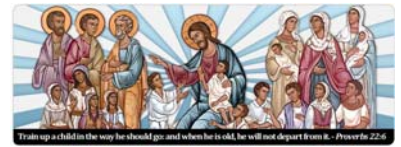


Monasticism

Session 1

Ages 4-6



Dear Parents,

This Ages 4-6 unit is designed to inform your child about monastics and monastic life. The information provided is from the Orthodox Church in America Department of Christian Education unit, *Monasticism*, available on the OCA DCE website (dce@oca.org). Session 1 contains a short information text handout with key words listed at the bottom. The activities are: drawing a picture of a monk or nun, a Word Search, with a word bank, and a Fill-in-the-Blank worksheet with word bank.

Listed at the end of this letter are books you can read to your child to learn more about monasticism. Unless otherwise indicated, these books are available through Conciliar Press (conciliarpress.com).

We encourage you to review the text handout and key words to help your child reinforce the lesson text, and to have an understanding of the special role monastics play in the life of the Church.

In Christ,
Dept. of Christian Education
Orthodox Church in America

Books:

The Monk Who Grew Prayer, Clair Brandenburg (ISBN 1-888212-66-7)

The Abbot and I, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)

The Monks of Mount Athos, Patrikia, St. Nectarios Press [stnectariospress.com] (ISBN 0-913026-24-7)

How the Monastery Came to Be on Top of the Mountain, Alexei Currier (ISBN 1-888212-16-0)

Song of the Talanton, Claire Brandenburg (ISBN 978-1-888212-90-7)

Text: Veronica Bilas, Myra Kovalak, Maria Proch

Illustrations: Timothy Macura, Kimberly Metz

Puzzles: Katherine Kessler, Veronica Bilas, Myra Kovalak, Maria Proch

Activities: Veronica Bilas, Maria Proch, St. Herman of Alaska Church, Edmonton, Alberta, Canada

Format: Natalia Kovalak

Editing: Fr. Daniel Kovalak

Monasticism

Session 1

Ages 4-6 (25-30 minutes)

Theme: Who: Monastics

Identify monastics

Sub-Theme: Monastics are those chosen by God to live a life of prayer, work and community. God calls all of us to serve others. Some of us are called to pray and serve in a special setting. As monasteries are vital and important centers of prayer and service to others, we find people there who have chosen to live this earthly life, in closer communion with God. Under the guidance of the Abbot or Abbess, their daily lives center around praying, listening to God, and choosing daily activities to keep the monastery in running in proper order.

Note: Teachers will need to look over the materials and become familiar with them. Activities may be expanded to 40 minutes, depending upon age level of group. The older the children within the group, then more activities can be used.



Goal:

Identify a monastic as someone who chooses to follow God in a special way through prayer, and activities.

Objectives:

By the end of this lesson students should be able to:

- Define a monastic
- Describe ways in which they are like a monastic
- Act out how monastics pray
- Understand the terms of monasticism

Materials:

- "Who are Monks and Nuns?" text handout
- Prayer Rope
- Word Search puzzle (Ages 5-6)
- Fill-in-the-Blank worksheet (Ages 5-6)
- Plain white paper
- Pencils and crayons

Resources:

- *The Monk Who Grew Prayer*, Clair Brandenburg (ISBN 1-888212-66-7)
- *The Abbot and I*, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)
- *The Monks of Mount Athos*, Patrikia, St. Nectarios Press [stnectarios.press.com] (ISBN 0-913026-24-7)
- *How the Monastery Came to Be on Top of the Mountain*, Alexei Currier (ISBN 1-888212-16-0)
- *Song of the Talanton*, Claire Brandenburg (ISBN 978-1-888212-90-7)

**Teacher Background Reading:

- "History and Mission of St. Tikhon's Monastery"
<http://stots.edu/history1.html>
- "'Monastic Activities,' pp. 17-19, *Life Transfigured, A Journal of Orthodox Nuns*, Vol. 35, #3, Nativity, 2003, Orthodox Monastery of the Transfiguration, 321 Monastery Lane, Ellwood City, PA 16117
- Metropolitan Anastassy, *In Defence of Monasticism*, pp 32-37, illustrations of monasteries, throughout text, Jordanville, NY, Holy Trinity Monastery, 1989.
- The Monks of New Skete, *In the Spirit of Happiness*, \$14.95 Monastery of New Skete (www.newskete.com)

- Monk of St. Tikhon's Monastery, ed. *These Truths We Hold*. South Canaan, PA. St. Tikhon's Seminary Press, 1986.
- Video: *St. Tikhon's Monastery, America's Holy Mountain*, Grisha Pictures, 3224 Trinity Road, Harrisburg, PA 17109 (DVD/VHS, \$24.00 including shipping)
- Video: *Life Transfigured, The Story of the Orthodox Monastery of the Transfiguration*, Greg, Lisa Uhrin, (\$20.00 plus S+H). Holy Transfiguration Monastery, 321 Monastery Lane, Ellwood City, PA 16117
- Orthodox Monasteries of North America (<http://omna.malf.net>)
- Monastery web site of choice, section on history and mission

Procedure:

Words in dark print are for the catechist to say to the children.

1. Opening Prayer: The Sign of the Cross and The Jesus Prayer

After the prayer show the children the prayer rope and ask if anyone has seen one. If someone has ask where he/she has seen it. Tell the children that many people use prayer ropes to pray the Jesus Prayer, especially monastics. Explain that a monastic is a man or a woman who follows God in a special way. One way they follow God is by praying. A man is called a monk and a woman is called a nun.

2. Activating Prior Knowledge

Say: **Has anyone ever been to a monastery? What did you see? Hear?**

Responses will vary but should include something about what they have previously experienced.

3. Teaching the Lesson

Tell the children that they are going to learn about monks and nuns. Pass out copies of the text handout to the students. Say: **I am going to read this story to you and together we are going to find out about monks and nuns.** Read the text handout aloud as the students look on their own copies. Since younger children cannot read, take a picture walk through the story and identify the things the monks and nuns are doing, as well as point out the signs of Orthodoxy on the page.

Say: **What are some of the things the monks and nuns do during the day?**

(prayed, listened to God, grew food, helped train dogs, raised bees for honey)

Say: **What do monks and nuns enjoy doing the most?**

(praying for us every day, and listening to God)

Say: **What are some ways you are like the monks and nuns in this story?**

(answers will vary)

Say: **One way that we are all like the monks and nuns is that we all pray. That means we all talk to God, and try to listen to God, so we can do what God wants us to do. When do you pray?** (in the morning, before and after meals, in church, on special feast and holy days, when the priest blesses our house, before going on a trip, when someone asks to pray for them, for people who are sick, etc)

- ### 4. Activities:
- Choose one or more activities, depending upon the ages levels, and time allotted. You can also give all activities to students, at their levels, and have them work simultaneously.

