

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)

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## Praxis Session One: Fasting and Cooking as a Family!

*Main Ideas: Helping families discover ways that they may incorporate fasting into their daily life.*

*Supplies needed: Ingredients for recipes, copies of recipes, copies of binder cover art and resource page(Supplemental Materials), binder for each family (or ask each family to bring a binder).*

**Preparation:** If possible, order the book *Fasting as a Family: Planning and Preparing Delicious Lenten Meals* by Melissa Naasko available at <http://store.ancientfaith.com/fastig-as-a-family/> . If it is within your budget, purchase a copy for each family. There are many websites, blogs and books that provide ideas and recipes for fasting. Ms. Naasko also has a Facebook page (same name as her book *Fasting as a Family*) with regular posts.

Ask your parish priest to prepare a short introduction about fasting that can be presented at the beginning of the session. How can fasting enhance your spiritual and family life? Why do we fast during certain times of the year and twice during most other weeks? What makes fasting different from dieting or simply "giving up" certain foods?

Ensure that you choose a date for this session with input from the families to ensure maximum participation. It is suggested to hold this session prior to the Nativity Fast. Ask families to bring one of their favorite fasting recipes (with enough copies for all attending).

If time, space, and other logistics allow, consider asking a few people to bring in a lenten dish so that families (especially children) can "taste test" the foods they like and add those recipes to their books. Another idea is to treat part of the session like a cooking class and have families work together to prepare an entree or meal. Each family could do one task to contribute to the dish or each family could prepare one dish to make a full meal together. Ideally, they could each take something home to have on hand for a future fasting meal. Families may want to try this again a few times during Great Lent to share successful recipes and to share the work of meal prepping.

**Introduction:** Fasting may seem intimidating to many people, especially families. Today's families often live with very tight and busy schedules. Often, eating together is not accomplished on a daily basis. Food

allergies have also become a challenge for many of our families. With all of these factors, throwing the time and forethought needed for fasting may just seem like too much. While there is more to fasting than the list of foods and ingredients to avoid, we know that families are more likely to be successful in this part of their spiritual life when they have easy recipes and simple ingredients on hand. We hope this Praxis lesson will help to give families choices and opportunities for bringing fasting into daily life.

When choosing the recipes for this session, try to choose items that may consider the following:

- Easy Preparation with simple, easy to find ingredients
- Foods that can be kept in the refrigerator for several days and multiple servings (such as salads or casserole)
- Items that could be used in a child/youth's lunch
- Dishes that can be portioned and frozen for future meals.

Once the session is over, ask families to choose a dish to prepare for an upcoming coffee social following Divine Liturgy or at a pot-luck evening event. In this way we share and enjoy together as a parish family!

Session Outline:

- Opening Prayer
- Introduction by Spiritual Father
- Prepare the recipes
- Allow families time to create their recipe books
- Share a meal together!
- Plan your special coffee hour together
- Close in Prayer