

WEEK 9: LITURGY - THE PROSKOMIDE

PRE-K - KINDERGARTEN

GOALS

What is the Proskomide? (Preparation of Gifts)
When does the priest prepare the Gifts?

LESSON

Watch YouTube video as a class: <https://youtu.be/1fFKw07Whv4>

Use "Preparing the Gifts" printout from Orthodox Pebbles to explain to your students how the Gifts are prepared before the Divine Liturgy begins

Watch Video: Fr. Vasile - Proskomide video <https://bit.ly/3kW1tWv>

(However much you have time for at the end of class)

(Note for teachers: prosphoro is one loaf of bread; prosphoron is one loaf of bread but an older and more formal way of saying it; prosphora is more than one loaf of bread)

The explanation below is in reference to pages 19 - 22 in "Christ Amongst Us."

Every week, someone from our parish bakes a special kind of bread, called prosphoro, and brings it to our priest. Have you ever seen any of your parents or grandparents making this special bread? Prosphoro is a gift we are offering to God.

Our priest is oftentimes the very first person to arrive at the church. He has lots to prepare before the Divine Liturgy begins! *(Show the kids the prosphoro printout)* He takes the special loaf of bread - the prosphoro - and begins to say prayers as he carefully cuts the bread. This is called the Proskomide and happens before most of us arrive at the church.

(Show the kids the spear, Lamb, paten, wine, and the pieces of bread for the Theotokos, for the angels and saints, and for the living and the departed as you explain the following)

The first piece that Father will cut out is the middle square of the prosphoro. This is called the Lamb. Then Father will place it on a special plate called a paten.

After this, he will pour water and wine at the same time into the chalice because water and blood came out of Jesus' side when a soldier pierced his side with a sword while he was hanging on the Cross.

Next, Father will cut the large triangle out of the bread. This piece is for the Theotokos. Does anyone remember who the Theotokos is? (Yes, she's Jesus' mommy!) Then he cuts out the tiny triangles for the angels and all the saints. Next, Father prays for specific people who are living and who have died. Everyone is represented on this special plate called a paten.

(Show asteriskos to students) Finally, our priest will place a cross shaped metal strip, called the asteriskos, over all the pieces of bread on the paten and then a cloth is placed over all of it.

I have some questions for you now to see how much you remember.

When does our priest prepare the Gifts? Does he do it before or after the Divine Liturgy begins? (Before) Do you remember what this service is called? It's a big name that starts with a "P". (The Proskomide)

What is the special bread called that someone bakes and brings to church as a gift to God? (Prosphoro)

What is the first piece Father cuts out of the loaf of bread called? (The Lamb)

Who else does he cut pieces of bread for to put on the paten? (The Theotokos, angels, saints, you and me, and people who have died)

WEEK 9: LITURGY - THE PROSKOMIDE

1ST - 2ND GRADE

GOALS

What is the Proskomide? (Preparation of Gifts)
When does the priest prepare the Gifts?

LESSON

Use "Preparing the Gifts" handout from *Orthodox Pebbles* to explain to your students how the Gifts are prepared before the Divine Liturgy begins - <https://orthodoxpebbles.files.wordpress.com/2017/12/orthodox-pebbles-preparing-the-gifts-printables.pdf> (page 2 only)

Watch Video: Fr. Vasile - Proskomide video <https://bit.ly/3kW1tWv>

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Every week, someone from our parish bakes a special kind of bread, called prosphoro, and brings it to our priest. Have you ever seen any of your parents or grandparents making this special bread? Prosphoro is a gift we are offering to God.

Our priest is oftentimes the very first person to arrive at the church. He has lots to prepare before the Divine Liturgy begins! (*Show the kids the paper prosphoro*) He takes the special loaf of bread - the prosphoro - and begins to say prayers as he carefully cuts the bread. This is called the Proskomide and happens before most of us arrive at the church.

(*Show the kids the paper Lamb, paten, and chalice as you explain the following*)

The first piece that Father will cut out is the middle square of the prosphoro. This is called the Lamb. Then Father will place it on a special plate called a paten.

After this, he will pour water and wine at the same time into the chalice because water and blood came out of Jesus' side when a soldier pierced his side with a sword while he was hanging on the Cross.

Next, Father will cut the large triangle out of the bread. This piece is for the Theotokos. Does anyone remember who the Theotokos is? (Yes, she's the mother of God!) Then he cuts out the tiny triangles for the angels and all the saints. Next, Father prays for specific people who are living and who have died. Everyone is represented on this special plate called a paten.

(Show paper asteriskos to students) Finally, our priest will place a cross shaped metal strip, called the asteriskos, over all the pieces of bread on the paten and then a cloth is placed over all of it.

I have some questions for you now to see how much you remember.

When does our priest prepare the Gifts? Does he do it before or after the Divine Liturgy begins? (Before) Do you remember what this service is called? It's a big name that starts with a "P". (The Proskomide)

What is the special bread called that someone bakes and brings to church as a gift to God? (Prosphoro)

What is the first piece Father cuts out of the loaf of bread called? (The Lamb)

Who else does he cut pieces of bread for to put on the paten? (The Theotokos, angels, saints, you and me, and people who have died)

WEEK 9: LITURGY - THE PROSKOMIDE

3RD - 5TH GRADES

GOALS

What is the Proskomide? (Preparation of Gifts)
When does the priest prepare the Gifts?