Activity 1: Draw a picture of a monk or nun (Younger children)

Say: **Let's draw a picture of a monk or nun, and show what they do every day.**

Activity 2: Word Search Puzzle (Ages 5-6, depending upon reading readiness)

Say: **We are now going to look at a Word Puzzle. We are going to look for words on the page in the letters.** Explain the directions, doing the first word search together. Students can work in pairs, or as a group. If time, have them draw a picture of a monk or nun on the back of the page.

Activity 3: Fill-in-the-blank worksheet (Ages 5-6, depending upon reading readiness)

Say: **We are now going to talk about some things we have learned about monks and nuns. We are going to look for words on the page and put them on the sentence lines.** Explain the directions, doing the first sentence together. Point out the pictures in the text handout for help. Students can work in pairs, or as a group. Those having difficulty can have the teacher write the words. If time, have them draw a picture of a monk or nun on the back of the page.

5. Closing

Say: **Let's all pray the way monks and nuns do, and let's also pray for all monks and nuns.**

Begin with the Sign of the Cross, and the Jesus Prayer. Have students add their own prayers for monks and nuns as the group prays together.

Who Are Monks and Nuns?

Monks and nuns are men and women who love God. They live in places called a monastery. They pray together in church every day. They pray for all of us. Monks and nuns also work together. Some monks and nuns grow food, bake bread, help train dogs, raise bees to make honey, and write books and music. Some even become saints. Most of all, monks and nuns love to pray for us. Isn't it nice to know that someone is always praying for us?



Words to know: monks nuns monastery pray church

Monastery Word Search

Can you find these words?

monk monastery church
nun pray saint



e g i m o n k j y d u s y t
t i l n w l m n u n a c b e
p r a y b q t s c x z t m i
b x i m o n a s t e r y f h
n w i v t u b r c h u r c h
e s a i n t n t e n l m b t



Name _____

Use the words from the Word Bank to fill in the blanks.

1. I can _ _ _ _ like a monastic.
2. A _ _ _ _ _ _ _ _ is a person who follows _ _ _ in a special way.
3. A man monastic is called a _ _ _ _ .
4. A woman monastic is called a _ _ _ .



Word Bank	
monk	pray
monastic	God
nun	



Monasticism

Session 2

Ages 4-6



Dear Parents,

This Ages 4-6 unit is designed to inform your child about monastics and monastic life. The information provided is from the Orthodox Church in America Department of Christian Education unit, *Monasticism*, available on the OCA DCE website (dce@oca.org). Session 2 contains a lesson based on the book, *The Monk Who Grew Prayer*. The activity is the Monastery Poem your child learned today. This poem contains various movements. At the end of this letter is a copy of the poem with movements included.

Listed at the end of this letter are books you can read to your child to learn more about monasticism. Unless otherwise indicated, these books are available through Conciliar Press (conciliarpress.com).

We encourage you to review the text handout and key words to help your child reinforce the lesson text, and to have an understanding of the special role monastics play in the life of the Church.

In Christ,
Dept. of Christian Education
Orthodox Church in America

A Monastery Poem

Monks and nuns are special people who pray. (Show praying hands.)
They give thanks to God each night (rest head on hands) and each day. (Make a sun with hands.)
They work hard (hand on forehead), and show kindness to others. (hand on heart)
They live in communities like sisters and brothers. (Join hands.)
They pray for all people to live with love. (hands over heart)
And they ask God to watch over us from Heaven above. (Look down and make a circle with your arms.)

Books:

The Monk Who Grew Prayer, Clair Brandenburg (ISBN 1-888212-66-7)

The Abbot and I, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)

The Monks of Mount Athos, Patrikia, St. Nectarios Press [stnectariospress.com] (ISBN 0-913026-24-7)

How the Monastery Came to Be on Top of the Mountain, Alexei Currier (ISBN 1-888212-16-0)

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Activities: Veronica Bilas, Maria Proch, St. Herman of Alaska Church, Edmonton, Alberta, Canada

Format: Natalia Kovalak

Editing: Fr. Daniel Kovalak

Monasticism

Session 2

Ages 4-6 (25-30 minutes)

Theme: What: Monastics Daily Like

Identify what monastics do

Sub-Theme: Monastics are those chosen by God to live a life of prayer, work and community. God calls all of us to serve others. Some of us are called to pray and serve in a special setting. As monasteries are vital and important centers of prayer and service to others, we find people there who have chosen to live this earthly life, in closer communion with God. Under the guidance of the Abbot or Abbess, their daily lives center around praying, listening to God, and choosing daily activities to keep the monastery in running in proper order.



Note: Teachers will need to look over the materials and become familiar with them. Activities may be expanded to 40 minutes, depending upon age level of group. The older the children within the group, then more activities can be used.

Goals:

- Identify a monastic as someone who chooses to follow God by prayer
- Recall what monastics do during their daily lives
- Discover ways to be like a monastic

Objectives:

By the end of this session students should be able to

- Reinforce understanding of monastics
- Define what monastics do each day
- Describe ways in which they are like a monastic
- Act out how monastics pray

Materials:

- Book, *The Monk who Grew Prayer*
 - Clair Brandenburg, Conciliar Press [conciliarpress.com] (ISBN 1-888212-66-7)
- Copies of "A Monastery Poem"
- Prayer Rope
- Previous week's handout on Monk and Nuns
- Black Marker
- Large poster paper
- Optional book with CD: *Song of the Talanton*
 - Clair Brandenburg, Conciliar Press [conciliarpress.com] (ISBN 978-1-888212-90-7)
- CD player

Resources:

- *The Monk Who Grew Prayer*, Clair Brandenburg (ISBN 1-888212-66-7)
- *The Abbot and I*, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)
- *The Monks of Mount Athos*, Patrikia, St. Nectarios Press [stnectariospress.com] (ISBN 0-913026-24-7)
- *How the Monastery Came to Be on Top of the Mountain*, Alexei Currier (ISBN 1-888212-16-0)
- *Song of the Talanton*, Claire Brandenburg (ISBN 978-1-888212-90-7)

**Teacher Background Reading:

- "History and Mission of St. Tikhon's Monastery" (<http://stots.edu/history1.html>)
- "Monastic Activities," pp. 17-19, *Life Transfigured, A Journal of Orthodox Nuns*,

- Vol. 35, #3, Nativity, 2003, Orthodox Monastery of the Transfiguration, 321 Monastery Lane, Ellwood City, PA 16117
- Metropolitan Anastassy, *In Defence of Monasticism*, pp 32-37, illustrations of monasteries, throughout text, Jordanville, NY, Holy Trinity Monastery, 1989.
 - The Monks of New Skete, *In the Spirit of Happiness*, \$14.95 Monastery of New Skete (www.newskete.com)
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 - Video: *St. Tikhon's Monastery, America's Holy Mountain*, Grisha Pictures, 3224 Trinity Road, Harrisburg, PA 17109 (DVD/VHS, \$24.00 including shipping)
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 - Orthodox Monasteries of North America (<http://omna.malf.net>)
 - Monastery web site of choice, section on history and mission

Procedure:

Words in dark print are for the catechist to say to the children.

