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EASTERN ORTHODOX COMMITTEE ON SCOUTING

# HELPING SCOUTS EARN EOCS AWARDS



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A HANDBOOK FOR PRIESTS, PARENTS,  
AND ADULT ADVISORS





Helping Scouts Earn EOCS Awards: A Handbook for Priests, Parents, and Adult Advisors  
Version 2 - May 2015

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# DEDICATION

To our Lord Jesus Christ, who calls us to become icons of Him as we help children grow closer to God, and to our children who, in turn, inspire us with their love, their spirit of adventure, and their readiness to embrace the Lord.



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# HELPING SCOUTS EARN EOCS AWARDS

## PART 1. INTRODUCTION

### PURPOSE OF THIS HANDBOOK

The purpose of this handbook is to make it easier for priests and other Scouting advisors in our churches to run an active and engaging Eastern Orthodox Committee on Scouting (EOCS; <http://www.eocs.org/>) religious awards program, and for parents or guardians (hereafter referred to as "parents") to assist their Scouts. Especially when a Scout's own Orthodox church does not host a troop, special encouragement and advising is helpful in bringing these awards to the family's attention and in giving them confidence to work on the awards. This handbook shares in a systematic form many years of experience in advising boys and girls on all three awards.

Note: This handbook will refer to Scouting, including all age levels within the Boy Scout and Girl Scout organizations; however, it is also applicable to any other organizations authorized to participate in the EOCS awards program. Recommendations about uniforms and troop structures should be adapted as appropriate to these organizations.

### USING THE HANDBOOK

The table below indicates which sections are likely to be most useful for priests, adult advisors (troop leaders, religious education teachers, or designated Scouting award advisors), and parents.

| <b>Handbook Section</b>                       | <b>Priests</b>                        | <b>Advisors</b> | <b>Parents</b>                    |
|---|---------------------------------------|-----------------|-----------------------------------|
| 1. Introduction                               | ✓                                     | ✓               | ✓                                 |
| 2. Approaches to Programs                     | ✓                                     | ✓               |                                   |
| 3. Appointing Advisors                        | ✓                                     | ✓               |                                   |
| 4. Building Awareness                         | ✓                                     | ✓               | (section on value of EOCS awards) |
| 5. Advising Suggestions                       | (section on award completion meeting) | ✓               |                                   |
| 6. Awards Ceremony                            | ✓                                     | ✓               |                                   |
| 7. Closing                                    |                                       | ✓               |                                   |
| App. A: General Resources                     |                                       | ✓               | ✓                                 |
| App. B: Resources for Award Booklet Questions |                                       | ✓               | ✓                                 |
| App. C: Resources for Awards Ceremony         |                                       | ✓               |                                   |
| App. D: EOCS Prayer Service                   | ✓                                     |                 |                                   |

## PART 2. APPROACHES TO PARISH RELIGIOUS AWARDS PROGRAMS

There are many ways to organize a Scouting religious awards program in your parish. The table below summarizes the advantages and challenges of several approaches.

