



# Ukrainian Orthodox Church of the USA

## Consistory Office of Youth & Young Adult Ministry

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March 7, 2023

Dear Reverend Fathers, Brothers and Sisters in Christ,

Glory to Jesus Christ!



The **Great Lent Giveaway (GLG)** is designed to give our youth the opportunity to do good works for others during Great Lent. In addition to doing good works, they learn more about their faith and devote additional time to learning, prayer and fasting during this season of preparation for Pascha. The GLG is a joint project with the Jr. Ukrainian Orthodox League. With the blessing of our Hierarchs, the GLG of 2023 will benefit youth services of refugees of the war in Ukraine.

This year we are asking that all youth of our church support this effort by helping to raise funds/collecting for and raise awareness through the Great Lent Giveaway about the work of our church the Ukrainian Orthodox Church of the USA. This year we have a goal in raising \$2000.00 to aid this work. The National Board of the Jr Ukrainian Orthodox League will MATCH up to that \$2,000.00 in raised funds.

You will find in this packet a suggested outline for conducting the GLG. We encourage you to construct a program using the full program materials, as well as your own ideas, to make the GLG more than just a fundraising effort. A program that is carried out throughout Great Lent will help the youth of your parish to more fully understand the importance and beauty of almsgiving during fasting periods.

The GLG program may be used any time throughout the year, not just during Great Lent. Please modify it for your needs.

In an effort to reduce consumption of resources and live as better caretakers of our Lord's creation, the full program is available is available online.

You may download the organizational session at [www.uocyouth.org](http://www.uocyouth.org). The organizational session includes: *Great Lent Giveaway How To and Opening Discussion: Why Youth Services for Ukraine?*, and *Fundraising Ideas*. Posters are also available for download.

Please send us with any questions at [uocyouth@aol.com](mailto:uocyouth@aol.com) or by phone at 412-977-2010.

In Christ's Love,  
Natalie Kapeluck Nixon  
Director

“Train up a child in the way he should go and when he is old he will not depart from it” Proverbs



## GREAT LENT GIVEAWAY How To.....

Ukrainian Orthodox Church of the USA  
Office of Youth & Young Adult Ministry and the  
Jr. Ukrainian Orthodox League of the USA

2020

### *Benefiting Youth Services for Refugees from the War in Ukraine*

Objective: To instill in our youth the true meaning of Great Lent by:

1. Providing for youth a better understanding of our church
2. Learning more about their faith
3. Discovering Stewardship and tithing
4. Devoting more time to prayer

GLG Project: Collecting funds, raising awareness for services benefitting youth refugees effected by the war in Ukraine.

Steps for initiating and sustaining the Great Lent Giveaway throughout Great Lent – this program may be divided into several sessions or one retreat:

1. At your first gathering/meeting discuss the Great Lent Giveaway. See the attached outline for your first discussion. At this gathering you will want to decide how you will raise your funds.
2. Have the youth present their ideas for collection of the items. Take time to discuss all of the proposals. Ask them to decide, based upon the presented plans, on a game plan as to how you will accomplish your goals.
3. Utilize the Lenten Retreat – A Servant's Heart, in you GLG plan! A Servant's Heart resource guide available at [www.uocyouth.org](http://www.uocyouth.org)

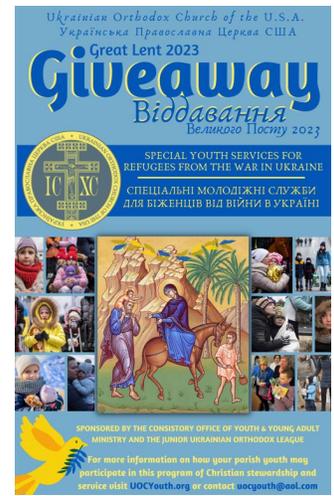
Establish with the participants a regular time to gather and to utilize the provided curriculum to learn more about Heifer International and our call to give alms during Great Lent.

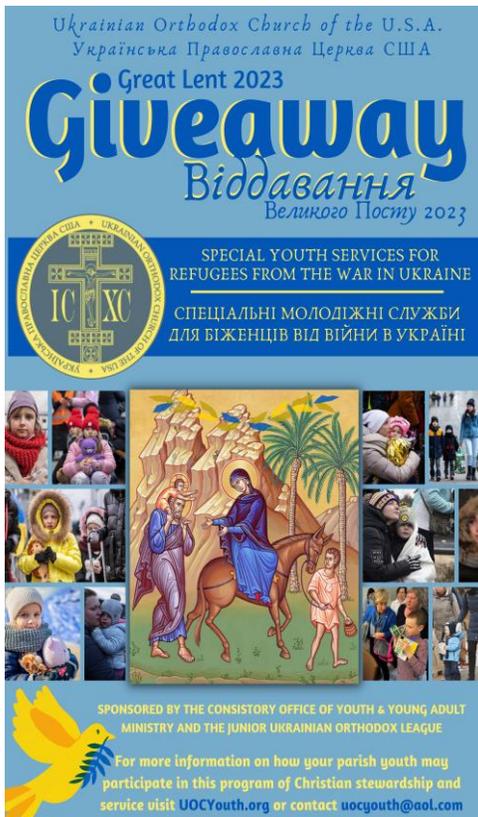
4. Discuss progress with the collection.
5. Collect and forward the donations to the Office of Youth & Young Adult Ministry or the National Jr. UOL Financial Secretary. For questions contact the GLG Coordinator or OYM Office.

