



**Leader Manual for Ages 4-8**

## Leader notes

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Thank you for serving as a Youth Leader in 2017/2018! This year's curriculum aims to help the children answer the questions:

- *In what ways are saints champions of the Faith?*
- *What tools/armor do the saints use to defend the Faith?*
- *What can we do now to become champions of the Faith?*

This curriculum is designed to be carried out in one session per class meeting, but please feel free to adjust in response to the children. If you find that they want more time to discuss a particular idea or session, others may be shortened or abbreviated, as long as the main understandings above are addressed. Youth can take turns reading the text to the class, or you may choose for them to read it to themselves if they need to adjust the pace.

Sessions are divided into two types: Traditional and Praxis (Experiential). The first nine sessions are developed in a traditional format and the following eight are set in an interactive format. It is suggested that the interactive sessions be interspersed or combined with the traditional sessions based on your discretion.

This leader's guide includes many suggested topics and activity ideas, and notes are in italics. Again, feel free to modify based on your class and their maturity. Be sure to check with your priest if any significant changes are made.

Most sessions require chart paper, post it notes, and pencils. Other supplemental materials are provided –please be sure to see what you need ahead of time.

### General Notes and Suggestions:

**Modifications:** This curriculum is written for grade school level youth, but the maturity and academic abilities of 4 -8 year-olds can vary greatly, as can their familiarity with the topics being discussed. Although there are some specific ideas for modification listed throughout the curriculum, here are a few general suggestions:

#### Modifying for younger youth/lower abilities:

Rephrase sections of the text, or ask a quick question as youth read to be sure they are comprehending. This may also be useful if you find the youth need more time working on a different section of the session. Answer questions together.

#### Modifying for older youth/higher abilities:

Have youth read passages individually and paraphrase them in their own words to share with the class. You may also give a particular youth "homework" to read and prepare an explanation of a passage in order to begin the class discussion the next day.

**Sensitivity:** Sensitivity and empathy are key to any learning environment. Encourage youth to talk freely about experiences they have had. As facilitator of these discussions, it is important to remind the youth that everyone deserves our respect as images of Christ, and that God is the only judge. Keep an eye on all of the youth and be sure to address any unusual/unexpected conversations with your priest in case further discussion is needed.

**Iconography use: Icons exist first and foremost as a tool through which we glorify God. Access to images of icons on the internet can enhance the understanding of your students and bring authenticity to their work, however it is important to consider the source of the icon, to be respectful of the author's work, and to be thoughtful about any applicable copyright issues. When possible, it is best practice to use icons after receiving permission from the iconographer. Most of the icons provided in the curriculum materials are used with the permission of the iconographer, however not all were able to be identified. Please consult your parish priest for guidance in the selection of appropriate icons.**

### **Taking it Home**

**It is highly recommended that you create a strong link between your youth programming and the families of youth that you serve. Send home a weekly summary of what you worked on with the youth. This could be accomplished through handouts, email, Facebook groups, etc. You may want to include some points or questions for discussion in the home. Ask the youth to provide suggestions for how they can “take home” and live what they learned. These could be included with the parent update.**

### **\*\* NOTES FOR SESSION STRUCTURE\*\***

**Each session should contain an element of prayer. You may simply choose an appropriate prayer to begin and end the session, choose a tropar of a saint who you are discussing that day, or join together in a service such as evening prayers, vespers, or an akathist.**

Use space and breaks wisely- simply moving from tables to the floor for a story about a saint can help keep children of this age group focused. Break times have not been specifically designated within the session instructions, however it is a good idea to include a few short breaks at times that seem right for your group. Consider staying in one place and stretching, or marching around the room for a minute just to let off some steam.

Lives of the saints- These stories can be gruesome. In most cases, the goriest details are not included. Even if they are used to watching or reading about violence, being in a different environment and away from home may affect a child's reaction. Remind children that the church teaches us that if you have done the best you can to follow God's will and have asked for forgiveness when you make mistakes, death on earth means returning to God. So while the violence may be unpleasant, the end of torture means the saints are joining God in heaven.

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## ***Acknowledgments***

Iconography – Archangel Icons - [www.archangelicons.com](http://www.archangelicons.com)

Orthodox Clip Art – Orthodox Church in America Department of Religious Education  
<http://dce.oca.org/resources/line-drawings/>

*Champions of the Faith* Logo Design – Elizabeth Symonenko

Saints of North America– Little Falcons Orthodox Children's Magazine <http://www.littlefalcons.net/>

Project Sample Graphics – Mommy & Me/Daddy & Me Camp and Diocesan Church School Camp



# Champions of the Faith

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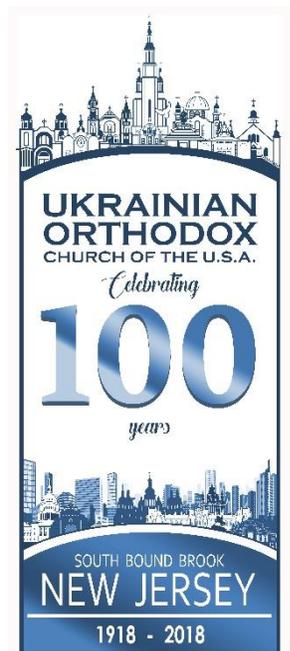
- 5      **Session One: Champions of the Faith- The Saints**
- 7      **Session Two: Families of Saints- Working Together to Become Champions**
- 8      **Session Three: Champions Come From Everywhere**
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- 32     ***Special Praxis Sessions to Celebrate the Centennial of the Ukrainian Orthodox Church of the USA – Champions of the UOC of the USA – created by the Ukrainian History and Education Center. These supplemental sessions will be made available in January of 2018 on the Office of Youth Ministry Website Champions of the Faith page. [www.uocyouth.org](http://www.uocyouth.org)***

**Lesson One: History & Our Hierarchs**  
***Suggested Month: January 2018***

**Lesson Two: Music in our Churches**  
***Suggested Month: May 2018***

**Parish History Project**  
***Ongoing project to be completed for display at the Metropolia Center in July 2018***

Created by Kira Senedak for Mommy& Me/Daddy & Me Camp 2017  
Revised and edited for Parish Use Natalie Kapeluck Nixon 2017



## Session One: Champions of the Faith



**Main Ideas: Seeing Saints as “Champions” of the Faith- both as examples of those living God’s will and as those promoting the Faith to others and defending it; includes briefly defining “the Faith.”**

**Supplies needed: Banner shaped pieces of paper (at least seven inches tall), markers, stickers, booklets with blank pages to be used as their Champions of the Faith book, Icon for the front of the book or printed logo of the theme; you can also make small booklets by stapling sheets of blank white paper with a heavier paper as a cover**

**Warm Up Activity (5 minutes): Have the children sit in a circle and say their name and favorite hero or champion. Ask the children to “strike a pose” of how a champion would stand. Allow time for them to strike their poses and explain them. Ask them what they think a champion is. Keep notes on this. You may write some of their ideas down on chart paper or a white board for the older children. You may hear answers such as: a good leader is someone that people want to follow, you win more than you lose, and you are good at what you do. Reiterate some of their answers to confirm what a champion is viewed as to the world.**



Tell them that we are going to be talking about what it means to be one of God’s champions. There are certain people that have already won the race of life – do you know who they are? That’s right – they are the saints! We are going to learn about these champions so we can learn from them to become champions ourselves.

**SAINTS ARE CHAMPIONS (10 – 15 minutes)**

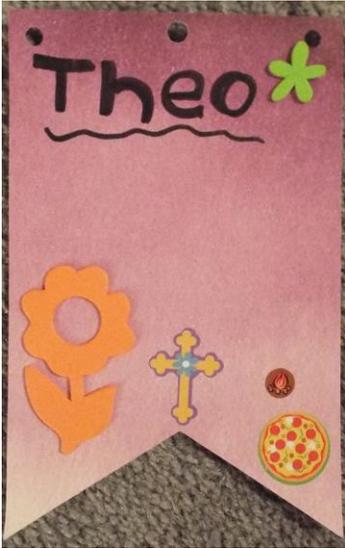
**Covey to the children:** The world of sports is an easy place to make a connection to the idea of being a champion. That’s not to say that saints and athletes are exactly the same, but there are some similarities in what it means to be a champion. They use hard work and self-discipline, to use the abilities that God gave to them to achieve their goals. But, the word “champion” doesn’t just apply to people who are working hard to win an event, it can also be used to describe someone who works hard for a cause that they feel strongly about. Can you think of any examples of people acting as champions for a cause?

