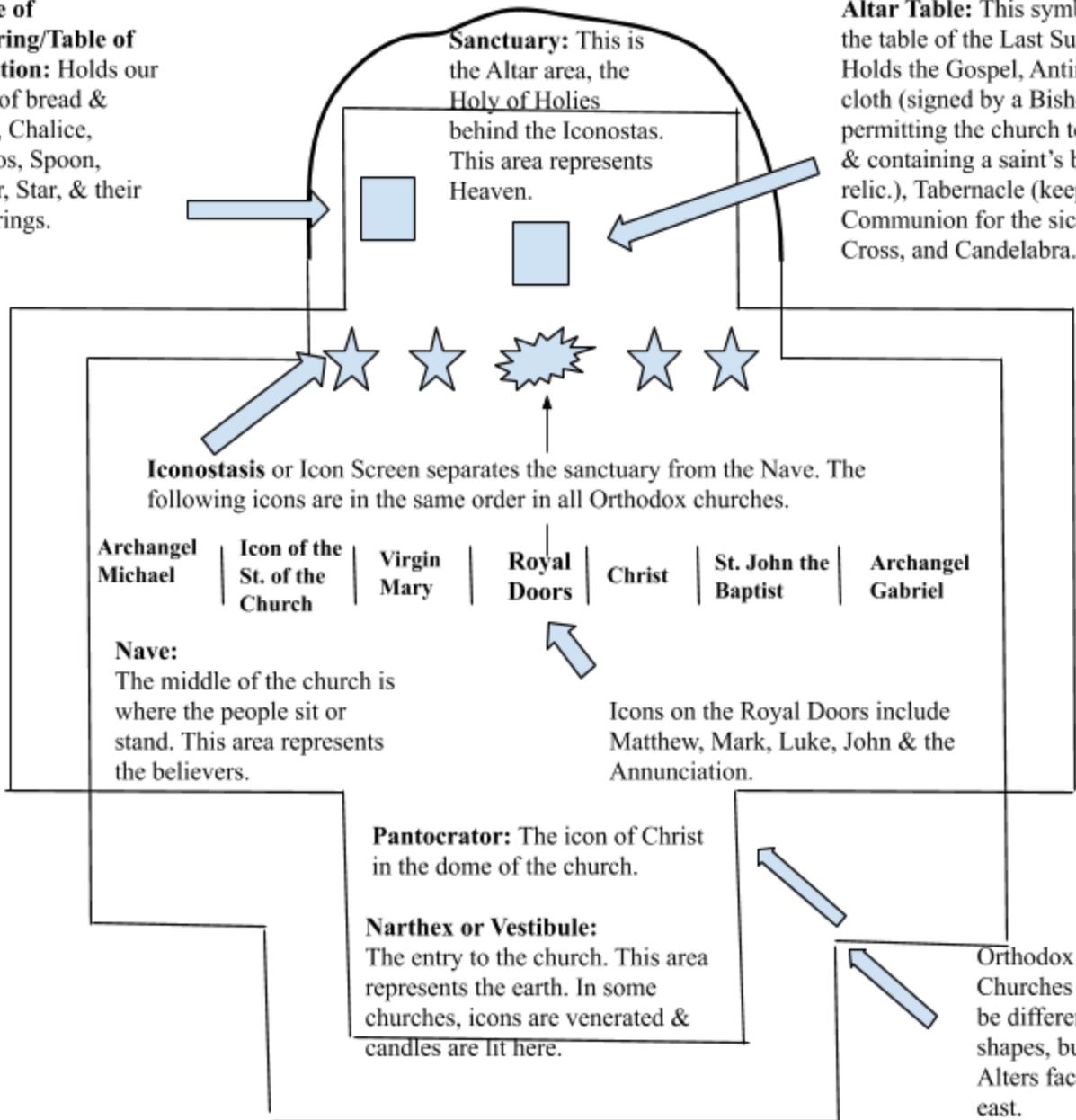


ROMANS—helpful comments

1. Discuss and explain the elements of the Orthodox church structure.

Table of Offering/Table of Oblation: Holds our gifts of bread & wine, Chalice, Diskos, Spoon, Spear, Star, & their coverings.

