Office of Communications

Orthodox Church in America Diocese of New York and New Jersey

RELEASE NUMBER 2013.10.1

New Video: Lessons in Our Faith "Great Lent (Our Spiritual Life): 7 Questions & 7 Answers"

A new installment of the highly acclaimed video series Lessons in Our Faith is now available for viewing! Using his popular "7 Questions and 7 Answers" format, Bishop Michael presents a series of talks on matters of faith, belief, and the teachings of the Church. These instructional videos are concise and "to the point," offering Orthodox Christians much-needed information, helpful advice for their

spiritual journey, and assistance in answering questions that may come from non-Orthodox friends or acquaintances. The goal is that we might better know and better live our faith.

This marks the 11th lesson in the video series. Each lesson (only 8-15 minutes in length) is viewable in video format and also may be listened to in a convenient audio format.



Previous lessons include:

Angels LESSON 10: LESSON 9: Marriage

Questions from Campers at St. Andrew's Camp LESSON 8:

Baptism of Infants LESSON 7:

Sacrament of Chrismation LESSON 6:

Sacrament of Baptism LESSON 5: **Sacramental Confession** LESSON 4:

Fasting LESSON 3:

Time, Talents, and Treasure LESSON 2:

The Theotokos LESSON 1:

Parish rectors throughout the diocese are strongly encouraged to share this information with their faithful. The entire "Lessons in Our Faith" series is easily accessible at:

nynjoca.org/lessons in our faith.html