



लुकेरु ग़ोर्लइ

Monastic Life

Discussion Questions: Where do monks and nuns live? What do they do? Have your children been to a monastery? If so, talk with them about what they remember about monks and nuns. If your children have not been to a monastery, explain to them that monks and nuns devote their life to God. Most of the time monks and nuns live in a monastery.

Storytelling: A nun takes care of the girls at the Orthodox orphanage in India. Her name is Sister Nectaria and she has devoted her life to God by taking care of girls who do not have parents. At the orphanage, the girls have a place to live, food to eat, and receive an education so they can get a job later or teach their own kids.

Suggested Reading:

For Younger Children *The Abbot and I*, by Sarah Cowie,
A Pocketful of Seeds, by Sylvia Leontaritis,
The Holy Monks of Mount Athos, by Patrikia
The Monk Who Grew Prayer, by Claire Brandenburg.

For Older Children- *Father Arseny: Priest, Prisoner, Spiritual Father*, by Alexander,
Mother Gavrilia: Ascetic of Love, by Sister Gavrilia.



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Mission Work, Fasting & Prayer

Discussion Questions on Mission Work: What is mission work? Who does it? Where do they go? Visit OCMC (Orthodox Christian Mission Center) at <http://www.ocmc.org> and IOCC (International Orthodox Christian Charities) at <http://www.iocc.org>

Expanding the activity - OCMC has downloadable lesson plans at http://www.ocmc.org/resources/lesson_plans.aspx

Fasting Activity: Let your kids help you make an Indian Lenten meal.

Prayer: IOCC has a Prayer Journal for Kids at http://www.iocc.org/kidsmap_frameset.aspx

Include an intercessory prayer for the Orthodox orphanage in Kolkata, India in your family prayers at bedtime.