*(Be sure to discuss the fact that celebrities are often the first to come to mind, but that “everyday” people count to such as community members who organize a “Relay for Life” for cancer research, or volunteer at an animal shelter.)*

The many saints of the church are champions of the Orthodox Faith. They use the abilities and talents that God gave to them in order to carry out the teachings of the church. Throughout the year, we will look at specific ways in which each saint acted as a champion of the Faith through hard work, discipline, prayer, fasting, etc.

*The children may now work on their Champion Banner. This banner will be hung and left for the duration of the year. They should write their name on their banner (some of the younger children may need help.) Instruct them to place stickers or to draw things on the banner that they like or describe them.*





*When this is complete, string the banners together on string to hang. Explain to the children, that although we are individuals and each person different – together we make a wonderful team – just like the banner we help each other to become champions of the faith.*



**Ask the children if they know how someone becomes a saint? Allow time for discussion.**

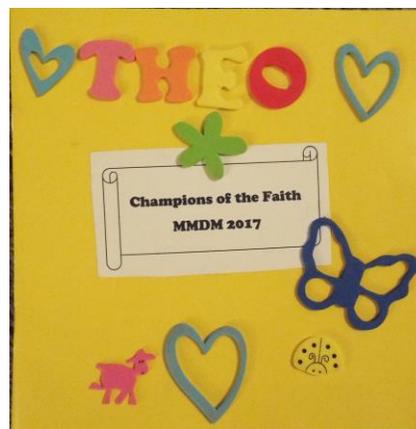
**Through God’s grace, anyone can be a saint. The word saint can be translated as “holy” so calling someone a saint means that you are recognizing their choice to live a life as an icon of Christ, showing His image to the world as much as possible**

**THE CHAMPIONSHIP PRIZE – ask the children what champions win.**

Usually, being named the champion comes with some sort of prize. In sports, the champion earns a medal or trophy, perhaps a parade, and often money. The Orthodox Faith offers a very clear prize for the champions- eternal life with God. We don’t know exactly what our lives in heaven will look like, but we know that it will be with God forever. An amazing thing about this prize is that everyone who wants to win it, can. There isn’t a first place prize, second place, and so on. Instead, we all have the opportunity to be champions- God allowed us to be born and gave us the abilities that we need to meet the challenge. It’s our choice to accept the challenge.

*Next pass out the booklets. Allow the children time to decorate the front of their books. Inform them that these will be used during each class to keep track of all that they learn. On the first page of the book, have them either glue an icon of Christ or of the patron saints of your parish (or both). If you choose, the patron saint(s) of your parish, briefly explain why they are saints and champions. If you use the icon of Christ, explain that He is the ultimate champion and that we are made in His image – we can be just like Him if we try. Each time they add to their book they may beautify the page by drawing on it or using scrapbooking stickers.*

*Complete the session in prayer.*



## Session Two: Families of Saints- Working Together to Become Champions

**Main ideas: Learning about the lives of saints and identifying ways in which they were Champions of the Faith; recognizing that our family can be a source of support as we strive to be champions.**

**Materials Needed: copy of a simple family tree template, glue sticks, Champions of the Faith booklets, icon copies (provided in supplemental materials), saint lives (provided in supplemental materials)**

**Preparation: Review the lives of the saints being covered. You may want to use your own words to tell their stories to adjust for the ages of the children.**

In the Orthodox Church, we often recognize each saint individually on the day that they died on Earth, and returned to God. But did you know that some saints actually lived in the same family? Today's session will learn about some saints who lived in a family with other saints. Can you think of saints who had other saints in their family?



Let's meet Saints Macrina the Elder, Basil the Elder, Emmelia, Basil the Great, Gregory of Nyssa, Naucratius, Peter of Sebaste, Macrina the younger, and Theosebia

Give the youth the family tree template and have them glue it in their books on one page. As you introduce each saint, pass out the icon and have them glue it onto an open space on the tree.

You may also utilize the icon of St. Macrina the Younger to show the children. This particular icon depicts her holding an icon of her brothers. Ask the children what they think of the icon and how it is like their family with brothers and sisters. Icon of St. Macrina provided in the Praxis section of the packet.

After conveying the life of each saint, have the child add an icon of the saint to the family tree. Ask them what they think made that person a champion.

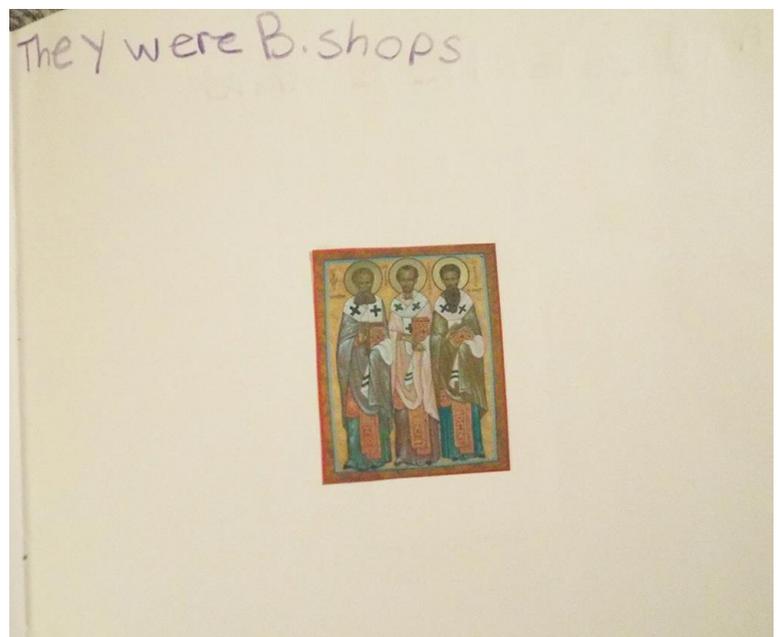
As an alternative: attach the finished activity to matte board and place in frames from a store such as Dollar Tree. Help the children to print Family of St. Basil the Great. Take a photo of their completed project to print smaller to fit into their Champions Booklet.

Now ask the children, How can your family work together to be champions of the faith?

Complete the session in prayer. Perhaps teach the children the Kontakion of the St. Basil.

### Kontakion – Tone 4

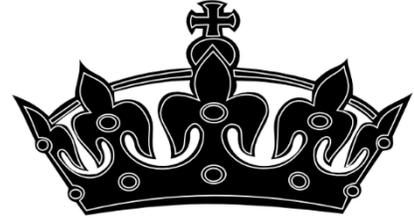
You were revealed as the sure foundation of the Church, / Granting all men a lordship which cannot be taken away, / Sealing it with your precepts, / O Venerable and Heavenly Father Basil.



## Session Three: Champions Come from Everywhere

**Objectives:** *Introduce the concept that there are many ways to be champions of the faith and that saints come from all walks of life– missionaries, royalty, warriors, teachers, monastics, etc.*

**Materials Needed:** *A brief life of each saint or champion chosen, an icon/photo of each saint/champion on the hike, printable sticker paper, printable labels. There are sample lives of saints/champions provided in the supplemental materials. Below you will find the narrative for categories of saints that you hope to encounter.*



**Preparation:** *Your children will be going on a champion “hike.” This activity is very open to interpretation based on the size of your group, your location, the iconography of your church, etc. The main goal is to design a path where youth can travel to “meet” various saints by viewing their icon. At each icon, they will receive some instruction from you and information to add to their booklet. There are some suggested categories of saints in the materials that follow with main ideas to consider, and lives of the saints can be found online, in books, and in the 8-12 year Champions of the Faith curriculum. It will be most impactful for students if your hike includes the lives of saints who have specific connections to your parish. You will need to research the icons in your parish or choose saints from the various categories to create your saint “hike” somewhere on your parish property or a local park. This is a wonderful activity in which parents may be invited to participate.*

*Print enough of each saint icon/champion photo for each participant. Print one to three sentences about that saint on a sticker or label. Place each saint and their explanation in a zip lock bag for easy distribution. You may also choose to have older children or parents write the explanation on the page instead of printing the sentences.*

*If you do not have enough icons available in your parish iconography for this activity, you will need to print larger copies of the icons/photos to create your path. It may be helpful to laminate the icons/photos or place them in plastic sheet covers. Map out your hike and have all materials prepared. If you are going out on your parish property or to a local park, encourage children to bring water bottles just like going on a real hike.*

**The Session:** *Once everyone has arrived begin with a prayer.*

**Explain the following:**

**Today we will be learning about many different saints and champions of the faith. We will discover them on our hike. Champions can come from many different places and jobs. When they chose to follow Jesus they chose many different ways to be champions for him. Let’s discover some of them on our hike!**

*Explain that you will be stopping at each new saint icon to learn about them and add to the Champions books. Pass out the books. If you conduct the hike inside your church nave/narthex (vestibule), be sure to remind the children that they are still in God’s house and should respect this in voices and actions.*

**Missionary Saints – Some saints are known as missionaries. This is because they traveled around the world teaching people about Christ – sometimes using words and sometimes but acting like Jesus in the things they did. This is how they acted like champions. They often would leave their homes for long**

periods of time to travel. Do you think this would be hard? How would you teach someone about Jesus? Did you know there are people today who are living the life of a missionary?