1. Opening Prayer: The Sign of the Cross and The Jesus Prayer

After the prayer, show the children the prayer rope and review what they learned in the previous lesson. Review that a monastic is a man or a woman who follows God in a special way.

2. Activating Prior Knowledge

Say: **Who can tell me about monks or nuns? What do they do?**

Responses will vary but should include something about what they have previously learned. (Monks and nuns are people who live in monasteries. They work and pray each day for all of us. They serve God in a special way.) You can write key words on poster paper, using large black marker. You can also refer to the previous lesson handout on Monks and Nuns.

3. Teaching the Lesson Text: *The Monk Who Grew Prayer*

Tell the children that they are going to learn more about monks and nuns. Say: **I am going to read this story to you and together we are going to find out about monks and nuns.** Take a picture walk through the story and identify the things the monk is doing and the signs of Orthodoxy on the page. Read the story. You can use the following guided reading questions or use your own.

Say: **What are some of the things the monks and nuns do during the day?**

(Pray and listen to God, grow food, help train dogs, raise bees for honey, drive a truck)

Say: **What do monks and nuns enjoy doing the most?**

(Praying for us every day, and listening to God)

Say: **What are some ways you are like the monk in this book?**

(Answers will vary.)

Say: **Remember that we are all like the monks and nuns because we all pray. That means we all talk to God, and try to listen to God, so we can do what God wants us to do. When did we say we like to pray?** (in the morning, before and after meals, in church, on special feast and holy days, when the priest blesses our house, before going on a trip, when someone asks to pray for them, for people who are sick, etc)

4. Activity

Say: **I am going to teach you a special poem that you can use to help you remember what monks and nuns do.** Pass out copies and teach the Monastery Movement Poem. See Activity.

Activity: "A Monastery Poem" (all age levels)

Monks and nuns are special people who pray. (*Show praying hands*)
They give thanks to God each night (*rest head on hands*) and each day (*make a sun with hands*).
They work hard (*hand on forehead*) and show kindness to others (*hand on heart*).
They live in communities like sisters and brothers (*join hands*).
They pray for all people to live with love (*hands over heart*).
And they ask God to watch over us from Heaven above (*look down and make a circle with your arms*).

Optional Activity: *Song of the Talanton* (If class has children who are able to listen to 2 stories, this story and the CD with the Talanton will be a good reinforcement of daily life in a monastery.)

Materials:

- Optional book with CD: *Song of the Talanton*
- Clair Brandenburg, Conciliar Press [conciliarpress.com] (ISBN 978-1-888212-90-7)
- CD player

Procedure:

Words in dark print are for the catechist to say to the children.

- Say: **Have you ever heard church bells? What do they sound like?** (Allow for answers. Point out that church bells are a way to call us to services and to come and pray together.)
- Say: **There is another way that we can be called to church to pray. Let's listen to it.**
- Play Track One of the CD.
- When finished, Say: **How was the sound different from church bells?** Allow children to make comments.
- Have students listen and try to imitate rhythm of the talanton.
- Either play Track Two, or read aloud the story, *Song of the Talanton*.
- Have students again listen to Track One and repeat imitation of talanton rhythm.

5. Closing

Say: **Let's all pray the way monks and nuns do, and let's also pray for all monks and nuns.**

Begin with the Sign of the Cross, and the Jesus Prayer. Have students add their own prayers for monks and nuns as the group prays together.

A Monastery Poem



Monks and nuns are special people who pray.
They give thanks to God each night and each day.
They work hard and show kindness to others.
They live in communities like sisters and brothers.
They pray for all people to live with love.
And they ask God to watch over us from Heaven above.

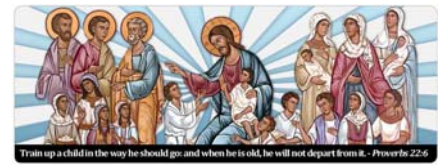


My Name: _____

Monasticism

Session 3

Ages 4-6



Dear Parents,

This Ages 4-6 unit is designed to inform your child about monastics and monastic life. The information provided is from the Orthodox Church in America Department of Christian Education unit, *Monasticism*, available on the OCA DCE website (dce@oca.org). Session 3 contains a lesson based on the book, *The Abbot and I*. The activities include drawing a picture of the main characters, The Abbot, Batiushka, and the monastery cat, Josie, as well as making a small replica of a monk.

Listed at the end of this letter are books you can read to your child to learn more about monasticism. Unless otherwise indicated, these books are available through Conciliar Press (conciliarpress.com).

We encourage you to review the text handout and key words to help your child reinforce the lesson text, and to have an understanding of the special role monastics play in the life of the Church.

In Christ,
Dept. of Christian Education
Orthodox Church in America

Books:

The Monk Who Grew Prayer, Clair Brandenburg (ISBN 1-888212-66-7)

The Abbot and I, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)

The Monks of Mount Athos, Patrikia, St. Nectarios Press [stnectorios.press.com] (ISBN 0-913026-24-7)

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Puzzles: Katherine Kessler, Veronica Bilas, Myra Kovalak

Activities: Veronica Bilas, Maria Proch, St. Herman of Alaska Church, Edmonton, Alberta, Canada

Format: Natalia Kovalak

Editing: Fr. Daniel Kovalak

Monasticism

Session 3

Ages 4-6 (25-30 minutes)

Theme: What: Monastic Daily Life

Identify what monastics do

Sub-Theme: Monastics are those chosen by God to live a life of prayer, work and community. God calls all of us to serve others. Some of us are called to pray and serve in a special setting. As monasteries are vital and important centers of prayer and service to others, we find there people who have chosen to live this earthly life, in closer communion with God. Under the guidance of the Abbot or Abbess, their daily lives center around praying, listening to God, and choosing daily activities to keep the monastery in running in proper order.



Note: Teachers will need to look over the materials and become familiar with them. Activities may be expanded to 40 minutes, depending upon age level of group. The older the children within the group, then more activities can be used.

