

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/>

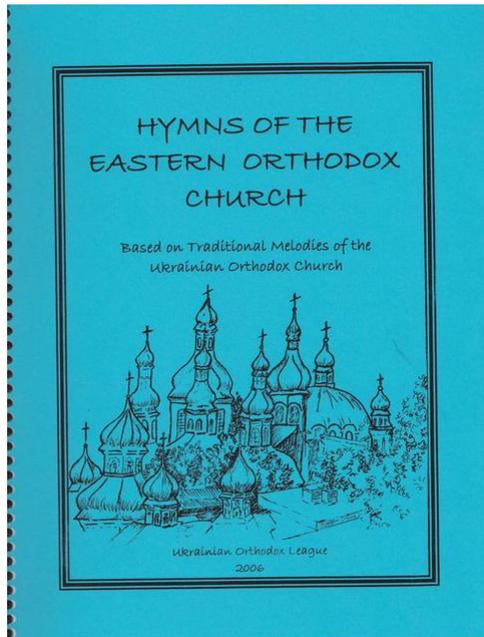
Acknowledgments

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 Six: Pascha Through Music



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

Supplies needed: written music, recordings or video of paschal music

Preparation: Make enough copies of the chosen music for all participants. Ensure you have procured the needed audio to play during the session. If needed, speak with your parish choir director for assistance and to aid in the session if possible.

Music is a key part of Orthodox worship. The music of Pascha is filled with theology and brings joy to all who hear it. Through the hymns of the church, we learn and remember the meaning of the Resurrection.

Introduce your youth to the Paschal Odes. Take time to read through them and ask them what may be learned from the Odes. One suggested activity is to look for words in each Ode that are connected to 'light.' Each ode celebrates Christ's triumph over death and connects it to the foreshadowing of the Old Testament prophets. Another suggestion is to highlight the Irmos of Ode 5- "Let us arise at the rising of the sun and bring to the Master a hymn instead of myrrh, and we shall see Christ, the sun of righteousness, who causes life to dawn for all." Help youth to connect the idea of the hymns to the previous lessons that discuss the myrrh-bearing women, Joseph, and Nicodemus. Ask your parish choir director to teach a song that will be sung during the Pascha services so that youth can help to bear witness to the Resurrection through their song.

Next move on to the most recognizable music of Pascha, the Tropar of the Feast - *Christ is Risen from the dead, trampling down death by death, and to those in the tombs bestowing life.* Ask the participants why this tropar is so powerful. What is the meaning of this simple sentence in their lives? Refer to the classroom sessions that discuss making the Resurrection last throughout the year (Sundays celebrating the Resurrection, confession, A New Commandment, etc.) This Tropar sums up the most important aspect of Christianity.

If time allows, teach several versions of the tropar or introduce a favorite Paschal hymn of your parish. The book, *Hymns of the Eastern Orthodox Church*, is available through the Consistory store (https://www.uocofusa.org/service_books.html). This book contains many Paschal hymns in English and Ukrainian.

Perhaps the youth can sing what they learn during this session during the services at your parish. If you notice that some of your youth have an interest and aptitude for singing/music., encourage them to join your choir if they have not already done so. Let them know that you will go with them the first few times if they are nervous.