

-----RELIGION-----

**Life of Jesus Christ**

“Life of Jesus Christ And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.” (Genesis 3:15)

The verse from Genesis above is known as “the first Gospel” - the promise made by God, even when casting Adam and Eve out of Paradise for their disobedience at breaking the fast He had given them, that the Messiah (or Savior) would come into the world and break the reign of the Devil over mankind.

The entire history of the Old Testament is the story of God preparing mankind for the coming to earth of the promised Messiah. The New Testament tells the story of the incarnation of the Messiah (the Son of God – Jesus Christ), His life and teaching, and the spread of Christianity throughout the known world.

As Orthodox Christians we begin the life of Jesus Christ with the feast of the Annunciation, which takes place on March 25/April 7 each year. At this feast we commemorate the conception of Jesus Christ. The name of this feast in Russian means “Good News”, and this good news was brought by the Archangel Gabriel to the Virgin Mary announcing that God had chosen her out of all people of all times to bear His Son. The Virgin Mary agreed to this salvatory obedience and immediately Jesus Christ was miraculously incarnate within her womb. The Holy Virgin, having desired to live her life dedicated completely to God, had earlier been betrothed to the aged widower Joseph, a carpenter who had several children from his first marriage. These cousins of the Lord are sometimes referred to as his brothers and sisters, but just as in Russian we call cousins “brothers” or “sisters”, so too was that the case in the time of our Lord's incarnation.

Following the Annunciation our Lord was born, according to tradition on December 25/January 7. His birth was miraculous and the Virgin Mary felt no pain and experienced none of the usual tribulations of child birth. Thus, icons of the Nativity of the Lord properly show the Theotokos\* kneeling and worshipping the newly born God Man Jesus Christ, not inclined or resting, for there was nothing to rest from given the miraculous nature of the Lord's birth.

At the age of 30 our Lord began his ministry in earnest. Before this time we know little of His life, although the Gospel does contain some limited information from His early life. His ministry lasted for three years. During this time He taught the people of Israel the Good News of the Gospel and chose disciples that would continue His preaching after His crucifixion. During His lifetime He fulfilled the entire Old Testament Mosaic Law. Once this law had been fulfilled it could pass away, and in its place the Lord provided a New Law for His people: the Law of Love of the Gospel.

It should be noted that the Lord did not restrict His teaching strictly to the Hebrew people. During His ministry He taught and interacted with the Gentiles living in Israel (that is, the non-Hebrews) as well. The Apostles and disciples of the Lord, understanding this, did not restrict their preaching to the Hebrews, but went out to the whole world of their time to bring the Good News of the Gospel of Christ to all. It is our responsibility as Christians to continue this work of spreading the Gospel. Most of us will do this simply by living a life in accordance with the teachings of Christ – whether others are looking or not. Fewer of us will enter ordained ministry (the priesthood) and spread the Gospel more actively.

Jesus Christ is the second person (hypostasis) of the Holy Trinity. The only begotten Son of God the Father. He is also sometimes referred to as the Word of God. It is by the Word of God that

the universe was created, and thus icons of the creation of this world rightly show Christ fulfilling this duty.

*The Nicene Creed (also known as the Symbol of Faith) is the Orthodox Church's most important doctrinal/dogmatic statement and is sung at every Divine Liturgy. Regarding Jesus Christ, the Symbol of Faith states: [I believe...] in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages. Light of Light, true God of true God; begotten, not made; of one essence with the Father, by whom all things were made; Who for us men and for our salvation came down from the Heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And was crucified for us under Pontius Pilate, and suffered, and was buried. And arose again on the third day, according to the Scriptures, and ascended into the heavens, and sitteth at the right hand of the Father. And shall come again with glory to judge both the living and the dead; Whose Kingdom shall have no end.*

The events described above in the Symbol of Faith are found in the Holy Scriptures, the Bible, which was written by the Orthodox Church and is only rightly interpreted by the Orthodox Church. Many other faith groups utilize the Bible, only only the Orthodox Church, as its author, can rightly define what is found in the Bible.

The Holy Church teaches that Jesus Christ was, in His Godhead, begotten of the Father outside of time. He is without mother in His divinity, and without father in His manhood.

The Holy Church teaches that that from the moment of His conception in the virginal womb of the Theotokos Mary, Jesus Christ was one person, yet having two natures. From His conception, He was completely God and completely Man before birth, during birth and after birth. T

he Holy Church teaches that Jesus Christ, having lived and taught man all that is necessary for our salvation, was voluntarily crucified, suffered, and was buried.

The Holy Church teaches that on the third day after His crucifixion and death in the body (during these three days the Lord was very active in his Godhead destroying Hell and freeing those who had been held captive there since the fall of Adam and Eve), the Lord Jesus Christ rose from the dead. This most significant event in the history of the world is known as Pascha, and is the Feast of Feasts and the Day of Days – the most important feast of the Orthodox Church.

The Holy Church teaches that 40 days after his Resurrection the Lord Jesus Christ ascended into Heaven and in Heaven sits at the right hand of the Father. This event is known as the feast of the Ascension.

The Holy Church teaches that Jesus Christ will come again in His full glory as God. At that Second Coming He will judge both those who are then living and all who have lived in the entire history of the world. The righteous who have chosen in their lives to follow God will enter into the Kingdom of Heaven. Those who have chosen in their lives NOT to follow God will be cast into Hell. These states are eternal – the Kingdom of God will have no end. It is therefore wise for us to choose to follow God in this life. Not just for the sake of our fear of Hell, but because He, out of His love for mankind, created the world and all that is in for our salvation – so that He could share His love for us. Out of our love and gratitude for Him in return we should follow Him and His teachings. However, God does not deprive us of free will, since without this we could not freely and fully love Him. Thus, we must CHOOSE to follow God in our lives. We do this by faithfully following the teachings of the Orthodox Church, as this is the Church which God established for our salvation.

