

Ukrainian Orthodox Church of the USA



Christ IS Risen!

2018/2019

Office of Youth & Young Adult Ministry

Supplemental Materials

Praxis Session One Supplemental

Fasting and Cooking Resources

Books

Titles from Ancient Faith Publishing

- Food, Faith and Fasting: A Sacred Journey to Better Health by Rita Madden
- Fasting as a Family: Planning and Preparing Delicious Lenten Meals by Melissa Naasko
- Taste and See II: More American Cooking by St. Elizabeth Orthodox Church
- Faith, Food, and Fasting (Podcast)

Titles from Ukrainian Orthodox Church of the USA Store

- Our Daily Bread by St. Vladimir UOC

Websites

- Orthodox Fasting Recipes - <https://orthodoxfastingrecipes.wordpress.com/>
- The Orthodox Mom – Making a Lenten Meal Plan
<http://www.orthodoxmom.com/orthodox-kitchen/>
- Orthodox Motherhood - <http://www.orthodoxmotherhood.com/super-simple-lenten-meal-plan/>
- Orthodox Christian Fellowship – College Lenten Cookbook -
https://docs.google.com/document/d/1_1qS8Pc-kK54QOgqXJtlayRp-0FQWuAwO8XF4VQ2PgM/edit
- Raising Orthodox Christians – Allergy-friendly Fasting Recipes -
<https://raisingorthodoxchristians.com/category/allergy-friendly-fasting-recipes/>



Praxis Session Two Supplemental

Lenten Journey Book Outline and Resource Materials

Lenten Journey Book Outline

- Services
 - What we attended
 - What was special
- Holy Week (icons provided for each day – these may coincide with the Journey Through Holy Week Guide – below)
 - Learning each day
 - What we did
 - What was special
- Pascha
 - What was special
 - Icon of the Feast
- St. Thomas Sunday
- Myrrh-bearers
- Ascension
- Pentecost

Resource Materials

Sites or items listed below may be provided for families as additional ideas for use in their Lenten Journey books. You may want to research some of the sites and choose a few items each year for families to add to their books.

- Orthodox Pebbles Website – Several activities/resources to use throughout the fast
- OYM – Great Lent for Parish Youth and Families – Pinterest Board - <https://www.pinterest.com/uocofusa/oym-great-lent-for-parish-youth-and-families/>
- OYM- Holy Week and Pascha for Families and Parishes – <https://www.pinterest.com/uocofusa/oym-holy-week-and-pascha-for-parish-youth-and-fami/>
- Raising Orthodox Christians Website – Explanation for Kids about Holy Unction - <https://raisingorthodoxchristians.com/2018/04/03/holy-unction-explanation-for-kids/>
- Journey Through Holy Week Family Guide – Orthodox Market Place – Free PDF - <https://www.orthodoxmarketplace.com/esss/product/journey-through-holy-week-parent-guide-pdf>
- GOA Center for Family Care – Holy Week Resources for Families <https://www.goarch.org/en/-/holy-week-resources-for-families>

Praxis Session Three Supplemental

Great Lent Introduction – Sample Letter to Families

Dear Families,

Glory to Jesus Christ!

Soon we will be entering into the season of the Great Fast or Great Lent. The church sets this time aside for us to deepen our faith through fasting, increased opportunities for worship, learning and almsgiving. As we prepare and walk through the fast, we hope to provide your family with resources and opportunities to embrace the fast. We realize the thought of Great Lent may be overwhelming with the schedule and commitments your family already maintains. We hope that what we are offering are helpful for your family is helpful and above all adaptable for the needs of your family. Perhaps one of our Lenten commitments might be to slow down a bit and pull-back our schedules a bit.

We are creating Lenten Journey books with your child. They are to be used with your family throughout the fast to bring your family together to discuss and create memories of your walk together through Great Lent. We are providing you with the Journey Book and a packet of supplies to create your book. Some way you may use your book:

- Create a page for each service you attend. Take turns taking a photo of your family going to or coming home from the service or a special photo that makes you think about the service. Place that photo in your Journey book and make it a special page. Take time to discuss the service with your family. What did you notice? What was special? Did Father or the choir/chanter do anything special? How did the service make think more about your relationship with Christ?
- You can utilize anything from the fast or feast that helps bring the journey to life. Maybe take turns looking on-line for resources or photos/graphics that you could add to your book.
- We hope to have you share your books with our parish on _____. It is a wonderful way for us as a parish family to share in our experience and grow together.

We are also very pleased to be offering Learning Services during the fast. Ten minutes prior to Presanctified Liturgies and Memorial Saturday Liturgies, Father will take time to talk about the service and why it is special to our journey. If you can't make it every-week, that is ok! Father will tailor the talk each week to who is attending.

With busy schedules and small children, it may not be possible for you to attend all services or you may take turns attending with different children on different days. If you would like to have a copy of services for your home, we are pleased to provide those for you. You may be able to pray parts of the service at home when attending isn't feasible.

Please contact us with any questions or suggestions! We are here to help your family have the best journey through Great Lent to Pascha – the Feast of Feasts!

Praxis Session Four Supplemental

Pascha Basket Cover Activity

Supplies(these depend on the technique you choose):

- White square or rectangle clothes (one per youth or family)
- Permanent Markers or Fabric Markers
- Pencils
- Copies of designs
- Iron-on transfer paper
- Irons

There are a few different ways in which you may conduct this activity. Your choices may depend on the age of the youth participating.

Technique A

Copy the designs provided or your own designs onto printable transfer paper. Transfer the designs to the clothe. Allow the youth to color the designs with the markers. You may also choose to provide ribbon that may be glued or woven along the edges as trim.

Technique B

Copy the designs onto plain white paper. Allow the youth to color the designs with the markers. Scan the designs into your computer. Print each design onto the transfer paper. If possible, allow the youth to iron on the designs themselves. Again, you may give options to embellish the design with ribbon or fabric paint (raised or puffed).



Praxis Session Four Supplemental Resurrection Icons

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