Goals:

- Identify a monastic as someone who chooses to follow God by prayer
- Recall what monastics do during their daily lives
- Discover ways to be like a monastic

Objectives:

By the end of this session students should be able to

- Reinforce understanding of monastics
- Define what monastics do each day
- Respond to reading through various art media
- Act out how monastics pray

Materials:

- Book, *The Abbot and I*
 -Sarah Elizabeth Cowie, Conciliar Press [conciliarpress.com] (ISBN 1-888212-25-X)
- Prayer Rope
- 1st session's handout on Monk and Nuns
- Large Black Marker
- Large poster paper
- 2nd sessions book, *The Monk Who Grew Prayer*
- Monk Figure instruction sheet and model
- Pencils and crayons
- Black Markers
- Empty toilet paper rolls
- Black construction paper
- Black yarn
- Black felt (4" x 6")
- Pink construction paper cut into 1" squares

Resources:

- *The Monk Who Grew Prayer*, Clair Brandenburg (ISBN 1-888212-66-7)
- *The Abbot and I*, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)

- *The Monks of Mount Athos*, Patrikia, St. Nectarios Press [stnectarios.press.com] (ISBN 0-913026-24-7)
- *How the Monastery Came to Be on Top of the Mountain*, Alexei Currier (ISBN 1-888212-16-0)
- *Song of the Talanton*, Claire Brandenburg (ISBN 978-1-888212-90-7)

****Teacher Background Reading:**

- "History and Mission of St. Tikhon's Monastery" (<http://stots.edu/history1.html>)
- "'Monastic Activities,'" pp. 17-19, *Life Transfigured, A Journal of Orthodox Nuns*, Vol. 35, #3, Nativity, 2003, Orthodox Monastery of the Transfiguration, 321 Monastery Lane, Ellwood City, PA 16117
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- Orthodox Monasteries of North America (<http://omna.malf.net>)
- Monastery web site of choice, section on history and mission

Procedure:

Words in dark print are for the catechist to say to the children.

1. Opening Prayer: The Sign of the Cross and The Jesus Prayer

After the prayer, show the children the prayer rope and review what they learned in the previous lesson. Review that a monastic is a man or a woman who follows God in a special way.

Activating Prior Knowledge (Words in dark print are for the catechist to say to the children.)

Say: **Who can tell me what we have learned about monks or nuns? What do they do?**

Responses will vary but should include something about what they have previously learned.

(Monks and nuns are people who live in monasteries. They work and pray each day for all of us. They serve God in a special way.) You can write key words on poster paper, using large black marker. You can also refer to the previous lesson handout on Monks and Nuns.

2. Teaching the Lesson Text: *The Abbot and I*

Tell the children that they are going to learn more about monks and nuns. Say: **I am going to read this story to you and together we are going to find out about monks and nuns.** Take a picture walk through the story and identify the things the monk is doing and the signs of Orthodoxy on the page. Read the story. During your reading of the story explain, as needed, the key words identified in the glossary located in the back of the book: Abbot, Batiushka, cell, Compline, Epitrachelion, Jesus Prayer (said at beginning of each session) novice, pilgrim, Vespers

During the reading, say: **What are some of the things Batiushka/The Abbot and Josie do during the day?** Abbot: teach the novices, receive pilgrims and nuns, offer advice about God, reads his mail, naps, hears confession, feeds outside cats, leads services. Josie: catches mice, helps Abbot receive novices and pilgrims, keeps Abbot's seat warm, naps, plays in boxes, waits for Abbot to return from prayer, prays with him) **What do the monks and nuns in this story do?** (Pray, work [cook, garden, sew,

take care of pilgrims, print books]) **What do the Pilgrims or visitors do?** (Visit the monastery on special days, go to confession, talk to the Abbot about problems, receive advice from the Abbot.)

Say: **What did we say that monks and nuns enjoy doing the most?**

(Praying for us every day, and listening to God)

Say: **What are some ways you are like the monks and nuns in this book?**

(Answers will vary.)

Say: **We remember that we are all like the monks and nun because we all pray. That means we all talk to God, and try to listen to God, so we can do what God wants us to. When did we say that we like to pray?** (in the morning, before and after meals, in church, on special feast and holy days, when the priest blesses our house, before going on a trip, when someone asks to pray for them, for people who are sick, etc)

3. **Activities:** Choose one or more activities, depending upon the ages levels, and time allotted. You can also give all activities to students, at their levels, and have them work simultaneously.

Activity 1: Draw a picture of a monk or nun (Younger children)

Say: **Let's draw of The Abbot and Josie the cat doing something from the story.** Have students draw on plain paper, using markers and/or and crayons. As students draw, they can explain their pictures.

Activity 2: Monk Figure (May be for Ages 5-6. This activity can be done with assistance for Age 4)

Materials:

- Pencils and crayons
- Black Markers
- Empty toilet paper rolls **or** paper towel rolls cut into 6" lengths
- Black construction paper
- Black yarn
- Black felt (4" x 6")
- Pink construction paper cut into 1" squares

Procedure: Words in dark print are for the catechist to say to the children.

- Place materials in front of students
- Say: **We are going to make a monk just like this one.** Show model. **We will work together.**
- Have students put together monk figure, according to directions on sheet
- If possible, play Track One of the story, *Song of the Talanton* on CD player while students are working.
- If time, when finished with monk figure, have students imitate rhythm of the talanton as review.

4. Closing: Review

Say: **Who remembers our special poem about what monks and nuns do?** Review and recite the Monastery Movement Poem with movements. (See: 2nd Session Activity.)

Closing Prayer:

Say: **Let's all pray the way monks and nuns do, and let's also pray for all monks and nuns.**

Begin with the Sign of the Cross, and the Jesus Prayer. Have students add their own prayers for monks and nuns as the group prays together.

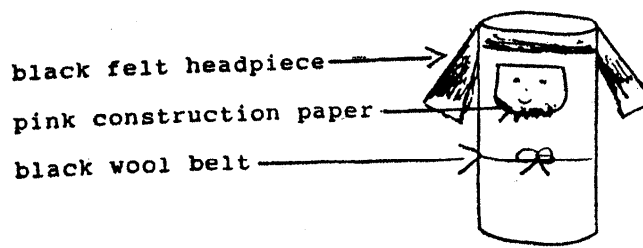
Monk Figure

Materials

- Fine black markers
- Empty toilet paper rolls
- Black construction paper
- Black yarn
- Black felt (4" x 6")
- Pink construction paper cut into 1" squares



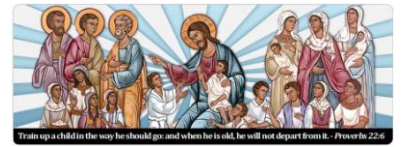
1. Paste the construction paper around toilet paper roll.
2. Paste the pink construction paper near the top of the roll.
3. Decorate a face on the pink paper.
4. Fold and paste the black felt headpiece on top.
5. Tie a piece of black yarn the middle of the roll for a belt.



