

Ukrainian Orthodox Church of the USA



Christ IS Risen!

2018/2019

Office of Youth & Young Adult Ministry

Leader Manual ages 4 - 8

Leader notes

Thank you for serving as a Youth Leader in 2018/2019! This year's curriculum aims to help the children answer the questions:

- *What is Great Lent?*
- *What is Pascha?*
- *How is Christ Risen in my life?*

This curriculum is designed to be carried out in one session per class meeting, but please feel free to adjust in response to the children. If you find that they want more time to discuss a particular idea or session, others may be shortened or abbreviated, as long as the main understandings above are addressed. Youth can take turns reading the text to the class, or you may choose for them to read it to themselves if they need to adjust the pace.

Sessions are divided into two types: Traditional and Praxis (Experiential). The first nine sessions are developed in a traditional format and the following eight are set in an interactive format. It is suggested that the praxis sessions be interspersed or combined with the traditional sessions based on your discretion. The praxis sessions may be found in the Praxis Session Plan.

This leader's guide includes many suggested topics and activity ideas, and notes are in italics. Again, feel free to modify based on your class and their maturity. Be sure to check with your priest if any significant changes are made.

Most sessions require chart paper, post it notes, and pencils. Other supplemental materials are provided –please be sure to see what you need ahead of time.

General Notes and Suggestions:

Modifications: This curriculum is written for grade school level youth, but the maturity and academic abilities of 4 -8 year-olds can vary greatly, as can their familiarity with the topics being discussed. Although there are some specific ideas for modification listed throughout the curriculum, here are a few general suggestions:

Modifying for younger youth/lower abilities:

Rephrase sections of the text, or ask a quick question as youth read to be sure they are comprehending. This may also be useful if you find the youth need more time working on a different section of the session. Answer questions together.

Modifying for older youth/higher abilities:

Have youth read passages individually and paraphrase them in their own words to share with the class. You may also give a particular youth "homework" to read and prepare an explanation of a passage in order to begin the class discussion the next day. Be sure to communicate with parents so that youth have support as they work at home.

Sensitivity: Sensitivity and empathy are key to any learning environment. Encourage youth to talk freely about experiences they have had. As facilitator of these discussions, it is important to remind the youth that everyone deserves our respect as images of Christ, and that God is the only judge. Keep an eye on all of the youth

and be sure to address any unusual/unexpected conversations with your priest in case further discussion is needed. Young people tend to be more comfortable sharing in situations where they have developed relationships with the other youth and adults in the room. If this is the first time being together for the majority of the group, it might be helpful to do a few “get-to-know-you” activities first. Be sure to include yourself in some of these activities so that the youth begin to develop a relationship with you as well as their peers

The content of sessions and conveying that content is an important part of your ministry. However, the time spent together and relationships created and maintained are just as crucial. It is within this combination of worship, relationship, interaction, learning and living that our youth encounter Christ and deepen their relationship with Him and His church.

Iconography use: Icons exist first and foremost as a tool through which we glorify God. Access to images of icons on the internet can enhance the understanding of your students and bring authenticity to their work, however it is important to consider the source of the icon, to be respectful of the author's work, and to be thoughtful about any applicable copyright issues. When possible, it is best practice to use icons after receiving permission from the iconographer. Most of the icons provided in the curriculum materials are used with the permission of the iconographer, however not all were able to be identified. Please consult your parish priest for guidance in the selection of appropriate icons.

Taking it Home

It is highly recommended that you create a strong link between your youth programming and the families of youth that you serve. Send home a weekly summary of what you worked on with the youth. This could be accomplished through handouts, email, Facebook groups, etc. You may want to include some points or questions for discussion in the home. Ask the youth to provide suggestions for how they can “take home” and live what they learned. These could be included with the parent update.

We have included a template for this correspondence. There are suggestions throughout the curriculum for activities to be completed at home and brought to the next session. We understand that many parishes struggle with consistent attendance, however, setting this as a habit and expectation may help to keep youth as involved as possible.

**** NOTES FOR SESSION STRUCTURE ****

Each session should contain an element of prayer. You may simply choose an appropriate prayer to begin and end the session, choose a tropar of a saint who you are discussing that day, or join together in a service such as evening prayers, vespers, or an akathist.

Use space and breaks wisely- simply moving from tables to the floor for a story about a saint can help keep children of this age group focused. Break times have not been specifically designated within the session instructions, however it is a good idea to include a few short breaks at times that seem right for your group. Consider staying in one place and stretching, or marching around the room for a minute just to let off some steam.

