



LENTEN BOOK
SERIES

BOOK 1-TRIODION

LESSON TO ACCOMPANY THE MINI BOOK

To assemble the mini book: fold the paper on all lines (dotted & solid), then fold the paper in half width wise, cut on the solid line, fold book together. Encourage your children if they would like to color the book as you read it together.

Cover Page

Ask: Do you know what Triodion is?

Listen to answers. Write them down if you would like on a chalk or white board.

Explain: "Tri," the first part of the word means 3. The teachers and leaders (Hierarchs) of our Church tell us that Triodion is the three odes or songs that we use during our services at this time of year. Triodion is a special time in our Church.

Ask: Does anyone know what special Feast we will celebrate in a few weeks?

Answer: Pascha, that's right!

Explain: When we are getting ready for a special feast, or holiday, it is important to prepare.

Our Church has Triodion, which can also be explained as the three parts before Pascha to help us get ready for Pascha.

Page 1

Ask: What plant is that a picture of?

Answer: the 3 leaf clover. This plant can help us remember not only the 3 odes/songs but also the three different parts before Pascha! It has three leaves which is also how many parts we will talk about.

Page 2

Explain: The first leaf, or part, before Pascha reminds us of the time "Before Great Lent." For four weeks we learn special lessons from the Bible called Parables. The four parables are: the Publican & the Pharisee, the Prodigal Son, the Last Judgement, and Forgiveness Sunday.

Page 3

Explain: The second leaf, or part, before Pascha is "Great Lent." For 6 weeks we prepare with special Bible readings, prayers, services, and fasting.

Ask: Why do we have these special Gospel readings before Great Lent and during Great Lent?

Answer: to help us get ready for the special feast of Pascha. Each day we can listen to the readings and prayers and learn how we can become closer to Jesus Christ.

Page 4

Explain: The third and final leaf, or part, before Pascha is "Holy Week." This week we remember the last days before Jesus Christ was crucified and resurrected from the dead.

Ask: do you know any of the days of Holy Week? What we remember each day?

You can write their answers down if you like on a chalk or white board.

Answers can be: Saturday of Lazarus, Palm Sunday, Washing of the Disciples Feet, Last Supper, Betrayal by Judas, Arrest of Jesus, Crucifixion, Burial, and Resurrection.

Page 5

Ask: During this very special time before Pascha, in Triodion, what can we do to get ready for the Feast?

Answers can vary but can include: praying, fasting, going to Church, Communion, Confession, Unction, giving to the poor or those less fortunate, giving to charities, supporting missions and missionary work and reading Orthodox books or lives of the Saints.

Write these on a paper where you can put it on the fridge or near your prayer corner so you can be reminded each day how to prepare for Pascha.

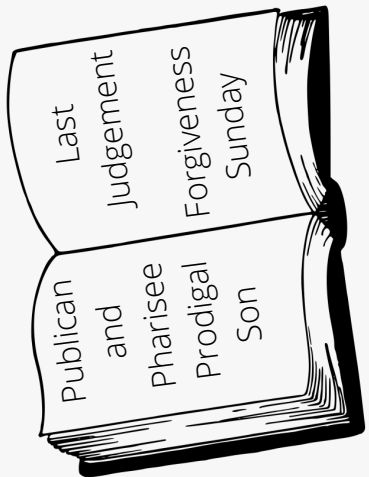
Page 6

Explain: We have to remember that we have this time before Pascha to try and get ready for the special feast of the Resurrection of Christ. Just like you wouldn't have a recital for piano (or any other musical instrument)/dance recital/running race/(insert a relatable event here) without practicing and working hard to prepare for it, we too need to do this for Pascha.

By doing those things we just talked about (from page 5) we are making our minds, bodies, and hearts ready for the crucifixion and resurrection of Christ, Pascha. We are growing closer to God.

Back Cover

Write child's name on the book (if child can't write you can help them).



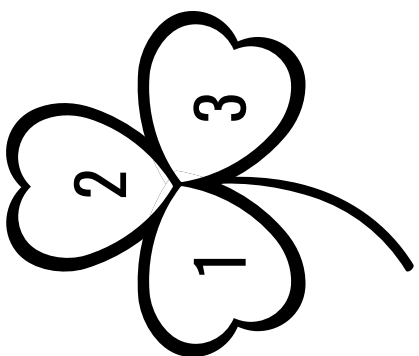
4 Sundays we learn parables from the Gospels.

Before Great Lent



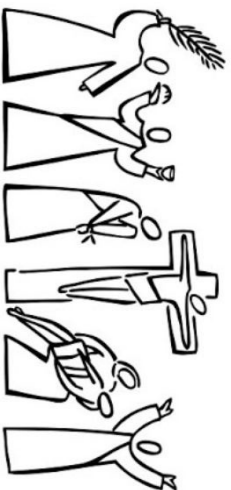
6 weeks we prepare for Pascha with special Bible readings, services, and prayers.

3 parts before Pascha



What is Triodion?

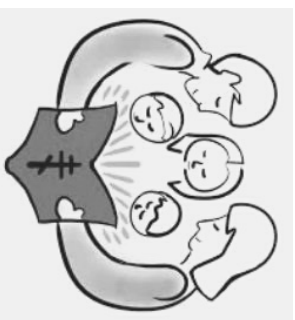
We participate in the holiest week of the year, the last week before Jesus was crucified and resurrected.



Triodion

What can I do?

- Pray
- Go to Church
- Fast
- Give to the poor
- Give to charities
- Support Missions



Make your mind, body, and heart ready for the crucifixion and resurrection of Jesus Christ.



This book belongs to the Servant of God:

