

Orthodox Building Blocks



“Bringing up spiritually healthy Orthodox children”

Greek Orthodox Metropolis of Atlanta

Orthodox Building Blocks

Ages Birth Through 4

The time between a child's birth and the beginning of Sunday School is a critical time in a child's life. What happens between the child's baptism and entering Sunday School? That is where the Orthodox Building Blocks Program comes into play.

The goals of Orthodox Building Blocks are to establish a program that will bring families together in an Orthodox environment, and to assist them in bringing up spiritually healthy Orthodox Children.

The second part of the goal is for these families, who have similar backgrounds and their Orthodox Faith in common, to meet other families and stay socially and spiritually connected to the Faith. They will have a connection with other parents and caregivers and not feel like strangers in their new parishes.

In order to accomplish these goals, this manual will outline and provide detail on the steps that can be used to implement an Orthodox Building Blocks program in any parish. In addition, the manual contains actual lesson plans that parishes can use as they implement the Orthodox Building Blocks ministry. The next section contains the steps to begin this ministry in your parish. The final section of this manual contains resources for establishing and sustaining an Orthodox Building Blocks ministry.

Orthodox Building Blocks Implementation Steps

1. Establish a Young Families Parish Committee

The purpose of the committee is to introduce young families to life in the Church. This is accomplished through personal contact, emails, social media, planning programs, and budgeting. This committee should have the following responsibilities:

a.) Communicate with the Church office when parents will be bringing their children for the 40-day blessing. A member of the committee should present the family with a gift at the blessing. Some ideas include:

- My Forty Day Blessing Book by Christina Kyriacou
- Parenting toward the Kingdom by Philip Mamalakis
- A frozen dinner such as lasagna or pasticho
- A card congratulating them on the new baby

b.) Connect families to one another and to the parish

- Create a secure Facebook page for families to share information and to promote ministry activities
- Create a secure blog to connect families
- The emphasis is for families to become a part of their parish

c.) Plan annual parenting and marriage retreats and seminars

- Plan quarterly outings (park, beach, etc) for the families
- Contact Metropolis of Atlanta Family Life Ministry for speakers and resources
- The emphasis is for families to become a part of their parish

2. Plan for success

- Obtain support from your Parish Priest
- When parents see what their children are learning, they want to help in this ministry
- Regular attendance at the Divine Liturgy and the Orthodox Building Blocks are both necessary in order for children to grow in their Orthodox faith

- The Orthodox Building Blocks are a supplement to what the parents teach their children at home and outside of the Church. All of these steps are necessary for a strong foundation in the child's Orthodox Faith
- Plan an open house for parents. Explain the approach, and practice the lessons on the parents
- Have a firm registration, start date, and firm dismissal times. Consistent attendance is vital.
- Instruct parents that students must commit to six weeks of Orthodox Building Blocks during registration
- Remind parents not to interrupt class unless an emergency occurs

3. Secure funding and assistance

- Funding is needed for two primary areas: training and setup
- Orthodox Building Blocks teachers are called catechists. Ideally, interested parents will make the investment to become trained. Please see the Resources section for details
- If attending training is not possible, please also see the Resources section for ideas on how to become an effective catechist
- Setup: Orthodox Building Blocks needs classrooms or space with specific items in them. Please see below for the specific recommendations
- In order to furnish this space, seek carpenters, painters, and craftspeople to assist.
- Ask for parishioners who can sew, sculpt, and are skilled in lettering and calligraphy
- Create a wish list for items that parishioners can donate. See the following sections to see what specific items are needed
- There is no set cost for starting the Orthodox Building Blocks ministry
- Start small, using donations and items parishioners are capable of building
- Each year, the program can grow. The entire program can be done economically, from start to finish
- Involving parishioners who donate their time, talent and treasure creates situations where our parents are putting in the work. They are bonding and growing as a group

4. Establish and oversee a viable Nursery Ministry (ages birth to two)

- Dedicated space for the Nursery. It must be clean with safe toys, a changing table, low tables for snacks, children's books, and a DVD player with movies
- Schedule for a dependable nursery worker. Individuals who serve should dedicate their time for that service to the nursery. Some parishes use nursing staffing agencies
- Establish a budget for snacks and juice boxes
- In addition to Sunday Liturgies, the nursery should be open for parish retreats and family events as needed
- The nursery ministry is designed for children from birth to two years of age

5. Establish a Mommy and Me class during Sunday School (ages three to four)

- This is a structured catechetical program
- Secure dedicated classroom space for this ministry
- Train the teachers (see Resources Section below)
- Designate a point person who has the responsibility call parents directly and ask them to help in specific ways.
- Identify parents who have children in this age range because this will help parents to get involved and stay involved
- Orthodox Building Blocks can be offered on Sundays or on a different day if a parish chooses to do so

6. Begin building

Two rooms are needed: one for the birth to two year-olds and the second room is for the three- and four-year old children. The following section contains the photographs and details about how to arrange each classroom.

Photographs have been provided by Mrs. Alexis Pappas and Mr. EJ Vakakes, who are parishioners of Holy Trinity Holy Cross Greek Orthodox Church in Birmingham, Alabama.

a.) Designate two rooms for the Orthodox Building Blocks Program

- The first room should be for ages 0 – two
- The room can be any size, but the cozier the environment, the more effective it is for the child
- Parents are permitted to attend and stay with their child
- Snacks and a short lesson should be offered each time the group meets
- The team should consist of two to four adults who teach the class (depending upon class size)
- Following are photos of a well-established Orthodox Building Blocks Nursery Ministry:

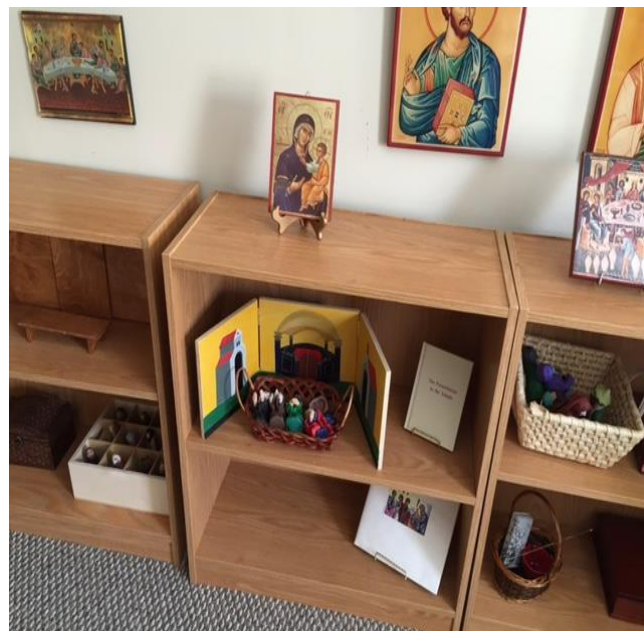


- The second room is for three- and four year-olds (see photographs below)





- Dedicated space for each station with lots of low bookshelves (36" tall x 36" wide x 12" deep)
- Create space for colored pencils, folders, paper, scissors, and hole punches
- Provide low tables for working with lamps (18" x 48")
- See the photographs below for a sample space that can be used effectively





- Teachers are called Catechists, who assist students when they need help
- Catechists “shadow” the students, unlike many traditional teachers
- Replicas of actual liturgical items are used because students are very hands-on
- Emphasis of Orthodox Building Blocks is to learn the Orthodox Faith

b.) Carpet the rooms

- Carpeted rooms are more comfortable
- Carpet can be wall-to-wall (see below)



- Alternatively, children can get mats and take them to the area where they want to work (see below)



c.) Furnish the rooms

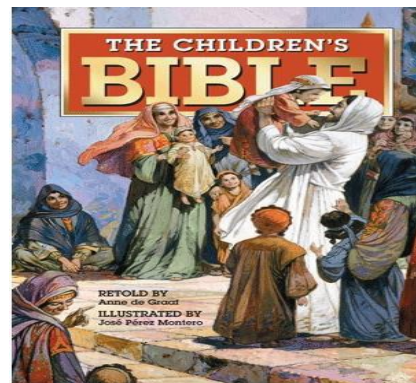
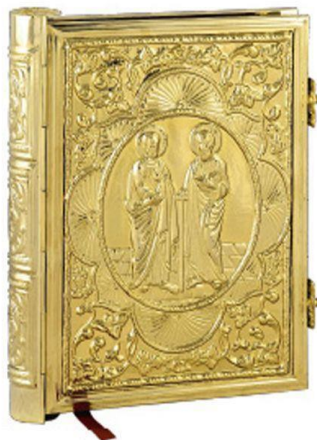
- Create centers or stations
- Prayer corner with icons, a cross, candles, small box with sand, handwritten prayer cards (see photographs below)



- Icon of the Good Shepherd and the sheep and Shepherd (see photograph below)

