

# The SUNDAYS OF GREAT LENT



**GREAT  
LENT  
LAPBOOK  
Week 3**





## EXTENSION FLAP: BOTTOM SIDE

The bottom side of the extension flap includes four pieces to work on the Veneration of the Holy Cross:

- A wheel to explore different ways of "carrying our own Cross".
- A tab book to discover different variations of the Cross symbol in the Orthodox tradition.
- A pocket with cards to work on making the sign of the cross correctly.
- For older children, a trifold pocket with cards to discuss the Lenten prayer of St. Ephraim as an example of "carrying our own Cross".

Information and extra activities on these topics can be found on our web page: [Veneration of the Holy Cross](#)

### Wheel

On the bottom piece, the child writes (or draws a picture of) different situations demonstrating the meaning of the phrase "carrying my Cross". Examples: help with household chores / let others go before me in line / help my siblings with homework / don't complain when things don't go my way etc.



Cut the shapes all around. Place the top part onto the bottom part and punch a hole in the center. Secure both pieces together with a paper fastener. Glue the bottom circle onto the lapbook.



## EXTENSION FLAP: BOTTOM SIDE

### Tab book

On each page, the child copies the shape and optionally also writes some facts about it.  
For reference, we have collected some information about the shapes on the last page of this activity.

Cut the shapes of this page and of the following page all around on the solid lines. Stack the pages together with the cover on top, paying attention to the positions of the tabs. Staple the book along the left side. Glue the book onto the lapbook.



## EXTENSION FLAP: BOTTOM SIDE

Tab book

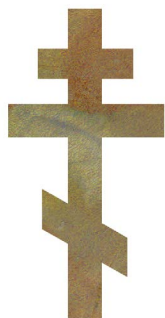


**Variations of  
the symbol of  
the Cross**



COVER

### Variations of the Cross symbol in the Orthodox tradition



#### The three-barred Cross

This type of cross is most popular in the Slavonic Orthodox traditions. The short top bar represents the inscription over Christ's head. The center bar is that upon which Christ's arms were nailed. The bottom bar is the footrest. In earlier Byzantine iconography, the bottom bar wasn't slanted in that way. There are a variety of pious explanations of the slanted position. This type of cross is not very common in the Greek Orthodox tradition.



#### Chi Rho or the "Monogram of Constantine"

This is the sign of the cross St. Constantine saw in his dream, according to the Church historian of the 4th century Eusebius Pamphili. It is formed by superimposing the first two capital letters — chi and rho (XP) — of the Greek word ΧΡΙΣΤΟΣ (meaning "Christ"). It was used by St. Constantine as part of a military standard (*lavaron* - λάβαρον), and also inscribed on his helmet.



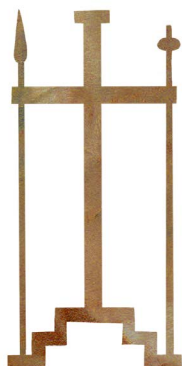
#### Greek Cross in a circle

The Greek cross has arms of equal length. It is either depicted on its own or placed inside a circle. The circle symbolizes the universal meaning of Christ.



#### Cross with intersections

This type of cross is popular in church decorations, liturgical items and on vestments of the clergy. In icons, it is especially found on the omophoria of the three Holy Hierarchs.



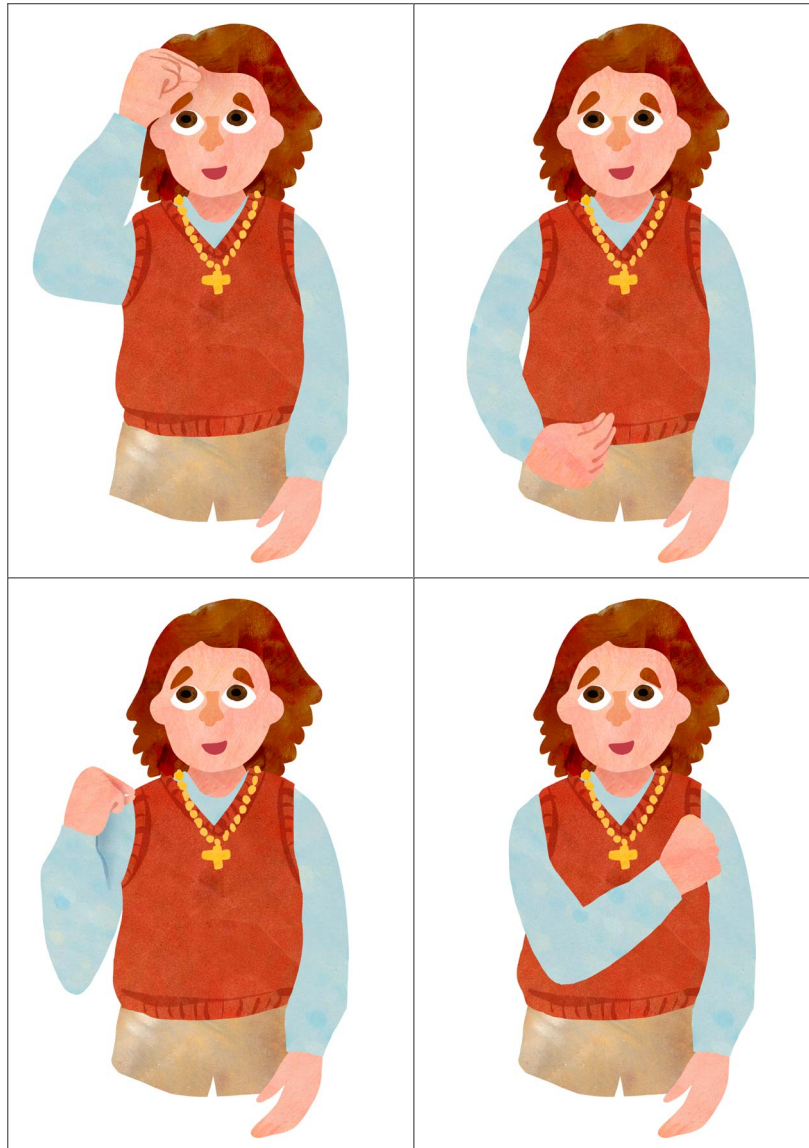
#### The Cross of the Great or Angelic Schema