Christ IS Risen!

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Praxis Sessions available in the Praxis Session Plan

Created by Kira Senedak for Mommy& Me/Daddy & Me Camp 2018

Revised and edited for Parish Use Kira Senedak and Natalie Kapeluck Nixon 2018

Acknowledgments

Iconography – Archangel Icons - www.archangelicons.com

Orthodox Clip Art – Orthodox Church in America Department of Religious Education

<http://dce.oca.org/resources/line-drawings/>

Christ IS Risen! Logo Design/Photography – Myr Arts

Project Sample Graphics – Mommy & Me/Daddy & Me Camp and Diocesan Church School Camp

Session One: Christ IS Risen!

Main Ideas: Introducing the theme and preparing for the year.

Supplies needed: Small photo albums for each child, markers, gems, stickers, glue, icon of the Resurrection, Christ is Risen! in different languages

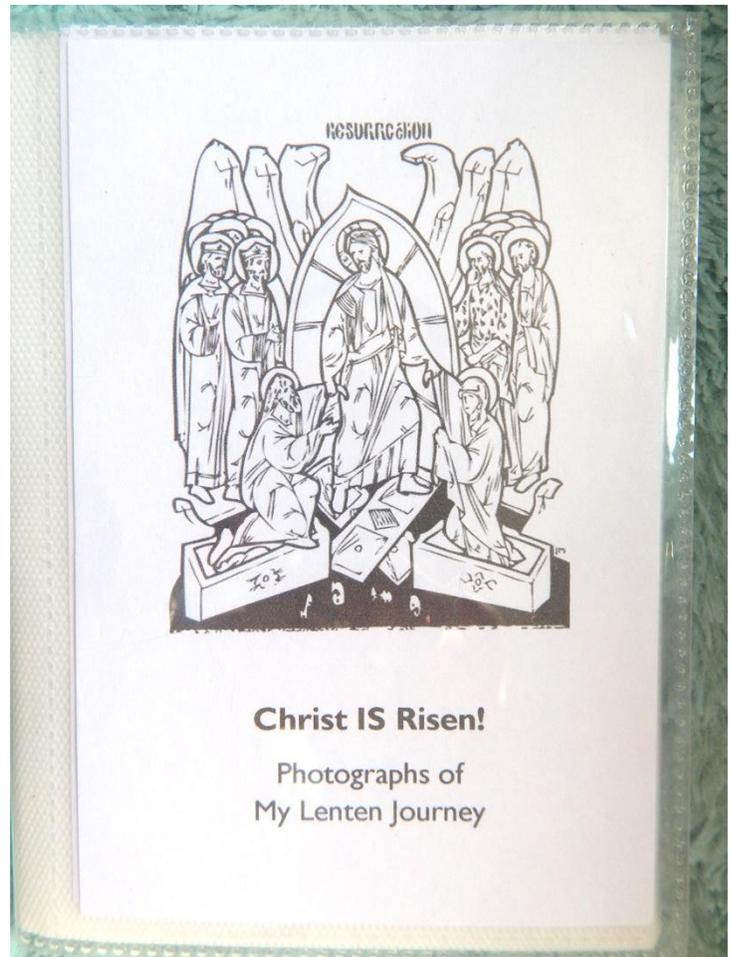
Warm Up Activity (5 minutes): Have the children sit in a circle and say their name and favorite thing about Pascha/Easter. Ask them if they know what a greeting is. You can explain that a greeting is way for people to welcome or say hello. Ask them what ways can we greet people (saying hello, hi, shaking hands, hi five, etc). Continue by asking them if they have any special greeting that they use with family members or friends (such as a handshake).

Explain that we have special greetings in the church. We have the greetings we use on most days such as "Glory to Jesus Christ" and "Glory Forever". Ask them if they know of any special church greetings. Do we have a special greeting for Pascha? Introduce the greeting – Christ is Risen – Indeed(truly) He is Risen! Ask them if they know this in any other languages.

Explain that Pascha is such a special day we try to learn this greeting in as many languages as possible. Try to have them say at least 5 different languages for fun but make sure they at least know English and Ukrainian.

At this point, pass out the photo albums. Give the children time to decorate the covers.

Complete the session in prayer and reviewing the Christ is Risen! greetings.