Monasticism

Session 4

Ages 4-6



Dear Parents,

This Ages 4-6 unit is designed to inform your child about monastics and monastic life. The information provided is from the Orthodox Church in America Department of Christian Education unit, *Monasticism*, available on the OCA DCE website (dce@oca.org). Session 4 consisted of a story about a famous monk or nun. The activities are short information text handouts and coloring pages about famous monks and nuns.

Listed at the end of this letter are books you can read to your child to learn more about monasticism. Unless otherwise indicated, these books are available through Conciliar Press (conciliarpress.com).

We encourage you to review the text handout and key words to help your child reinforce the lesson text, and to have an understanding of the special role monastics play in the life of the Church.

In Christ,
Dept. of Christian Education
Orthodox Church in America

Books:

The Monk Who Grew Prayer, Clair Brandenburg (ISBN 1-888212-66-7)

The Abbot and I, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)

The Monks of Mount Athos, Patrikia, St. Nectarios Press [stnectariospress.com] (ISBN 0-913026-24-7)

How the Monastery Came to Be on Top of the Mountain, Alexei Currier (ISBN 1-888212-16-0)

Song of the Talanton, Claire Brandenburg (ISBN 978-1-888212-90-7)

Silent as a Stone, Mother Maria of Paris and the Trash Can Children, Jim Forest (ISBN 978-0-88141-314-4)

Text: Veronica Bilas, Myra Kovalak, Maria Proch

Illustrations: Timothy Macura, Kimberly Metz

Puzzles: Katherine Kessler, Veronica Bilas, Myra Kovalak, Maria Proch

Activities: Veronica Bilas, Maria Proch, St. Herman of Alaska Church, Edmonton, Alberta, Canada

Format: Natalia Kovalak

Editing: Fr. Daniel Kovalak

Monasticism

Session 4

Ages 4-6 (25-30 minutes)

Theme: Who: Famous Monastics

Identify monastics

Sub-Theme: Monastics are those chosen by God to live a life of prayer, work and community. God calls all of us to serve others. Some of us are called to pray and serve in a special setting. As monasteries are vital and important centers of prayer and service to others, we find people there who have chosen to live this earthly life, in closer communion with God. Some become well known for their examples of Christian love, or reach the highest rank of sainthood.

Note: Teachers will need to look over the materials and become familiar with them. Activities may be expanded to 40 minutes, depending upon age level of group. The older the children within the group, then more activities can be used.



Goal:

Identify a monastic as someone who is a saint or well-known for his or her example of Christian love.

Objectives:

By the end of this lesson students should be able to:

- Define a monastic
- Describe ways in which they are like a monastic
- Act out how monastics pray
- Understand the terms of monasticism
- Identify a well-known monastic/monastic saint

Materials:

- Books on famous monastic saints (Suggested readings):
 1. *The Boy, a Kitchen and His Cave*, Catherine K. Contopoulos, St. Vladimir Seminary Press
 2. *Under the Grapevine, A Miracle by St. Kendeas of Cuprus*, Chrissi Hart
 3. *Silent as a Stone, Mother Maria of Paris and the Trash Can Children*, Jim Forest
- "Who are Monks and Nuns?" text handout
- Prayer Rope
- Session 2 and 3 books, *The Monk Who Grew Prayer*, and *The Abbot and I*
- Coloring handouts of: Ss Tikhon, Raphael, Nicholas
- Coloring pages of monk and St. Tikhon Monastery
- Pencils and crayons

Resources:

- *The Monk Who Grew Prayer*, Clair Brandenburg (ISBN 1-888212-66-7)
- *The Abbot and I*, Sarah Elizabeth Cowie (ISBN 1-888212-25-X)
- *The Monks of Mount Athos*, Patrikia, St. Nectarios Press [stnectarios.press.com] (ISBN 0-913026-24-7)
- *How the Monastery Came to Be on Top of the Mountain*, Alexei Currier (ISBN 1-888212-16-0)
- *Song of the Talanton*, Claire Brandenburg (ISBN 978-1-888212-90-7)
- *The Boy, a Kitchen and His Cave*, Catherine K. Contopoulos, St. Vladimir Seminary Press (ISBN 0-88141-241-4)
- *Under the Grapevine, A Miracle by St. Kendeas of Cuprus*, Chrissi Hart, Conciliar Press (ISBN 1-888-212-84-5)
- *Silent as a Stone, Mother Maria of Paris and the Trash Can Children*, Jim Forest, St. Vladimir Seminary Press (ISBN 978-0-88141-314-4)

****Teacher Background Reading:**

- "History and Mission of St. Tikhon's Monastery" (<http://stots.edu/history1.html>)
- "Monastic Activities," pp. 17-19, *Life Transfigured, A Journal of Orthodox Nuns*, Vol. 35, #3, Nativity, 2003, Orthodox Monastery of the Transfiguration, 321 Monastery Lane, Ellwood City, PA 16117
- Metropolitan Anastassy, *In Defence of Monasticism*, pp 32-37, illustrations of monasteries, throughout text, Jordanville, NY, Holy Trinity Monastery, 1989.
- The Monks of New Skete, *In the Spirit of Happiness*, \$14.95 Monastery of New Skete (www.newskete.com)
- Monk of St. Tikhon's Monastery, ed. *These Truths We Hold*. South Canaan, PA. St. Tikhon's Seminary Press, 1986.
- Video: *St. Tikhon's Monastery, America's Holy Mountain*, Grisha Pictures, 3224 Trinity Road, Harrisburg, PA 17109 (DVD/VHS, \$24.00 including shipping)
- Video: *Life Transfigured, The Story of the Orthodox Monastery of the Transfiguration*, Greg, Lisa Uhrin, (\$20.00 plus S+H). Holy Transfiguration Monastery, 321 Monastery Lane, Ellwood City, PA 16117
- Orthodox Monasteries of North America (<http://omna.malf.net>)
- Monastery web site of choice, section on history and mission

Procedure:

Words in dark print are for the catechist to say to the children.

1. **Opening Prayer:** The Sign of the Cross and The Jesus Prayer
After the prayer show the children the prayer rope and review the use of prayer ropes.

2. **Activating Prior Knowledge (Words in dark print are for the catechist to say to the children.)**

Say: **Who can tell me what we have learned about monks or nuns? What do they do?**
Responses will vary but should include something about what they have previously learned. (Monks and nuns are people who live in monasteries. They work and pray each day for all of us. They serve God in a special way.) You can write key words on poster paper, using large black marker. You can also refer to the previous lesson handout on Monks and Nuns.