\*Theotokos: Mother of God

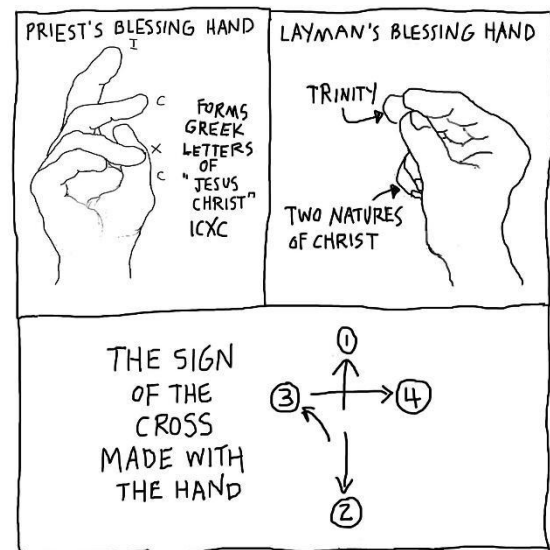
## Nature of the Holy Trinity

God the Holy Trinity The only True God is God the Holy Trinity: the Father, the Son, and the Holy Spirit. The Son is begotten of the Father. The Holy Spirit proceeds from the Father. God IS – there was never a time when God did not exist and there never will be a time when God does not exist, and therefore we only use the present tense to describe God. The relationship between the persons (the Father, the Son, and the Holy Spirit – one God in three persons) of the Holy Trinity is the highest and most profound example of love - an example Orthodox Christians strive to emulate at all times.

### Sign of the cross

Orthodox Christians cross themselves with their right hand, with the first three fingers (thumb, index, and middle) put together symbolizing the Holy Trinity, and the last two fingers folded into your palm which symbolize Christ's nature as fully man and fully God. Touch the two fingers and thumb to the forehead, then down to the lower part of your chest, then the right shoulder followed by the left shoulder.

In general, you should cross yourself, when you hear one of the variations of the phrase, "Father, Son, and Holy Spirit"; at the beginning and end of the liturgical service or your private prayers; entering or exiting the church, or when passing in front of the Holy Altar; before venerating in icon, the cross, or Gospel book. Do not cross yourself before the Chalice at Holy Communion, or before receiving a blessing from the clergy.



### Receiving a blessing from the Clergy

We receive blessing from the clergy, a priest or bishop, because we respect their sacred office. The priest during his Holy Ordination he has received the Holy Grace to impart spiritual gifts and blessings, more so, though sinful as a man, a priest represents Christ. So, it is proper to receive a blessing when greeting or parting with a priest or bishop, and after the certain prayers, like confession. To receive a blessing from a priest: please your right hand over your left hand and say, "Father Bless." After the priest makes the Sign of the Cross kiss their right hand. To receive a blessing from the bishop you must bow first reaching with your right hand to the floor, then place the right hand over the left and say, "Master Bless." After his blessing kiss his right hand.

### Behavior in Church

When going to church we should always make an effort to dress neatly, cleanly, and modestly, you should also come on time, if not early. Upon entering the church (and leaving), we should always cross ourselves and bow towards the altar, having done so we then may venerate the icons in the church. When standing in church we must face the altar, as it is the holiest part of the church. While it is preferable to stand during the service it is permissible to sit for brief periods, but not during important prayers or parts of the service. When the priest blesses us, with the candles or the cross we bow in

veneration. You should not talk during the services, it is disrespectful to God, and rude to others who are trying to pray; wait until you leave the church. At the end of the liturgy, it is traditional to eat a piece of holy bread or antidoron - the bread that was left over after Holy Communion was prepared. While antidoron is not Holy Communion, it is blessed bread and as such, should be eaten carefully so that crumbs don't fall all over the place. Do not leave services early, it is not only rude, but it deprives us of a blessing.

-----Prayers in either Church Slavonic or English-----

**Our Father**

**English:** Our Father, who art in the heavens! hallowed be thy name, Thy kingdom come: Thy will be done, on earth as it is in Heaven. Give us this day our daily bread: and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

**Church Slavonic:** Отче наш, Иже еси на небесѣх! Да святится имя Твое, да приидет Царствие Твое, да будет воля Твоя, яко на небесѣх и на землѣ. Хлеб наш насущный даждь нам днесь; и остави нам долги наша, якоже и мы оставляем должникѣм нашим; и не введи нас во искушение, но избави нас от лукаваго.

*[Otche nash, ezhe esi na nebeseh! Da svyatitsya imya Tvoe, da priidet Tsarstvie Tvoe, da budet volya Tvoya, yako na nebesi i na zemli. Hleb nash nasoosh'niy dazh nam dnes'; i ostavia nam dolgi nasha, yakozhe i mi ostavlyаем dolzchnikom nashim; i ne vedi nas vo iskooshenie, no izbavi nas ot lookavogo.]*

Our Father is the most important prayer we know. When we read this prayer, we are praying directly to God the Father. This prayer was taught to the apostles by Jesus Christ Himself when they asked Him, "How should we pray?" It is found in the Gospel, which is the story of the life of Christ written down by four of His Apostles. We should say this prayer every morning and night.

## -----HERITAGE - RUSSIAN LANGUAGE-----

**Русский Язык***[ruskiy yazik]*

You must learn the Russian alphabet, this means being able to identify each letter by name and the sound it makes (which is written in italics underneath the letter). Practice it carefully with your instructor and by yourself.

