



Parent and Teacher Guide

2017 – 2018

Welcome to Sunday School! In this guide, you can find our yearly calendar (p. 3-4), an explanation of the schoolwide theme (Be Still, p. 6), and the curriculum for each of the classes (p. 6-11). If you have any questions, please feel free to get in touch with us using the contact information on p. 2. Don't forget to register at <https://www.ascensioncathedral.com/sundayschoolregistration/>

Be Still

2017-2018 Sunday School Teachers

<p>Pre-School Room 201</p> <p>Diana Davis 925-867-4600 dianamdavis@comcast.net</p> <p>Edith Gowan 510-233-8853 Edithemily1@yahoo.com</p> <p>Matthew Davis and Alexia Polyzos - assistants</p>	<p>Kindergarten Room 203</p> <p>Anna Konstantin 510-301-7135 anna.therianos@gmail.com</p> <p>Eva Eleftheriadis eva.m.elef@gmail.com</p> <p>Anisa Woods - assistant</p>
<p>First Grade Room 202</p> <p>Dora Beig 925-216-8100 gdora928@gmail.com</p> <p>Zoe Hecht - assistant</p>	<p>Second/Third Grade Room 204</p> <p>Stephen Mills and Zoe Maduros 415-690-5478 maduros.mills@sbcglobal.net</p> <p>Larissa Corry - assistant</p>
<p>Fourth Grade Room 208</p> <p>Veronica Ruby veronica.ruby@comcast.net 510-882-7779</p> <p>Cleo Lekas cleolekas@yahoo.com</p>	<p>Fifth Grade Room 205</p> <p>Diana Vlahos 925-952-4316 or 925-876-5253 dikoukla@aol.com</p> <p>Nancy Chilimidos chilibeans@comcast.net</p>
<p>Sixth/Seventh Grade Room 207</p> <p>Pres. Julie Zaferes 315-382-7729</p> <p>Katherine Jackson - assistant</p>	<p>Eighth Grade/High School Room 209</p> <p>Rose Antonopoulos Jackson 415-385-7077 rantonopoulos@sbcglobal.net</p> <p>Will Jackson - assistant</p>
<p>Sunday School Directors Edith Gowan edith.gowan@gmail.com Dora Beig gdora928@gmail.com Pres. Julie Zaferes 315-382-7729</p> <p>Sunday School Assistant Michael Bogdanos</p>	

2017-2018 Sunday Schedule

- 10:00 a.m. Divine Liturgy in the Cathedral
- 11:15 a.m. Dismissal following Holy Communion
- 11:15 a.m.–12:00 p.m. Sunday School Instruction – Education Building

Sunday School Weeks of Instruction

September 17, 2017 – May 13, 2018

(23 class sessions, *4 events*)

Month	Sunday School session/*event*
September	17, 24
October	1, 15, 22, 29
November	5, 12, 19
December	3, 10, *17*
January	7, 21
February	4, 11, 18
March	*4*, 11, 18, *25*
April	15, 22, 29
May	6, 13

Ascension Sunday School Calendar 2017-2018

Day	Date	Event	Start time	End time
Sunday	09/17/2017	Sunday School begins; *bag meal ministry after	11:15	12:00 *
Sunday	09/24/2017	Regular class instruction	11:15	12:00
Sunday	10/01/2017	Regular class instruction	11:15	12:00
Sunday	10/08/2017	*No class. 100th Anniversary celebration.		
Sunday	10/15/2017	*Sunday School picture day #1; *bag meal ministry	11:15	12:00 *
Sunday	10/22/2017	*Sunday School picture day #2	11:15	12:00
Sunday	10/29/2017	Regular class instruction	11:15	12:00
Sunday	11/05/2017	Regular class instruction	11:15	12:00
Sunday	11/12/2017	Regular class instruction	11:15	12:00
Sunday	11/19/2017	Regular class instruction; *bag meal ministry	11:15	12:00 *
THURSDAY	11/23/2017	*Thanksgiving meal ministry		
Sunday	11/26/2017	No class. Thanksgiving break.		
Sunday	12/03/2017	Regular class instruction;	11:15	12:00
Sunday	12/10/2017	Regular class instruction	11:15	12:00