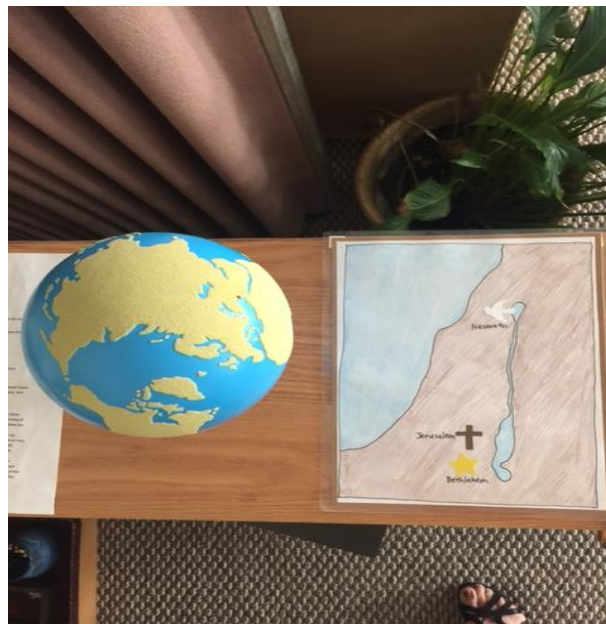


- The Good Shepherd corner is interactive
- It provides children the opportunity to play with animals
- It allows children to begin to understand that we are the sheep and Jesus is the Shepherd
- Corner should consist of sheep and the shepherd
- “I am the good shepherd: I know my sheep and my sheep know Me” John 10:14
- Create a stationary place for the Gospel and the Bible



- Have a Gospel from the Holy Altar
- Children can venerate the Gospel as they do in Church
- Have children's Bibles available

- Create a geography corner



- Use maps or make maps from the Orthodox Study Bible
- Use a globe to demonstrate the life of biblical people
- For example, show children where Theotokos and Jesus were born

- Create a replica Holy Altar Table



- Any sized table will suffice
- Include a miniature chalice (plastic and painted gold)
- Paten (see photograph above to the right)
- Spoon (used for Holy Communion)
- Tabernacle (metal lantern painted gold where Holy Communion is kept on the Holy Altar for the sick)
- Vigil light
- Blessing cross

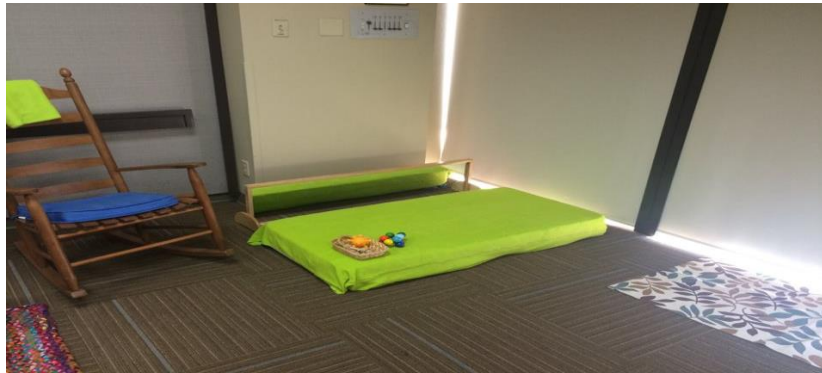
- Holy Infancy narratives and the Mystical Supper (see below)



Lego Last Supper

- Scenes and figures can be wooden diptychs
- Clay figures, Legos, and other products can be used to create these narratives

- Additional furnishings for classrooms (see photographs below)



Sample Lesson Plans for Communities

Implementing an OBB Ministry

The following 17 weekly lessons plans have been submitted by Presbyteria Dr. Kelley Lawrence. She has written the songs and granted permission for them to be used in the Orthodox Building Blocks program.

For both age groups, the outline below is a suggested structure for each meeting or class:

- 1.) Light candles
- 2.) Prayer: children venerate the icon and sit in a circle on the rug or their square
- 3.) Circle time: Welcome song and story time
- 4.) Arts and Crafts
- 5.) Snack Time and Play Time
- 6.) Clean Up (children can sing a cleanup song while cleaning up.)

1

Mommy and Me Sunday School

BIBLE PHRASE: Jesus said, "I am the light of the world."

- John 8:12

Lighting a Candle

Jesus said "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." (John 8:12)

When we come to Church, we light a candle. We do this to remind ourselves that Jesus is the Light of the World. Just like a candle makes the darkness go away, Jesus' love can make all our sadness and anger go away. Jesus shows us how to live.

Here's a little prayer you can say when you light your candle: "Lord Jesus Christ, please let your light shine through me."