**Русский Алфавит***[ruskiy alfavit]*

<b>Аа</b> <i>ah [car]</i>	<b>Бб</b> <i>be [bit]</i>	<b>Вв</b> <i>ve [vine]</i>	<b>Гг</b> <i>ge [go]</i>	<b>Дд</b> <i>de [dad]</i>	<b>Ее</b> <i>ye [yet]</i>	<b>Ёё</b> <i>yo [yonder]</i>
<b>Жж</b> <i>zhe [treasure]</i>	<b>Зз</b> <i>ze [zoo]</i>	<b>Ии</b> <i>ee [see]</i>	<b>Йй</b> <i>ee kratkaya [boy]</i>	<b>Кк</b> <i>ka [kid]</i>	<b>Лл</b> <i>el [lamp]</i>	<b>Мм</b> <i>m [me]</i>
<b>Нн</b> <i>n [no]</i>	<b>Оо</b> <i>o [on]</i>	<b>Пп</b> <i>p [pot]</i>	<b>Рр</b> <i>er [red]</i>	<b>Сс</b> <i>es [snake]</i>	<b>Тт</b> <i>te [toy]</i>	<b>Уу</b> <i>ooh [boot]</i>
<b>Фф</b> <i>ef [face]</i>	<b>Хх</b> <i>ha [house]</i>	<b>Цц</b> <i>tsa [its]</i>	<b>Чч</b> <i>cha [chimp]</i>	<b>Шш</b> <i>sha [sharp]</i>	<b>Щщ</b> <i>shcha [ship]</i>	<b>Ъ *</b> <i>tverdiy znak</i> Hard sign – silent
<b>Ы *</b> <i>y [ill]</i>	<b>Ь *</b> <i>myagkiy znak</i> Soft sign – silent	<b>Ээ</b> <i>eh [met]</i>	<b>Юю</b> <i>you [menu]</i>	<b>Яя</b> <i>ya [yak]</i>	*These letters are never used in the beginning of a word, so they have no written capitals.	

While we don't expect everyone to become fluent in Russian after just four weeks of camp, a good start is to learn basic words, phrases, and numbers. Learn what these mean and how to say them.

**Числа [chisla] - Numbers**

<b>0 ноль</b> <i>nol'</i>	<b>6 шесть</b> <i>shest'</i>
<b>1 один</b> <i>odin</i>	<b>7 семь</b> <i>sem'</i>
<b>2 два</b> <i>dva</i>	<b>8 восемь</b> <i>vosem'</i>
<b>3 три</b> <i>tri</i>	<b>9 девять</b> <i>devyat'</i>
<b>4 четыре</b> <i>chetyre</i>	<b>10 десять</b> <i>desyat'</i>
<b>5 пять</b> <i>pyat'</i>	

Слова [*slova*] – Words

<b>Hello</b>	Здравствуйте [ <i>zdra-stvooy-te</i> ]
<b>Goodbye</b>	Досвидание [ <i>dos-vi-danie</i> ]
<b>Good morning</b>	Доброе утро [ <i>dobroe utro</i> ]
<b>Good night</b>	Спокойной ночи [ <i>spokoynoi nochi</i> ]
<b>Please</b>	Пожалуйста [ <i>pozha-luy-sta</i> ]
<b>Thank you</b>	Спасибо [ <i>spra-sibo</i> ]
<b>Yes</b>	Да [ <i>da</i> ]
<b>No</b>	Нет [ <i>net</i> ]
<b>May I please... ?</b>	Можно мне пожалуйста...? [ <i>mozh-no mne pozha-luy-sta</i> ]
<b>Left</b>	Лево [ <i>levo</i> ]
<b>Right</b>	Право [ <i>pravo</i> ]
<b>How are you?</b>	Как дела? [ <i>kak dela</i> ]
<b>My name is...</b>	Меня зовут... [ <i>menya zavoot</i> ]

## -----HERITAGE - GEOGRAPHY-----

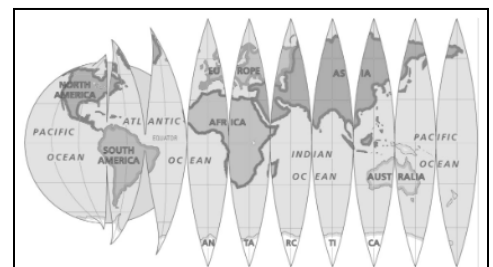
**Direction**

Cardinal directions are the four main points of the compass: North (N), East (E), South (S), and West (W). North and South are directed towards the north and south poles of the Earth, and the Earth's rotation defines East and West.

If a needle is magnetized and allowed to move freely, for example floated on water, or on a special device called a compass, it will align itself with the Earth's magnetic field which is almost in the same direction as North.

zSince a compass is not always available there are ways you can tell direction using nature signs. The sun always rises in the East and at night, sets in the West. Once you figure out East or West you can figure out the rest of the directions. If you face East, to your right will be South, your left will be North, West will be behind you.

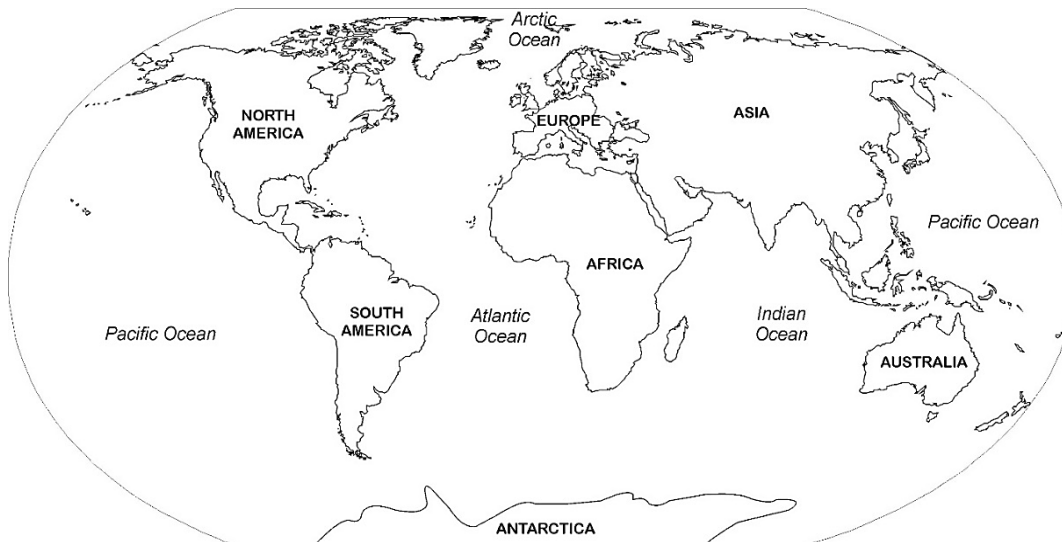
On a map, North is almost always at the top. A map of the Earth is a picture of the world on a flat piece of paper, but a globe is really a better version of what the Earth really looks like. This is because it is hard to peel a layer off a round object, like a globe, and make it flat without stretching some parts of the map and shrinking others.