SATURDAY	12/16/2017	Christmas pageant rehearsal	10:00	12:00
Sunday	12/17/2017	*Christmas pageant; *bag meal ministry	11:15	*
Sunday	12/24/2017	No class. Christmas break. *Special meal ministry	Afternoon	
Sunday	12/31/2017	No class. Christmas break.		
Sunday	01/07/2018	Regular class instruction	11:15	12:00
Sunday	01/14/2018	No class - FDF		
Sunday	01/21/2018	Regular class instruction; *bag meal ministry	11:15	12:00 *
Sunday	01/28/2018	*Godparent's Sunday		
Sunday	02/04/2018	Regular class instruction	11:15	12:00
Sunday	02/11/2018	Regular class instruction	11:15	12:00
Sunday	02/18/2018	Regular class instruction; *bag meal ministry	11:15	12:00 *
MONDAY	02/19/2018	Lent begins. Sign up for *Myrrh Bearers if interested		
Sunday	02/25/2018	*Sunday of Orthodoxy - bring icon for procession.	11:15	
Sunday	03/04/2018	*Oratorical Festival	11:15	*
Sunday	03/11/2018	Regular class instruction	11:15	12:00
Sunday	03/18/2018	Regular class instruction; *bag meal ministry	11:15	12:00 *
Sunday	03/25/2018	*Holy Week Experience	11:15	
Sunday	04/01/2018	No class. Palm Sunday		
FRIDAY	04/06/2018	*Myrrh Bearers for Good Friday Service	Evening, TBA	
Sunday	04/08/2018	No class. Pascha.		
Sunday	04/15/2018	Regular class instruction; *bag meal ministry	11:15	12:00 *
Sunday	04/22/2018	Regular class instruction	11:15	12:00
Sunday	04/29/2018	Regular class instruction	11:15	12:00
Sunday	05/06/2018	Regular class instruction	11:15	12:00
Sunday	05/13/2018	Last day of Sunday School	11:15	12:00
Sunday	05/20/2018	No class - Greek Festival		
Sunday	05/27/2018	No class		
Sunday	06/03/2018	*Youth Recognition Sunday		

[* See explanations in the following event descriptions](#)

Sunday School Events

Sunday School Begins - Sunday, September 17

Please pick up a Parent Teacher Guide and a calendar and review the curriculum and student goals and objectives for the year. The contact information for your teachers

and Sunday School directors is in the Guide. Be sure you've registered at <https://www.ascensioncathedral.com/sundayschoolregistration/>

Bag Meal Ministry - 3rd Sunday of each month

Come to coffee hour and help prepare bagged meals to distribute to the homeless.

Orthodox Faith Seminar - Schedule TBA

Special catechism class for high schoolers, parents, young adults, and anyone interested in the faith (Orthodox or non-Orthodox) at 12:30 pm at coffee hour.

100th Anniversary Celebration - Sunday, October 8

Join us at liturgy in the cathedral and afterwards for a special brunch to honor our church's 100th Anniversary.

Picture Day - Sundays, October 15 and 22

Students will go to their regular Sunday School class, and from there, each class will go to the conference room at their appointed time to take a class picture. Watch for the picture order forms and picture appointment schedule, coming soon. If you have questions, please contact Diana Davis (dianamdavis@comcast.net).

Christmas Pageant - Sunday, December 17

Sunday School Students share the Birth of Christ from their perspective. Each year's play has several speaking and acting parts. Students are selected from the various grades to participate. The entire Sunday School Department participates in the Youth Choir. On Saturday, December 16, dress rehearsal is held from 10:00 a.m. - 12:00 noon. On the 17th, students meet in their regular classroom and then go into church with their class

Godparent's Sunday - Sunday, January 28

Students are given the opportunity each year to renew and rekindle their relationship with Christ and His Church through Godparent's Sunday. Students relive the day of baptism and pledge to strive even harder to live a Christ-like life. It is also a day to enhance the relationship between Godchild and Godparent. Sunday School Students create invitations for their Godparents to attend church, pray and receive Holy Communion together.