Session Two: Great Lent

Main Ideas: An introduction to Great Lent

Supplies needed: Lenten Photo Albums, Copies of each icon line drawing to fit in the photo album, larger copies of icon drawing (at least 8.5 x 11), brief explanation of the Sundays of Great Lent.

Preparation: Place the larger icon line drawings around your room, through the church school area or church hall. These will be used for the Lenten Journey Walk.

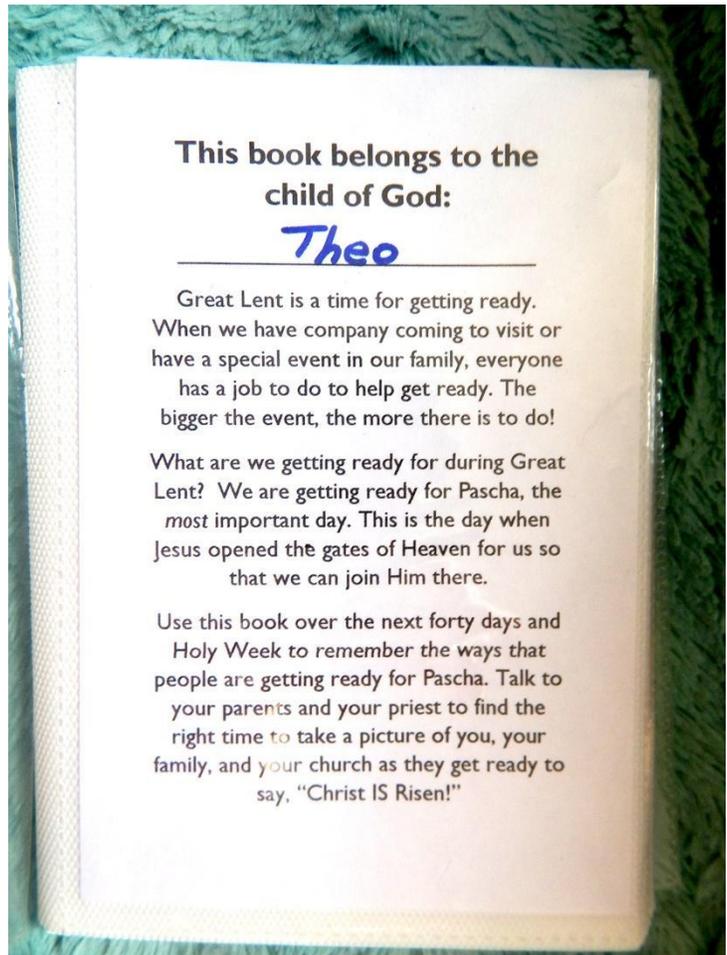
Lenten Journey Walk: Ask the children if they have ever been on vacation. Allow time for them to tell you where they have gone. Proceed to ask how did they get there? How long did it take? What did they do to prepare for their vacation? Use their answers to aid in your explanation of Great Lent. Explain that each of them had to go on a journey to get to their vacation. They either traveled by car, airplane or boat. Some of their trips were short and others longer. They also needed to prepare all the things they needed for their vacation and pack them up – toothbrushes, clothes, snacks, etc. Great Lent is our journey to Pascha! It is a time for us to travel and prepare for the feast day just like we travelled and prepared for our vacation.

Let's learn about the special Sundays that help us prepare on our journey to Pascha!

At this point, pass out the Lenten Photo Albums and tell them that you are going on a Lenten Journey Walk. Stop at each icon drawing that you place around the room. Ask them what they see in the icon and then give a brief explanation of the week. Pass out the corresponding smaller copy for them to place in their photo album. Ensure they have left the opposite page open for a photo of their family.

Complete the session in prayer – begin teaching the Tropar for Exaltation of the Cross.

Oh Lord, save your people and bless your inheritance. Grant victory to the Orthodox Christians over their adversaries and by virtue of your cross preserve your habitation.



Session Three: The Cross in our Lives

Main Ideas: The importance of the Holy Cross in our lives.