## Continents

More of the planet Earth is covered by water than land. The land is divided into separate parts called continents. These are North America, South America, Africa, Europe, Asia, Australia, and Antarctica. Two of these continents are connected: Europe and Asia, which are only separated by the Ural Mountains. The largest bodies of water are divided into 5 oceans, they are Atlantic, Pacific, Indian, Arctic, and Southern Oceans.

### Map of the World



### Russian Federation

#### Capital: Moscow

Russia is the largest country in the world accounting for one tenth of all landmass. It stretches over two continents, Europe and Asia and spans across 11 time zones. The landscape varies greatly from deep forests, tall mountains, frozen Arctic tundras, treeless plains called “steppes,” to pine forests known as “taigas.” The massive and diverse landscape makes Russia a home to many rare animals like the Asiatic black bear, snow leopards, pikas (a mouse-like mammal), and the Siberian Tiger. Russia is rich with bodies of water, having around 100,000 rivers including the two longest lakes in Europe, Ladoga and Onega, and the world’s deepest and oldest lake Baikal. Russia is also the world’s leader of natural resources like, oil, natural gas, timber, coal, gold and other precious metals.



### United States of America Capital: Washington D.C.

The United States is the third largest country in size located in North America. Because of its wide range of geographical features, the United States has an example of almost every global climate in its wildlife and landscapes: the tropics, Great prairies, volcanoes, mountains, forests, Alaskan tundras, and deserts. The United States has the greatest group of interconnected freshwater lakes: Superior, Huron, Michigan, Ontario and Erie, which are so large they have been referred to as “inland seas”. Its most abundant natural resources are coal and timber but also has deposits of natural gas, oil, gold and copper. While there are many beautiful natural phenomenon, the United States is home to one of the 7 natural wonders of the world: The Grand Canyon.

## -----HERITAGE - HISTORY-----

Before we begin to learn the history of Russia, it is important to first understand who the “Rus” and “Slavs” were and are. The Rus and Slavs were originally two completely different tribes who lived in different places and had different physical traits!

### **Who are the Slavs Today?**

Slavs are an Asian-European group of people who speak Slavic languages. They are native to Eurasia, stretching from many parts of Europe to central and western parts of Asia. Today there is a large Slavic scatter of people throughout North America, the United States and Canada because of immigration, but they are the largest cultural group in Europe. Some examples of Slavic groups from different regions are Russians, Ukrainians, Czechs, Poles, Bulgarians, Montenegrins, and Serbians.

## **HISTORY**

### **The Beginning of Rus**

Four tribes the Chuds, Slavs, Meridans, and Krivich were ruled by the Varangians, people known as Vikings of the West. When the 4 tribes grew tired of paying tribute, they drove the Varangians out of their land and governed themselves. Ruling alone brought disorder so they went back to the Varangians overseas to a tribe called Rus, saying that their land was great and needed a ruler. So, the Rus migrated to their land and they integrated into one tribe.

### **Rurik (830 – 879)**

After the Varangians Russes migrated they selected three brothers to rule. The oldest, Rurik, located himself in the city called Novgorod; the second, Sineus, at Beloozero; and the third brother, Truvor, in Izborsk. Because of these Varangians brothers the region of Novgorod became known as the land of Rus. Soon the youngest brothers died, and Rurik became the sole ruler.

During Rurik’s rule, two boyar men, Askold and Dir, who did not belong to Rurik’s tribe, took their families and made their own strong city rule on a hill that was once built by three brothers Kiy, Sheck, and Khoriy. With their Rus tribe Askold and Dir attacked Greece and Tsar’grad, made a great massacre of the Christians in two hundred boats. The Emperor of Byzantine, however, with the help of God’s prayers, confused the boats of the godless, pagan, Russes with a storm and made them return to their native land.

On his deathbed, Rurik gave the throne and son, Igor, to his relative Oleg; Rurik’s son at the time was too young to rule.

### **Oleg (879-912)**



In the first 3 years of ruling, Oleg took many warriors with him to Kiev where Askold and Dir ruled. He hid his warriors and with Igor he disguised himself as a stranger from Greece wanting to visit Oleg and Igor. In the surprise attack Oleg revealed himself to Askold and Dir as the true prince, killed them and buried them on the Hungarian hill. Oleg set himself up as prince in Kiev and declared that it should be the mother of Russian cities. The Varangians, Slavs, and others who accompanied him, were called Russes. Oleg began to build stockaded towns and imposed tribute on the nearby tribes and Novgorod for the preservation of peace.

Igor' grew up and followed Oleg, obeying his instructions he married Olga. Between 904 and 907 while Igor stayed in Kiev, Oleg attacked the Greeks with many pagan tribes. He arrived before Constantinople and slaughtered many Greeks on the shore destroying many palaces and burning churches. Oleg with his warriors captured prisoners that were beheaded, tortured, shot, and cast into the sea. Making wheels for the ships they prepared to attack the city further, but with the prayers of peace from Greeks, Greek Emperor Leo, agreed to pay tribute to the Oleg and the Russes. By 912 Oleg had treaty a between the Greek and the Russes, ruled in Kiev, and stayed at peace with all nations.

**Death of Oleg:** When he returned from war, Oleg remembered his horse that was ordered to be well fed but never mounted because a group of wonder-working magicians warned that his death would result from that horse. He asked his senior squire about the horse, the squire answered that the horse was dead, Oleg laughed and mocked the magician. He rode to the place where the bare bones and skull lay, he laughed and remarked, "So I was supposed to receive my death from this skull?" He stamped upon the skull with his foot and a serpent crawled from it and bit him in the foot, Oleg grew ill and died. All the people mourned for him in great grief and buried him upon the hill which is called Shchekovitsa.

### Igor (914-945)

Igor' began his reign. The Derevlains tribe, however, resisted Igor' after Oleg's death. So, in 914 Igor' attacked the Derevlains, and after conquering them, he imposed on them a larger tribute than Oleg.