Let's Talk

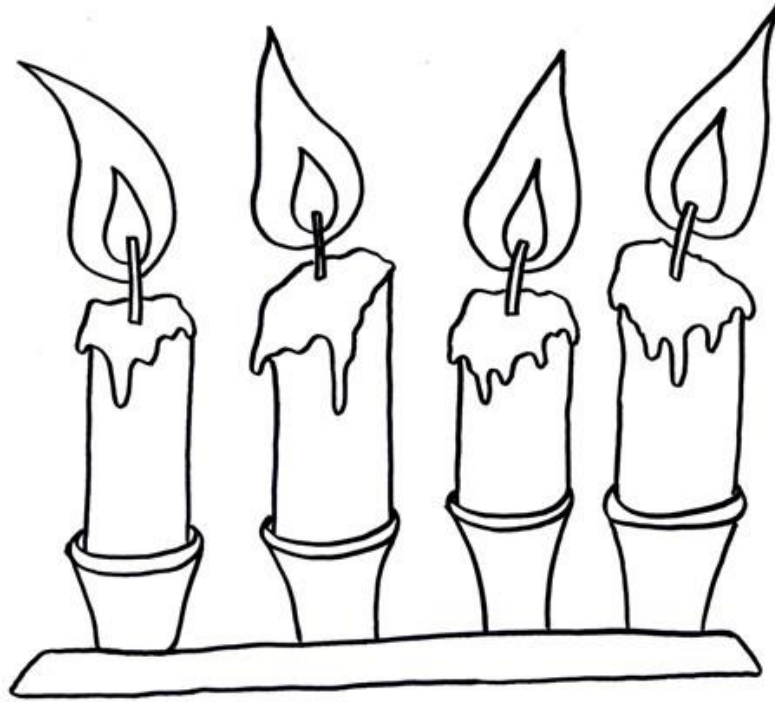
about the Icon

† Who is in this icon?

† Point to the rays of light around Jesus.

† Who is the Light of the world?

Can you "light" the candles by coloring them?



This Little Light of Mine

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine!

Everywhere I go, I'm gonna let it shine
Everywhere I go, I'm gonna let it shine
Everywhere I go, I'm gonna let it shine
Let it shine, let it shine, let it shine!

2

Mommy and Me Sunday School

BIBLE PHRASE: Love the Lord your God...and love your neighbor.

- Mark 12: 30-31

Kissing
the Icons

Jesus said "Love the Lord
your God...and love your
neighbor" (Mark 12: 30-31).

When we come to Church, we
kiss the icons. In the icons,
we see pictures of the Saints.
They are people who love God
and do a good job of loving
their neighbors. We kiss
them to show that we love
them. We ask the Saints to
help us pray to Jesus that we
will learn how to be loving too!



Let's Talk

about the Icon

† Who is in this icon?

† Can you kiss the icon?

† Can you kiss your Mommy or Daddy?

† Give somebody a hug!

How can we show people that we love them?



A Song About Loving Each Other (to the tune of "The More We Get Together")

The more we love each other, each other, each other
The more we love each other, the world sees God's love
'Cause God's love is our love and our love is God's love
The more we love each other, the world sees God's love.

The more we serve each other, each other, each other
The more we serve each other, the world sees God's work
'Cause God's work is our work and our work is God's work
The more we serve each other, the world sees God's work.

3

Mommy and Me Sunday School

BIBLEPHRASE: Let everything that breathes praise the Lord.

- Psalms 150.6



We All Praise God!

In Church, we tell God how great He is and how much we love Him. We call this Praising God. We praise God with songs, we praise Him when we pray and we especially praise Him when we love each other and do nice things.

Let's try to praise God with all that we do!

Let's Talk

about the Icon

† Point to the angels praising Jesus from heaven. Count how many angels you see.

† Point to the people praising Jesus on Earth.

† Find the animals praising Jesus.

Let's name the things we see here—
they all praise God!



A Song to Praise God

The birdies in the treetops sing their song
The angels in the chorus sing along
The flowers in the garden lend their dew
So why shouldn't I, why shouldn't I praise you too?!

4

Mommy and Me Sunday School

BIBLEPHRASE: Go into all the world and proclaim the Gospel to the whole creation.
- Mark 16:15

We Hear The Gospel In Church

The Gospel is the story of Jesus. In Church, Father reads the Gospel to us from a beautiful book. When we listen as he reads, we learn how Jesus lived, what He taught, and how He loves us so much that He came to save us from death. If we listen carefully, we will even learn how we should live our own lives.



Let's Talk about the Icon

† Point to the Gospel.

† Point to Jesus.

† Can you give the Gospel a kiss?

† Where do you see an icon like this in our Church?

Let's take a closer look at the
Gospel book:



A Song About the Gospel

The Gospel is a Treasure Book.
It tells how long ago
Christ Jesus came to live on Earth
Our Father's love to show.

5

Mommy and Me Sunday School

BIBLEPHRASE: "...Bring an offering, and come into His courts.

Worship the Lord in holy splendor." Psalm 96:8-9

We Bring Our Gifts
To God!

There's a special time in the Liturgy when the Priest carries our gifts of bread and wine around the Church. This is called the Great Entrance. In front of the Gifts, the altar boys carry a big cross, the candles, and fans with angels on them. Later on, the gifts of bread and wine become Communion for us.



Let's Talk about the Photo

† Point to the priest.

† Point to the gifts he is carrying.

† The shorter gift is bread; the taller is wine.

† Let's tell Jesus "Thank you" for letting us bring gifts to Him.

Can You Put the Great Entrance in Order?



A Song About the Great Entrance (to the tune of "Twinkle, Twinkle, Little Star")

The entrance is a special time
To bring our gifts of bread and wine.
Behind the Cross and all the lights,
Angel-fans shining oh so bright,
We give our Gifts to God above
In thanks for Jesus and His love.

