



WITH  
**FAITH & LOVE**

D R A W   N E A R

CONSISTORY OFFICE  
YOUTH & YOUNG ADULT MINISTRY  
UKRAINIAN ORTHODOX CHURCH  
OF THE USA

# Liturgy part 1

## Priest's Prayers & Proskomedias!

**Praxis Objective:** Youth and parishioners discover how clergy prepare for Divine Liturgy personally and in the preparation of the proskomedias.

### Let Get Ready!

Watch the designated videos. Discuss these questions with your youth and share with your parish. Once you have discussed the questions.

**When the priest first comes to Church he offers special prayers.** Watch this video: [https://www.youtube.com/watch?v=cJ\\_nnvBrrPk](https://www.youtube.com/watch?v=cJ_nnvBrrPk)

**After this the priest puts on his vestments:** Watch this video: <https://www.youtube.com/watch?v=DEAExmuvXz0>

**After this the priest prepares the bread and wine at the table of offering in the Altar.** This is called the Proskomedias. Watch this video: <https://www.youtube.com/watch?v=CMRmFZY3Vqg>.

**Baking Prosfora with Fr. John & Pm Anne Haluszczak and James**  
[https://youtu.be/BgiGI\\_jEP90?si=bg0twqiGHNNGbCgB](https://youtu.be/BgiGI_jEP90?si=bg0twqiGHNNGbCgB)

**Challenge your youth** to deepen their understanding of the Liturgy and their own preparation  
Provide the worksheet for their use.

**Utilize UOC Youth! Fall Magazines** to further the discussion. For our "mini" aged youth, we recommend using the resource Preparing the Gifts, from Orthodox Pebbles found at <https://orthodoxpebbles.com/orthodox-basics/preparing-the-gifts/>



# PRIEST'S PRAYERS & PROSKOMEDIA



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## Priest's Prayer

Did you know clergy had special prayers in preparing for the liturgy? What did they make you think about?



## Vesting

What did you learn about a priest's vestments?



## Proskomedie

Have you ever been in church to witness any of these parts of the Liturgy? Do you offer names for the priest to commemorate at the Proskomedie?



## Thoughts?

Is there anything in these videos which surprised you? After watching these videos do you have any questions you'd like to ask?

## What can I apply to me?

Below you will find suggestions for how you can actively learn from and be a part of the Liturgy of Preparation. Check the ways you will try to grow in the faith!

- Create a list of names to provide to my priest for commemoration
- Ask my priest if he would show me/our youth group, his vestments up close!
- Ask my priest if he would show us the liturgical items used in the proskomedie
- When I prepare for Divine Liturgy, pray for my priest as he prepares.
- Ask your priest if he will teach you to bake prosfora.



**OYM**  
Ukrainian Orthodox Church of the USA

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## PRIEST'S PRAYERS & PROSKOMEDIA



Use the area below to note any questions you have for your priest or youth ministry leader/teacher.