Later during his rule, Igor' attacked the Greeks. The Bulgarians sent word to the Emperor that the Russes were advancing upon Constantinople with ten thousand vessels. The Russes burned many monasteries and villages, torturing their captured victims. While the Greeks succeeded in driving out the Russes, they lost the war, payed tribute and established a new treaty with Igor.

In 945, Igor's advisors said to him that they wish for finer clothes and weapons, and to do this he must find tributes. To satisfy them, Igor attacked Derevlains and increased the tribute even more, now collecting it by violence with his followers. After gathering the tribute, he began to return to his city. On his way home, he told his followers to go on ahead without him while he returned on his tracks with a few of his followers. The Derevlains heard that he was returning and consulted with Mal, their prince, to kill him. They asked Igor why he returned after collecting the tribute, he ignored them so the Derevlains killed Igor' and his people.

### Olga

The Derevlain's having killed the Igor planned to take his son Svyatoslav and make Olga as a wife for their ruler Mal. They sent their 20 best men to Olga by boat and told Mal's plan. Olga Seeking revenge for her husband replied saying that the proposal is pleasing and invited them to return the next day to be carried in honor by her men. On the following day she commanded a large deep ditch to be dug in the castle, outside the city. The Derevlains



were brought on their boat as if they were honored but then were thrown into the ditch and buried alive.

The second time Olga told the Derevlians that if they wanted her to come, they should send her their distinguished men, so she can meet the Prince with honor or her people in Kiev would not let her go. The Derevlians heard this gathered together the best men and sent them to her. When they came Olga commanded a bath to be made ready and invited them to appear before her after they had bathed. When bathing the Derevlians were locked in the bathhouse, heated and burned to death.

Olga then sent to the Derevlians a message to prepare mead to weep over husband and have a feast. On the day of the feast she mourned her husband and waited for the Derevlians to get drunk and started a massacre of 5,000 Derevlians. After Olga returned to Kiev and prepared an army to attack the survivors. The war dragged on for a year. Towards the end Olga sent a message no longer seeking revenge and instead asking for a small tribute of three pigeons and three sparrows, the Derevlians agreed. Olga ordered to attach to each bird a piece of sulphur bound with small pieces of cloth and then release them. As a result, Derevlian's city was set on fire, so large it was impossible to extinguish. The people fled from the city, and Olga ordered her soldiers to catch them. Some of the captives she killed, enslaved, and rest to paid heavy tribute.

(948-955) Olga went to Greece and arrived at Constantinople. Olga came before Emperor Constantine. He saw that she was very wise and remarked that she was worthy to reign with him in his city. Olga replied that she was still a pagan, and that if he desired to baptize her, he should do so himself; otherwise, she was unwilling to accept baptism. The Emperor, with the assistance of the Patriarch baptized her. When Olga was enlightened, she rejoiced in soul and body. The Patriarch taught her the doctrine of the Church, and instructed her in prayer and fasting, in almsgiving, and in the maintenance of chastity. At her baptism she was christened Helena, after the ancient Empress, mother of Constantine the Great. She was blessed and dismissed.

### **Svyatoslav I Igorevich (945-972)**

Olga urged her son Svyatoslav to be baptized. He did not listen to her, but he let any man be baptized, often with mockery. When he had grown up and matured, he began to collect a brave army. With his warriors he defeated and expanded the boundaries of many cities, captured towns, and arranged many tributaries.

In 968 While Svyatoslav was away, the Pechenegs invaded Rus' for the first time. Olga shut herself up in the city of Kiev with her grandsons, Yaropolk, Oleg, and Vladimir. The nomads surrounded the city with great force so that it was impossible to escape or send messages from the city, and the inhabitants were weak from hunger and thirst. The people of Kiev almost surrendered but a Pecheneg general helped save the Princess and Princes sending for the return of Svyatoslav. Svyatoslav collected an army and drove the Pechenegs out.

**Death of Olga** (969) Svyatoslav announced to his mother and his boyars, that no longer wants to live in Kiev. Olga protested with him and begged him first to bury her and then to go. Three days later Olga died. Her son and all the people wept for her with great mourning and buried her in her tomb. Olga was the predecessor of the Christian land, she shone like the moon by night, and she was radiant among the infidels like a pearl in the mire, since the people were soiled, and not yet purified of their sin by holy baptism. But she was cleansed by this sacred purification.

Svyatoslav set up his sons Yaropolk in Kiev, Oleg in Dereva, and Vladimir with his uncle, Dobrynya, in Novgorod per request of the citizens. Then Svyatoslav departed to Pereyaslavets. After a war with Greeks and Pechenegs Svyatoslav's army suffered a severe famine in the winter. But

Svyatoslav stayed, nevertheless, when spring came, Prince of the Pechenegs, attacked him; and Svyatoslav was killed.

### **Yaropolk I Sviatoslavich (972- 980)**

In the beginning of his reign Yaropolk marched against his brother Oleg angered from their earlier feuds. Yaropolk overcame Oleg accidentally killing him and his soldier in a moat ditch. Yaropolk wept over him and buried him seizing his property. When Vladimir in Novgorod heard of Yaropolk killing Oleg he fled in fear. Yaropolk sent his lieutenants to Novgorod and became the sole ruler in Rus'.

Vladimir returned to Novgorod with Varangian allies informing Yaropolk that he is advancing against him to fight. Yaropolk resisted and shut himself in the city, Vladimír befriended his general and asked them to surrender, Yaropolk refused until there was famine in his city. He then agreed to surrender and went to do so in person but was stabbed to death by Vladimir's allies.

### **Vladimir the Great (980-1015) and Baptism of Rus 988**

Vladimir then began to reign alone in Kiev, and he set up idols on the hills outside the castle with the hall. The people sacrificed to them, calling them gods, and brought their sons and their daughters to sacrifice them to these devils.