6

Mommy and Me Sunday School

BIBLEPHRASE: "O come, let us worship and bow down, let us kneel before the Lord, our Maker!" Psalm 96:8-9

We kneel in Church

At a special time during our liturgy, everyone in our church kneels. We kneel at that time because the priest is asking the Holy Spirit to come down to the altar and change our gifts of bread and wine into the body and blood of Jesus for communion. Let's all try to kneel in church to show our love and respect when the Holy Spirit comes down.



Let's Talk about the Icon

† St. Seraphim is kneeling in church in the icon.

† We kneel on our knees. Where are your knees?

† Let's all practice kneeling.

Children kneeling...



A Song About the Holy Spirit, who comes down when we kneel

Sweep over my soul
Sweep over my soul
Sweet Spirit, sweep over my soul

My heart is complete as I kneel before you
Sweet Spirit, sweep over my soul.

7

Mommy and Me Sunday School

BIBLEPHRASE: Jesus said "Pray then in this way: Our Father who art in heaven, hallowed be thy name..." Matthew 6:9

The Lord's Prayer

In the Gospel, Jesus teaches us a special prayer to say to God. We call this prayer "The Lord's Prayer". We say it every Sunday at Church. We can say it at home with our Mommies and Daddies too!

This is the prayer that Jesus teaches us:
 "Our Father, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done, on Earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from Evil."



Let's Talk about the Icon

- † Jesus is praying in the icon. Point to Jesus.
- † Jesus is looking toward heaven. Point to the angel in heaven.
- † Jesus is kneeling on His knees to pray. Where are your knees?
- † Let's ask Mommy or Daddy to help us say the Lord's Prayer at home this week!

Here's a picture to color of Jesus praying...



We Pray Like Jesus Did

(to the tune of The Farmer in the Dell)

1. We pray like Jesus did,
We pray like Jesus did,
In and out of our Church,
We pray like Jesus did.

Other verses:

2. He taught us how to pray.
 3. We pray The Lord's Prayer.
 4. We do our special Cross.
-

8

Mommy and Me Sunday School

BIBLE PHRASE: Then Jesus took a loaf of bread, and when He had given thanks, He broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And He did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood."
 Luke 22: 19-20

Jesus Taught us
to have
Communion

Jesus teaches us that the wine and bread in Communion are His Body and Blood. When we go up to the priest and receive Communion from the beautiful spoon and chalice, this is a special time.

At Communion, we take Jesus into our bodies so we can be more like Him!



Let's Talk about the Icon

† Jesus is the High Priest in the icon. Point to Jesus.

† Jesus is holding the Communion chalice, do you see it?

† Do you see people coming up to receive communion?

† Let's practice how we open our mouths wide for Communion.

A Communion picture to color...



Taste and See

(to the tune of Mary Had a Little Lamb)

Taste and see the Lord is Good, Lord is Good, Lord is Good
 Taste and see the Lord is Good
 As we receive Communion.

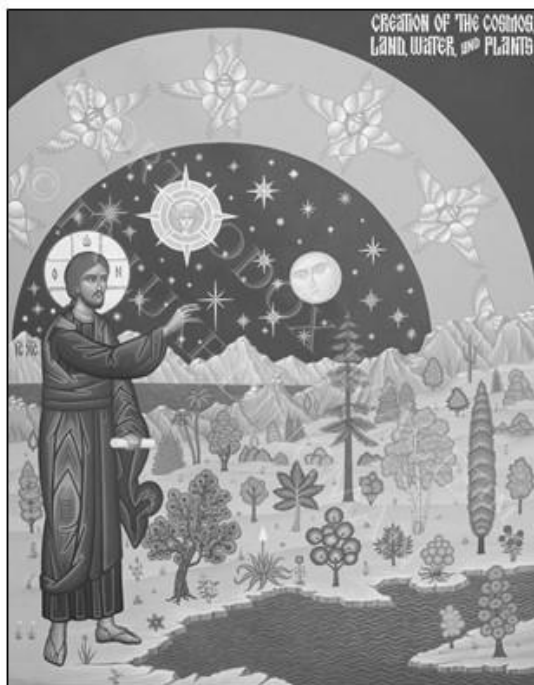
9

Mommy and Me Sunday School

BIBLE PHRASE: "In the beginning God created..."

- Genesis 1:1

God made everything



A long time ago, there was no earth and no sky, no animals and no people. But, there was God and He is the One who made everything. First, God made the light and the darkness. Next, He made the sky and the water. Then, He made the land and plants. After that, He made the sun, moon, and stars. Then, He made the birds for the sky and the fish for the ocean. Last, He made all the animals and the first people. God looked at all that He had made and it was all good!

Let's Talk about the Icon

† Let's name some of the things we see in these icons of creation.

God Creates All...



God Made Me!

