Quick Summary Chart

Session 1: Every Family has a Story
Origins, Events, Relationships
Every family has its own story. This story includes the family’s history, traditions, and values. Discussing these stories helps family members understand their heritage and how they are connected to their ancestors.

Session 2: Life Together As Family
Values, Ethics, Belonging, Responsibility, Unity
Discuss what makes a family strong. Explore how families can support each other through good times and bad. Encourage family members to share stories about their family history.

Session 3: God and Our People
History of Salvation, Jesus Our King and Lord, the Church
Our Church and Our Neighbors
Learn about the Church’s history and how it has evolved over time. Discuss how the Church has influenced your family’s beliefs and practices.

Session 4: Members of God’s Family, the Church
Baptism/Chrismation, Communion, Lie
We Are God’s People
Explore the concept of the Church as God’s family and how it connects to everyday life. Discuss how our families are a microcosm of the Church.

Session 5: Every Parish has a Story
Origins, Founders, Mission
Our Church and Our Neighbors
Examine the history of your local parish. Discuss how the parish has changed over time and the role it plays in the community.

Session 6: Being Christian and Being Orthodox
Identity, Unity, and Difference Among Neighbors
The Work of God’s People
Ministry, Outreach, Service and Witness
Explore the concept of being both a Christian and an Orthodox Christian. Discuss how these identities intersect in your family and community.

Session 7: Following God in Our Lives
Faithful, Responsible, and Accountable
Shaping Our Future
Describe ways to live a life that is faithful, responsible, and accountable. Discuss the importance of making good decisions and living a life that honors God.

Session 8: I Am Orthodox — Who Are We?
Level 1: PreK-Grade 1
We Are Family
Discuss how being a family member is important and how families support each other.

Level 2: Grades 2-4
It's About Us!
Discuss how families shape who we are and how we relate to others.

Level 3: Grades 5-8
We Are God’s People
Conduct an oral history project of your family or parish history, by interviewing/taping stories of family members or parishioners. "Research questions in advance."

Level 4: Grades 9-12
Our Church and Our Neighbors
Conduct a "look into the future" & make a list of things you hope to do or accomplish in the next 5, 10, and 20 years. To whom would you look as mentors or role models?

Level 5: Young Adults, Parents 19-35
Shaping Our Future
Examine relationships within your immediate & extended families, relatives & friends. List initiatives for future church programs to encourage greater unity & support

Level 6: Adults, Seniors
Guiding New Generations
Reflect upon 1 Peter 2:4-10; 3:8-10. "What example will you set?" "Keep a journal of your thoughts, values, commitments, struggles, and faithfulness, as you try to utilize God’s will in your life today"

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