Supplies needed: Video from Youtube

<https://www.youtube.com/watch?v=VGKdncWVD6I> or

https://www.youtube.com/watch?time_continue=59&v=crJyWroSd08, Cross

Coloring Page or a Cross project, A copy of the book *Every Time I do My Cross*

available at [https://theorthodoxchildrenspress.bigcartel.com/product/every-](https://theorthodoxchildrenspress.bigcartel.com/product/every-time-i-do-my-cross-pre-order)

[time-i-do-my-cross-pre-order](https://theorthodoxchildrenspress.bigcartel.com/product/every-time-i-do-my-cross-pre-order), colored star stickers or washable markers

(photo from Illumination Learning [\[learning.com/main/project/orthodox-homeschool-planning-guide-for-\]\(http://illumination-learning.com/main/project/orthodox-homeschool-planning-guide-for-parents/\)](http://illumination-</p></div><div data-bbox=)

[parents/](http://illumination-learning.com/main/project/orthodox-homeschool-planning-guide-for-parents/))

Preparation: Ensure that you are able to show your chosen video to the children. Prepare any needed materials for a cross project. Order a copy of the book noted in Supplies Needed.

Note: This session may be broken into two parts for purposes of time.

Take the children around your church school area or into the church itself. Ask them to count as many crosses as they can. Ask them if why the cross is important to us. Utilize their answers in tailoring your response. The cross is a symbol that Jesus gave to us to remind us that He Is Risen!

Do you have a cross? Where do you have a cross? Can we make a cross without using any materials other than our hand? *At this point, read the book Every Time I do My Cross.*

When the book is finished, use the stickers or washable markers as shown in the photo from Illumination Learning. Have the children practice holding their hands and making the sign of the cross.

Now show them the video from Youtube. Explain that the cross is always special but especially during Great Lent. There is a special hymn to the cross. Allow the children to practice singing with the video.

Ask them what the people are doing in the video. They are making a prostration or a bow. We bow or prostrate so that our whole body is praying – making our prayer extra special.

Allow the children to practice a prostration. If you have chosen a cross project. Allow time for it now.

Complete the session by singing the hymn, Before thy Cross.

Before Thy Cross, we bow down in worship O Master and the Holy Resurrection we glorify!



Session Four: Christ in the Tomb

Supplies needed: Plaschenytsia or Shroud (you will need the permission and help of your priest with this). Coloring page of the shroud from www.oca.org. Orthodox Study Bible

*Preparation: Locate the book *Glorious Pascha* it may be purchased at <https://store.ancientfaith.com/glorious-pascha/>*

Begin by asking the children is they remember how to do a prostration. Allow them to demonstrate if they remember. If not, remind them of what a prostration is and have them practice.

You may start by reading *Glorious Pascha*, the section on Holy Friday. Briefly discuss that Jesus died so that we may saved from sin (bad decisions). Ask if any of them have ever been to a funeral or funeral home. Ask what they experienced. Ask if any of them have ever been to a cemetery or know what one is. Utilizing the Orthodox Study Bible, paraphrase the events of the Crucifixion. Explain that when Jesus died, he was taken to a tomb that was a special cave. His mother Mary and some other family and friends took him there.

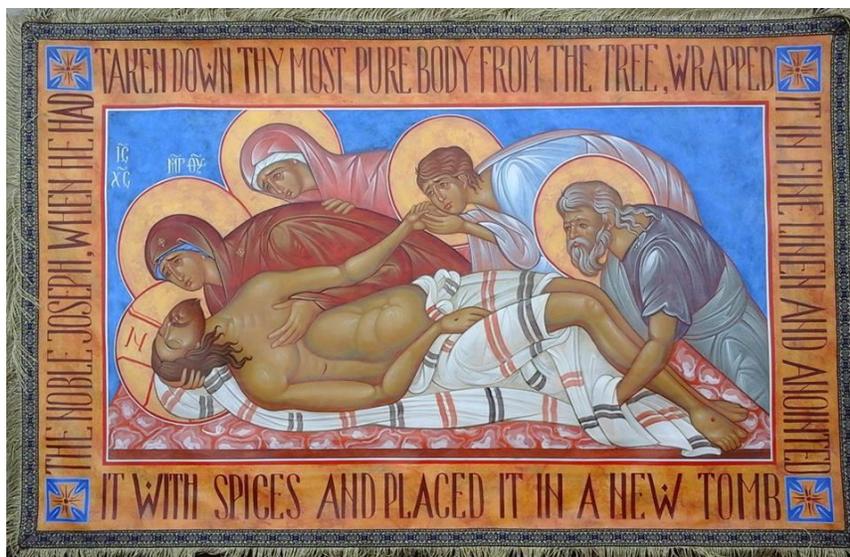
To remember this, we have a special icon called a Plaschenytsia or Shroud. On Great and Holy Friday, we process or walk with the shroud around the church, just like the family and friends of Jesus did when they took him to the tomb. We venerate or honor the shroud to remind us of Jesus as if he is with us. *At this point, show the Plaschenytsia and allow the children to ask questions.*

Show them how to prostrate and venerate the shroud. Your parish priest could be present to field any questions.

