

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)

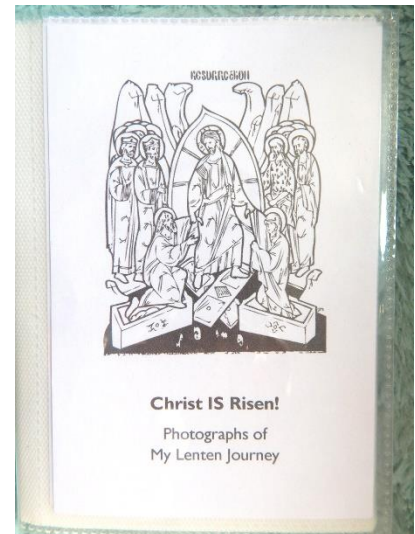
Additional Photography – Olena Lyman for the UOC Camping Ministry

## Praxis Session Two: Lenten/Paschal Journey Books

*Main Ideas: Providing families with a communal project to travel through Great Lent and Pascha.*

*Supplies needed: 3 Ring Binders or Scrapbook, Scrapbooking papers, Icons (provided in supplemental materials), scrapbooking materials (gems, stickers, washi tape, etc), copies of Journey Book Outline (supplemental materials), resource page for Journey Book materials (supplemental materials).*

Preparation: Purchase starter materials for the families for their Journey Books. You may also choose to use the project outline/activity provided in the Christ is Risen! Leader Guide for youth 4-8. (pictured right). Your family may also choose to share your journey on-line.



This session may be conducted in two ways:

1. Bring your families together to explain the project and begin by creating their cover page.
2. Start the project with your youth and send the materials home with a letter of explanation.

Ask youth to bring in their Journey Books periodically to share. Perhaps use your family Facebook group or Instagram to ask families to share in this way. Throughout the fast and Paschal season, you could also ask families questions about what they are learning via social media.

An additional list of resources from where you may obtain pages and handouts for the journey books may be found in the supplemental materials.