Vladimir was visited by Bulgars of Mohammedan faith, who said, "Though you are a wise and prudent prince, you have no religion. Adopt our faith, and revere Mahomet." Vladimir inquired what was the nature of their religion. Vladimir listened to them, for he was fond of women and indulgence, but circumcision, abstinence from pork and wine were disagreeable to him. "Drinking," said he, "is the joy of the Russes. We cannot exist without that pleasure."

Then came the Germans, asserting that they were come as emissaries of the Pope. Vladimir inquired what their teaching was. They replied, "Fasting according to one's strength. But whatever one eats, or drinks is all to the glory of God, as our teacher Paul has said." Then Vladimir answered, "Depart hence; our fathers accepted no such principle."

The Jewish Khazars heard of these missions, and came themselves saying, "The Christians believe in him whom we crucified, but we believe in the one God of Abraham, Isaac, and Jacob." Then Vladimir inquired what their religion was and where their native land was. They replied that it was in Jerusalem, saying that their God was angry with them and scattered them for their sins. The Prince then demanded, "How can you hope to teach others while you yourselves are cast out and scattered abroad by the hand of God? If God loved you and your faith, you would not be thus dispersed in foreign lands. Do you expect us to accept that fate also?"

Then the Greeks sent to Vladimir a scholar, who explained the wrongs of all the previous religions. Explaining his faith, he showed Vladimir a canvas on which was depicted the Judgment Day of the Lord, and showed him, on the right, the righteous going to their bliss in Paradise, and on the left, the sinners on their way to torment. Then Vladimir sighed and said, "Happy are they upon the right, but woe to those upon the left!" The scholar replied that he can take the place on the right with baptism. Vladimir listened but said he will wait until he has learned about all faiths.

In 987 Vladimir then sent his wise men to inspect each of the faiths. When his men went to Constantinople they appeared before the Emperor. The Emperor directed the Patriarch to prepare the church and the clergy. When the Patriarch received these commands, he bade the clergy assemble, and they performed the customary rites; they burned incense, and the choirs sang hymns. The Emperor accompanied the Russes, they were astonished. Having returned to Vladimir they explained that only in

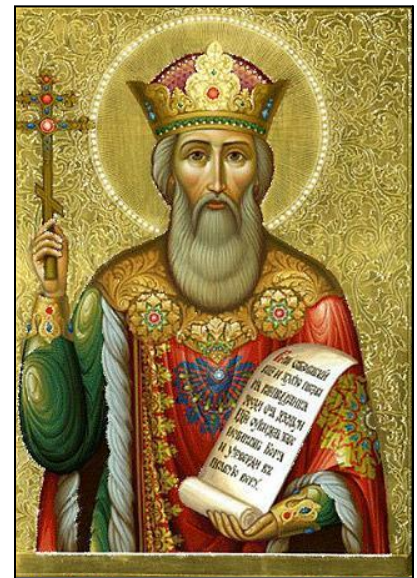
the Greek faith worshipping their God they did not know whether we were in heaven or on earth. Vladimir inquired if they should all accept baptism, and they replied that the decision rested with him.

In 988, Vladimir attacked a Greek city, but the people barricaded themselves. Vladimir became exhausted with the blockading and started to dig a tunnel under the city to cut off their water supply for the city to surrender, he raised his eyes to heaven and vowed that if they surrendered, he would be baptized. He gave orders to dig and cut off the water-supply, the inhabitants overcome by thirst, surrendered. Vladimir entered the city and demanded to marry Constantine's sister, Anna. They said she should only marry if would get baptized, Vladimir agreed but only after studying of their faith and having Anna bring the priests for baptism herself. She refused, but at the same time, by divine agency, Vladimir suffered from a disease of the eyes, blinded he was and could in great distress. The Princess declared to him that if he wanted to be cured, he must be baptized with immediately, and so Vladimir was baptized and healed.



### Baptism of Rus 988

When the Prince returned home to his capital, he directed the idols to be overthrown, cut to pieces, burned with fire, and that the Perun god be bound to a horse's tail and cast into Dnieper. On the next day, the Vladimir went to the Dnieper with the priests of the Princess from Kherson. All his people went into the water to be baptized, the priests stood by and offered prayers. There was joy in heaven and upon earth to behold so many souls saved. From then Vladimir lived in Christian faith. He began building a church dedicated to the Holy Virgin, and many other churches. He feasted and rejoiced with the rich, fed and clothed the poor, and lived at peace with the neighboring Princes. In the beginning years of the new faith the number of bandits and robbers increased. The bishops inquired why Vladimir did not punish them. The Prince answered that he feared the sin entailed. They replied that he was appointed by God for the punishment of evil and for the practice of mercy toward the righteous, so it is right of for him to punish a robber through the law.



**Death of Vladimir (1015).** Vladimir's son in Novgorod, refused to pay a sum to his father, so Vladimir prepared to attack Yaroslav, but fell ill so Boris lead his troops. Vladimir soon died but his death was kept secret. At night his companions took apart the flooring between two rooms, wrapped the body in a rug, and let it down with ropes. They had placed it on a sledge and laid it in the Church of the Virgin that Vladimir had built. When the people heard of this, they assembled and mourned him, the boyars as the defender of their country, the poor as their protector and benefactor. They placed him in a marble coffin and buried the body of the sainted Prince. He is the new Constantine of mighty Rome, who baptized himself and his subjects. Even if he had previously committed other crimes in his ignorance, he distinguished himself in repentance and almsgiving.

-----SCOUTING - THEORY-----

**Организация Русских Православных Разведчиков (ORPR)**

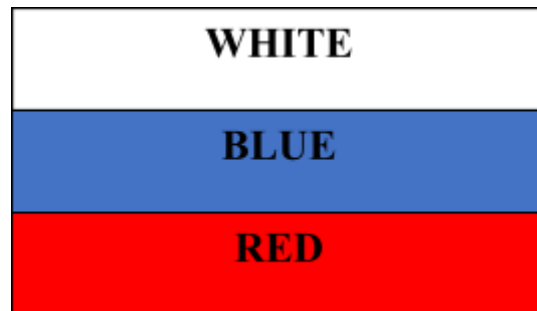
[organizatsiya ruskih pravoslavnykh razvedchikov]

ORPR is the name of our organization stands for: “Organization of Russian Orthodox Pathfinders” in the Russian language, but the initials are kept the same in both languages.

