



## Department of Christian Education

### ***Lenten Tips of the Week*** THIRD WEEK OF GREAT LENT

#### **FOR CHILDREN OF ALL AGES...**

Click [here](#) for ***Journey to Pascha 3rd Week of Lent Lesson***  
from the OCA Department of Christian Education

Click [here](#) for ***The Suitcase Storybook***  
Click [here](#) for ***The Suitcase Lesson Plan***  
from Jane G. Myer

Click [here](#) for ***The Narrow Path Boardgame***  
from Orthodox Lighthouse

Click [here](#) for ***Podcast on The Prayer of St. Ephraim the Syrian***  
from Tending the Garden of Our Heart

#### **FOR TEENS & ADULTS...**

Click [here](#) ***How to Start & Keep a Prayer Rule***  
From Y2AM

#### **FOR FAMILIES and STUDY GROUPS...**

Click [here](#) for ***Reflections on the 3rd Week of Lent***  
from the OCA Department of Christian Education

#### **FREE SAMPLE LESSON for All Ages**

The Annunciation of the Most Holy Theotokos  
from OrthodoxJourneys.com

[Click here to download the lesson sample.](#)

For more info or support, contact  
Mat. Tamara Cowan, Department of Christian Education  
[tamarancowan@hotmail.com](mailto:tamarancowan@hotmail.com)  
[www.facebook.com/nynjocaeducation](http://www.facebook.com/nynjocaeducation)