

Ukrainian Orthodox Church of the USA



Christ IS Risen!

2018/2019

Office of Youth & Young Adult Ministry

Praxis Session Plan

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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 or Archangel Icons on Facebook. Thank you to Michael Kapeluck for his continued gift of these icons for the use of our youth.

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Praxis Session Four: Sharing in the Feast

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

Supplies needed: Directions for Pascha basket covers (Supplemental materials), baskets, supplies for paska bread, paska bread recipe, list of parish shut-ins.

Preparation: Determine what method you want to use to make your Pascha basket covers. Purchase all needed materials.



Pascha baskets are a special part of our celebration. In this session, we will not only teach youth how to make some of these preparations but share the light of our risen Lord with those around us. This is a two-part session: 1. to create the basket covers and 2. to bake paska bread.

You may choose to prepare the dough ahead of time so that it may rise and be ready for decoration. You may also ask some experienced bakers in the parish to do this for you. Another avenue would be to teach the youth how to make the dough. As it is rising, utilize that time to create the basket covers.

Discuss with the youth why we take the time to put together our baskets. *Although what goes into the basket is a “t” tradition, there is a prayerfulness that is associated to our preparations. This time helps us as we ready to celebrate the Great Feast and conclude the fast. Preparing your basket as a family not only passes along your traditions but brings the whole family together to pray and contemplate the Resurrection of our Lord. While you prepare, you could discuss the upcoming feast and how you will participate in services during the festal period until Pentecost. Here is a link on the meaning of what goes into the Pascha basket <http://www.charmingthebirdsfromthetrees.com/2011/04/how-to-put-together-traditional-pascha.html>*

We are called to care for those who are sick, alone and in need. Many of our elderly do not have families to celebrate with them. Putting together a small basket for the shut-ins of your parish is a meaningful way for our youth to see Christ IS Risen! in action. Once the paska bread is finished, you may need to freeze them until they can be delivered. Determine with the youth how and when you will deliver the baskets. You can make this a group effort or each youth could deliver to one of the parishioners on the list.