Seventh Grade Rededication - TBA

Seventh Grade students participate in the rededication ceremony during the Divine Liturgy after completing a six-week study course. Rededication ceremony may take place on Godparent's Sunday this year or it may be on a different date - details coming soon.

Sunday of Orthodoxy Procession of Icons - Sunday, Feb 25

Teachers and students make icons and carry them in procession to commemorate the Restoration of the Icons, which is celebrated on the first Sunday of Great Lent. Students are also encouraged to bring an icon from home to share with their class and/or carry in the procession. Students will meet in their classrooms and then process into church with their class.

St. John Chrysostom Oratorical Festival - Sunday, March 4

The St. John Chrysostom Oratorical Festival is a national program sponsored by the Greek Orthodox Archdiocese of America. The Festival provides young people, from first grade through high school, the opportunity to write and speak about their faith. The Archdiocese Department of Religious Studies provides a variety of topics for the students each year. Speeches are made on a competitive as well as a

non-competitive basis. Seventh grade is the first competitive level. The top competitive speakers will represent our community at the District Oratorical Festival. The Festival also encourages participation through other forms of creative expression such as paintings, poetry, drawings, essays, and music which are not part of the competitive segment of the program. This year, the fourth grade Sunday school students will organize and produce our parish festival, with the help of their teacher, as a service project for the Ascension community and as an introduction to church leadership training. On the internet, search "St. John Chrysostom Oratorical Festival Greek Orthodox Archdiocese" for more information or contact Veronica Ruby at veronica.ruby@comcast.net.

Holy Week Experience - Sunday, March 25

Immediately following the Divine Liturgy, all parishioners are invited to an interactive walk through the seven days of Holy Week in the Cathedral. Our students will be your teachers with each class representing the teachings of one day in Holy Week.

Myrrh Bearers for Good Friday Service - Friday, April 6

Third through fifth grade girls are encouraged to serve as Myrrh Bearers at the Service of the Lamentations on Good Friday evening, sprinkling rose petals upon the Tomb of Christ. Older girls who have previously served as myrrh bearers are encouraged to participate as mentors for the younger girls. Please contact Edith Gowan (edith.gowan@gmail.com) and Dora Beig (gdora928@gmail.com), preferably before March 1, if you would like to participate.

Youth Recognition Sunday - Sunday, June 3

Recognition of Sunday School classes and attendance awardees in the cathedral followed by a brunch to honor participants in all youth ministries. Students with perfect attendance (0 unexcused absences) or outstanding attendance (4 or less unexcused absences) receive special recognition. Absences are excused if students have attended a church service at another location on the day they were absent at Ascension. Please contact your student's teacher to excuse absences.

2017-2018 Curriculum

Schoolwide Theme: Be Still

Be Still is the theme for our youth this year. It is our Church's teaching on stillness and the Jesus Prayer. Today our children spend most of their time on their smartphones and ipads. Our goal this year is to help our children disconnect from technology and reconnect with our Lord and Savior, Jesus Christ. As our Sunday school teachers prepare their lessons this year they will have the practice of Stillness and the Jesus prayer in mind. We hope to pass this precious teaching on to all our Ascension Cathedral Children this year. Books on this topic include: *The Way Of A Pilgrim*, an anonymous spiritual classic from Russia and *The Jesus Prayer, The Ancient Desert Prayer That Tunes the Heart To God* by Frederica Mathewes-Green.

Pre-School

Specific Theme: God Loves Us

- How God created everything: me, my family, and the world.

Biblical Application through Weekly Lessons:

- God's first family

- The Creation of the World
- Noah's ark
- The Tower of Babel
- The Good Samaritan
- The Birth of Jesus

Kindergarten

Specific Theme: Let Your Light Shine

- How we worship God
- Jesus is God's gift to us. God is real, loving and caring.

