







FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
6	2	4	CELEBRATIONS	SONGS OF MARY	19: The Angel cried

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	Natural N

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

Prayer: The Angel cried to the Lady full of grace: Rejoice, O Pure Virgin. Again, I say: Rejoice. Your Son is Risen from His three days in the tomb. Shine, shine, O New Jerusalem, for the glory of the Lord has shone on you. Exult now and be glad, O Zion, and you, O Pure Theotokos, be radiant in the Resurrection of your Son.

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 your help 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.

Core Activities and Learning

1. The teacher will tell children that "The Angel Cried" is an Easter hymn in honour of Mary the Mother of God chanted in the Divine Liturgy of our Orthodox Church. The text is addressed to Mary by an angel who announces that Christ has risen after His three – day sojourn in the grave. In the Greek tradition, the hymn is always set in the first tone, which is associated with emotions of joy and holy enthusiasm. This hymn is chanted multiple times during the forty-day period following the feast of Pascha. Just as he appeared to Mary at the well and then later at her home in Nazareth to announce to her the Good News that the Son of God would become incarnate and come forth from her womb, so now He appears again to Mary to announce to her the Good News that her Son has risen from the dead and has come forth from the tomb. The teacher will tell children that it is believed that the appearance of the archangel to Mary occurred somewhere near the holy tomb of Christ. The Fathers of the Church believed that Mary was one of the women who came early to the tomb on the first day of the week and that the angel appeared to her there. It makes sense that an angel would announce the Good News of Jesus' resurrection first to Mary, and it makes sense that Jesus would first appear to his Mother, even if this is not recorded in Holy Scripture. The true Light of the world rises from the Tomb in glory over Jerusalem. The Son of God, clothed in glory and more brilliant than the sun arose first over Jerusalem in that glorious day and so the angel announces to Mary: Your Son has risen from the tomb on the third day and raise the dead.

2. The teacher will explain to children that we call upon the "New Jerusalem" to shine in glory and that we are referring here to the earthly Jerusalem and to the heavenly Jerusalem. We are singing about the earthly Jerusalem, which physically changed on the day of Christ's Resurrection. It became a "new city" because the glory of the Lord has shined upon it; and Christ, risen from the dead, appeared to His disciples and we are also singing of the "New Jerusalem" that is still to come. This "Heavenly City" is the Church of Christ: His Mystical Body, the Kingdom of God, where God will dwell among His People for all eternity. The teacher will explain to children that The Holy Virgin Mary was able to completely attain that vision of the risen Christ. She, who having attained the heights of purity, was able to understand and spiritually see the truth of the Resurrection, she was the first to see and touch the risen Lord not only because she was His mother, but even more because of her high spiritual state, because the Theotokos is *"more honourable than the Cherubim and more glorious beyond compare than the Seraphim"*.

The teacher will ask then what might we learn from this teaching that the Theotokos was the first witness to the Resurrection? How does this insight assist us as we enter the Paschal season? The teacher will explain to children that we are reminded not to return, after Pascha, to our former way of living prior to the Great Fast. So often, after Pascha, we take refuge in the comforts of earthly food and neglect the spiritual nourishment given to us by God which is reached through our liturgical and sacrificial life of worship, prayer, moderation in food, works of mercy, and spiritual reading. During Great Lent, we try to attain a purity that would allow us to more perfectly see spiritually the Resurrection of our Lord, seeking the same purity attained to by the Mother of God. This is the vision that we seek to continue to cultivate throughout the rest of the year following Pascha.

3. Children will be invited to join in singing "The Angel cried" and will be offered colouring pages of the icon of the Myrrh-bearing women . The teacher will emphasize on the message 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.

Resources: myrrh-bearing-women.jpg, art materials

Review: The Angel Cried hymn teaches us how to praise the resurrection victory of Christ through the eyes of His Mother.

Follow Up: In the next session we will learn more about the Songs of Mary – All Creation Rejoices in You.