Great Lent Giveaway  
Office of Youth Ministry  
PO Box 869  
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[uocyouth@aol.com](mailto:uocyouth@aol.com)

Jr. Ukrainian Orthodox League  
Mia Zetick – GLG Coordinator  
[miazetick@gmail.com](mailto:miazetick@gmail.com)  
Contact for Address

6. Wrap up the project and have a celebration event with the youth on St. Thomas Sunday – you may continue collecting funds until July 21st, 2023 or bring them to the Ukrainian Orthodox League Convention in Scranton, PA July 19 – 22, 2023. Funds MUST be submitted no later than July 22nd.





# Great Lent Giveaway 2023 Outline for Initial Discussion

## Needed Items:

- Great Lent Giveaway Video

[https://www.youtube.com/channel/UCwihD09km\\_DSGuP62nclZrw](https://www.youtube.com/channel/UCwihD09km_DSGuP62nclZrw)

- Articles of Humanitarian work the Ukrainian Orthodox Church is doing for Ukrainian War Refugees
  - [https://www.uocofusa.org/news\\_230111\\_1](https://www.uocofusa.org/news_230111_1)
  - [https://www.uocofusa.org/news\\_221219\\_5](https://www.uocofusa.org/news_221219_5)
  - [https://www.uocofusa.org/news\\_230308\\_1](https://www.uocofusa.org/news_230308_1)
- Copy of Great Lent Giveaway Poster
- Crafting paper
- **A Servant's Heart Lenten Retreat**  
<https://www.uocyouth.org/stsophiayouthministryresources>

## Preparation

- For all ages: Download or bookmark the Great Lent Giveaway video. Ensure you can show the introduction video for the GLG.
1. Begin your gathering in Prayer. Being that Great Lent has begun you could choose to have your first discussion following one of the weekday services. If choosing the weekend, perhaps plan to cook a lenten meal together. This is a great way to teach our youth a possibly families, how simple it is to prepare a lenten meal.

### *Prayer of St. Ephraim the Syrian*

Lord and Master of my life, take from me the spirit of laziness, faint-heartedness, lust of power and idle talk. But rather, grant unto me thy servant, the spirit of chastity, humility, patience and love. Yes Lord and King, grant me to see my own sins and not to judge my brother for blessed are you to the ages of ages. Amen.

2. Take a moment to discuss the purpose of the Great Lent Giveaway (GLG). Show the video that explains the work of the GLG for the last 20 years.. Ask the participants, “*What is Great Lent preparing us for?*” *Pascha* “*The Church in its wisdom always provides us with tools in our journey to Christ to help us along the way. Many tools are given to us during Great Lent on our journey to Pascha – can you name them?*” *Increased Prayer, Additional Divine Services, Fasting, Almsgiving/Christian Love and Charity. For younger children, you could play a game such as charades or Pictionary to learn the lenten "tools".*

### After the video

For Younger Children: *Ask them, Why should we take care of other people? How can they help the children from Ukraine who no longer are living in their homes?*

For youth/teens: *Why should we take care of other people? If you had to leave your home, what do you think you would need? Have you ever left for a vacation and forgotten something at home? How does that feel? If you had to evacuate your home and take only a few things, what do you think that would be like? How can we show our love for our neighbors by caring for them?*

Pass out the articles from the Ukrainian Orthodox Church

For young children: Summarize the articles as is appropriate. For younger children, you do not need to go into any details about the war.

For youth/teens: Read the articles and discuss. Did your teens know the extent to which our church has been providing humanitarian aid? What do they think about this? How are we “being” the church when we care for others?

3. *Let's discuss how we are going to participate in the GLG this year!* Wrap up the discussion by moving into the final points of the “*GLG How To*”. Encourage the youth to take on leadership roles, making publicity, organizing any fundraising event, creating items to sell, or coordinating blanket collection. Even young children may take on a simple task.
4. Have the youth create a display about the Great Lent Giveaway and the efforts of the UOC of USA in humanitarian aid. This will be put in your parish hall to help raise awareness and help with the fundraising.
5. Complete the session in prayer. Perhaps the meeting could be held prior to a lenten service and the youth could pray together in this way.

### **Taking it Home – Continuing the Journey**

- Choose a time to conduct the Lenten Retreat – A Servant’s Heart. This half-day retreat helps our youth understand why we serve others and also deepen our own faith. A part of the retreat is to raise awareness for the GLG.
- Utilize some past sessions of the GLG in the coming weeks to continue growth and discussion.