Our camp is run by this organization and was formed by our church. It is the only Russian scouting organization that is run directly by the Russian Orthodox Church Outside of Russia (ROCOR). Our camp goal is to teach children about Orthodox Christian faith and spirituality, Russian culture, and Scouting.

Опалченский Крест [opalchenskiy krest]

Translated as “The Cross of Opalchen Guard” it is the symbol of our organization. The cross is found on our uniforms. The cross has a Russian Imperial two-headed eagle in the center of the letters ORPR printed on four arms.

Русский флаг [ruskiy flag]

The Russian flag is three horizontal colors white, blue, and red. A flag is the symbols of its country and its people, so it must be honored and treated with respect. A flag must never be desecrated, damaged, or soiled, it must never touch the ground or water.

Девиз Организации [deviz organizatsii]

Translated as the “Scout motto,” or the words we live by. At the end of the Preobrazhenskiy marsh, we all say the words “Не посрамим земли Русской!” [ne posramim zemli russkoy] as loud as we can. The words in translation mean, “We will not shame the Russian land.”

Преображенский Марш [preobrazenskiy marsh]

This is the anthem, or the official song of ORPR. It was originally a march sung by Peter the Great’s Army. In the anthem the army soldiers described how they loved their Czar and would gladly join him in any battle against any opponents and how he would fight at the head of their army and lead them to victory. As pathfinders, we follow in the tradition of this song. For fifth level we need to know the first stanza:

Знают Турки, нас и Шведы, и про нас известен свет.<sup>1</sup>  
[znayoot turki, nas i shvedi, i pro nas izvesten svet.]

1. We’re known to the Turks and Swedes,  
and the rest of the world has also heard.

На сражения, на победы, нас всегда сам Царь ведет. <sup>2</sup>  
*[na srozhenia, na pobedi, nas vseгда sam czar vedet.]*

2. Into battle, on to victory, we are led by the  
 Czar himself.

### **Первый закон разведчиков**

*[perviy zakon razvedchikov]*

Translated as “The first rule of pathfinders.” Now that you are a Pathfinder it is your duty to be faithful to God, your heritage, and be loving to your neighbors. These values are reflected in the 12 rules of Pathfinders. As a true Christian and Pathfinder, you should try to always follow them even outside of camp. In the next levels of Pathfinders, you must take an oath to always remember and obey all 12 rules, but for 5<sup>th</sup> level you need to learn the first, and most important one.

**Разведчик верен Богу, Отечеству, родителям, и начальникам.**

*[razvedchik veren bogu, otechestvu, roditelyam, nachalnikam]*

A pathfinder faithful to God, his heritage, his parents, and his superiors.

## -----SCOUTING - PRACTICAL-----

### **Orienteering Signs**

Orienteering signs are used by Pathfinders to mark a trail so that others can find them and follow. Signs can be made of almost anything; in the woods, symbols are often made from sticks, rocks, or grass. You must always be quiet and do nothing to bring attention to yourself when following these signs, as one of their original purposes was to indicate a path in areas where an enemy might be present. When going from one sign to the next, be careful not to disturb the signs because others will be looking for them after you pass. In competition, anyone found disturbing signs will be penalized.

**Walk that way**

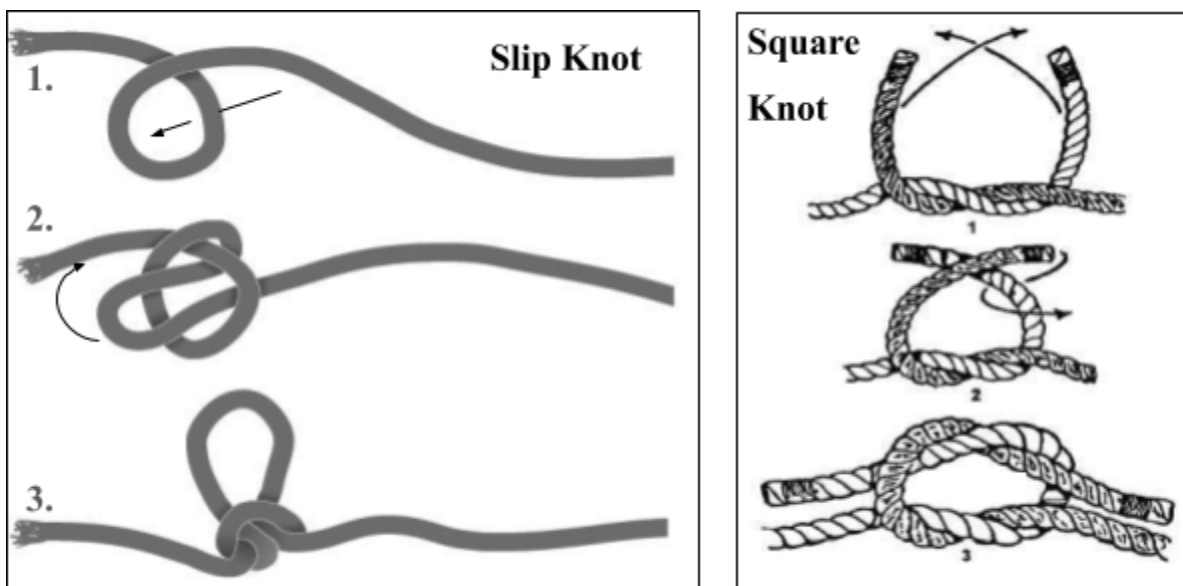


**Wait for me here**



**Hurry****Whistle****Run****Caution****Wrong Way****Knots**

For 5<sup>th</sup> level you need to learn to make a **Square Knot** and a **Slip Knot**. A square knot is good for holding two ends of a rope together, while a slip knot is good for tying a rope to an object.



