

FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
6	2	4	CELEBRATIONS	Songs of Mary	18: It is truly meet

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes
(Mod. = Module Number, Module Theme - in the heading, Module Title - uppercase in the cell, Lesson Num [NO. column] and Title)

Verbal V <input checked="" type="checkbox"/>	Logical L	Spatial S <input checked="" type="checkbox"/>	Kinaesthetic K <input checked="" type="checkbox"/>	Musical M <input checked="" type="checkbox"/>	Intra - personal P1 <input checked="" type="checkbox"/>	Inter - personal P2 <input checked="" type="checkbox"/>	Natural N

Tick the appropriate box(es) above [copy this: ☒] for the modes of learning being used in this session.

Prayer: It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honourable than the Cherubim, and more glorious beyond compare than the Seraphim, without defilement you gave birth to God the Word. True Theotokos we magnify you!

Starter: On the board write vertically the letters that spell MARY. Demonstrate writing the name MARY on the board first so the children have a model to follow. Ask the children to copy the letters that spell MARY. Encourage the children to find with you descriptive words that start with each letter.

Learning objectives:

To understand that the Holy Virgin Mary is called Theotokos, meaning "God-bearer", and that she is the Mother of our Lord Jesus Christ.

To learn that we venerate the Theotokos and show Her great honour, we believe that the Virgin Mary is an image of the Christian goal of becoming Christ-like.

To join in singing the "It is truly meet" hymn.

Core Activities and Learning

- The teacher will tell the children that the hymn to Mary known as *Axion Estin* or It is Truly Meet, is sung in the Orthodox liturgy, and is part of the daily prayers. The teacher will talk to children about the commemoration of the Appearance of the Archangel Gabriel to a Monk on Mt. Athos, and the Revelation of the Hymn, "It Is Truly Meet..." The "It is Truly Meet" Icon of the Mother of God is in the high place of the altar of the cathedral church of the Karyes monastery on Mount Athos. According to Holy Tradition one Saturday night an Elder went to Karyes for the all-night Vigil. He left, instructing his disciple to remain behind and read the service in their cell. As it grew dark, the disciple heard a knock on the door. When he opened the door, he saw an unknown monk who called himself Gabriel, and he invited him to come in. They stood before the icon of the Mother of God and read the service together with reverence. When they were about to chant the Magnificat, the young monk said the well-known hymn which was composed by St. Cosmas the Poet, while the unknown monk stood in front of the icon of the Theotokos. He, then, with piety and fear started chanting in a sweet tone, beginning though, differently the chant: "It is truly meet to bless thee, O Theotokos, thou the ever blessed, and most pure, and the Mother of our God". After that he chanted the well-known Magnificat till its end. When the young brother heard that, he was fascinated because it was something new to him and also because it sounded so angelical. While the hymn was being sung, the icon of the Theotokos shone with a heavenly light. The disciple was moved by the new version of the familiar hymn, and asked his guest to write the words down for him. When the stranger asked for paper and ink, the disciple said that they did not have any. The stranger took a roof tile and wrote the words of the hymn on its surface with his finger. The disciple knew then that this was no ordinary monk, but the Archangel Gabriel. The angel said, "Sing in this manner, and all the Orthodox as well." Then he disappeared, and the icon of the Mother of God continued to radiate light for some time afterwards. The Eleousa Icon of the Mother of God, before which the hymn "It Is Truly Meet" was first sung, was transferred to the cathedral church of Karyes.
- The teacher will remind children that we Orthodox Christians honour the Theotokos Mary more than all the saints and angels of heaven for she was found worthy to give birth to Christ, the Saviour of the world by the overshadowing of the Holy Spirit. The honour we offer to the Mother of the Lord is exceptional, most honourable and most revered, for she is not only "a friend of His," as are the other saints, but she is Most Holy (Panagia) above all the saints and all the angels. The teacher will tell children that the Theotokos is considered to be the Abbess of all the monasteries of the Mount Athos. She oversees the welfare of the monasteries as well as the monks who have dedicated their lives to imitating her through humility, obedience and purity.
- Children will be given colouring pages representing the "It is Truly Meet" Icon of the Mother of God (or a line drawing of a different Theotokos icon if not available – See Followers Resources Folder) to colour and will be reminded that we honour the Theotokos Mary more than all the saints and angels of heaven for she was found worthy to give birth to Christ, the Saviour of the world.

Resources:

Resource Page 18.pdf, colouring icon of the Theotokos, coloured pencils, felt tip pens

Review:

In the next session ask one of the children to recall what we have learnt this Sunday.

Follow Up:

In the next session, we will learn more about Songs of Mary – the Angel cried.