

The first Sunday of Great Lent is known as the Sunday of Orthodoxy. On this day, we celebrate the victory of the true faith and the restoration of holy icons in churches after many years of struggle. During the 8th and 9th centuries, some rulers mistakenly believed that icons should not be used in worship and commanded their removal. Many devoted Christians defended the use of icons because they remind us of Jesus Christ, His Mother, and the saints who guide us toward God. In 843 A.D., Empress Theodora played a crucial role in restoring the icons to the churches, and since then, we have commemorated this victory every year on the first Sunday of Lent.

Sunday of Orthodoxy



WHY ARE ICONS IMPORTANT?

Icons are more than just pictures. They serve as heaven windows, helping us focus on God during prayer. When we kiss an icon, we are not worshiping the wood or paint; instead, we express our love and respect for the person depicted. Just as we keep photos of loved ones, icons remind us of our spiritual family—the saints who guide us in our close walk with God.

HOW CAN WE APPLY THIS TODAY?

The Sunday of Orthodoxy reminds us to defend our faith, just as the early Christians did. Even now, we may encounter challenges as Orthodox Christians, but we must always keep our faith strong.

ACTION!

For Children

- Bring an icon to church this Sunday and participate in the procession if your parish has one.
- Pray in front of your icon at home, asking Jesus to help you grow closer to Him.



FOR PARENTS

- Talk about the symbols in your home with your children. Please share a story about a saint and explain their importance.
- Attend the Sunday of Orthodoxy service together and encourage your children to participate in the procession with their icons.