



# Sunday of St. Mary of Egypt

☞ Going to Church is a good thing. In fact, it's a great experience for us.

What would you do if you were prevented from going to church? Would you be mad? Would you wonder **why this was happening to you?**

## Self-reflection

This is what happened to St. Mary of Egypt when she was 29 years old. She was attempting to enter a church in Jerusalem, but **felt an invisible power** preventing her from going in.

After thinking about what this could mean, Mary saw an icon of the Theotokos, and began to praying, **asking the Virgin Mary to entreat God's mercy**, allowing her to enter the church. In return, Mary promised to spend the rest of her life in repentance for her sins.

**God answered her prayer**, Mary went into the church, bowing before the Cross in gratitude and repentance. Immediately, **she changed her ways**, and went to live in the Palestinian desert for the next 46 years!

## Be Serious

We don't need to run to the desert, but during Great Lent, we still have time to **be like St. Mary of Egypt**, thinking seriously about what we do, and **repenting of our sins**.

## ☞ 15 Ideas to Make Lent Real at Home (during a Pandemic)

1. Read the life of St. Mary of Egypt: <https://bit.ly/stmary-egypt>
2. Stay connected with friends and relatives
3. Learn the Paschal greeting in Aleut
4. Observe the fast from food
5. Read 3 different Psalms a day
6. Say morning, evening, and mealtime prayers together
7. Maintain hope and a positive attitude
8. Make a donation to your parish
9. Take a walk, enjoying the beauty of God's creation
10. Minimize screen time
11. Practice singing the Paschal troparion
12. Learn a new skill to do at home
13. Support IOCC or FOCUS North America with a financial donation
14. Keep doing St. Ephraim's Prayer together
15. Read the daily bible lessons, available at: [www.oca.org/readings](http://www.oca.org/readings)

## ☞ The Festal Hymns

for the Sunday of St. John Climacus

### Troparion — Tone 8

The image of God was truly preserved in you, mother, for you took up the Cross and followed Christ.

By so doing, you taught us to disregard the flesh, for it passes away, but to care instead for the soul, since it is immortal.

Therefore your spirit, holy mother Mary, Rejoices with the angels!

### Kontakion — Tone 3

Having been a sinful woman, you became through repentance a Bride of Christ.

Having attained angelic life, you defeated demons with the weapon of the Cross.

Therefore, most glorious Mary, you are a Bride of the Kingdom!

## ☞ The Scripture Readings

for the Sunday of St. John Climacus

Epistle: **Hebrews 9:11-14**

Gospel: **Mark 10:32-45**



Parents, Church School Teachers & Youth Directors: Watch for the ☞ to indicate topics/questions you can use to inspire conversations with youth. Or use the corresponding study guide for this resource.



