



**Sts. Panteleimon, Anna and Paraskevi
Greek Orthodox Church
Sunday School**



Holy Week Checklist

- Display your Palm Cross next to your icons at home.**
- Venerate the icon of the Bridegroom Christ.**
- Pray the Lenten Prayer of St. Ephraim with your family.**
- Receive your Holy Unction (Holy Oil) from Father.**
- With spiritual preparation receive Holy Communion twice this week.**
- Do an act of charity.**
- Light incense at home.**
- Bless the top of your door with the Light of the Resurrection.**
- Visit an elderly family member or friend and wish them a Blessed Resurrection.**



Holy Week Passport Contest

Contest Rules

Contest open to youth parishioners of St. Panteleimon, Anna and Paraskevi Greek Orthodox Church in Markham, up to 14 years of age.

Complete the Pascha Passport and Holy Week Checklist for a chance to win two (2) tickets to Canada's Wonderland.

Complete 10 activities and receive one entry. Receive an extra entry for every additional 2 activities completed.

Please return your passport and activity sheet to the Church's Office by Thomas Sunday (April 19, 2026).

Contest winner will be contacted on the Sunday of the Myrrh-bearing Women (April 26, 2026).

This Checklist belongs to: _____

Parent's Phone Number: _____