**Saint who were Royal** – Many saints were kings, queens, princess and princes. What do you think a royal person acts like? **Allow time for responses.** People who are royal often have everything they could want – you name it they could have it. They also are responsible for the people in their kingdom. Have you all seen the movie Frozen? Elsa had great power as a queen and then had special powers to control ice. She had to choose to use her powers to do what is good for the people in her kingdom or to use her power in a way that would hurt them. What do you think about this? Our royal saints chose to use their power to help people, to bring their people to Jesus and many times they gave up their power to follow Christ. Do you think this was easy? How do you think saint \_\_\_\_\_ used their royalty to be a champion? These saints realized that their earthly power was given to them by God because Jesus is the real King and that a champion of the faith uses their power to carry out God's plan.



**Warrior Saints:** Who are warriors? Many saints were soldiers in the army of the country that they lived in. While some lived in lands where the ruler agreed with being, many did not, especially in the years right after Jesus ascended to heaven. (possibly read about Saints George and Demetrius who were soldiers who used their power for good against evil rulers who used their power for bad.) How can you be like warrior or soldier for God? Most warrior saints gave up being soldiers in the earthly army so they could be warriors for Christ.

**Teacher Saints:** Did you know that there are saints who were teachers? What do you like about your teachers? What are things that teachers are good at? Teachers are people who help us to learn. These saints/people used their talents as teachers to teach about Christ and His Church.

**North American Saints:** When we talk about saints in the Orthodox Church, we often talk about people who lived hundreds of years ago. It might be hard to imagine living a life just like them because the world is different in many ways and unless you check a map, you may not recognize the names of ancient lands and kingdoms. Some of them were alive when your parents or grandparents were born.

Did you know there were saints who lived right here in our country? What is our country? We live in the United States which is on the continent of North America. There are saints who were born here and others who moved here to be missionaries. Let's meet a few.

**Physician Saints:** Do you know what a physician is? They are doctors or people who heal. There are saints that were doctors and healers. When they began to follow Christ and live as a Christian, they used their healing knowledge to help others with Jesus's help and because of Jesus were able to heal people they could not heal on their own? What makes them a champion?

**Hymnographers:** What is a hymn? A hymn is a type of song. Do you know any hymns from church? Can you sing one? Some people were given the gift from God to make music. They used this gift to glorify God and give him a gift back by creating beautiful music to worship Him. How can being a hymnographer be a champion?

There are many other examples that you could add to this list: clergy/heirarchs, monastics, etc.

For each saint/champion you have added to the Champions Book, be sure to add a sentence as to what makes them a champion. Once you have completed your hike. Allow time for snacks and questions.

**Be sure to collect the Champions Book for future sessions. End the session in prayer. Perhaps teach a tropar of one of the saints or learn the Kontakon of the Nativity of Christ written by St. Romanos.**

**Kontaklon – Tone 3**

**Today the Virgin gives birth to the Transcendent One, / And the earth offers a cave to the Unapproachable One! / Angels with shepherds glorify Him! / The wise men journey with a star! / Since for our sake the Eternal God was born as a Little Child!**

## Session Four:

# Clergy and Monastics- Champions in the Church

**Objectives:** Understand that monastics, clergy, and hierarchs act as champions of the faith by guiding others in the faith and praying on our behalf; recognize that we need to be willing to following their advice, like an athlete follows the advice of a coach.

**Materials:** blindfolds, icons of monastic saints or monastic clip art

**Preparation:** Consult with your parish priest. Arrange for him to join you for this session. Part way through the lesson, he will show the children his vestments and give a short explanation of what it means to be a priest and a bishop. Give all the children time to ask him questions. He may even want to touch on how is family helps him in his vocation. Your Pani Matka/Dobrodijka may want to join you.

It would be appropriate to pair this session with session one from the special Praxis Sessions: Lesson One – History and Our Hierarchs.

**Warm Up Activity (15 minutes)-** Have children find a partner or group of three. Take turns having one partner guide the blindfolded partner through a set course around the room. Remind children that this is easier for some people than others and this is not meant to be scary or stressful. Blindfolded partners have to agree to be led by their partner and leaders need to agree to be safe and respectful of their partners.

After completing the warm up activity, ask the children:

- What was the most challenging part about being the person who was blindfolded?
- What was the most challenging part about being the guide?

(5 minutes) Lead a wrap up discussion about the activity and the answers to the questions. Focus on the relationship between the guide and the person being guided to transition into the next topic.

(5 minutes) Read through the next two paragraphs and discuss the qualities of a good coach. You may want to write these on chart paper.

Monastics (monks and nuns), priests, deacons, and hierarchs (bishops) are like our guides when living an Orthodox life - they are our coaches. They can't run the race or play the game for us, but they can offer guidance and advice. A coach usually has more experience than the players- they've learned what works well and they've made mistakes that they can teach you about during practice. And when you're in the middle of the game, the coach has a different point of view. They can see what's going on in front, behind, and on the sides of you and your teammates and can guide you around obstacles you can't see coming.

Today we are going to look at some examples of how we can use the advice of these "coaches" to guide us as we try to become champions of the Faith. What are some qualities of a good coach?



*(Ask for some suggestions. Answers may include: they will do the same thing that they ask you- they don't say one thing and do the other; they are easy to understand, they are experienced and know what they are doing, is it better to be a strict coach or easy going? etc.)*

*Ask if they know who a monk or a nun is? Have they ever met a monastic or been to a monastery? What were they/was it like? Monastics are people who give up living an ordinary life and dedicate their whole life to God. They normally move away from everyday living and live in a special place called a monastery. Monasteries usually do not have many of the things we have in our homes like television, radio, or movies. Monks and nuns main job is to pray. They pray all day and all night. They pray for you and me.*

*Now we are going to speak to a different kind of person who gives their life to Christ and that is our priest, Fr. \_\_\_\_\_ . He is going to talk to you about being a priest and show you the special clothes he wears.*

*At this point turn the session over to your spiritual father. When complete – ask the children how do they think monastics and clergy are champions of the faith.*

*Add an icon of a monastic saint or a copy of the monastic clip art to their Champions Book. Write for them or have them write, “Monk, nuns, and clergy are champions because they dedicate their lives to God.”*

*Complete the session with a snack and review one of the tropars, songs or kontakions they have learned as a closing prayer.*

## Session Five: Can We Be Champions?

### Let's meet the Theotokos – Holy Birth-giver of God Mary

**Objectives: Introducing how the Theotokos is a champion of the faith and how we can learn to make good choices as she did.**

**Materials: Pieces of felt, 8 x 10 frames with glass removed, craft glue, cloth flowers ( you will need 15 flowers for each child), small craft pompoms, strip of the toothed side of Velcro, Copies of Icons of the Dormition (laminated) – one per child, words and music to O Champion Leader, Icon of the Theotokos. Copy of “The Dormition of the Theotokos” by Sister Elayne from “The Twelve Great Feasts for Children Series” published by Conciliar Press, one Icon of the Dormition at least 8 x 10 in size for the class to view.**

**Preparation: Prepare flowers by making sure they can be attached flat to a surface by removing any plastic or stem pieces (older youth may want to stack flowers in a few layers). Cut the Velcro into small 2x2 centimeter squares and glue a square on the back of each flower. Glue pom-poms in the center.**

**Read over the The Dormition of the Theotokos and make yourself familiar with the Dormition icon. You can learn more about the icon from this article written by iconographer Nicholas Papas entitled Meeting of the Dormition Icon <https://www.st-philip.net/files/Lecture%20Texts/Dormition-Meaning--Papas.pdf>**

**Begin by praying “Hail O Mother of God”**

**Ask the children if they know who Jesus’ mother is? Explain that Mother Mary is a Champion of the Faith in many ways, but most importantly when the angel Gabriel came to tell her that she would have a baby, who is the Son of God, she agreed to follow God’s plan. We even call her the Champion Leader, and will sing a song about that in a little while. One way that we know that Mother Mary is a Champion, even among all the saints, is in the story of her death and entrance into heaven. Read “The Dormition of the Theotokos” by Sister Elayne from “The Twelve Great Feasts for Children Series” published by Conciliar Press**

**Bring out the large icon of the Dormition. Allow the children time to study it. Ask them what do they see in the icon? Take time to explain the main points of the icon.**

**The children will now create their Dormition Lenten Calendar (flowers on blue felt background with icon of the Dormition in the center). The children will glue fabric flowers together with a pompom as the center. These will be attached to small pieces of Velcro (ideally they will have a sticky back and will adhere to the flowers, but you may need to touch them up with glue later). They will send them home as a little packet that families can use to add a flower for each day of the Dormition fast period.**



When complete, have the children add an icon of the Theotokos into their Champion Books and add the sentence – *Mary the Mother of God is a champion because she agreed to follow God's plan.* You could add a second icon of the Dormition with the sentence – *God took her body to heaven.*

You will complete the session by teaching the children, O Champion Leader – Kontakion of the Feast of the Annunciation.

