

Ukrainian Orthodox Church of the USA



**Christ IS Risen!**

2018/2019

Office of Youth & Young Adult Ministry

**Praxis Session Plan**

# Praxis Session Plan

## Introduction

The praxis sessions are meant to give youth and their families to live out what their faith and what they have learned in the traditional session plans. Praxis is a Greek word which means “to do”. We shouldn’t just learn about our faith, we need to live it – TO DO it. Ideally the praxis session should be interspersed with the traditional session.

This curriculum calls for families to be included in most of the sessions. Be sure to inform families well in advance of dates where you would like for them to attend and participate. For families unable to participate in a session, prepare materials and handouts for them to work at home.

There are many ways to prepare for and celebrate Pascha and to live the faith. We have collected many ideas on the Office of Youth Ministry Pinterest boards. Provide this link to your families for additional ways to celebrate the Feast of Feasts!

<https://www.pinterest.com/uocofusa/oym-holy-week-and-pascha-for-parish-youth-and-fami/>

## Acknowledgments

Icons – provided courtesy of Archangel Icons. Permission has been given for reproduction of icons for the projects outlined in this program. If you are in need of any additional icons, they may be found at [www.archangelicons.com](http://www.archangelicons.com) or Archangel Icons on Facebook. Thank you to Michael Kapeluck for his continued gift of these icons for the use of our youth.

Photography/Logo – Myr Arts – [www.myrarts.com](http://www.myrarts.com)

Additional Photography – Olena Lyman for the UOC Camping Ministry

## Praxis Session Five: Carrying the Light!

*Main Ideas: Providing youth practical tools to celebrate and prepare for Pascha*

*Supplies needed: Lanterns, Icons of the Resurrection, gems, decorations, etc.*

Preparation: Purchase enough lanterns - one per child or one per family. You will need to determine how you will print your icons (printable sticker paper is an easy choice. You can purchase clear sticker paper.) Once you have determined a method, prepare accordingly. You may use a line drawing icon (available at <http://dce.o.ca.org/>) or a color icon provided in the supplemental materials. Additional directions may be found in the Christ is Risen! Leader Guide youth 4-8

This session should ideally take place after Session Seven, which discusses the Holy Myrrh-bearers. Ask youth what they remember about the Myrrh-bearers. You may need to provide them with a few prompts. Explain that we will be walking in the footsteps of these saints on Pascha as we process around the church. Ask them if they know why we make the procession at the beginning of the Pascha services and what happens when we arrive at the doors of the church? The church is dimly lit as we exit. We journey into the darkness to make our way to the tomb. When we arrive at the doors of the church it is as if we have arrived at Christ's tomb. The priest will tap on the doors with the cross. When they open, the doorway is now flooded with light. We stand at the entrance of Light - of our Risen Lord!

Explain that they will be creating special Paschal lanterns that they will use during the upcoming procession. When completed, the lanterns may remain at the church or they may take them home to be returned on Pascha!