Biblical Application through Weekly Lessons:

- Making the sign of the cross, receiving Holy Communion and Antidoron
- Lighting candles and venerating the icons
- Behaving in Church: Proper etiquette
- The Ten Commandments
- The Birth of Jesus Matthew 2 1-18; Luke 2:1-7
- The story of Zacchaeus Luke 19:1-10
- The Death and The Resurrection Matthew 28; Mark 16,,; Luke 24; John 20
- The Ascension of Christ Luke 24:5; Mark 16:19, Acts 1:6

First Grade

Specific Theme: Happy with God

- How to be good Orthodox Christians
- What is an Orthodox Christian
- How we worship God

- Who is Jesus
- Who is the Theotokos
- Name days and the importance of saints
- Fruits of the spirit: love and faithfulness

Biblical Application through Weekly Lessons:

- Reciting The Lord's Prayer
- Greeting the Clergy: Kissing of the right hand
- Addressing the Clergy: Priest-Reverend; Father or Bishop-Your Grace; Metropolitan or Archbishop-Your Eminence; Patriarch-Your All Holiness.
- The Birth of Jesus Matthew 2 1-18; Luke 2:1-7
- The story of Zacchaeus Luke 19:1-10
- The Death and The Resurrection Matthew 28; Mark 16,,; Luke 24; John 20
- The Ascension of Christ Luke 24:5; Mark 16:19, Acts 1:6

Second/Third Grade

Specific Theme: Loving God and Sharing God's World

- The Divine Liturgy: The sacrificing grace of God. Through participation in the Divine Liturgy, we commune (communicate, Holy Communion, etc.) with God.

Biblical Application through Weekly Lessons:

- The Holy Trinity
- Who is Jesus?
- Who is God?
- Who is the Holy Spirit
- Repentance and Forgiveness
- Why we respect:
 - o The Cross
 - o Icons

- o Chalice, Censor and Incense
- o Baptismal Font and Holy Water
- o Vestments
- o The Sacraments
- John 3:16: "God so loved the world that He gave His only begotten Son that whosoever will believe in Him shall not perish but have eternal life."
- John 8:12: "I am the Light of the world; he who follows me will not walk in darkness, but will have the light of life."
- Philippians 3:13-14: "I can do all things through Christ Jesus who strengthens me."

Fourth Grade

Specific Theme: Growing with God

- Introduction to the Bible and its structure
- How to navigate the Bible
- Bible stories, Parables of Christ, and the Beatitudes
- Feasts of the Church
- Icons and the symbols contained within them
- The Saints
- Prayer/Heavenly King

Biblical Application through Weekly Lessons:

- The importance of the Bible and its use and references in the Divine Liturgy
- Application of Biblical teachings to daily life
- How the cycle of Church Feasts leads us through the year
- What is prayer and the meaning of our prayer to the Holy Spirit (Heavenly King)?
- How do we become saints? St. Paul's letters and instructions to the early Christians.

Fifth Grade

Specific Theme: God Calls Us

- What does it mean to be called to Christ? How can we serve Him?
 - o Personal invitation
- Who's who in the Bible – Old and New Testament
- What can we learn from Adam and Eve, Abraham and Sarah, Moses, Joseph, Lazarus, Mary and Martha, the Disciples, etc?

Biblical Application through Weekly Lessons:

- Highlights from Genesis, Creation, the Flood, & Joseph
- The Birth of Jesus Matthew 2 1-18; Luke 2:1-7
- The presentation of Christ into the Temple Luke 2:10-21
- The Baptism of Christ Matthew 3:13-17
- The Death, The Resurrection Matthew 28; Mark 16,; Luke 24; John 20
- The Ascension of Christ Luke 24:5; Mark 16:19, Acts 1:6
- The Creed

Sixth/Seventh Grade

Specific Theme: Living a Christ-centered Life through Stewardship

- What is stewardship?
 - Who is Jesus Christ?
 - How can we serve Him? Why should we serve Him?