3. **Teaching the Lesson Texts: Choose one, or read excerpts from each. (Suggested books)** *The Boy, a Kitchen, and His Cave* *Under the Grapevine* *Silent as a Stone, Mother Maria of Paris and the Trash Can Rescue*

Tell the children that they are going to learn more about some famous monks and nuns.

Say: **I am going to read this story to you and together we are going to find out about a famous monk/nun. As we read, notice how the monk/nun listened to God, and tried to do what God wanted him/her to do.** Take a picture walk through the story and identify the things the monk is doing and the signs of Orthodoxy on the page. Read the story. During your reading of the story explain, as needed, explain terms and key words. Further background and information are located in the back of these books.

Say: **What are some of the things the monk/nun did after praying and listening to God?**

-*The Boy, a Kitchen, and His Cave:*

- As a young man, St. Euphrosynos became the cook of the monastery on Mt. Athos
- He listened to God in his cave by the sea
- The Abbot's dream about St. Euphrosynos in Paradise
- The apple branch and healing power of St. Euphrosynos' apples
- St. Euphrosynos leaving the monastery rather than face fame and adoration.

-Under the Grapevine:

- Christina became very ill
- Her parents prayed to God every day for her to get well
- God hears their prayers
- St. Kendeas visits her, takes her to his church, and prays with her
- Christina's miraculous cure

-Silent as a Stone, Mother Maria of Paris and the Trash Can Rescue

- Mother Maria prays to God for help and guidance as her city of Paris suffers during World War II
- She listens to God and helps rescue children in Paris by having them escape in trash cans

Say: **What do monks and nuns enjoy doing the most?**
(praying for us every day, and listening to God)

Say: **What are some ways you are like the monks and nuns in this story?**
(answers will vary)

Say: **One way that we are all like the monks and nuns is that we all pray. That means we all talk to God, and try to listen to God, so we can do what God wants us to do. When do you pray?** (in the morning, before and after meals, in church, on special feast and holy days, when the priest blesses our house, before going on a trip, when someone asks to pray for them, for people who are sick, etc)

4. Activity: Coloring pages of famous monks and nuns:

St. Raphael

St. Elizabeth

St. Nicholai

St. Tikhon

Mother Alexandra

Coloring pages of monk and monasteries

Students can listen to each of the stories, then choose one of the coloring pages to color. Several or all remaining pages can be taken home to reinforce what they learned. Coloring pages can be displayed with the activities from Sessions 1-3 as reminders of what they have learned.

Say: **Let's look at some coloring pages about some famous monks and nuns. We can read the short story and color the picture.**

Read the stories and have students choose their picture to color. Students can work singly, in pairs, or in groups.

Optional Activity: Draw pictures of what happened in story read to class

Say: **Who can tell me what happened in today's story?**
(Allow time for answers)

Say: **Let's draw a picture of our favorite part of the story.**

Students can work singly, in pairs, or in groups. Pictures can be displayed with other activities from Sessions 1-3 as reminders of what they have learned.

During Activities:

- If possible, play Track One of the story, *Song of the Talanton* on CD player while students are working.
- If time, when finished with activities, have students imitate rhythm of the talanton as review.

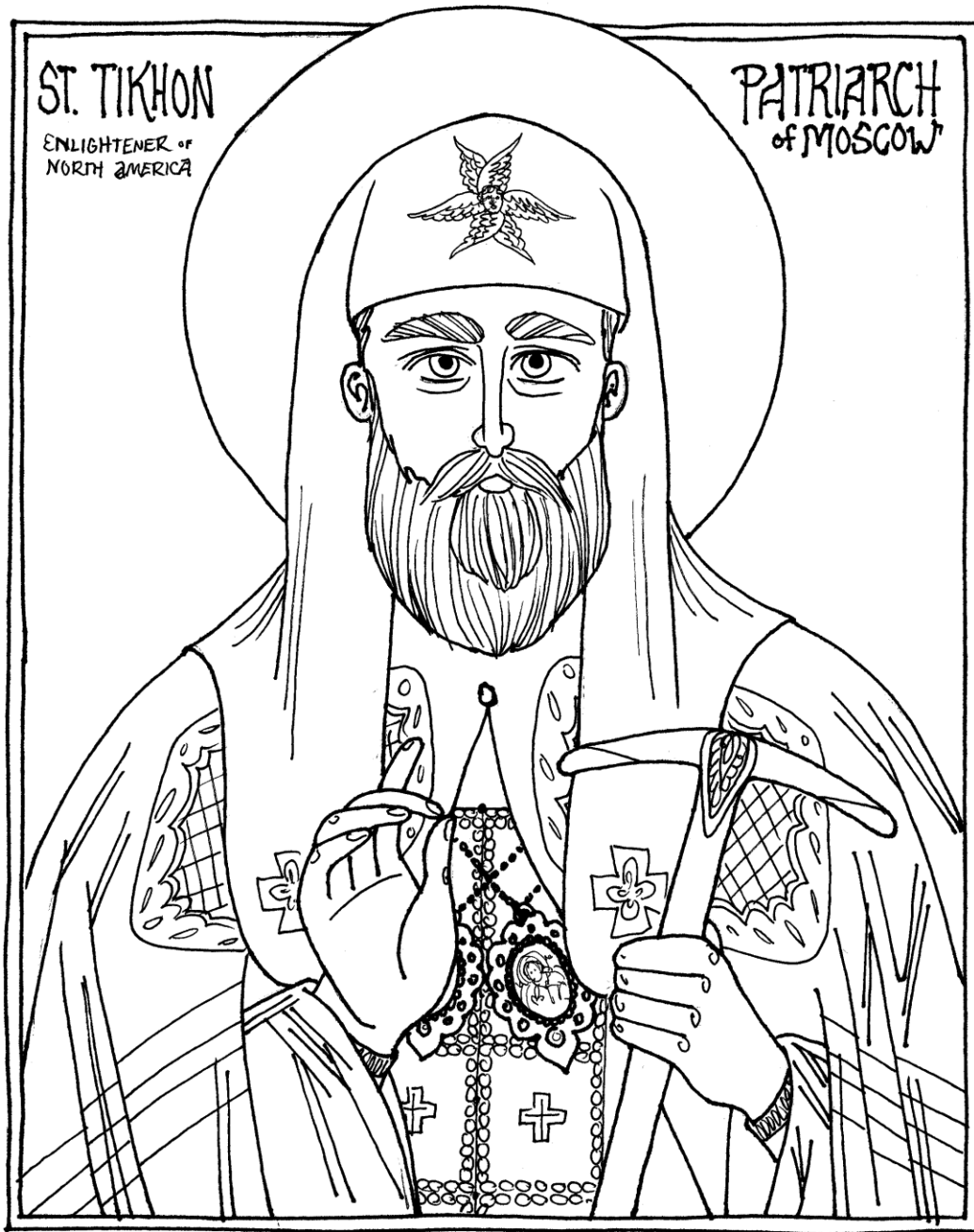
5. Closing: Review

Say: **Who remembers our special poem about what monks and nuns do?** Review and recite the Monastery Movement Poem with movements. (See: 2nd Session Activity.)