#### **Kontakion – Tone 8**

**O Champion Leader of Triumphant Hosts! / We, your servants, delivered from evil, sing our grateful thanks to you, O Theotokos! / As you possess invincible might, set us free from every calamity / So that we may sing: Rejoice, O unwedded Bride!**

## Session Six: Can We Be Champions?

### Let's meet St. Nicholas

**Objectives:** *Introducing how St. Nicholas is a champion of the faith and how we can be generous to others like him.*

**Materials:** *Coin dough* (<http://www.theorthodoxchildrenspress.com/diy-kids/tocp-diy-family-st-spyridon-clay-ornament/>), *Cross cookie cutter* (can be purchased at <https://www.cheapcookiecutters.com/cart>), *gold paint, craft paint brushes, spray craft sealer, parchment paper, Icon of St. Nicholas for presentation, copies of ST. Nicholas icon for Champions Book, Tropar of ST. Nicholas,*

**Preparation:** *Prepare the dough ahead of time and seal in a plastic bag or airtight container.*

**To begin:** Allow the children to help roll out the dough. Then cut them into coin shapes – Approximately 2.5 - 3 inches in diameter. They must be large enough to imprint your cross cookie cutter. Give each child a square of parchment paper for their circle. Have the children imprint the cross onto them and use a sharpened pencil, straw or the pointed end of a paint brush to poke a hole near the top for hanging. If you have an oven available, place the coins in the oven for the prescribed time. While the coins are baking proceed with the lesson. While someone is presenting the lesson, ensure there is another adult keeping track of the coins to be taken out of the oven to cool.

Show the icon of St. Nicholas. Ask the children, **Who is St. Nicholas? What do you know about him?** Take notes – for older children you may want to write the answers on a white board or on presentation paper. Depending on what they share, fill in with a few details about his defense of the faith before Arias' heresy and the many miracles that occurred even after his death with the myrrh from his tomb. (Refer to the "Book of Saints 2008" excerpt in the supplemental materials published by Phyllis Meshel Onest. It is written for a slightly older age group, so may need to paraphrase/modify)

Present the following story of ST. Nicholas:

**"There are many, many stories about the life of St. Nicholas. As they have been passed down throughout the years, sometimes details change but they always show Saint Nicholas caring for others. That's why he is considered a patron saint of several groups of people, like children and sailors. One story is about a poor man who had three daughters. In those days, a father had to offer something valuable to someone who wanted to marry his daughter before the man would agree to marry her. This was called a dowry and it could be money, land, expensive things, etc. The more valuable the dowry, the better the chance that a young woman would find a good husband. But if a family didn't have valuable things and couldn't present a dowry, it might be that no one would agree to marry her. This poor man's daughters, didn't have anything to give as a dowry. Their father was worried that eventually he would be old and wouldn't be able to protect them. On three different nights, a bag of gold appeared in their home, a dowry for each one of the girls. The bags of gold were tossed through an open window and it is said that they landed in stockings or shoes left next to the fire to dry. That story is part of the reason why many children around the world hang stockings or put out shoes on the evening of Saint Nicholas's feast day, hoping that Saint Nicholas will**



**bring them something.” Next we’ll be making some gold coins to remember this story of Saint Nicholas being a Champion by helping others.**

**Let’s return to the dough we were working with. (If the dough is not yet cool enough to paint, proceed in teaching the tropar). Another option is to roll out and bake the clay at an earlier time, either with the children or without them.**

**As the children paint, “What do you think these circles are like? They are your coins to remind you of how St. Nicholas helped the three daughters. What are ways that you can help other people?” Allow the conversation to continue as they paint.**

**Place the coins aside to dry and teach the tropar. If the tropar was already addressed, take time to review it and proceed with a snack for the day. The coins should be sealed with a spray sealer and may be taken home at the next session.**

**Allow the children time to add their icon of St. Nicholas to their Champions Book. Add the sentence, *St Nicholas was a champion because he helped people in trouble.***

## Session Seven: Can We Be the Champions?

### Let's meet the St. John Chrysostom and his Friends St. Basil, St. Gregory and St. Olympia and our Guardian Angels

**Objectives:** *Introducing how STS. John Chrysostom, Basil the Great, Gregory the Theologian, and Olympia are champions of the faith and how we can be Christian leaders like them.*

**Materials:** *8x10 solid piece of matte board or canvas (darker colors), Icon of St. John Chrysostom (sized to fit on matte board), metallic gold paper or stickers in various shapes, craft glue and paint brushes, copies of the Tropar of St. John Chrysostom (sized to fit on matte board), Larger and smaller Icons of St. John, St. Basil, St. Gregory and St. Olympia (provided in supplements), a copy of A Daily Calendar of Saints by Lawrence Farley, "Pictures of God" by John Kosmas Skinas, angel pins from Festal Creations <http://www.festalcreations.com/angelpins.html>, copies of the Prayer to your Guardian Angel,*



**Preparation:** *Review the lives of the saints and the selections for the suggested books. If you do not have the book and are unable to purchase them, ask your spiritual father for appropriate sources and prepare a paraphrased accounting. Order the angel pins from Festal Creations (@ \$2.75 each).*

**Leading by Example:**

*(10 minutes) Begin in prayer and then state the following:*

**"Maybe one of the most well-known saints was Saint John Chrysostom who wrote many letters and books and gave many speeches to help people who were trying to live a Christian life. Not only did he share his guidance, he lived the example of his words.**

**Saint John Chrysostom was born in 347 in a place called Antioch. John was raised a Christian, but he wasn't baptized until he was an adult. He wanted to leave the city and live alone as a monk but Patriarch Melitius didn't think he was ready and had St. John serve at the altar and as a reader in the church. After three years, Melitius finally agreed and allowed John to go and live in the wilderness. He went to a cave and spent every moment praying and reading the Bible. For two years he didn't even lie down to sleep! After a while, his body couldn't work properly and (he was tired, cold and his kidneys were not working properly). Sick, he returned to Antioch and Melitius sent him to a doctor. He served as a deacon for six years and in 386 was ordained a priest by Flavian. In those days, people who were very educated learned languages like Greek, but then everyday people couldn't understand them. Saint John spoke in the common language of the street and his sermons touched everyone who heard them. Soon big crowds of people came to listen to him. God gave him a spiritual gift to be able to convince people to follow Christ. He spoke so perfectly that he would gain the name "Chrysostom," that is "golden mouth/tongue."**

***In 397 he was transferred to Constantinople to be the new patriarch. The old patriarch had been easy going and didn't make people follow the rules of the church, but John was very strict. He insisted on holiness from his clergy. He did not have fancy social parties, or attend parties that other people had. He sold some of the new furniture in the patriarchal house and used it to build a hospital. He reminded people that what you have here on earth only last for a little bit. God cares more about how we treat others and ourselves so that we can get into heaven.***

***Saint John's final words were "Glory to God for All Things!"***

***-Let's "meet" John's contemporaries Basil the Great, Gregory the Theologian, and Olympia.***

***-Saints Basil the Great and Saint Gregory the Theologian both grew up in families with parents and siblings who were also saints. They were smart young men and were sent to Athens to get a good education. Both became bishops and together, with Saint John Chrysostom they are remembered on February 13<sup>th</sup>. (Read page 32 in A Daily Calendar of Saints by Lawrence Farley.)***

***- Now let's meet Saint Olympia- What we say and think is only part of how we will be judged. We also need to use our actions to show glory to God. Saint Olympia is an example of a saint who is a champion of the faith because she prayed and fasted, and also took care of others. Saint Olympia was orphaned and her husband who was wealthy, died soon after they were married. Saint Olympia felt that God wanted her to give her life to Him. She gave away her money and the fancy things she owned. Then she focused her life on God by fasting and using her time for the church. As a deaconess she spent her time caring for women and children who were poor or sick. She became a very close friend of Saint John Chrysostom who told everyone about her holiness.***