God made *me

God made *me

From our Bible book

I learned that

God made *me!

*insert other things that God made (for example: light, birds, trees)

10

Mommy and Me Sunday School

BIBLEPHRASE: "And God said to Noah...make thee an ark of gopher wood..."
- Genesis 6:13-14

Father Noah Built an Ark

Father Noah was a man who loved God very much and talked to Him often. One day, God told Father Noah that a big rain storm was coming. It was going to rain so much for such a long time that the whole Earth would be covered with water! So, God told Father Noah to



build an enormous boat called an ark and to bring two of every animal into it. Father Noah and his family worked hard to build that enormous ark, then they called the animals to the ark. Two-by-two the animals went into the ark and Father Noah and his family kept them all safe while rain flooded the Earth. When the flood was over, all the animals left the ark with Father Noah. Then, God sent a beautiful rainbow as His promise that the Earth would never be flooded again.

Let's Talk about the Icon

† Point to Father Noah in the icon.

† Point to Father Noah's family.

† What animals do you see in the icon?

Noah's ark coloring page



Father Noah Built an Ark! (To the tune of "Old MacDonald")

Father Noah built an ark
e-i-e-i-o
And on that ark he put two *birds
e-i-e-i-o
With a *tweet tweet here and a *tweet tweet there
Here a *tweet, there a *tweet
Everywhere a *tweet tweet
Father Noah built an ark
e-i-e-i-o

*insert other animals and their sounds

11 Mommy and Me Sunday School

CHURCH PHRASE: "And the star came and stood over the place where the Child was with Mary, His Mother."
- from the Divine Liturgy

The Christmas Star

At Christmas time, we see stars on top of Christmas trees, stars on buildings, stars on presents, and stars in lots of other places too! When Jesus was born a long time ago, God put a very bright star in the sky over the place where baby Jesus was. Christmas is when we celebrate Jesus' birthday, so stars are a special part of Christmas. When you see Christmas stars, remember to tell Jesus "Happy Birthday"! Maybe you can even remember to tell your family that God came to Earth as a baby for us.



Let's Talk about the Icon

† Can you find the Christmas star?

† Point to baby Jesus.

† Jesus is laying in the animals' manger. What animals do you see in the icon?

† Mary is Jesus' mother. We often call her Panaghia (that means "all holy") and Theotokos (that means "God bearer"). Let's practice saying those names together.

Nativity Coloring Page



Twinkle Twinkle Christmas Star

Twinkle twinkle Christmas Star
You led the Wisemen from afar
To the place where Jesus lay
In a manger full of hay
Twinkle twinkle Christmas Star
Shine for Him wherever you are!

12 Mommy and Me Sunday School

BIBLE PHRASE: "Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him..."

- Genesis 18:18

Father Abraham was a friend of God

Father Abraham was a friend of God. God told Abraham and his wife, Sarah, that they would have a baby boy—and they did. They named their little boy Isaac. For many years, Abraham talked to God and listened to God all the time. Then, God promised that because Abraham listened to Him, many generations of people would come from Abraham's family. God said that Abraham would have as many sons and daughters as there are stars in the sky, and as many sons and daughters as there are grains of sand on the beach! Father Abraham was blessed by God.



Let's Talk about the Icon

† Point to Father Abraham in the icon.

† His little boy, Isaac, is sitting in his lap.

Coloring Page
The Hospitality of Abraham

Η ΑΓΙΑ ΤΡΙΑC



Father Abraham had many sons!

Father Abraham had many sons.
And many sons had Father Abraham.
I am one of them,
And so are you,
So, let's all praise the Lord,
*right arm...

*Following verses are: left arm, right leg, left leg, chin up, turn around, sit down!
Move specified body part and continue to move it till the end of the song, when we all sit down.

13

Mommy and Me Sunday School

BIBLE PHRASE: "And Jacob dreamed, and behold a ladder was on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it."
- Genesis 28:12

Jacob's Dream

Jacob was Father Abraham's grandson. He was a special boy. After his father (Isaac) gave him his blessing, Jacob went traveling to find a wife. On the way, he got sleepy, so he decided to lay down outside. He didn't have a pillow, so he put a rock under his head and then he fell asleep. In his dream, Jacob saw angels climbing up and down a ladder that went all the way from the earth up to heaven! At the top of the ladder was God, and God told Jacob that he would bless him and take care of him wherever he went. Jacob woke up and said, "Surely the Lord is in this place."



Let's Talk about the Icon

† Point to Jacob sleeping in the icon.

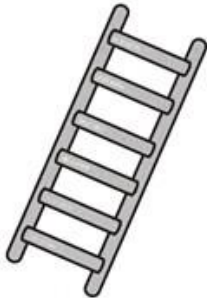
† Do you see the angels on a ladder?

† What did Jacob use instead of a pillow?