Say: **Let's all pray the way monks and nuns do, and let's also pray for all monks and nuns.**

Begin with the Sign of the Cross, and the Jesus Prayer. Have students add their own prayers for monks and nuns as the group prays together.

Saint Tikhon



St. Tikhon was a monk from Russia. He became a bishop in America. He started many churches. He helped start St. Tikhon Monastery and Seminary. He was made a saint in 1989.



Saint Raphael



Saint Raphael was a monk from Syria. He became a bishop and started many Orthodox churches in America. He wrote many books. He helped start St. Tikhon Monastery. He was made a saint in 2000.

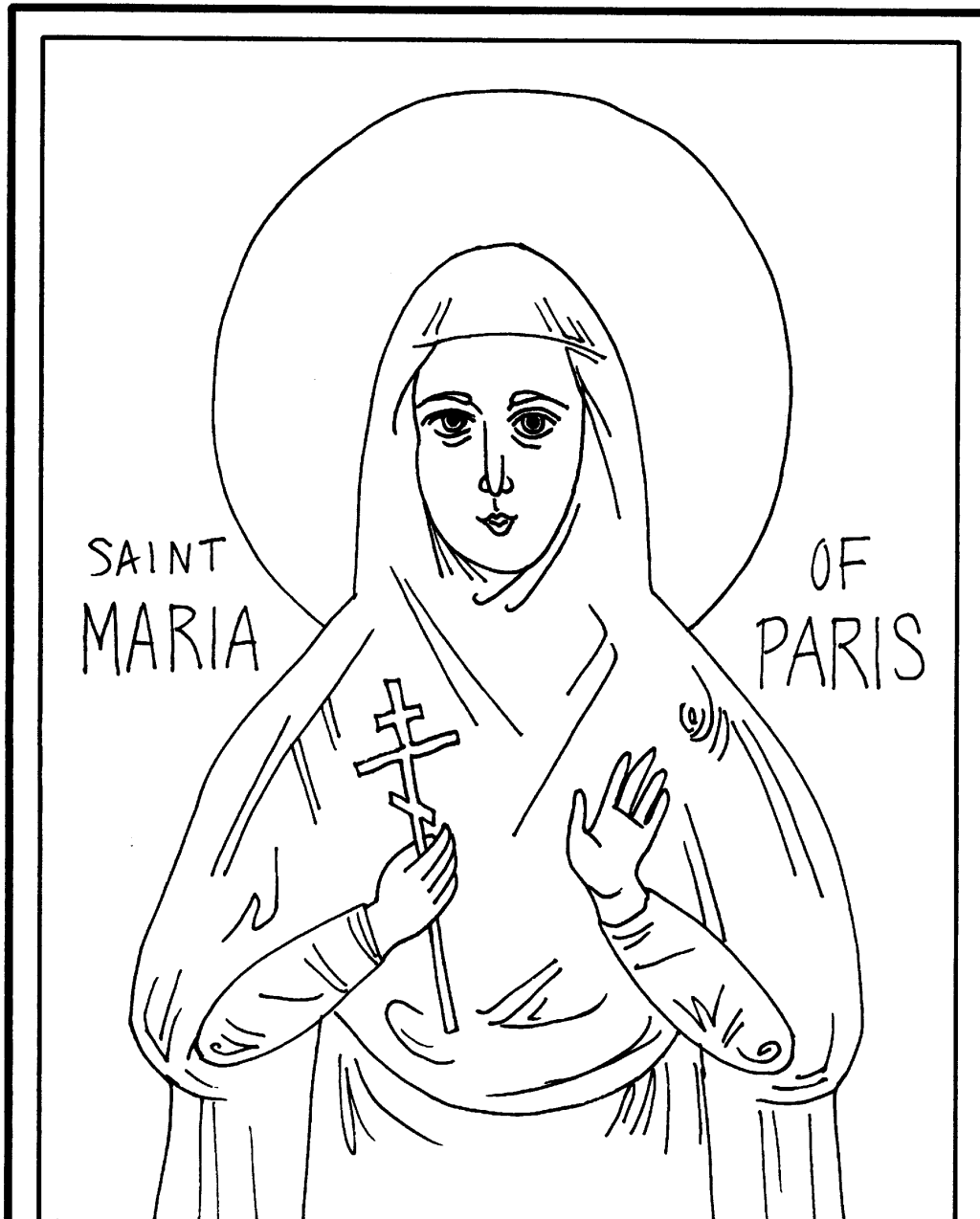


Saint Nicholai



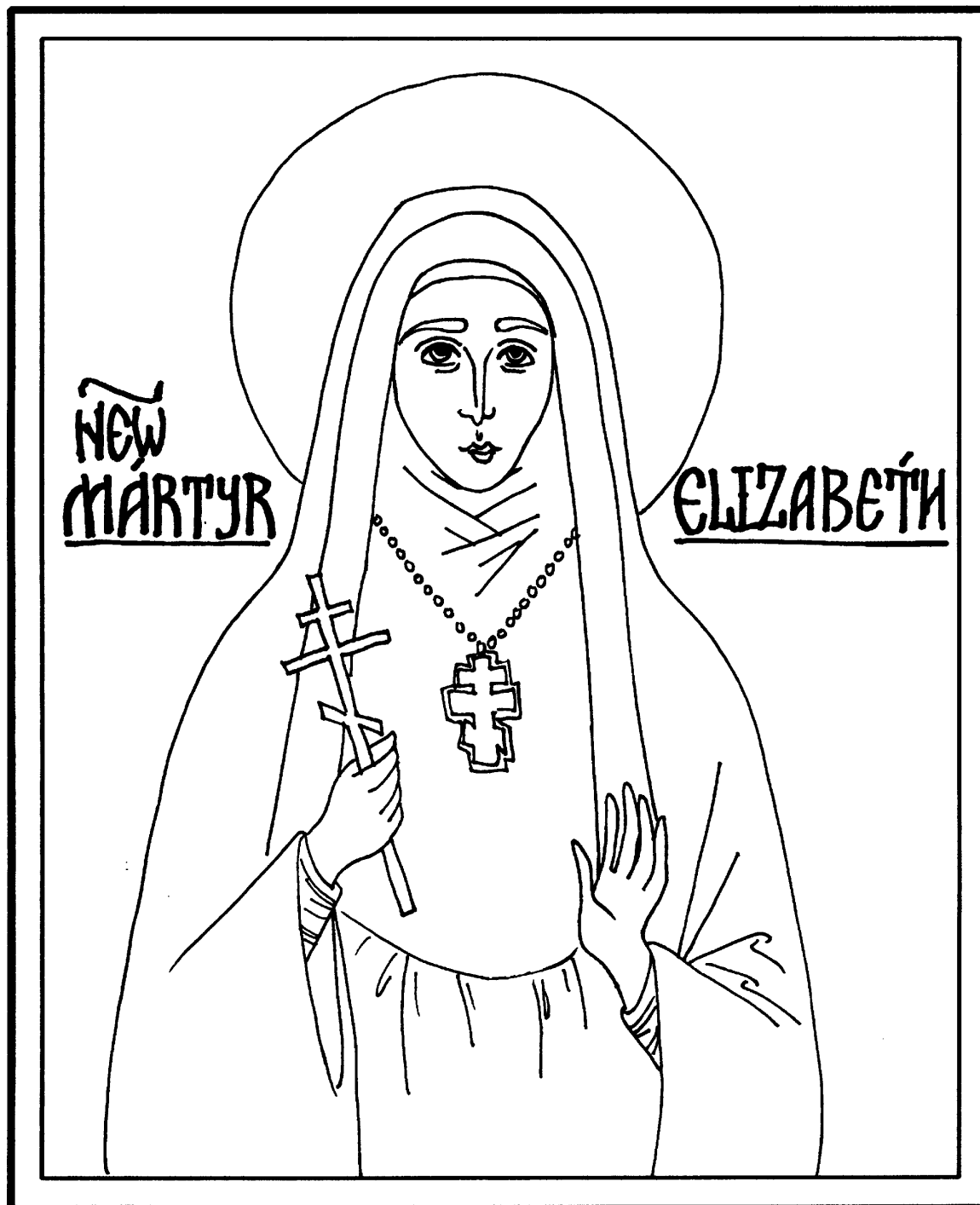
Saint Nicholai was a monk from Serbia. He became a bishop and started Orthodox churches in America. He wrote many books. He was a teacher at St. Tikhon Seminary. He was made a saint in 1987.





