

Proskomen!

Saint Nicholas of Myra

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... building hope by building character

<http://www.nicholasofmyra.org>



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Proskomen!

Proskomen, a Greek word which means, “Let us attend,” is chanted by the deacon at several important parts of the Divine Liturgy. For example, we hear the phrase just before we hear the Epistle and the Gospel. We also hear the phrase just before the priest intones, “Holy things for the holy,” before we receive the Holy Mysteries. In a short article, Archpriest George M. Benigsen wrote the following concerning Proskomen:

“To be attentive means to make our minds and memories concentrate on and be in harmony with what we hear. And more importantly, to attune our hearts so that nothing that happens in the church can slip by them. To pay attention means to listen and to hear, to look and to see. To pay attention means to free oneself from all thoughts and considerations, ‘all worldly cares.’ To pay attention means to open one's mind, one's soul and one's heart to all those rays of wisdom which flow to us from the Light of Reason, from the Sun of Truth, from Christ.”

The word *proskomen* was chosen as the name for this e-newsletter in hopes of recalling parents’ attention to their God-given and time-honored role as primary caregivers and moral teachers of their children. To be attentive to our God-given parental duties is to help our children in the practice of virtue at home. To be attentive means to listen to and hear our children, and to look and see to their physical, emotional, mental, and spiritual needs. To be attentive means to help our children free themselves from all worldly considerations, and to open their hearts to the Kingdom of God that is within them. Of course, this is no small task, but the Lord will certainly bless abundantly our efforts.

If you would like to read the entirety of the article written by Archpriest George M. Benigsen, you may click on the following link:

http://www.stjohndc.org/Russian/liturgy/e_minor_words.htm

Click on “Let Us Attend.”

Elder Porphyrios on the upbringing of children (taken from Wounded by Love)

“Pray and then speak. That’s what to do with your children. If you are constantly lecturing them, you’ll become tiresome and when they grow up they’ll feel a kind of oppression. Prefer prayer and speak to them through prayer. Speak to God and God will speak to their hearts. That is, you shouldn’t give guidance to your children with a voice that they hear with their ears. You may do this too, but above all you should speak to God about your children. Say, ‘Lord Jesus Christ, give Your light to my children. I entrust them to You. You gave them to me, but I am weak and unable to guide them, so, please, illuminate them.’ And God will speak to them and they will say to themselves, ‘Oh dear, I shouldn’t have upset Mummy by doing that!’ And with the grace of God this will come from their heart.” He also said, “It is not sufficient for the parents to be devout. They mustn’t oppress the children to make them good by force. We may repel our children from Christ when we pursue the things of our religion with egotism.”

“The solution is to be found through the sanctification of the parents. Become saints and you will have no problems with your children.”

Akathist to the Mother of God, Nurturer of Children.

One way to pray for our children is through the Akathist to the Mother of God, Nurturer of Children, compiled by Archimandrite Nektarios Serfes.



The booklet of the Akathist can be purchased from Conciliar Press:

<http://www.conciliarpress.com/akathist-to-the-mother-of-god-nurturer-of-children.html>

Upcoming Conferences

Orthodox Christian Online Education Conference 2-11-2011 and 2-12-2010

The theme of this online webinar will be “Orthodoxy in the home.” Please see the following link for more details and to register.

<http://www.illumination-learning.com/events/orthodox-christian-online>

3rd Annual Saint Emmelia Orthodox Home Schooling Conference 3-31-2011 to 4-3-2011

Registration packets will be available on January 31, 2011. Please go to the following on that date for more details:

http://www.antiochianvillage.org/center/special_events/upcoming.html

Home Schooling Resources



For ages 7 and up, “*Journaling Throughout the Liturgical Year* is a creative and hands-on approach to studying, commemorating, and celebrating Pascha, the Twelve Great Feasts of the Orthodox Christian Liturgical Year, and the inspiring lives of a selection of twelve saints of the church.”