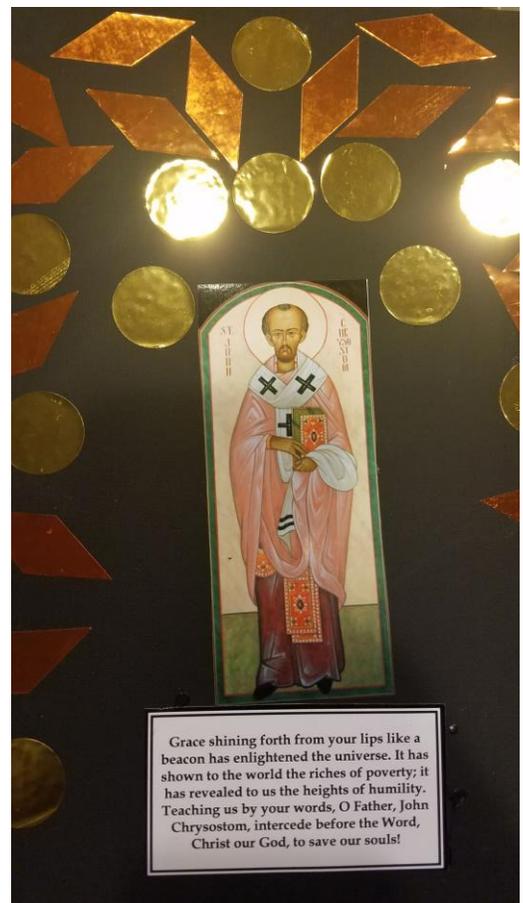
**Allow time for questions and comments. Now move to the activity. Let the children choose their mat board and stickers. Pass out the icons of St. John Chrysostom. Ask them if they remember the special name that was given to ST. John because of how well he could speak about God. (golden-mouthed) Explain that they will be creating a special reminder of St. John and the golden stickers will remind them of his special gift. Review the tropar as they put their projects together.**

**When complete, teach the tropar and have the children sing with you. You may also review at this time the earlier tropars and kontakions that they have learned so far.**

**Now let's learn about a different type of champion – what are these? Show them the icon of angels and allow time for responses. Read from "Guardian Angel" page in "Pictures of God" by John Kosmas Skinas**

**Have the children add the icons of the Three Holy Hierarchs writing (Bishops guide others to get closer to God) and Guardian Angels writing (My guardian angel is always watching over me) to their Champions Books along with the prayer to your Gurardian Angel.**

**Conclude the session in prayer.**



## Praxis Session One: Parish Patron Saints

**Objectives: Make connections to saints and our parishes – why we place our parishes and parish organization under the protection of saints.**

**Materials: Photos of your parish, icon of your parish patron saint, life of the patron saint, poster board, glue sticks, sharpies/markers, additional materials for decoration of the project.**

**Preparation: Compile a list of parish organizations past and present that were under the protection of particular saint. An example of this would be, St Olga's Sisterhood. You may have to conduct a little research to discover when certain organizations in your parish were inaugurated and perhaps even why that particular saint was chosen. If you are able to locate any photos of the organization during different time periods that could add to the session.**



St. Matrona Sisterhood of STS. Peter & Paul in Carnegie, PA

**Invite one or two individuals from the organizations to come and discuss what that parish organization does and how they serve Christ's Church.**

**Conduct a brief discussion with the participants concerning patron saints. Ask them to convey what they learned about patron saints in session eight. Ask them why they think parishes and parish organizations choose a certain saint to be named after? Allow time for discussion. You are looking of the main themes:**

- We hope our parish or organization can emulate the same attributes of that saint – for example, St. Romano's may be the patron saint of your parish choir group or St. Basil may be chosen as the patron of the men's organization for his work with the poor.
- We hoped that the saint would guide the parish and the organization.
- We hoped that saint would intercede for us

**Now, take some time to go review the photos, icons and lives of the saints for your parish and parish organizations. As you go through this process, you may be able to provide the participants about the good work your parish organization have conducted through the years.**

**If you could have guests from parish organizations present, allow them 5 minutes each to present information about them and their ministry. (You may want to give them a few of the topics already discussed to be sure they cover the connection to the patron saint)**

**Allow the participants time to create a presentation board for with the photos, icons, and information learned that will then be displayed in the parish. They may also create a version with a program of their choice to be place on the parish bulletin, website and/or Facebook page. Encourage them to take photos of their work and post them on Instagram with an adult supervising the account. This would be a great opportunity for older youth and teens to work with the younger children.**

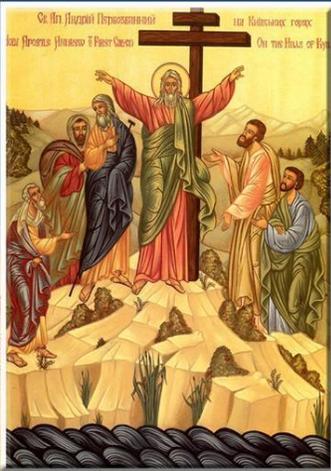
**While working, ask the participants how the members of the parish and parish organizations hone their champion skills while working in their parish ministry?**

**Submit the electronic versions (or take a photo of the presentation board) and submit them to the Office of Youth & Young Adult Ministry to share with the whole church.**

Provide the participants with the handout about St. Andrew's Society of the Ukrainian Orthodox Church of the USA. You may also download and print out their brochure <http://uocofusa.org/files/sections/StAndrewSociety/HumanitarianBrochureFINAL.pdf>

**SAINT ANDREW'S SOCIETY** **ТОВАРИСТВО СВ. АНДРІЯ**

A religious and charitable organization of the Ukrainian Orthodox Church of the USA providing humanitarian assistance to the needy and supporting church related projects in Ukraine.



Релігійна та благодійна організація Української Православної Церкви США, яка надає гуманітарну підтримку бідним та підтримує церковні проекти в Україні.



**Saint Andrew's Society Mission supports:**

- the Christian spiritual rebirth of the Ukrainian people and reverse the consequences of Soviet militant atheism;
- the efforts of the Ukrainian Orthodox Church in re-establishing the universal principle of humanity, justice, charity and tolerance;
- the rebirth of the persecuted and devastated Church in the former Soviet Union.

Saint Andrew's Society fulfills its mission and vision by providing:

- humanitarian aid to the needy, the orphans, the elderly, and the refugees in Ukraine;
- financial and logistical assistance to seminaries in Ukraine and scholarships for theological students to study abroad;
- publications of religious literature, assistance towards medical projects and church restorations.

**Українське Православне Товариство Святого Андрія** було засноване в 1990 році вірними Української Православної Церкви США як благодійна та релігійна організація.

Як невід'ємне служіння Церкви, благодійна місія Товариства зосереджена на гуманітарній допомозі потребуючим та підтримці проектів пов'язаних з життям церкви на Україні.

Від початку свого заснування, Товариство зібрало понад 1,3 мільйони доларів на потреби релігійних, освітніх та гуманітарних проектів.

Місія Товариства Святого Андрія підтримує:

- відродження Християнського духовного життя Українського народу та ліквідацію наслідків руйнівного Радянського атеїзму;
- намагання Української Православної Церкви відновити загальні людські принципи гуманності, справедливості, милосердя та взаємної толерантності;
- відродження Церкви, яка була переслідувана та знищена Радянським Союзом.

Товариство св. Андрія виконує свою місію та мету надаючи:

- гуманітарну допомогу бідним, сиротам, людям похилого віку та переселенцям на Україні;
- фінансову та організаційну допомогу семінаріям на Україні, та нагороджуючи стипендіями семінаристів, які вчать за кордоном;
- допомагаючи видавати релігійну літературу, підтримуючи медичні проекти та відновлюючи храми.

# Praxis Session One: Monastic Life

**Objectives: Experience first-hand the life of our monastic communities**

**Materials:** Needed materials will depend on how you will conduct this session. You may need to arrange transportation, food and gift of love. You may need access to internet and a computer.

There are three options for this session:

1. Visit a local monastery
2. Invite a monk/nun from a local monastery to visit your parish
3. Skype with a monk/nun
4. Watch a video from YouTube about monasteries

Depending upon the option that best fits your group, you will proceed with preparations for the session.

Some tips for arranging the first three options:

- Obtain a blessing from your priest to visit the monastery or invite a monastic to speak to the youth
- Ask you priest if he would like to make first contact with the monastery or if he would prefer someone on the youth team to do so.
- Confirm with the monastery if they would permit a visit from your group and if one of the monastics would be able to speak to the group or if the abbot/abbess would give a blessing for one of the monastics to visit your parish to speak to the youth.
- If visiting the monastery, be sure to ask what their practice is for dress and ensure all youth and chaperones know of the requirements.
- Discuss with your priest what an appropriate gift of love would be for the monastery or the visiting speakers.
- Ask the speaker to discuss monastic life and perhaps to touch on our topic of becoming champions of the faith. If their monastery has a patron saint – perhaps they could discuss that saint and why they were chose for that monastery.
- Review with the youth proper etiquette while visiting the monastery. Here is an article from Orthodox Family Life to add in the discussion  
<http://www.theologic.com/oflweb/inhome/monk01.htm>

After your visit to the monastery or receiving a visit from a monastic, arrange time with the youth to discuss their experience and answer questions.