Saint Maria of Paris was born in Russia. She moved from Russia and settled in Paris. She became a nun and helped many Jewish people during World War II. She even helped children escape by putting them in trash cans and driving them to safety! She became a saint in 2004





Saint Elizabeth was born in Germany. She became a duchess in Russia. After her husband died, she became a nun and opened a hospital. She helped soldiers and the poor. She became a saint in 1992.

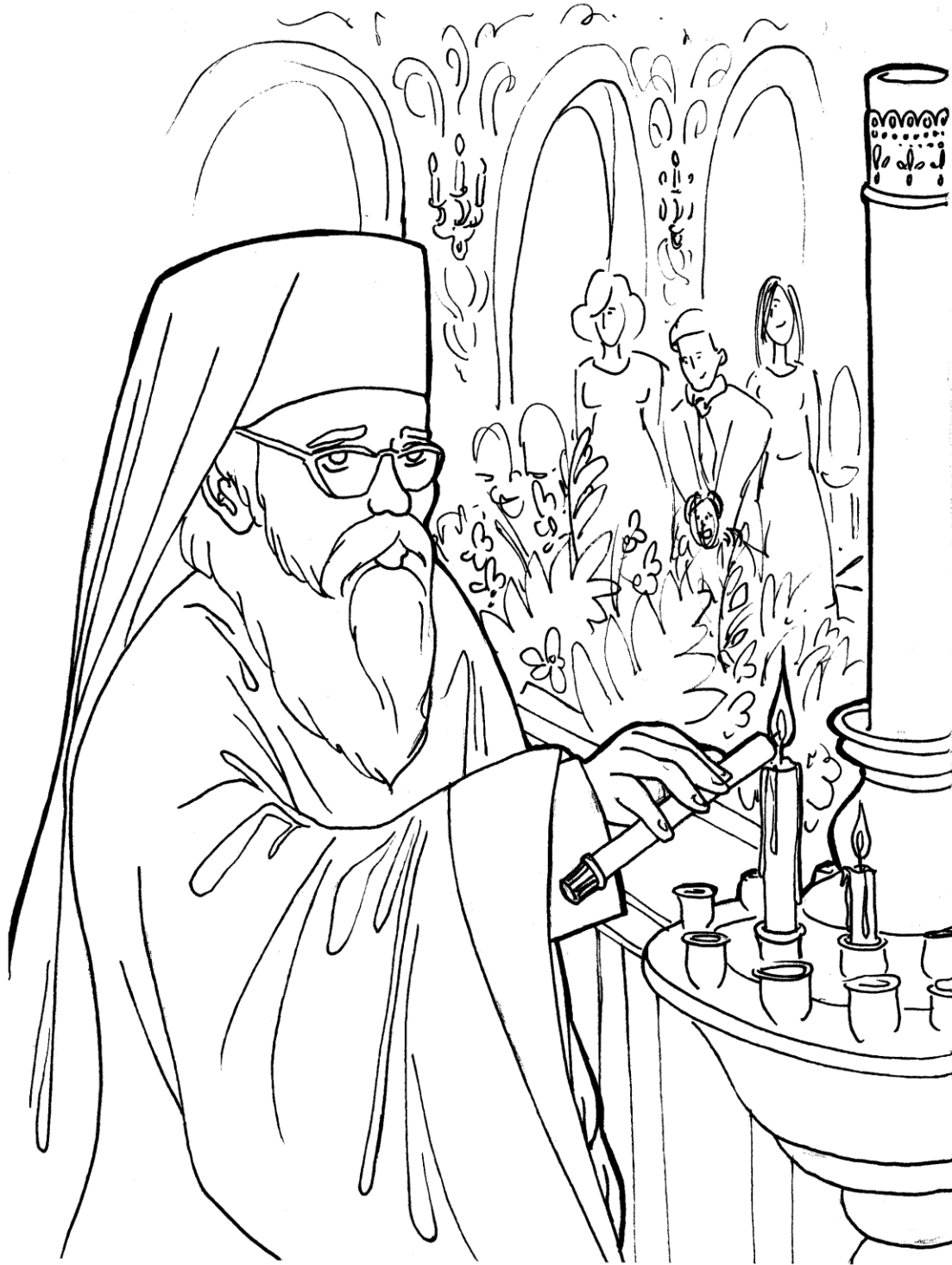


Photo courtesy of Wikipedia



Mother Alexandra was a princess in Romania. Her name was Ieanna. She came to America and became a nun. She started a monastery for women in Ellwood City, PA. Many nuns live and work there.





Monks and nuns pray for us.



St. Tikhon Monastery
Can you draw yourself in this picture?



St. Tikhon Monastery Entrance
Can you draw yourself in this picture?