Have the children wait silently as they shroud is venerated.

Pass out the coloring pages and allow the children to color in their shroud. Depending on the size of the photo albums you have chosen for them, you can make a copy to fit the photo album. Either have them color the correct size of color a larger copy, scan into the computer and print a smaller version for their album.

Close the session in prayer – perhaps reviewing the hymn *Before Thy Cross* or teaching *Having Suffered thy Passion*.



Session Five: The Resurrection Part I

Main Ideas: Discovering the Risen Lord!

Supplies needed: Orthodox Study Bible, Podcast of “Christ Has Risen! Children” by Svetlana Visotskaya on Ancient Faith Radio

https://www.ancientfaith.com/podcasts/grapevine/readings_from_under_the_grapevine_program_55 (the story start at 4:59 minutes left in the podcast), Lanterns, pre-glued gems, Icons of the Resurrection (to fit the lantern), appropriate stickers. ingredients for Resurrection Cookies.

Preparation: Ensure that you are able to play the podcast for the children. Prepare any needed materials for the lantern project.

Briefly review the events of the Crucifixion. Proceed with reading the book *Christ is Risen Children*. Allow time for questions.

Decorate Lamps (to commemorate women coming to the tomb, the children can bring them to their Pascha services next spring. Have peel and stick gems and also an icon of the Resurrection for the glass. There are two option for creating your icon. You can print on regular paper and adhere with Modge Podge or make cling film icons. You can also create clear stickers utilizing the printable specialty paper which may be purchased from <https://www.amazon.com/Silhouette-Printable-Clear-Sticker->



[Paper/dp/B015RW7F7Q/ref=sr_1_2?ie=UTF8&qid=1513722225&sr=8-2&keywords=silhouette+clear+sticker+paper](https://www.amazon.com/Silhouette-Printable-Clear-Sticker-)

When the lanterns are complete, proceed with making the Resurrection cookies. The recipe may be found at (<https://www.aroundmyfamilytable.com/resurrection-cookies/>);

While the cookies are baking, take time to learn the tropar of the feast “Christ is Risen”. There are many versions of this and you may teach the children more than one.

These cookies require being in the oven for several hours. One way to incorporate these cookies into the lesson would be to run this session on a Saturday evening. Families could attend Vespers either before or after the session, then work on the craft and prepare the cookies. Then, the cookies could be shared with the parishioners on Sunday after Divine Liturgy. Another option would be to have youth prepare the cookie batter, then take some home to bake in their own oven. You could also show them the ingredients and send families home with the recipe.

Please note that these cookies do contain both eggs and nuts so it is important to check with families to make sure that youth with food allergies can be included in the activity safely.

When the cookies are complete, warn the children that there will be a surprise when they break open their cookies. Allow them to break or crack them open. Ask them what is different about these cookies – what was the surprise? They are empty! Ask them how these cookies remind us of Christ’s resurrection.

Print a copy of the cookies to send home to the families or to add to their Journey Binder



Session Six: The Resurrection Part II

Main Ideas: Discovering the Risen Lord!

*Supplies needed: Story of Mary Magdalene and the red egg (you may purchase the book *The Red Egg* at <https://store.ancientfaith.com/the-miracle-of-the-red-egg/> or download the handout *Miracle of the Red Egg* from Orthodox Education Blogspot (<http://orthodoxeducation.blogspot.com/2009/04/red-egg.html>).*

Materials for the family Pentecostarian Project (seen to left) Decorative Wooden wall plaque, paint or stain, small screw hooks, small wooden eggs or egg ornaments, markers, gems, Icon of the Resurrection. Wooden/ Plastic Dyeable/Real eggs. Information on the Sundays following Pascha to Pentecost. Resurrection Icon (found in Praxis Supplemental Materials)

Option: You may choose to utilize one of the special pysanky sessions created by the Ukrainian History & Education Center along with this session. They may be found list with the Additional Sessions.

Copy of the book - This was the Day by Ann Kmit available at <http://www.ukrainiangiftshop.com/This-Was-The-Day/productinfo/BCH12/>. You may choose to purchase one copy to tell the story or a book for each child.