Coloring Page
Climbing Jacob's Ladder



Jacob's ladder



We are climbing Jacob's ladder.
We are climbing Jacob's ladder.
We are climbing Jacob's Ladder,
Children of the Lord!

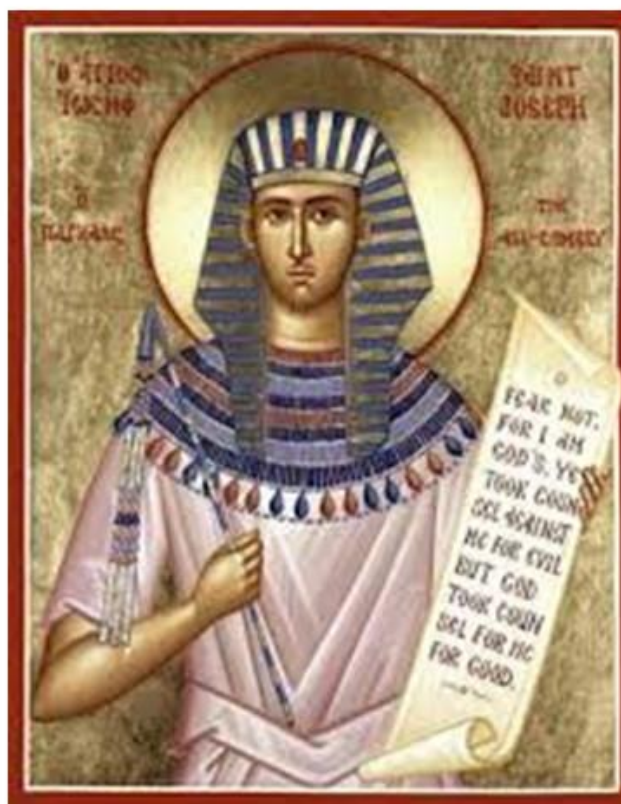


14 Mommy and Me Sunday School

BIBLE PHRASE: "Now Israel loved Joseph more than all his children...and he made him a coat of many colors." Genesis 37:3

Joseph's Coat of Many Colors

Jacob continued to travel after his dream about the ladder. He married and had many children—he had 12 sons. Joseph was one of those sons and he was very special to his father. So, his father gave him a special gift...it was a coat that had many colors. Joseph wore the coat very proudly. When Joseph grew up, he was a good man. He worked for the ruler of the land and he saved up food so that he could give it to people when they were hungry.



Let's Talk about the Icon

† Point to Joseph.

† Point to the special hat he wore when he worked in Egypt.



† Look at this coat of many colors!

Use lots of colors for Joseph's coat!

THE COAT OF MANY COLORS



Jacob had twelve sons. He loved Joseph more than the others and he made him a coat of many colors.

Joseph's Coat

(to the tune of "Mary had a Little Lamb")

Joseph had a special coat,
 Special coat,
 Special coat,
 Joseph had a special coat,
 A coat of many colors.

His father gave his coat to him,
 Coat to him,
 Coat to him,
 His father gave his coat to him,
 His coat of many colors.

15

Mommy and Me Sunday School

BIBLE PHRASE: "She got a papyrus basket for him...she put the child in it and placed it among the reeds on the bank of the river." - Exodus 2:3

Baby Moses hid in a basket



When baby Moses' mommy (her name was Jochebed) needed to keep him safe, she gently placed him in a little basket and hid it among the rushes at the edge of the river. Moses' sister, Miriam, promised to carefully watch over him while he was in the basket. When a princess came down to the river to swim and bathe, she found little baby Moses in his basket and fell in love with him; she decided to protect baby Moses like he was her own. Miriam was brave and she went to the princess and asked if she needed a family to take care of the baby. The princess said yes! So, baby Moses got to go with Miriam to their mommy. Their mommy, Jochebed, got to feed him and love him. Then, when he was a big boy, he got to go be a prince at the palace!

Let's Talk about the Icon

† Point to baby Moses in the basket.

† Point to Miriam hiding in the rushes.

The Princess found Baby Moses as Miriam Kept Him Safe



Baby Moses

Who will take little baby?
 "I" said the water deep.
 "Baby will float in his cradle boat
 And I shall rock him to sleep."

Who will watch over baby?
 Miriam whispers "I".
 "I'm sure to hear, if the baby dear
 Gives even a tiny, soft cry."

Who will hide little baby?
 "We" said the rushes tall.
 "Safely we'll hide the baby inside
 So nobody sees him at all."

Who will guard little baby?
 Out of the waters blue?
 Silently sleep, baby, safely sleep,
 For God will take care of you!

