

LUKE—helpful comments

1. **What is an icon and how are they used in the Orthodox Church?**

An icon is a “window to heaven.” It is a Church image of Jesus, Virgin Mary, a saint or saints, a feast day, Bible story etc. We are reminded of our Orthodox mentors and of how to live our life. We pray in front of them, light candles before them, and venerate them.

3. **Demonstrate the universal sign of choking and describe how to perform the Heimlich maneuver.**

The universal sign of choking is placing your right hand on the left front side of your neck and your left hand on the right front side of your neck.

Abdominal thrusts (also known as the “Heimlich maneuver” are a series of under-the-diaphragm abdominal thrusts. They’re recommended for helping a person (adults and children over the age of 1 year) who’s choking on a foreign object.

Abdominal thrusts lift the diaphragm and force enough air from the lungs to create an artificial cough. The cough is intended to move and expel an obstructing foreign body in an airway. Each thrust should be given with the intent of removing the obstruction.

Cover your fist with your other hand and thrust up and in with sufficient force to lift the victim off his feet



5. What does it mean to be an “intercessor”? Give an example.

An intercessor is someone who prays to God for another person—like a bridge connecting God with the person.

Christ *intercedes* before God the Father for all of us—He connects us with God. God’s people *intercede* for one another. God’s people include all of us living on earth as well as all the saints who are in Heaven. We all pray for one another. We continue to pray for those who have died and ask the saints in heaven to pray for us.

Many saints are known to be patron saints of particular needs:

St. Nicholas---Patron saint of Travel

St. Pelagia, St. Mary of Egypt---Patron saint of Repentance

St. Phanourios---Patron saint of lost things

St. Justin---Patron saint of studying

Virgin Mary---Patron saint of help when sad or in danger

6. Explain the purpose of fasting and name 6 periods of fasting in the Orthodox Church.

We fast because Jesus fasted and told us to fast. Fasting helps us to discipline our bodies by making us hungry and to learn that we need God more than anything else in life.

Periods of Fasting:

Wednesdays and Fridays---to remember Judas betraying Christ (Wednesday) and the crucifixion of Christ (Friday).

Christmas fast---November 15-December 24

Great Lent fast---40 days before Holy Week and all of Holy Week

Fast before feast of Saints Peter and Paul (June 29)---# days of fast depends on the date of Easter.

Dormition fast---15 days before feast of the falling asleep of the Virgin Mary on August 15th.

August 29---Beheading of St. John the Baptist

September 14---Elevation of the Holy Cross

January 5---Eve of Epiphany or the Baptism of Christ

7. Explain the color significance of the priest's vestments, table coverings, and candleholders that change throughout the calendar year.

The color used helps to remind us of the time of year in the church calendar year or of special feast days or celebrations.

GOLD----Univeral color-Used anytime (except during Holy Week) especially on Sundays. It is symbolic of God's glory and a real testament to His Ressurrection and triumph over sin and darkness.

RED----During the Nativity Fast and on Nativity and in remembrance of Martyrs.

PURPLE----During Great Lent

BLACK---- During Great Lent and on Good Friday

WHITE----For Pascha and Baptisms

GREEN----For Pentecost and during the summer

BLUE----For the Feast days of the Theotokos