- What are we stewards of? Christ, ourselves, our family, our church family and community, our schools and organizations, the earth.
- What are the characteristics of a Steward of Christ?
- The Parables
- The Beatitudes
- The Golden Rule
- Jesus Prayer

Biblical Application through Weekly Lessons:

- Stewardship in Action
 - Service projects – Holiday Food Drive, Lenten Coin Boxes
 - Tying of palms for Palm Sunday

Seventh Grade Rededication Preparation Studies (optional)

Specific Theme: Dedicating Ourselves to Christ

- Rededication Prep Studies
 - Fundamental Beliefs of the Christian Church – The Creed
 - History of the Church & Bible
 - The Sacraments
 - The Divine Liturgy
 - The Saints

Biblical Application through Weekly Lessons:

- Rededication lessons include 6 units of home studies
- Family Prospero Baking and Preparation of the Holy Gifts with Fr. Tom
- Holy Confession
- Putting our Faith in Action - Paying it Forward

Eighth Grade

Specific Theme: Living a Christian Life in a Fallen World

- What is an Orthodox Christian?
 - Seventh Grade Rededication Curriculum Review
- Explaining our Faith: How do I stand up for Christ in my World?
- God’s Grace
- Prayer lessons and practice including
 - P.R.A.Y. (Praise, Repent, Ask & Yield)
- The structure of the church from church laity positions to deacons to priests up to the Patriarch.

Biblical Application through Weekly Lessons:

- Finding Jesus Christ in the Old Testament; Jesus’ fulfillment of Old Testament prophecies
- Navigating the bible
- Be the Bee video lessons

Prayers to Study

Preschool – Kindergarten

- Holy God, Holy Mighty, Holy Immortal have mercy upon us.

First – Second Grade

- Holy God, Holy Mighty, Holy Immortal have mercy upon us. All Holy Trinity have mercy upon us. Master, forgive us our transgressions and pardon our sins. O Holy One visit and heal our infirmities for your Name sake. Lord have mercy, Lord have mercy, Lord have mercy.
- **The Lord's Prayer**
 - Our Father, Who art in heaven, hallowed be Thy Name. The 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.
 - For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Third Grade

- **The Trisagion Prayers**
 - Heavenly King, Comforter, Spirit of Truth you who are present everywhere and fills all thing, Treasury of blessings, and giver of life, come and dwell within us and cleanse us from every stain, and save our souls, O Gracious One.
 - Holy God, Holy Mighty, Holy Immortal have mercy upon us (3 times)
 - Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages. Amen.
 - All Holy Trinity have mercy upon us. Master, forgive us our transgressions and pardon our sins. O Holy One, visit and heal our infirmities for your Names sake.
 - Lord, have mercy (3 times)
 - Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages. Amen.
- **The Lord's Prayer**
 - Our Father, Who art in heaven, hallowed be Thy Name. The 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.
 - For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.
- **The Jesus Prayer**
 - Lord Jesus Christ, Have Mercy upon me a sinner and save me.

Fourth – Eighth Grade

- **The Trisagion Prayers**
 - Heavenly King, Comforter, Spirit of Truth you who are present everywhere and fills all thing, Treasury of blessings, and giver of life,

come and dwell within us and cleanse us from every stain, and save our souls, O Gracious One.

- Holy God, Holy Mighty, Holy Immortal have mercy upon us (3 times)
- Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages. Amen.
- All Holy Trinity have mercy upon us. Master, forgive us our transgressions and pardon our sins. O Holy One, visit and heal our infirmities for your Names sake.
- Lord, have mercy (3 times)
- Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages. Amen.

- **The Lord's Prayer**

- Our Father, Who art in heaven, hallowed be Thy Name. The 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.
- For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

- **The Jesus Prayer**

- Lord Jesus Christ, Have Mercy upon me a sinner and save me.

- **The Creed**

- I believe in one God, Father Almighty, Creator of heaven and earth, and of all things visible and invisible.
- And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages;
- Light of Light, true God of true God, begotten, not created, of one essence with the Father through Whom all things were made.
- Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man.
- He was crucified for us under Pontius Pilate, and suffered and was buried;
- And He rose on the third day, according to the Scriptures.
- He ascended into heaven and is seated at the right hand of the Father;
- And He will come again with glory to judge the living and dead. His kingdom shall have no end.
- And in the Holy Spirit, the Lord, the Creator of life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.
- In one, holy, catholic, and apostolic Church.
- I confess one baptism for the forgiveness of sins.
- I look for the resurrection of the dead, and the life of the age to come. Amen.