This type of cross is used on the *analavos*, the distinctive garment of a monk or a nun tonsured into the highest grade of Orthodox monasticism — called the Great or Angelic Schema. The steps represent Golgotha, the hill upon which our Lord was crucified. On the left and right of the Cross, there are the instruments of the Holy Passion: the spear and the sponge. On the *analavos*, many other symbols and letters surround the cross, which are not shown here.

## EXTENSION FLAP: BOTTOM SIDE

### Pocket with cards

On the hand shape, the child folds the fingers to show their correct position when making the sign of the cross.  
Then the child takes the cards out of the pocket, and places them in the correct order.



CARDS

Print the cards on sturdier paper for best results. Cut the pocket all around on the solid lines. Fold the bottom part of the pocket up. Fold the tabs in and glue them onto the back of the pocket. Glue the cover onto the front of the pocket. Glue the pocket onto the lapbook.

Cut the hand shape all around. Glue the palm of the hand onto the top part of the pocket as marked, leaving the fingers unglued. Cut the cards all around and place them inside the pocket.

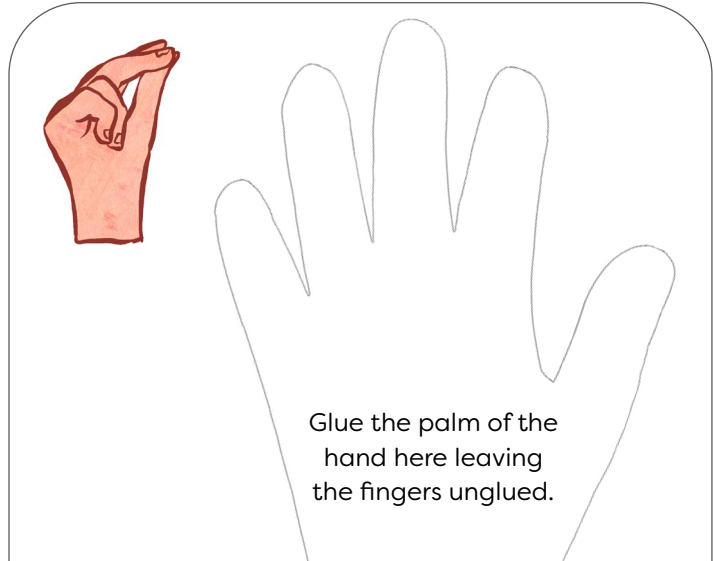
## EXTENSION FLAP: BOTTOM SIDE

### Pocket with cards

COVER



POCKET



Glue the palm of the  
hand here leaving  
the fingers unglued.

FLAP

Fold this side up.

FLAP



## EXTENSION FLAP: BOTTOM SIDE

### Trifold pocket with cards

This activity helps discuss the Lenten prayer of St. Ephrem as an example of "carrying our own Cross". The child takes out the cards from the center pocket and has to sort them, deciding whether each card belongs to the left pocket (NO!) or to the right one (YES!).

<b>Sloth</b>	<b>Despair</b>	<b>Lust of power</b>	<b>Idle talk</b>
<b>Chastity</b>	<b>Humility</b>	<b>Patience</b>	<b>Love</b>

Print the cards on sturdier paper for best results. Cut the pocket rectangle all around on the solid lines. Fold the pocket rectangle on the horizontal dotted line to make the three pockets. Glue each pocket in place with a little glue on its sides. Fold the pocket rectangle as a trifold on the vertical dotted lines. Glue the trifold onto the lapbook. Place the cards inside the center pocket to store.



## EXTENSION FLAP: BOTTOM SIDE

### Trifold pocket with cards

#### The Lenten Prayer of St. Ephrem

O Lord and Master of my  
life, take from me the spir-  
it of sloth, despair, lust  
of power, and idle talk.

But give rather the spirit  
of chastity, humility, pa-  
tience, and love to Thy  
servant.

Yea, O Lord and King, grant  
me to see my own trans-  
gressions, and not to judge  
my brother, for blessed art  
Thou, unto ages of ages.  
Amen.

Glue this side onto  
the lapbook.

**The Lenten  
prayer of St.  
Ephrem shows  
me what it  
means to  
"carry my own  
Cross"**



**YES!**

**ION**

**See my  
trans-  
gressions**

**Judge  
my  
brother**



Resources for Teaching  
our budding rocks of faith

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