16 Mommy and Me Sunday School

BIBLE PHRASE: "Then Moses stretched out his hand over the sea. The Lord drove the sea back...and turned the sea into dry land; the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left." Exodus 14:21-22

Moses Parted the Sea



When baby Moses grew up, God chose him to lead his people, the Israelites, away from Egypt where they were not treated nicely. Moses went to Pharaoh and asked him to let the Israelites leave. Pharaoh said "no" over and over. With God's help, Moses worked many miracles and finally convinced Pharaoh to let the Israelites leave Egypt. Moses led the people away. When they got to a big sea of water, they needed to cross it, but they did not have boats or submarines or anything in which they could cross it. So, God helped Moses to part the big sea. There were two walls of water and a pathway for the people to walk on between them; Moses and the Israelites walked away from Egypt through the parted sea!

Let's Talk about the Icon

† Point to Moses.

† Point to the wall of water beside Moses and the people.

† Did Moses use a boat to cross the sea?

God helped Moses part the Red Sea



Moses Parted the Sea so Deep and Wide

("Deep and Wide" tune, now words!)

Deep and Wide,
Deep and Wide,
Moses parted the sea so Deep and Wide.

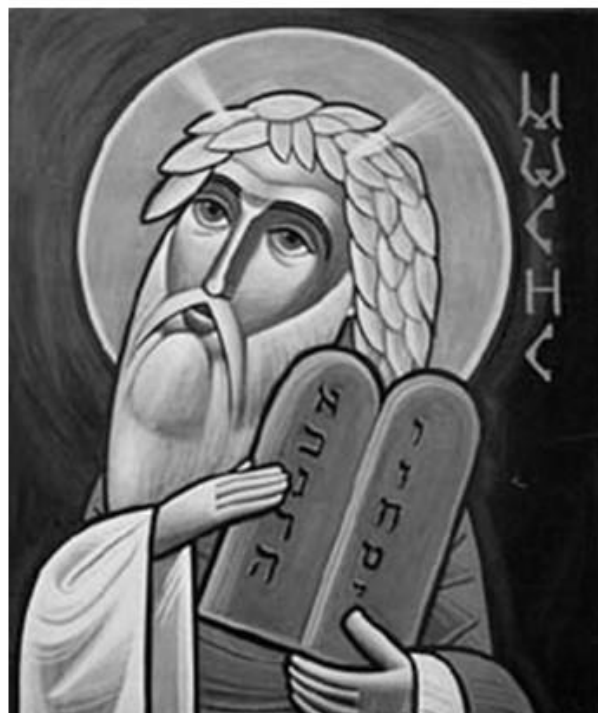
Deep and Wide,
Deep and Wide,
Moses parted the sea so Deep and Wide.

17 Mommy and Me Sunday School

BIBLEPHRASE: "These are the commandments that the Lord gave to Moses for the people of Israel on Mount Sinai. - Leviticus 27:34

God gave Moses the Ten Commandments

After taking the Israelites through the Red Sea, Moses led them on a long journey to find a place where they could live and worship God. The people told Moses that they needed rules to tell them how God wanted them to live. They needed to know how to be good people of God. So, Moses went up high on a mountain and God talked to him and gave him the ten commandments to teach the people how to live. These commandments are special rules that the people of God—even us—have lived by ever since!



Let's Talk about the 10 Commandments

1. Love God with all your heart
2. Only worship God
3. Keep God's name holy
4. Keep the sabbath day for rest
5. Honor your mom and dad
6. Do not take another's life
7. Be faithful in marriage
8. Don't steal other people's things
9. Tell the truth
10. Do not be jealous of what other people have

God gave Moses the Ten Commandments



Ten Commandments from God

One little, two little, three commandments
 Four little, five little, six commandments
 Seven little, eight little, nine commandments
 Ten commandments from God

Resources

1. Contacts

Parishes and individuals within the Metropolis of Atlanta have implemented an Orthodox Building Blocks ministry in their parish. The following individuals are contacts for implementing an Orthodox Building Blocks ministry in your parish.

- Alexis Pappas, Holy Trinity-Holy Cross in Birmingham, Alabama
(205) 716-3080 apappas@holytrinity-holycross.org
- Pat Sourlis, Saint Mark in Boca Raton, Florida
(561) 483-8517 sourlis@aol.com

2. Teacher Training

For those parishes interested in a training program for adults who want to become catechists (teachers), one option is to use the Catechesis of the Good Shepherd program. It is not required that catechists receive any specialized training. If, however, individuals would like to receive training, the information is below.

- a.) Identify a Catechesis of the Good Shepherd (CGS) Atrium in your area and ask for a tour or an opportunity to observe
- b.) Bring the Parish Priest, Parish Catechism Director, and interested teachers
- c.) A list of Atria can be found at www.cgsusa.org
- d.) Training received at CGS is not Orthodox Christian-specific. The principles learned during training can be used to implement Orthodox Building Blocks

3. Materials

Materials used in the classrooms for Orthodox Building Blocks can be made by volunteers. Below are two sources for the raw materials that can be sanded, painted, or stained if desired.

www.thecatechistshusbands.com

www.atriumwoodworks.com