-----SCOUTING - FIRST AID & OUTDOOR SAFETY-----

**Hygiene and Health**

Before discussing first aid it is important to learn about the maintenance of health and hygiene. Personal hygiene is how you take care of your body including showering, washing your hands, and brushing your teeth. Every day we come in contact with bacteria and viruses, practicing good hygiene habits helps prevent illnesses. Here are some guidelines to follow:

- Remember to scrub your hands and nails for 20-30 seconds with soap, especially before eating or handling food, after dealing with garbage, touching animals, using the bathroom, sneezing, coughing and being outdoors. If you don't have the opportunity to wash your hands use alcohol-based hand sanitizer.
- You should shower almost every day, washing your face all body parts well, hair should be ideally washed at least 2 times a week.

- Brush your teeth in the morning and night before bed for 2 minutes and flossing frequently.
- Keep your nails short and clean, also avoid biting them

To keep from getting sick and living a long life you should also maintain your health by eating healthy foods especially fruits and vegetables, drinking water, being active with exercise or activities every day, and getting enough sleep.

## FIRST AID

First aid is the first assistance given to a person who is injured or ill until others arrive to help. It is important to learn basic First Aid because accidents can happen, especially during outdoor activities. Some injuries and illnesses need to be taken care of immediately since simply waiting can worsen the situation. For 5<sup>th</sup> level you only need to learn how to treat common, non-life threatening injuries.

### Cuts and minor wounds

1. Stop the bleeding, press firmly over the site with a clean cloth until it stops, (or raise it higher than your heart) anywhere from 3 to 15 minutes.
2. Wash the wound under lukewarm running water and gently pat dry. Gently lather with soap or peroxide if a wound is dirty or was caused by an animal scratch.
3. Apply anti-biotic ointment (like Neosporin) if the skin is broken.
4. Cover the wound with a bandage or gauze and adhesive tape. Dab on the ointment and apply a new bandage daily (or twice daily, if it's a large or deep wound) until the cut heals

### Burns

1. Immediately hold under cool running water or apply a cold, wet towel until the pain subsides.
2. Cover any small blisters with a loose bandage or gauze and tape.
3. Don't pop any blisters yourself. If the skin breaks, apply anti-biotic ointment (Neosporin) and cover the area with a bandage or gauze and tape until it's healed.  
Professional medical attention is needed if the burns are large or very deep (when the skin is white, brown, or dry)

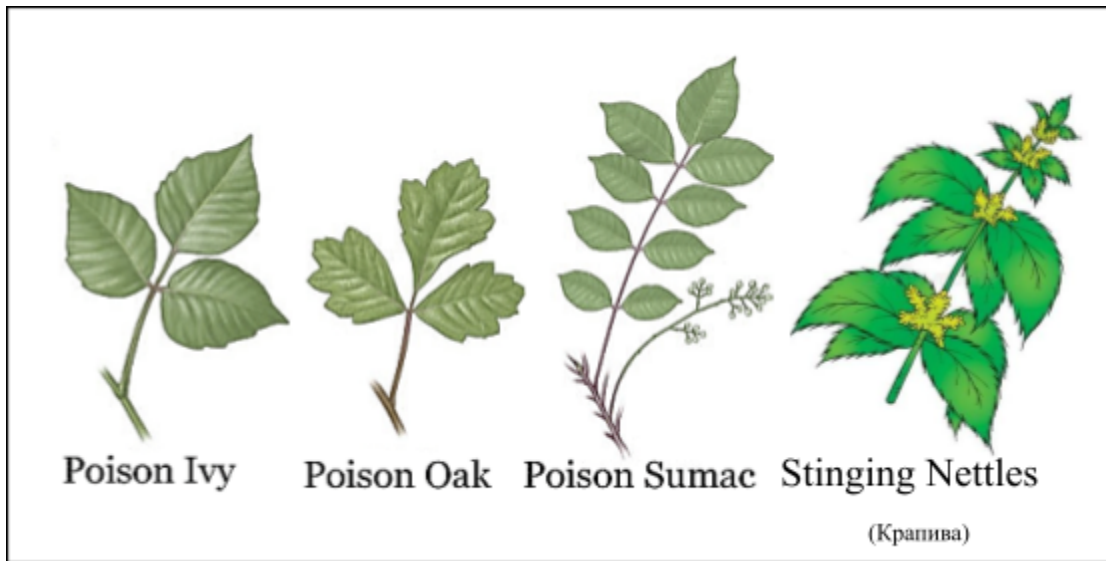
### Poisonous plants

Ivy, Poison Oak, Poison Sumac, and Stinging Nettles are all plants native to this region, and all can cause itchy rashes. This rash is caused by an oil found in the plants. This oil is called urushiol (you-roo-shee-all). The itchy, blistering rash often does not start until 12 to 72 hours after you come into contact with the oil.

1. Clean your skin with warm, soapy water. If you can rinse your skin immediately after touching poison ivy, poison oak, or poison sumac, you may be able to rinse off some of the oil. If not washed off, the oil can spread from person to person and to other areas of your body.
2. Wash your clothing and anything that may have the oil on it. The oil can stick to clothing, and if it touches your skin, it can cause another rash.
3. Apply calamine lotion or hydrocortisone cream.
4. Do not scratch, scratching can cause an infection or spreading.



Poison Ivy has compound leaves of three that connect to one stem. Young Poison Ivy leaves are light green and have toothed edges, it grows as a vine or shrub. Poison Oak also has leaves of three on one stem, the leaves look similar to Oak Tree leaves; it also grows as a vine or shrub. Poison Sumac has 9-13 leaves on one stem. The leaves are round with pointed tips, and this plant grows as shrubs or trees. Stinging Nettles has toothed leaves, small yellow and furry flowers, and the plant is covered in tiny hairs. It grows in sunny areas near water.



### Clothing

One of the most important functions of clothing is to protect human body from the elements. At camp when we do many outdoor activities such as Beg, Varka, Night Games and Trivogas that require proper attire to protect us from poisonous plants, insects, cold weather conditions, and injuries.

How to dress: Wear comfortable shoes that have the sole and heel covered; socks, preferably that go above the ankle; light-material long sleeved shirt (if it is a warm day); long pants; and finally, a head covering such as a hat or bandana.