If you are unable to conduct the first three options, there are several options of witnessing monastic life online. Below are a few suggestions, take time to discuss the video with the youth expanding on any areas or interest or fielding any questions.



- *One Day in the Life of a Men's Monastery* <https://www.youtube.com/watch?v=rxZqfd-0smM>
- *Desert Monks: The Brotherhood of St. Anthony in Arizona*  
<https://www.youtube.com/watch?v=gTqNx7nXJQI>
- *A Visit to the Holy Mountain* <https://www.youtube.com/watch?v=5D80xrSZZU8>
- *Mysteries of the Jesus Prayer* <https://www.youtube.com/watch?v=rfEVpsauqgc>

*To locate Orthodox monasteries in the United States*

<http://www.assemblyofbishops.org/news/2017/new-atlas-of-american-orthodox-monasteries-now-available>

## **Praxis Session Three: Family Icons**

**Objectives: Link the individual patron saints of your family members to represent your family unit within your home church**

**Materials: Print out of the Christ the Vine line drawing (be sure to print it a size that could be placed in any standard size frame), copies of icons of your family patron saints, scrapbooking papers, glue, specialty markers or stickers, copy of St. Macrina/Family Icon, copy of family icons, and family collection jar**

**Preparation: This is a family session, so be sure to choose a date where families can attend. Begin in prayer – perhaps the session could take place following Vespers with a meal provided. You may have to have some of your notes or materials from session three. Ask the families to submit the patron saints for each person in their family so that you may have copies of their patron saints ready for the project. Ask each family do some research prior to attending by locating the life of each of their saints and bringing it with them to the session.**

**Ask the youth to discuss what they remember learning about patron saints and families of saints. You may have to have some of your notes or materials from session three. Ask the families to present at least one thing they learned about their patron saints.**

**Allow families time to choose their materials and pass out icons.**

**While the families are working, show the example of a family icon from Archangel Icons. Suggest that this could be a wonderful goal for each family to commission an icon. Show them a sample family collection jar, where they can collect funds to purchase their family icon. There are several examples of family icons on the Archangel Icon website [www.archangelicons.com](http://www.archangelicons.com)**

**Ask the families if they would be willing to bring their completed icons to the Gallery Walk at the end of the year. Have them write a paragraph to accompany their family icon, detailing what they learned during this session.**



St. Marcina the Younger and her brothers St. Basil the Great, St. Gregory of Nyssa, and St. Peter of Sabaste  
Icon courtesy of Archangel Icons



Sample Family Icon courtesy of Archangel Icons (you may find additional examples at [www.archangelicons.com](http://www.archangelicons.com))

## **Praxis Session Three: Family Saint Book**

**Objectives: Create an album/scrapbook with pages dedicated to various saints who are patron saints for needs and troubles that are specific to each family**

**Materials: Scrapbooking binder or regular binder with a front slip cover, copies of the lives of saints for the book or for families to read, decorating supplies such as crafting stickers, permanent markers, crafting markers, three-hole punch or sheet protectors, paper icons(laminated or non-laminated) of various sizes, solid colored scrapbooking paper to fit the binder.**

**This activity is best accomplished with parents and siblings working together. Families select a few saints that are patron saints for causes that are important to a particular member of the family or for the whole group. Then, families decorate a page for each saint including their icon and other possible elements such as the saint's tropar, a brief summary of their life, symbols that are drawn on to the page, etc. A list of a few saints to consider is included in the supplemental materials, as well as a copy of their icon and a summary of their life. You may want to share the idea of the book and a list of possible saints with families ahead of time so that they can think about which saints they may want to include in their book. They may also want to do some research on their own to identify other saints beyond your list.**

**Begin the session in prayer**

**Bring participants together and briefly explain the idea of patron saints and intercessory prayer. You can say to the children:**

**In the Orthodox Church, patron saints act as a helper or connection between us and God. Praying to a saint doesn't guarantee that what you want will magically happen, but they can bring our thoughts feelings, wants, and gratitude to God for us. We each have a patron saint that we can pray to and many organizations choose a patron saint to watch over their activities. There are also many saints that people pray to when they need or want something specific to happen. Think about the story we heard when we learned about Saint Nicholas- he helped the young girls by giving them a dowry. Because of this and many other stories, Saint Nicholas is a patron saint of children. Listen to this story about Saint Romanos to see why people who want to sing well in church often pray to him.**

**When Saint Romanos was a young man he was ordained a deacon and moved to Constantinople where he was a reader and singer at Hagia Sophia- one of the biggest and most well-known churches in the whole world. Readers were expected to read important parts of the service and to sing the special hymns, or songs to teach other people. Sometimes, they even had to make up the words they were singing and create new songs to God, the Theotokos, and the saints in front of everyone. Saint Romanos loved God and wanted to sing beautiful hymns that would help other people love God as much as he did. Saint Romanos, however, had a pretty terrible voice and he wasn't very good at making up songs either. When it was his turn to read and sing, people cringed. The other readers and singers even made fun of him. Saint Romanos kept singing and the Patriarch encouraged him to keep going because he saw that Saint Romanos had very strong faith in God.**

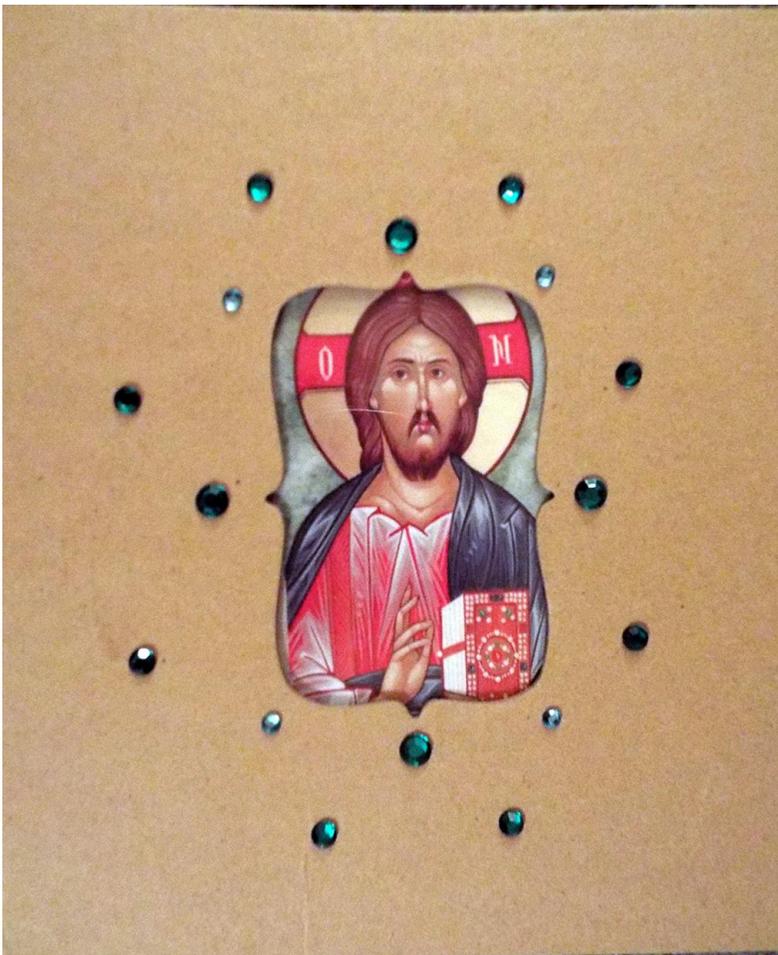
**Then on the Eve of the Nativity, Saint Romanos was chosen to lead the singing at the All-night Vigil- a very important job! Saint Romanos tried his best, but the right notes and the right words would not come out of his mouth. He was so sad and embarrassed that he snuck away and hid from everyone. He stayed in church all night praying and eventually fell asleep there. During the night, the Mother of God visited Saint Romanos and give him instructions to eat the scroll of paper she had in her hands. Saint Romanos listed and did what he was told. When he woke up the next morning, it was Nativity and it was his turn to sing**

