

“As many as have been Baptised into Christ have put on Christ: Alleluia!”

ORTHODOX FAMILIES' NEWSLETTER



*Welcome to the newsletter for families of the
Louth and Grimsby parishes. Issue No. 1 March 2012*



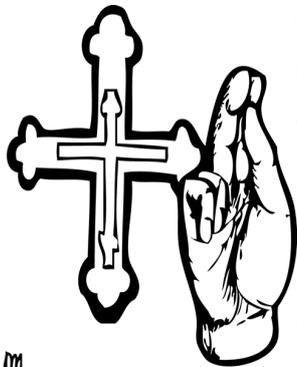
We've started this newsletter to help us keep in touch with all our families, and give you support when bringing up your children in the warmth of the Orthodox Church family. We welcome your ideas and questions, either in person or by email to orthodox@btinternet.com

LET'S START AT THE BEGINNING

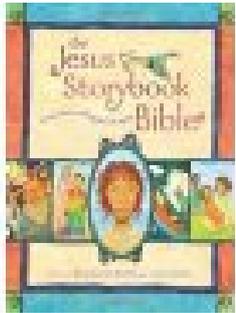
Do your children know how to make the sign of the Cross? It's really important and something they will want to do, especially if they see you doing it in church or in daily life. First they need to know how to hold their hand. The thumb and the first two fingers of the right hand are brought together to make a point: these three fingers represent the Holy Trinity – God the Father who created us; God the Son who saved us; and God the Holy Spirit who is with us always. The other two fingers are curled down into the palm because the Son of God, Jesus Christ, came down from heaven, and He is both God and man.

Once they've got the hang of this, they need to learn the movement that traces the sign of the Cross. With the hand held like this, they should bow slightly and touch the forehead; then touch the chest; then touch first the right shoulder and then the left shoulder. An easy way for them to learn this is to say 'God in my head; God in my heart; God on my right and God on my left.' This not only teaches them the movement but tells them that God is always around them and with them. There's more about this on page 3 of the book 'GOING TO CHURCH TO WORSHIP GOD' which we gave out at the St Nicholas party. If you didn't get one, let us know!

WHEN TO DO IT?



As adults we know when to make the sign of the Cross; we know what a comfort it can be in times of need, or when we are thankful or to show our love and respect for God. So as well as showing your children to make the sign of the Cross when they reverence icons, encourage them to make the sign of the Cross, for example, after a meal; before they go to sleep; when they have something very difficult to do. Explain that it is a way of talking and praying, of keeping God and his Son Jesus Christ in their minds, not just in church but in everyday life as well.

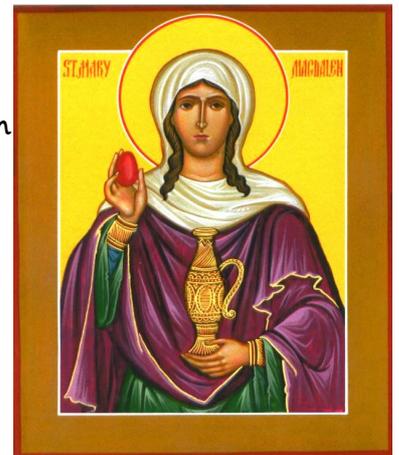


Have you heard about '**The Jesus Storybook Bible**'? This is a really good Bible for young children, as the stories are well told, with lively pictures. Its teaching is really sound, as the Old Testament stories all point to the coming of Our Lord God and Saviour, Jesus Christ. Children love to hear it read aloud and to look at the pictures. There is also a CD of David Suchet reading the stories – great bedtime stuff; so soothing that you will be asleep before the children! You can find out all about it at <http://www.jesusstorybookbible.com> or go straight to Amazon where you will find some really good deals. Grown ups seem to respond to this lovely bible as much as children. Do consider getting hold of it for all the family to enjoy.

WHY EGGS AT EASTER?

In pre-Christian times the egg was looked on as a sign of new life, and associated with spring time. Our Tradition tells us that it was Mary Magdalene who gave the egg a special new meaning after Christ's Resurrection.

The Great and Holy Myrrh-bearer, Mary Magdalene, (Mary from Magdala, a town in Galilee), Equal to the Apostles, was a disciple of Jesus. She was present at the crucifixion and burial of Christ, and was first to see Him risen from the dead. According to a tradition of the Church, Mary Magdalene, some time after the death and resurrection of Jesus, was at a banquet hosted by the Emperor Tiberius. He was not a Christian. There she met the Emperor, and while holding a plain egg in her hand, she exclaimed "Christ is risen!".



The Emperor laughed, and said that Christ rising from the dead was as likely as the egg in her hand turning red while she held it. Before he finished speaking, the egg in her hand turned a bright red, to the amazement of everyone there. She went on to explain how Christ had risen from the dead, 'trampling down death by death' as we sing at the Pascha services, giving us all the promise of eternal life. This is why eggs, and especially brightly coloured red eggs, are part of our celebrations at Pascha.

Get the children to help you hard-boil and decorate some eggs and bring them to the Paschal feast to be blessed with the other foods.

Great and Holy Pascha Divine Liturgy on April 15th at Louth at 10.30 a.m.

Christ is Risen!

He is Risen indeed!

Christos Anesti!

Alithos Anesti!

Christos Voskrese!

Voistinu Voskrese!

Christos a Inviat!

Adevarat a Inviat!