LESSON

Use "Teaching Pics" of the Proskomide as visual aids to lesson

Watch Video: Fr. Vasile - Proskomide video <https://bit.ly/3kW1tWv>

*Additional optional video - Proskomide from GOA Depart. Of Religious Education
<https://youtu.be/Vd75QIdAtzo>*

Ask follow-up questions to your students

(Note for teachers: prosphoro is one loaf of bread; prosphoron is one loaf of bread but an older and more formal way of saying it; prosphora is more than one loaf of bread)

Lesson: (pages 18 - 22 in "Christ Amongst Us")

Before the Divine Liturgy begins, our priest is preparing the prosphoro and wine for Holy Communion in the service called the Proskomide. Sometimes this is also called the Preparation of Gifts. Why is it called this? It is common for someone in the parish to offer wine and several people to take turns baking a special bread called prosphoro. Both of these are gifts being offered to God, hence the preparation of the Gifts. It's important to have everything and everyone prepared before the Divine Liturgy begins.

During the Proskomide, Father will first begin with some prayers and then cut the center, square portion of the prosphoro called the Lamb. He places this piece of the bread on a special, round plate called a paten.

Next, he will pour both water and wine into the chalice. The chalice is the cup you see Fr. Vasile and Deacon George holding when we approach for Holy Communion. Father pours both water and wine into the chalice because when Christ was on the Cross, a soldier pierced his side and both blood and water came out.

After this, Father will cut additional pieces of bread out of the prosphoro. He will cut out a large triangle for the Theotokos and place it on the paten. Who is the Theotokos? (The mother of God) Next, he will cut out 9 tiny triangles for the angels and all the saints. Finally, Father will remove more tiny pieces of bread from the prosphoro and place them on the paten for all the living (you and me) and the dead. God is surrounded by everyone on the paten.

Father will finish his prayers and place a cross-shaped piece of metal over the paten and then place a special cloth over the top of both the chalice and paten. He then censens it with a censer and the service of the Proskomide is completed.

Follow-up questions in reference to pages 18 - 22 in "Christ Amongst Us." -

When does our priest prepare the Gifts? Does he do it before or after the Divine Liturgy begins? (Before) Do you remember what this service is called? (The Proskomide)

What is the special bread called that someone bakes and brings to church as a gift to God? (Prosphoro) What other food item is offered as a gift to God? (Wine)

What is the first piece of bread that Father cuts out of the loaf of bread called? (The Lamb)

What do the initials IC XC and NI KA on the Lamb mean? (These initials stand for "Jesus Christ conquers")

Who else does he cut pieces of bread for to put on the paten? (The Theotokos, angels, saints, those living and those who have died)





WEEK 9: LITURGY - THE PROSKOMIDE

MIDDLE SCHOOL

GOALS

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During the Proskomide, Father will first begin with some prayers and then cut the center, square portion of the prosphoro called the Lamb. This piece is called the Lamb because it is changed during the Divine Liturgy into the Body and Blood of Christ - who is "the lamb of God who takes away the sin of the world." (John 1:29) He places this piece of the bread on a special, round plate called a paten.

Next, he will pour both water and wine into the chalice. The chalice is the cup you see our priest or deacon holding when we approach for Holy Communion.

Father pours both water and wine into the chalice because when Christ was on the Cross, a soldier pierced his side and both blood and water came out.

After this, Father will cut additional pieces of bread out of the prosphoro. He will cut out a large triangle for the Theotokos and place it on the paten. Who is the Theotokos? (The mother of God) Next, he will cut out 9 tiny triangles for the angels and all the saints. Finally, Father will remove more tiny pieces of bread from the prosphoro and place them on the paten for all the living (you and me) and the dead. God is surrounded by everyone on the paten.

Father will finish his prayers and place a cross-shaped piece of metal over the paten and then place a special cloth over the top of both the chalice and paten. He then censes it with a censer and the service of the Proskomide is completed.

Follow-up questions in reference to pages 19 - 22 in "Christ Amongst Us." -

When does our priest prepare the Gifts? Does he do it before or after the Divine Liturgy begins? (Before) Do you remember what this service is called? (The Proskomide)

What is the special bread called that someone bakes and brings to church as a gift to God? (Prosphoro) What other food item is offered as a gift to God? (Wine)

What is the first piece of bread that Father cuts out of the loaf of bread called? (The Lamb) Why is it called the Lamb? (Because it is changed into the Body and Blood of Christ and Christ is the lamb of God who takes away the sin of the world)

What do the initials IC XC and NI KA on the Lamb mean? (These initials stand for "Jesus Christ conquers")

Who else does he cut pieces of bread for to put on the paten? (The Theotokos, angels, saints, those living and those who have died)







WEEK 9: LITURGY - THE PROSKOMIDE

HIGH SCHOOL

GOALS

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Next, he will pour both water and wine into the chalice. Father pours both water and wine into the chalice because when Christ was on the Cross, a soldier pierced his side and both blood and water came out.

After this, Father will cut additional pieces of bread out of the prosphoro. He will cut out a large triangle for the Theotokos and place it on the paten to the right of the Lamb. She is placed on the right hand side to show the great honor bestowed upon her.

Next, he will cut out 9 tiny triangles for the angels and all the saints. Finally, Father will remove more tiny pieces of bread from the prosphoro and place them on the paten for all the living and the dead. God is surrounded by everyone on the paten.

Father will finish his prayers and place a cross-shaped piece of metal over the paten and then place a special cloth over the top of both the chalice and paten. He then censes it with a censer and the service of the Proskomide is completed.

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