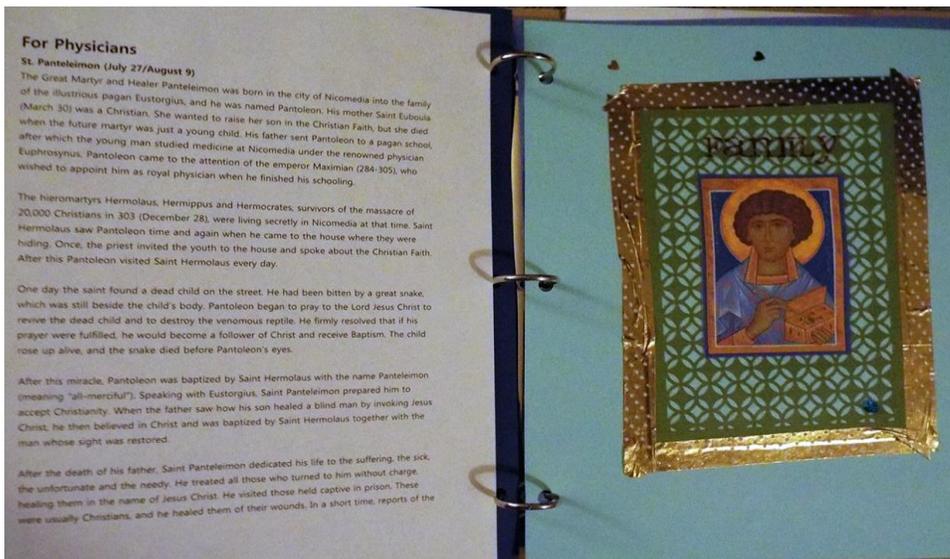
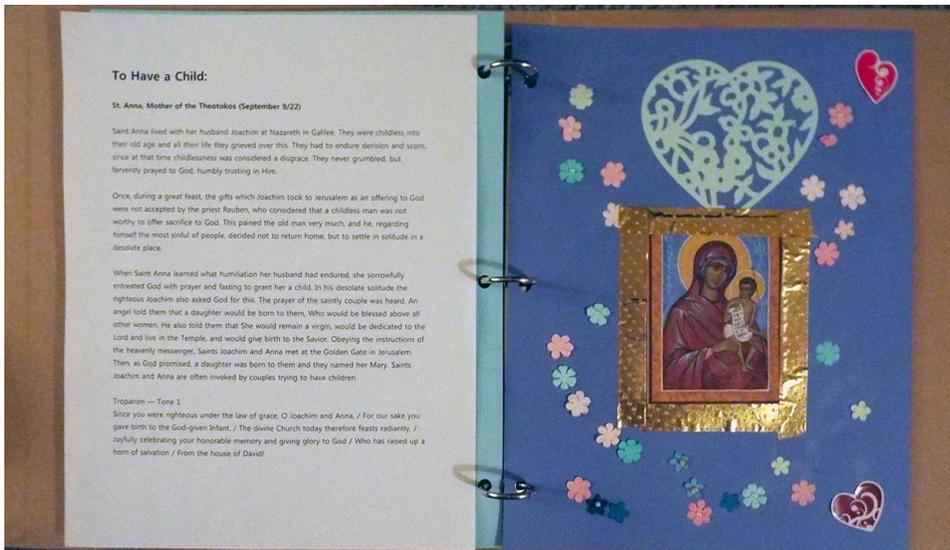
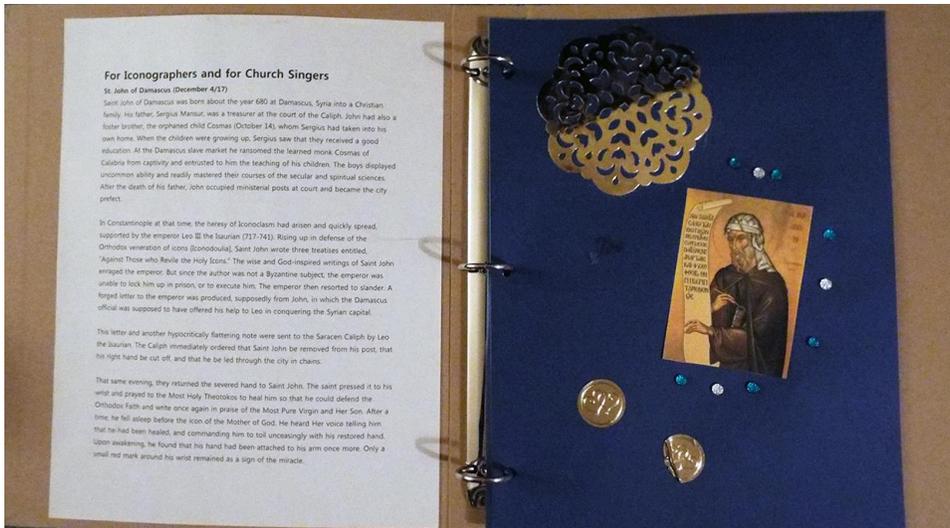
again. Saint Romanos took his place, opened his mouth and beautiful music filled the air- almost as if the angels themselves were there singing too. At that moment, Saint Romanos thought of a new song and it is the Nativity Hymn we still sing today: "Today the Virgin gives birth to the transcendent One ... " Saint Romanos went on to write many new songs for the church. Because of this story, people who sing in the choir at church, or wish to sing in the choir pray to Saint Romanos.

Today we are going to make a book of saints that your family can pray to for specific things your family does or needs.

*Spend the rest of the session choosing saints and decorating pages. Be sure to explain to families that they can continue to add saints as needs and wants arise. They may also want to pull pages out of the book at specific times to say the prayers together as a family.*

*(Depending on the size of your group, you may have families take turns choosing saints and decorative materials in a particular order)*





## Praxis Session Four: How can we be Champions for Other People?

**Objectives:** Understand that being saintly does not mean being perfect and we should be encouraged by the amazing acts they have carried out, not discouraged; Also to prepare a poster for a “Gallery of Saints” in the Praxis Sessions.

**Materials:** Chart paper, writing utensils, poster paper, colored pencils, markers, etc. paper icons, scrapbooking paper

Prepare an outreach activity that is appropriate for the level of your students. Allow them to help plan and execute. They may even have an idea of how they can help others!

**Warm Up Activity (10 minutes)-** Review the many people and saints that the children learned about. Ask them to tell you what they remember. Have icons and materials ready around the room as reminders.

Our goal in learning more about the lives of the saints was to see that with God’s grace, anything can be done. Many of the saints faced very difficult challenges, but they are rewarded with the prize of eternal life in heaven. Sometimes, it can be easy to feel discouraged. How could I ever give up everything I have, or live in a desert cave, or be harmed because I am a Christian? One thing that is important to notice about the saints that we learned about this year is that there is not just one correct way to be a saint. Some saints lived in caves while others lived in palaces. Some wrote and spoke about the faith in public while others quietly lived a life of caring for others in secret. Some saints were Christians all of their lives and others converted as adults. As we said at the beginning of the year- it’s important to run the best race or play the best game that you can, but how you finish is what matters the most. So how will you run the race when you get home? What can we do now to make sure that we finish strong?

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Are you familiar with any of these Orthodox organizations? Many of them have ways to get involved no matter your age or where you live.

*You do not need to read the whole description as a class, youth can skim and share other ways that they know of to try to be a champion of the faith.*

International Orthodox Christian Charities (IOCC) is an Orthodox organization that gives aid to people who are in need around the world. One of their programs helps people in poor countries learn how to farm in better ways so that they can grow more food for themselves.



FOCUS North America (Fellowship of Orthodox Christians United to Serve) is an organization that helps people in our country. One of their programs provides back packs full of food for children whose families do not have enough food to eat.

Orthodox Christian Mission Center sends teams of missionaries to other countries to teach about Christianity. Some missionaries take short term trips for a few weeks, while others live away from home for months or years.