Preparation: Ensure you have enough materials for each family to create their Pentecostarian Project. Invite the parents, well in advance, to join this session.

Choose your pysanky project. You can purchase wooden eggs at most craft stores or on-line. Plastic dyeable eggs are available at stores like Walmart and Hobby Lobby during the Easter shopping season. For both of these options, it is recommended to outline a design on the eggs prior to giving them to the children. Utilize permanent markers for them to color in the designs. If you choose to teach the traditional method of making pysanky, you will need to order the appropriate materials and fresh eggs (you may also want to schedule another session just for this purpose). You may read the book, *This was the Day*.

Begin by allowing the families to choose a paint color for their project and paint their boards. While the boards are drying, briefly review the events of the Christ's Resurrection. Proceed with reading the book *The Red Egg* {of the story of Mary Magdalene and the red egg. Allow time for questions. Pass out the Pysanky Symbols Matching Activity. Allow time to complete this with help as needed. Explain the use of eggs to symbolize Christ's resurrection are used throughout many countries in many different ways. Ukrainians use this special technique.

Allow time to decorate the eggs. At this point, explain the Families will glue an icon of the Resurrection in the middle of their painted board, then decorate eggs with colors and symbols to represent the Sundays after Pascha.



Start by having families travel to different spots to learn about the people who are commemorated on those days, or do a quick presentation first. (Directions for this activity may be found in the supplemental materials.) Complete the session in prayer by singing the tropar, Christ is Risen!

Session Seven: The Resurrection is Celebrated Every Sunday!

Main Ideas: Christ is Resurrected all year long, not just on one day.

Supplies needed: Jesus Sends the Holy by Sophie Koulomzin (available at <http://dce.oca.org/assets/files/resources/158.pdf>) and copy of the book Heaven Meets Earth by John Kosmas Skinas (available at <https://store.ancientfaith.com/heaven-meets-earth>), Birthday Cake activity copies, bookmark paper or something similar, copies of O Heavenly King printed on clear sticker paper, permanent markers or stickers, large canvas bags, printable sticker paper.

Preparation: Order the needed books in time for the session. Purchase needed supplies for the activities. Print out the O Heavenly King stickers. Print out the provided graphic for the Sunday Bags. Iron on the transfer to the bags.

Begin the session by singing the tropar, Christ is Risen!

Perhaps play a quick game to get the children focused.

Read the Story of Pentecost (“Jesus Sends the Holy” by Sophie Koulomzin and Pentecost section of “Heaven and Earth” by John Kosmas Skinas) Ask the children what they learned from the stories.

Now allow time for them to work on the Birthday Cake for the church activity.

Allow a little time for some movement or to sing another song.

Decorate the O Heavenly King prayer cards. Ask the children why this prayer may be related to Pentecost.

Allow time for short snack and proceed with reading the following

“This is the day that the Lord has made, let us rejoice and be glad in it! (Psalm 118:24)” We sing this verse from the Psalms on Pascha, but we don’t just mean the day of Pascha itself. Every day is a gift from God. Now that we’ve seen how the church keeps celebrating Christ’s resurrection in the weeks after Pascha, let’s look at an example of how we remember that Christ IS Risen all year through. In this lesson, we’ll learn why Sunday is such a special day in the life of the church and how it connects to our theme.

In the Old Testament, the most important day of the week was Saturday, the Sabbath. The fourth commandment that God gave to Moses was to ‘Remember the Sabbath day and keep it Holy.’ The Sabbath was considered the holiest day because when God created the earth, He rested on the seventh day after finishing His creation- the first Sabbath. The Jews rested on the Sabbath after a long week of working. But Jesus changed all of that through the power of His resurrection.

Jesus Rose from the Dead On a _____ Sunday _____

Jesus rose from the dead on Sunday, and there is nothing that could be more important than Him saving those who had been waiting in the tombs and opening the Kingdom of Heaven to us.



Jesus Showed Himself to His Friends On a _____Sunday_____

Not only did He rise on a Sunday, He showed Himself to His friends. The Gospels that describe the Resurrection tell us that Mary Magdalene and the other women came to His grave on Sunday morning and He greeted them. Jesus came into the room where His disciples had gathered later that evening so that they could see His risen body and see His wounds.

– ask what the children learned from this.

Decorate their Sunday Bags. Provide a handout to the parents explaining the purpose of their Sunday Bag.

Complete the day with once again singing the Tropar and O Heavenly King.

