

# METROPOLIS OF CHICAGO LIGHT OF LENT PROGRAM OVERVIEW:



Beloved Fellow Sojourners on the Journey of Lent,

Every year we have an enormous task as educators and parents. Not only do we have to work on our own Lenten journey, but we have been entrusted with making Lent a meaningful learning experience for the young people in our lives.

The following program is designed to give you the tools to help the youth of our Metropolis to grow spiritually, learn the value of service, engage in the worship life of our Holy Church, and to reflect on what Lent means to them.

## HOW DOES IT WORK?

The Light of Lent is intended to help motivate our young people to participate in Holy Lent more actively. Points will be awarded for attending church services, helping at a service, participating in philanthropic activities, and being part of the Fanari Lenten Retreat.

While points help track activity, they are not the goal of the program. To “unlock” the points earned, participants will reflect on the theme of the week and write a short journal entry (50-100 words). The Sunday School Teachers or another leader will be designated by the parish priest to guide this effort and help track points. The Metropolis of Chicago has created materials to help with this! Download all materials at:

[chicago.goarch.org/LightofLent](http://chicago.goarch.org/LightofLent)

1. At the start of Lent, give each participant a “**My Participation**” worksheet. They will keep track of their own activities during the week.
2. During Sunday School at the **start** of each week, share the “topic of the week” so participants can think about how it guides their activities and behaviors.
3. During Sunday School at the **end** of the week, have each participant complete their “**Reflection Journal**” entry. Consider having a few students share their thoughts with the rest of the class or leading a deeper conversation.
4. Keep track of student progress through the “**Classroom Tracker**”



## HOW IS THE WINNER CHOSEN?

Each parish will receive one [1] scholarship code for our Camping Ministries Programs for \$50 off of tuition as a reward for the participant with the most points. If there is a tie in points, we suggest a drawing to select the winner.

Please submit the name and contact information for the winner to Fr. Luke.

Prizes can be given to other participants from the parish level as well, and it is recommended that ALL participants are recognized by the Parish on the Sunday after Pascha (Thomas Sunday).

## MAKE IT YOUR OWN

As an educator, you know what works best for your students, feel free to adjust/tailor this program to what you feel will be the most effective for your students. This is just another tool to try and help our youth draw closer to Christ and each other through Lent. Should you have any questions, please contact Fr. Luke Melackrinis at [frluke@chicago.goarch.org](mailto:frluke@chicago.goarch.org).