



# Sunday of St. Thomas

## Resource Overview for Parents and Families

### Scripture Readings

#### Epistle/Apostol:

Acts 5:12-20

#### Gospel:

John 20:19-31

### Troparion – Tone 7 / Plagal 3

From the sealed tomb, Thou didst shine forth  
O Life!  
Through closed doors Thou didst come to Thy  
disciples, O Christ God!  
Renew in us, through them, an upright  
spirit, by the greatness of Thy mercy, O  
Resurrection of all!

### Kontakion – Tone 8 / Plagal 4

Thomas touched Thy life-giving side with an  
eager hand, O Christ God, when Thou didst  
come to Thy apostles through closed doors.  
He cried out with all: “Thou art my Lord and  
my God!”

### This Week We Learned About

#### ✦ Scripture

- Acts 5:12-20
- John 20:19-31

#### ✦ Liturgical Life

- Paschal Joy

#### ✦ Feasts & Saints

- St. Tamara of Georgia  
(May 14)

#### ✦ Daily Living

- Feasting

### Questions for Your Kids

- Why did Thomas have doubts?
- Why does Jesus talk about forgiveness of sins to the disciples?
- How does an angel help the apostles spread the Good News of Jesus?

- Why does the Church spend 40 days celebrating the Resurrection?  
*(Hint: It's the biggest feast of the year...)*
- Which are your favorite hymns of Pascha?
- When do we sing “Christ is risen...” during the liturgy?

- As a ruler, how did St. Tamara remain a faithful Christian?
- Why was St. Tamara generous with the poor?
- What can we do to be like St. Tamara?

- How do we celebrate Pascha at home?
- How can we share the joy of Pascha with those less fortunate?
- Why do we say the Paschal greeting every day?  
*(Hint: As a reminder that Jesus is risen and present in our lives.)*

### Learn and Discover Together

- What does Jesus say about those who haven't seen, and yet believe in Him?
- How does the reading from the Acts of the Apostles inspire you to live in the joy of the Resurrection?

- What special hymns do we sing during the Paschal season?
- How does Pascha impact our prayer and fasting routines?  
*(Hint: We still pray and fast, but add special prayers.)*

- Let's read the life of St. Tamara:  
<http://bit.ly/may1-StTamara>
- How did St. Tamara's statement upon being made King (not Queen) show she believed in Jesus Christ?

- What festal prayers do we say during the Paschal season to maintain our joy in the Resurrection?
- Why is it important to feast with others during the Paschal season?

### Learn More...

Study guides for different age groups are available to accompany the “Believe Like Thomas” handout for the Second Sunday of Pascha: The Belief of Thomas.

Use as many or as few of the questions and discussion topics to help children learn about the feast while discovering how the Orthodox Faith can be a part of their daily life.

Ask open-ended questions which may lead the conversation to reveal their thoughts about God.

As parents, we may not readily have all the answers, but we have the ability to inspire a desire in children to love God, which can benefit them throughout their lives.

### In the Week Ahead...

Normal Fasting (Wednesday and Friday).

**May 9** – St. Stephen, bishop of Perm

**May 10** – Apostle Symeon, the kinsman of the Lord

**May 14** – St. Tamara, King of Georgia

**May 15** – St. Athanasius the Great



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