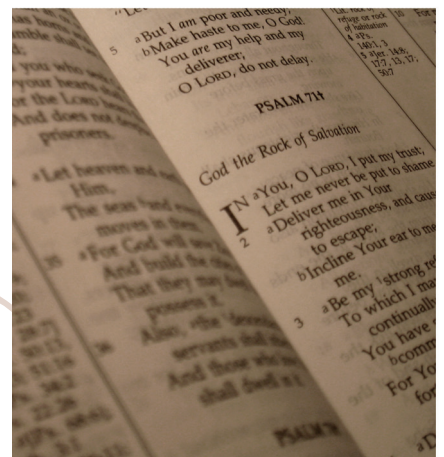


An Enlightening Experience **GREAT FRIDAY VIGIL**

In order to fully appreciate the wonder of Christ's Resurrection from the dead, it is important that we understand the significance of his sufferings that we may behold His glorious Resurrection.

An ancient tradition in the Orthodox Church, which NAC Teen SOYO has committed itself to honor, is the Vigil at the Tomb of Christ. After our Lord died on the Cross, Nicodemus and Joseph of Arimathea took the body of Jesus, bound it in linen cloths with spices and buried it in a new tomb. Mary Magdalene and the other Mary sat opposite the tomb watching as their Lord was buried. The Church over the centuries has joined with these two women in keeping watch over Jesus' tomb. The Holy Friday Vigil at Christ's tomb is our opportunity to keep vigil at the tomb of Christ as He descends in to Hell to loosen the bonds of death. What better way to understand the death and resurrection of Jesus than to participate in the Vigil by His tomb.

The Church has given us this opportunity to watch and wait with the countless saints and myriads of angels as our Lord conquers death.



COMMON QUESTIONS

What do I do at the Vigil?

Your time at the vigil is spent in meditation and prayer while one or more people read sections from the Psalms and the Book of Acts before the Tomb of Christ in the church.

Do I have to spend the whole night at the Church?

Not unless you want to. After spending some time by Christ's tomb, you may find yourself wanting to stay.

Where can I get more information about the Great Friday Vigil?

You can visit the NAC Teen SOYO website at <https://TeenSOYO.org> for more information as well as a helpful planning guide.

How can Teen SOYO organize a Great Friday Vigil?

First, contact your parish priest and discuss your ideas with him. With his permission and oversight, he will guide you in organizing this enlightening time at your parish.

