

WHAT IS EXPECTED OF PARENTS?

1. **Bring your children each Sunday on time** to participate in all the Sunday services from start to finish and to receive Holy Qurbana regularly. Remember, the Orthodox Church stresses the importance of children being part of the worship and communing with Christ regularly as this is how one grows in Christ and receives grace. Although it may seem they are not of the age to understand or follow, it is our responsibility to create a positive *experience* for them centered in Christ that will eventually lead them to grow in their *knowledge* of Him.
2. **See that your child brings the following each week:** their class Textbook, Bible, Service Book and writing materials including a folder, notebook and something to write with.
3. **Spend time with your child during the week to discuss what was done in class** as well as the Sunday Gospel passage and message and encourage him/her to complete the week's homework assignment. Challenge yourself to incorporate lessons for them throughout the week so it serves as a reminder and reinforcement of the lesson for them. Try to have family meals as much as possible.
4. **As a family, read the Bible and pray every day.**
5. **Prepare and participate with your children in the Holy Qurbana every Sunday with reverence.** Remember, parents are called to be teachers and have a great deal of responsibility entrusted to them. Although we are not all trained to be parents, we must at least attempt to guide them in the ways of the Kingdom. Sunday mornings should be different from other days of the week with opportunities to practice and grow in the spiritual disciplines of silence, fasting, prayer, etc.
6. **Support your child's Sunday School Teacher and communicate with them** to ensure you develop a good relationship and know what your child is learning, their progress, and what can be done further to enhance their learning in the home.
7. **Finally, remember, as parents, we may not know everything,** but we will need to challenge ourselves to also grow and learn! If you have questions or need resources for yourself or your family, don't hesitate to ask.