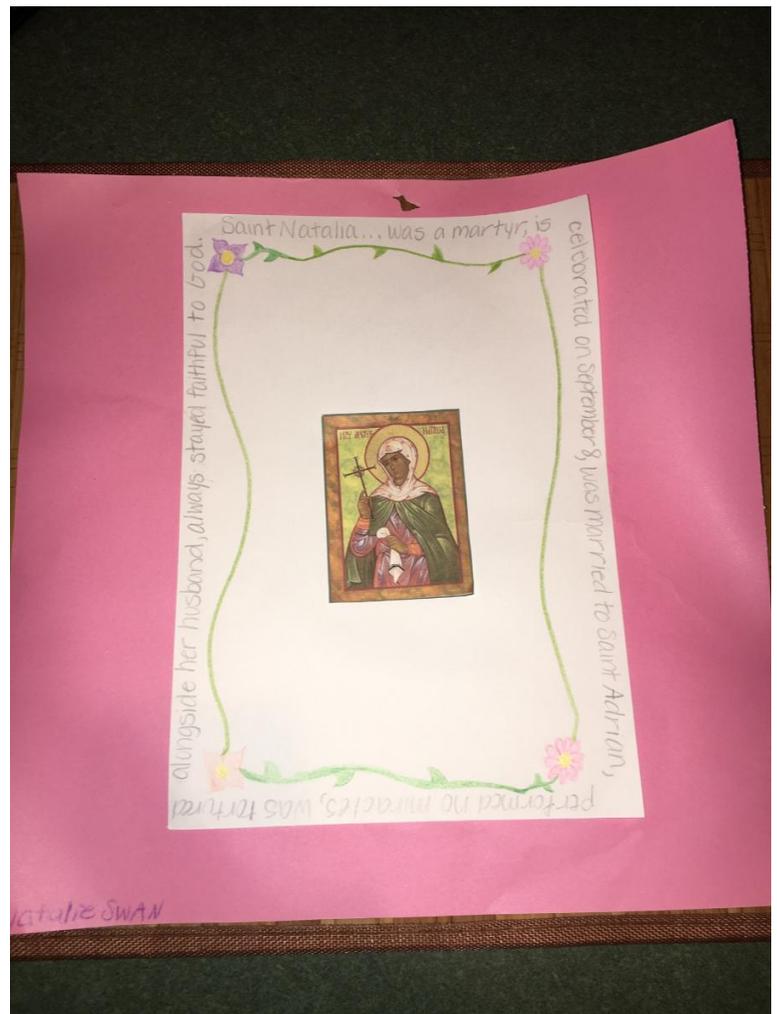
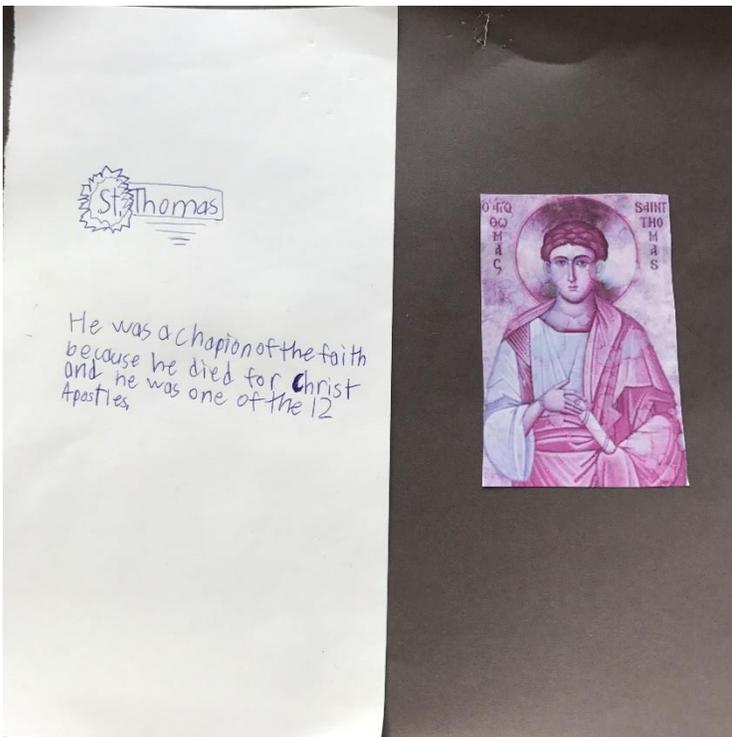
### A Gallery of Saints:

*(Rest of the session) We will try to hang these posters at our Parish Gallery Walk, so please encourage youth to do their best work. If they aren't sure what to include, please offer paper icons, the stories of the lives of the saints that we used this week in other sessions, etc. Some included the tropars for the saints, which they could include as well. We can look information up online so children shouldn't feel like they can't chose a saint because there isn't enough information.*

To help us remember the Champions that we studied, our last activity will be to design a "Gallery of Saints." You can choose a saint that we studied, your patron saint or a saint that you already know a lot about, and design a champion poster to hang in the gallery. The information that you should include is listed below, but you should be creative about how you display the information. Use the area on the back of this sheet to plan out your poster.

Your poster should include:

- \_\_\_ an icon of the saint if possible, or a sketch of something related to the saint (for example, a cross made of vines could represent Saint Nino)
- \_\_\_ a brief summary of the life of the saint, including what makes them a Champion of the Faith
- \_\_\_ a sentence or two that explains why you chose to present the saint



## Praxis Session Five: Gallery Walk

**Objectives:** Provide the youth with the opportunity to share what they have learned with their family, parish and local community

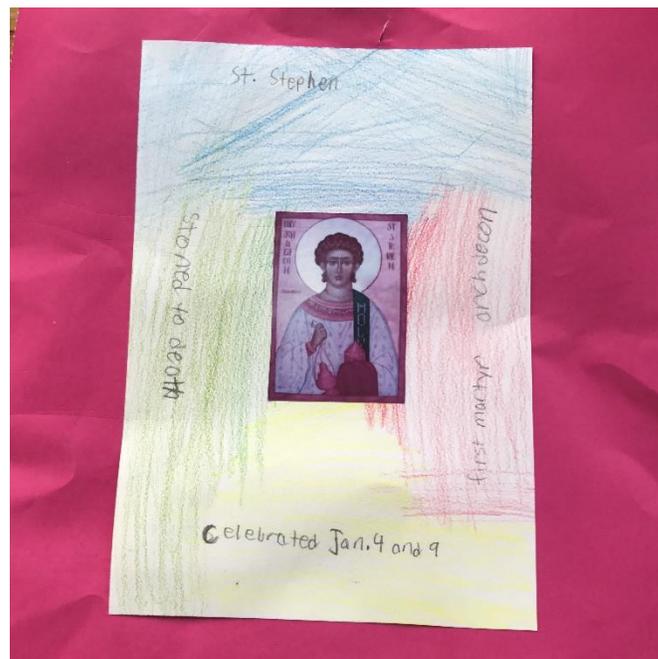
**Materials:** Items to create a gallery showing at your parish, refreshments, publicity

Ask the youth to help you plan and execute a Gallery Walk to display the work they produced in the past year. Items that may should be included: Family Icons (Praxis Session Two), Craft boards of St. John Chrysostom (Session Eight), UOL Essay Contest Entries, A Saint is... poster, and the Parish History Project. For the younger children, they could participate by singing one or all of the many tropars that they learned.

You may also decide to have the youth sing the hymn learned for the Music in Our Churches Session. Conducting the Gallery Walk after Great Vespers or Divine Liturgy would be an ideal time. However, you could choose another time and ask your priest if you could celebrate an akathist or moleben prior to the event. This event may be opened to the greater Orthodox community and/or your local community.

Have the youth split up jobs, such as:

- Refreshment coordination (possibly even wait staff)
- Greeters
- Program creation
- Display Team
- Decorations & signage
- Set-up and Break-down
- Publicity



# **“Champions of the Faith” Celebrating 100 Years of Ukrainian Orthodoxy in America**

Published by the  
Consistory Office of Youth & Young Adult Ministry and the  
Ukrainian History & Education Center (Somerset, New Jersey)  
(2017-2018)

## **Objective:**

In conjunction with the Centennial Celebration of the Ukrainian Orthodox Church of the USA, which is taking place in parishes throughout the United States from September 2017 until September 2018, the Office of Youth Ministry is partnering with the Ukrainian History and Education Center (Somerset, New Jersey) to provide materials and lesson plans to be utilized in the parishes to educate the youth of the parish of the history of the Church in America, as well as celebrate this historic event.

This teacher’s guide provides five (5) lesson plans, each with suggested activities to use in the parish and regular youth ministry program. Each lesson plan can be tailored to fit any age group.

In addition to the monthly lesson plans, we ask all parish youth to create a poster board (tri-fold board) documenting the history of the parish which will be placed on display at the Metropolia Center during the celebration in July 2018 (see “Parish History Project” for further instructions). In addition, these boards can be displayed either before or after July in the home parishes, showcasing the work of the youth. It is our goal, that through the lesson plans, the youth of the parish will learn more about their home parishes, as well as the history of the Ukrainian Orthodox Church in the USA.

This teacher’s guide is supplemental to the exhibits at the Metropolia Center which document the history of the Ukrainian Orthodox Church of the USA.

*Shepherding Ukrainian Orthodoxy in the New Land: The Metropolitans of the Church*  
On view September 2017 until June 2018

*Ukrainian Orthodoxy in the New Land: 100 Years in the United States of America*  
On view July-September 2018

The exhibits are on view at the UHEC Library Gallery and the Cultural Center (135 Davidson Avenue / Somerset, NJ 08873). Contact the Center for exhibit hours, guided tours, and/or to schedule “The Immigration Experience” Workshop for school groups ([info@ukrhec.org](mailto:info@ukrhec.org) or call 732-356-0090)