Altar Table: This symbolizes the table of the Last Supper. Holds the Gospel, Antimen cloth (signed by a Bishop permitting the church to gather & containing a saint's bone or relic.), Tabernacle (keeps Holy Communion for the sick), Cross, and Candelabra.



2. What is almsgiving? What is stewardship? How are they different, and how can you practice them in your everyday life?

Almsgiving is the *act of giving freely to help the poor.*

Stewardship is the *careful and responsible management of something entrusted to one's care.*

As you think about the differences between almsgiving and stewardship, consider everything God has given you to manage and be responsible for in your life. Examples include your body, your mind, your heart, and all your material possessions, pets, family.....

3. Memorize and recite the twelve great Feasts of the Orthodox Church.

The Church calendar year begins September 1. We are called to remember the feasts as they approach through prayer, fasting, and church attendance. The high point of the year is **Pascha or Easter (Christ's resurrection from the dead). It is known as the "Feast of Feasts."** Everything in the year either leads up to Pascha or flows from it. The 12 Great Feasts are divided into two groups: the Feasts of the Mother of God and the Feasts of Our Lord.

<u>DATE</u>	<u>FEAST DAY</u>	<u>DESCRIPTION</u>
September 8	Birth of the Theotokos	Birth of Virgin Mary
September 14	Exaltation of the Cross	The finding of the life-giving Cross by St. Helena
November 21	Entry of Theotokos into the Temple	Joachim and Anna brought the Virgin Mary to the Temple presenting her to God.
December 25	Nativity	Birth of Jesus Christ on earth
January 6	Theophany	John the Baptist baptizes Jesus in the Jordan River.
February 2	The Meeting of our Lord	Mary and Joseph brought Jesus to the Temple presenting Him to St. Simeon.
March 25	Annunciation	Angel Gabriel told Mary she was to give birth to Jesus.

1 week before Pascha	Palm Sunday	Christ's triumphant entry into Jerusalem. First time Jesus is recognized as a King, riding on a donkey as children placed clothes at His feet.
40 days after Pascha	Ascension of Our Lord	After visiting with Virgin Mary and the disciples, Jesus went up to Heaven.
50 days after Pascha	Pentecost	The Holy Spirit came to the Disciples allowing them to teach about Jesus all over the world.
August 6	Transfiguration of Our Lord	Jesus Christ was transformed—a vision of purity—of the Kingdom of Heaven.
August 15	Dormition of the Theotokos	Virgin Mary being taken into Heaven.

5. Discuss risk factors of heart disease and elements of good heart living.

A cardiac arrest usually results from conditions which have developed over a long period of time. If you have a family history of heart disease, diabetes, or have had a heart attack, risk factor recognition and modification is especially important.

A person's lifestyle develops from childhood. Each risk factor, which is modified through good heart living helps to change the course of heart disease and to lessen the chance of having a heart attack. Some risk factors can be changed and some cannot.

Controllable Risk Factors—ones that can be changed:

- 1. High Blood Pressure** causes damage to blood vessels and causes the heart to work harder than it should. Limiting salt intake, medications, and weight loss with a doctor's supervision may help to lower blood pressure.
- 2. Smoking** is the major cause of heart disease and cause of cancer. The risk for a smoker compared to a non-smoker is at least 2 times greater for having a heart attack. The risks for smokers who quit decrease rapidly and in time, reach non-smoker levels.
- 3. Diabetes** or high blood sugars can be detected during regular check-ups.

Insulin injections, medications, diet modifications, and weight loss help to keep a diabetic person healthier.

4. **Obesity** or excess weight makes the heart work harder, lungs work harder, and wears down bones and joints. Diet, exercise, adequate sleep help to reduce obesity.
5. **Lack of exercise** or inactivity leads to weight gain which leads to obesity. Your heart is a muscle and needs to be exercised to help keep it in shape.
6. **Stress** or excess mental and emotional tension increases heart disease. Exercise, talking and prayer help to reduce stress.

Uncontrollable Risk Factors—ones that cannot be changed:

Heredity Gender Race Age