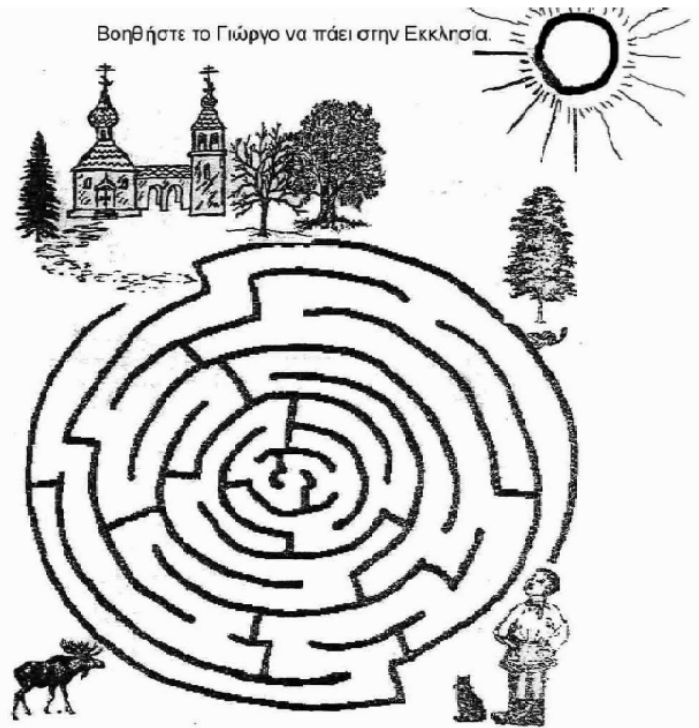


GREAT LENT/ Μεγάλη Σαρακοστή / 40 DAYS



Η κυρά Σαρακοστή

Την κυρά Σαρακοστή που' ναι έθιμο παλιό οι γιαγιάδες μας την φτιάχναν με αλεύρι και νερό.

Για στολίδι της φορούσαν στο κεφάλι ένα σταυρό μα το στόμα της ξεχνούσαν γιατί νήστευε καιρό. Και τις μέρες τις μετρούσαν με τα πόδια της τα επτά κόβαν ένα τη βδομάδα μέχρι να 'ρθει η Πασχαλιά.

Ms. Lady Sarakosti

Quiet Lady Sarakosti, is a custom from long ago, Our Yiaiyas used to make her, out of flour and H₂O.

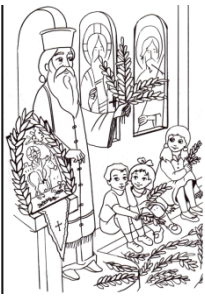
She wears a modest ladies dress, with a cross upon her head, her hands in prayer without a mouth, to fast with nuts, fruits & bread.

Her feet teach us how to count, the weeks of Lent are seven, Every Saturday we take one away until Pascha and the Resurrection to heaven.

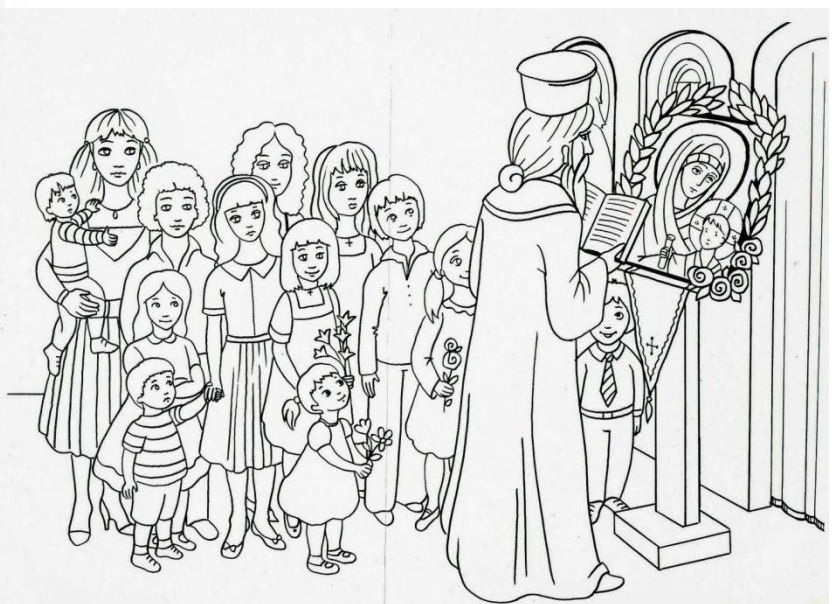
A T O P P R S U R Y R O L G R
I E M A D A N O E F O R T Y E
N R H D L C S H U M I L I T Y
P E I E T I L C C L V R E I A
V C S I A C T I H U A E N N R
D O O F L V S U A A S P F I P
I N O I T C E R R U S E R R I
R F F T H R S N I G V N V T H
U E A C E I T E S E Y T F F S
N S S N O I T A T U L A S A R
H S N A T C O M P L I N E S O
R I S S O R C E R T O C N T W
S O C E K E S V H Y E E O I S
T N P R O S T R A T I O N N O
A G E P S A I N T S C Y U G R

LENTEN WORD SEARCH

Adam	Compline	Confession	Cross
Eucharist	Eve	Faith	Fasting
Forty	Glory	Heaven	Humility
Icon	Life	Liturgy	Pascha
Prayer	PreSanctified	Prostration	Repentance
Resurrection	Saints	Salutations	Savior
Sinner	Soul	Theotokos	Trinity
Unction	Worship		



glue	the	correct	image	for	each	week
SUNDAY of FORGIVENESS	SUNDAY of ORTHODOXY	SUNDAY of St Gregory Palamas	SUNDAY of The Holy Cross	SUNDAY of Ladder of Climacus	SUNDAY of St Mary of Egypt	SATURDAY of Lazarus and Palm Sunday
We repent and seek forgiveness from God and one another as we weep with Adam & Eve for our sins. We begin Lent with a promise of prayer & fasting.	We celebrate the victory of icons from the year 842 when St Theodora at the 7 th Council proclaimed icons worthy of our veneration as the Gospel in picture form	The Bible says "who can forgive us from our sins but God alone" thru a spiritual life of the Jesus Prayer we can draw near to God and be transformed Into Saints	Half way into Lent we gain strength to die to the world with Christ, to live again in Him "We venerate Your Cross and worship Your holy Resurrection"	The spiritual life is climbing up to God in virtue but often we fall back in our errors and need help. The Gospel of today says, "O Lord, I believe, help my unbelief!"	"The first shall be last and the last shall be first." For the Son of Man came not to be served but to serve. We learn humility when we struggle to deny ourselves	"Hosanna!" With palms we welcome Christ to Jerusalem after He raises Lazarus from the dead showing to all His power over death to grant us eternal life



FRIDAY NIGHT AKATHYST HYMN TO THEOTOKOS
Χαιρετισμοί της Παναγιάς