For more information or to order, please visit the Saint Kassiani Press Website:

<http://www.saintkassianipress.com/>

Let Us Attend: Sunday’s Gospel for Children

Taken from Antiochian.org, *Let Us Attend* offers “Illustrated handouts of the each Sunday’s Gospel for every Sunday are offered at five levels with discussion questions. It is paraphrased for the younger grades, and presented as it will be heard for the older students. Engaging graphics and great questions--it can be used as the curriculum for a small church school, or by parents who wish to read the gospel on Saturday night with their children.” Please access the URL below for a full description and to download the PDF file and podcast recording.

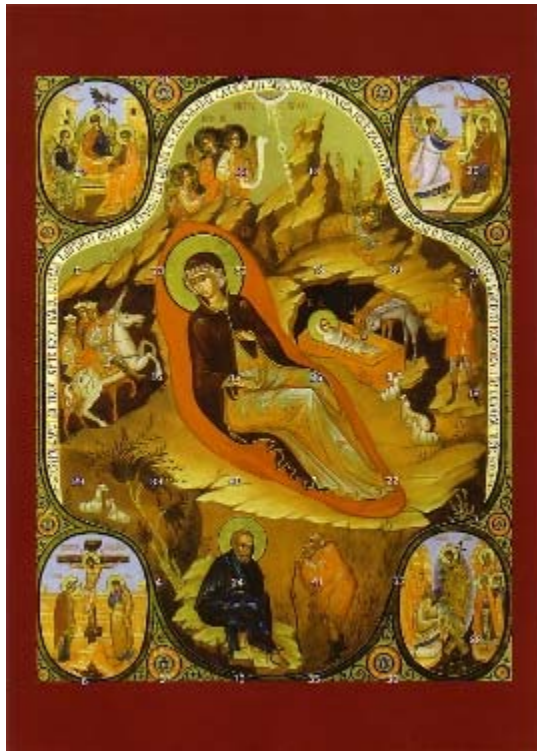
<http://www.antiochian.org/christianeducation/letusattend>



According to the description on Paideaclassics.org, “*Signs & Seasons* is an *evolution-free* Christian homeschool astronomy curriculum that teaches the traditional, Biblical basis for timekeeping and navigation.”

http://www.paideaclassics.com/index.php?sid=&cart_id=&show=book&ref=2448

In Preparation for Holy Nativity . . .



Also available through Paideaclassics.org are chocolate (milk, dark, and nondairy) coins for the Feast of St. Nicholas, Holy Nativity, and Great and Glorious Pascha.



<http://paideaclassics.org/index.php?search=nicholas+gold+foil>

Looking for an art project to do with your children during the Nativity Fast? How about making Nativity icon ornaments?

According to the description on Paideaclassics.org, "Nativity Advent Calendars start at the beginning of the Nativity Fast and end on the Feast of the Nativity. Forty-one small windows, to be opened each day of the fast, reveal an icon of the saint of the day. Beautiful advent calendars such as these bring much joy and anticipation during our season of preparation for the Feast of Nativity. Available in two different designs." For more details or to order, please go to the following URL:

http://www.paideaclassics.org/index.php?sid=&cart_id=&show=book&ref=2449



For more information or to order, visit the following URL:

http://www.paideaclassics.org/index.php?sid=&cart_id=&show=book&ref=2299



Icon & Book Service offers an assortment of full-color, iconographic Christmas greeting cards. To purchase, please visit the following URL:

<http://stores.homestead.com/hstrial-EBlaettler/-strse-201/Christmas-Nativity-Greeting-Cards/Detail.bok>

Saint Nicholas of Myra, Inc. is a nonprofit organization, whose mission is to build hope for the future by building character in our youth. To this end, Saint Nicholas of Myra encourages families to live fully the life of the Domestic Church and supports parents in reclaiming their God-given and time-honored role as primary caregivers and moral teachers of their children.

Please visit us at <http://www.nicholasofmyra.org>.