of Jesus Christ mean for you?
- How do you know Christ rose from the dead?
- Why did Jesus die and rise from the dead?

✠ **Week 4:** 2nd Sunday of Pascha

## Believe Like Thomas

May 1, 2022

**Epistle:** Acts 5:12-20

**Gospel:** John 20:19-31

**Tone/Mode:** 1

- Why do we celebrate the faith and belief of Saint Thomas?
- What lessons can you learn from the Apostle Thomas?
- Why did the angel free the apostles from prison, only to send them back to the temple?

✠ **Week 5:** 3rd Sunday of Pascha

## Faith in Action

May 8, 2022

**Epistle:** Acts 6:1-7

**Gospel:** Mark 15:43-16:8

**Tone/Mode:** 2

- How are the Myrrhbearing Women examples for us as Byzantine Catholic Christians?
- Why did the Apostles establish the order of deacons?
- What can we do to keep the joy of Pascha alive in our homes?

✠ **Week 6:** 4th Sunday of Pascha

## Rise and Walk

May 15, 2022

**Epistle:** Acts 9:32-42

**Gospel:** John 5:1-15

**Tone/Mode:** 3

- Why does Jesus ask the Paralytic if he wants to be healed?
- How does the Apostle Peter inspire you to live?
- How can you rise from temptations and struggles to be an active Byzantine Catholic Christian?

## Feasts & Saints

**April 16**  
Lazarus Saturday

**April 17**  
Entry into Jerusalem

**April 20**  
Childmartyr Gabriel of Bialystok, Poland

**April 18 - April 23**  
Holy Week

**April 23**  
St. George the Greatmartyr

**April 24**  
PASCHA: The Resurrection of Our Lord

**April 25 - May 1**  
Bright (Renewal) Week

**May 11**  
Ss. Cyril and Methodius, Apostles to the Slavs

**May 18**  
Midfeast of Pentecost

**May 21**  
Ss. Constantine and Helen



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# Byzantine Catholic Journeys Unit #7: From Pascha to Pentecost

Lesson Plan Overview

May 22 - June 30, 2021

## ✠ Week 1: 5th Sunday of Pascha

### The Living Water

May 22, 2022

**Epistle:** Acts 11:19-26, 29-30

**Gospel:** John 4:5-42

**Tone/Mode:** 4

- Why did people begin to call the disciples Christians?
- Why do you call yourself a Christian? How does being a Christian shape your life?
- What does the Samaritan Woman do after recognizing Jesus is the Messiah?

## ✠ Week 2: 6th Sunday of Pascha

### Receiving Sight

May 29, 2022

**Epistle:** Acts 16:16-34

**Gospel:** John 9:1-38

**Tone/Mode:** 5 (Plagal 1)

- Why did St. Paul patiently endure persecutions for the Name of Jesus Christ?
- Why don't the parents of the blind man want to admit he's their son?
- How can you be like the blind man during this season of Pascha?

## ✠ Week 3: 7th Sunday of Pascha

### As the Fathers Proclaimed

June 5, 2022

**Epistle:** Acts 20:16-18, 28-36

**Gospel:** John 17:1-13

**Tone/Mode:** 6 (Plagal 2)

- Why does St. Paul warn the faithful to be strong in their faith, believing in Jesus Christ?
- How does St. Paul's message apply to your life?
- Why do we honor and remember the Church Fathers who met in 325 AD?  
*(Hint: it has something to do with the Nicene Creed...)*

## ✠ Week 4: Pentecost

### Come, Holy Spirit

June 12, 2022

**Epistle:** Acts 11:19-26, 29-30

**Gospel:** John 4:5-42

**Tone/Mode:** 7 (Plagal 3)

- How do you use the gifts of the Holy Spirit you've received?
- Why does Jesus Christ call Himself Living Water?
- What can we do to celebrate the feast of Pentecost each day of our life?

## ✠ Week 5: 1st Sunday after Pentecost

### Called to Holiness

June 19, 2022

**Epistle:** Hebrews 11:33-12:2

**Gospel:** Matthew 10:32-33,  
37-38, 19:27-30

**Tone/Mode:** 8 (Plagal 4)

- Why does St. Paul talk about the saints as a great cloud of witnesses?
- What are we witnesses to in Church?
- Do you want to be like the saints? Which one(s)?

## ✠ Week 6: 2nd Sunday after Pentecost

### Saints We Call Our Own

June 26, 2022

**Epistle:** Hebrews 11:33-12:2  
Romans 2:10-16

**Gospel:** Matthew 4:25-5:12  
Matthew 4:18-23

**Tone/Mode:** 1

- How can we be inspired by the saints who lived in our lands, or even our own city?
- What does St. Paul mean by having the law written on our hearts?
- How would you respond if Christ commanded you to follow Him? Do you?



## Feasts & Saints

**May 26**  
Greatmartyr George of Bulgaria

**May 28**  
St. Germanus, Bishop of Paris

**May 30**  
Venerable Isaac of the Dalmatian  
Monastery in Constantinople

**June 1**  
Martyr Justin the Philosopher

**June 1**  
Leavetaking (Apodosis) of Pascha

**June 2**  
Ascension of Our Lord

**June 5**  
Sunday of the Holy Fathers of the 1st  
Ecumenical Council

**June 12**  
Pentecost

**June 13**  
Day of the Holy Spirit

**June 19**  
Sunday of All Saints

**June 29**  
Ss. Peter and Paul

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