

Orthodox Journeys: Unit #1

Lesson Plan Overview

September 5 - October 23, 2021

✠ Week 1: 12th 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: 13th 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 21st century world?

✠ Week 3: 14th 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 Orthodox Christian?
- Why is having hope in God important both in the good and bad times?

✠ Week 4: 15th 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: 16th 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: 17th 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 moments 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 Orthodox 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 (Apodosi) of the Nativity

September 14
Elevation (Exaltation) of the Cross

September 21
Leavetaking (Apodosi) of the Cross

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

September 24
All Saints of Alaska

September 26
Repose of St. John the Evangelist

September 30
St. Gregory, Enlightener of Armenia

October 1
Protection of the Theotokos

October 6
St. Innocent, Apostle to America

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

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Orthodox Journeys: Unit #2

Lesson Plan Overview

October 24 - December 4, 2021

✠ **Week 1:** 18th 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:** 19th 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:** 20th 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:** 21st 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:** 22nd 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:** 23rd 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

October 31
St. John (Kochurov) of Chicago

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 (Apodosi) of the Entry

November 30
St. Sebastian of Jackson

December 4
St. John of Damascus
St. Barbara the Greatmartyr
St. Alexander (Hotovitsky) of New York

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Orthodox Journeys: Unit #3

Lesson Plan Overview

December 5, 2021 - January 15, 2022

✠ **Week 1:** 24th 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:** 25th 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:** 26th 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:** 27th 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:** 28th 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:** 29th 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
St. Mardarije of Libertyville
Sunday of the Forefathers

December 13
St. Herman of Alaska

December 19
Sunday before the Nativity

December 20
St. John of Kronstadt

December 25
Nativity of our Lord (Christmas)

December 26
Synaxis of the Theotokos

December 31
Leavetaking (Apodosis) 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 (Apodosis) of Theophany

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Orthodox Journeys: Unit #4: Using Our Gifts Wisely

Lesson Plan Overview

January 16 - February 26, 2022

✠ **Week 1:** 30th 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:** 31st 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:** 32nd 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 Orthodox Christians?

✠ **Week 4:** 33rd 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 24
St. Xenia of Petersburg

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 16
St. Nicholas of Japan

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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Orthodox 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 Orthodox 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

February 27
St. Raphael of Brooklyn

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 18
St. Nikolai of Zhicha and South Canaan

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

March 31
St. Innocent of Alaska, Apostle to America

April 1
Venerable Mary of Egypt

April 7
St. Tikhon of Moscow, Apostle to America

April 9
Saturday of the Akathist to the Theotokos

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Orthodox 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 Orthodox 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 Orthodox 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 Orthodox 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 4
St. Basil (Martyr), Hieromartyr of Poland

May 7
St. Alexis of Wilkes-Barre and Minneapolis

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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Orthodox 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 8
Glorification of St. John of Kronstadt

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 26
Sunday of All Saints of North America

June 29
Ss. Peter and Paul

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