| <b>Approach</b>  | <b>Activities</b>   | <b>Advantages</b>   | <b>Challenges</b>   |
|--|---|---|---|
| <i>Church Troops (Orthodox only):</i> Troops hosted by parish, with only Orthodox communicants             | Annually or every few years, take all Scouts through applicable award programs                          | Enrichment, focused work, fits in with church-based troop mission. Service projects can be done together.   | Leaders must have the knowledge to facilitate their awards level; less parental involvement than other approaches   |
| <i>Church Troops (mixed faith):</i> Troops hosted by parish, open to all                                   | Annually or every few years, work on award outside regular meeting hours with Orthodox subgroup         | Group members know each other; fits in with troop mission; service projects can be done together with whole troop.                                      | Same as above plus scheduling additional meetings; can create "us-them" mentality in troop members  |
| <i>Religious Ed. Classes:</i> Integrate award activities into curricula of specific grades                 | In grades 2, 4, and 6, for example, take whole class through program                                    | Enrichment to curriculum, creates a goal for the entire class   | Plan for celebrating non-Scouts' achievement; problems if children have sporadic attendance; plan for service projects; less parental involvement   |
| <i>Special Awards Workshops:</i> Gather children from one or more parishes for a few intensive sessions    | In 1-3 Saturdays, take children through applicable program(s), engaging parents for additional work     | Efficient, focused work; children may learn more easily and have more fun in social interaction with others   | Need qualified leader and helpers for each award level that day; learning may be more superficial; less parental involvement; meaningful service projects; problems if child cannot attend all sessions |
| <i>Individual/Small groups:</i> Priests and possibly advisors assist Scouts and their parents or guardians | Meet about 3 times to advise one or more Scouts and their parents, engaging parents for additional work | Tailored to individual needs, often provides deeper learning, reinforces "micro-church," easier to schedule; service projects are family responsibility | Can feel solitary or laborious for child (best when done in small groups); time-intensive for priest or advisor if many individual Scouts want to earn different awards                                 |

## PART 3. APPOINTING SCOUTING RELIGIOUS AWARDS ADVISORS

### ROLE OF THE RELIGIOUS AWARDS ADVISOR

The priest is always the leader of the awards program. Consistent with the options in the table above, the role of the Scouting religious awards advisor may be filled by the priest himself, a troop leader or assistant, a religious education teacher, or another qualified individual in the parish. An advisor may organize the program, identify eligible Scouts, work with them on the award requirements, and plan the logistics of the awards ceremony. The presiding priest still oversees the program and meets with the Scouts as

their spiritual guide. He should also conduct the final meeting to review and discuss their work.

The main reason for a priest to appoint a Scouting advisor (or more than one) is to make the Scouting awards program available to as many parishioners as possible. Leaders of Scout troops hosted by the church often serve as awards advisors, giving a special energy and visibility to the program. However, even parishes without their own troops may have a sizeable number of Scouts, each of whom could earn up to three religious awards. Many of their families would be happy to help their children earn the awards if they knew about them and received appropriate support. Similarly, an advisor can help handle the awards logistics, enabling the priest to focus his time on the Scouts.

## QUALIFICATIONS FOR SCOUTING RELIGIOUS AWARDS ADVISORS

If an advisor other than the priest and parent is working with Scouts on their awards (troop leader, religious education teacher, or other qualified advisor), the priest should look for the following capabilities, or help the advisor develop in these areas:

- Sound knowledge of the Orthodox faith. The program is an opportunity for deeper and more personalized religious education. For example, discussions of the sacraments of Baptism and Chrismation can go beyond the outward ceremony so that children will internalize what it means to become members of the Body of Christ (the Church) and receive the Holy Spirit. The advisor should be able to encourage children's questions and answer them in an Orthodox and age-appropriate way.
- Experience teaching or leading children. Some advisors are better suited to a particular age group than others. Just as the awards are age-appropriate, so too the approach of advisors should be tailored to their Scouts' developmental levels.
- Basic understanding of Scouting and its structure, for boys and girls. This can be acquired on the websites of these organizations, as well as through discussions with local Scout Councils and Scout leaders in the community. It is desirable for the advisor to have a personal or family history of Scouting.

## PART 4. BUILDING PROGRAM AWARENESS AND ENGAGEMENT

### IDENTIFYING THE SCOUTS IN YOUR CHURCH

To bring the program to life in a church, all Scouts need to be identified. Even in parishes that host troops, there may be girls or boys of an age group not addressed by the on-site organizations, or children who live too far away to participate in these troops. The need to "find" the Scouts is greatest when the church does not host its own troops.

The simplest and most effective approach is to add a question to the religious education enrollment form. The name, age, grade and gender of the child will usually already be

there, along with address, parent phone number, and parent email. If multiple children are enrolled on a single form, ask parents to list the names of all their children who are Scouts.

Religious education teachers can also canvass their classes for several weeks early in the school year. However the names are obtained, the advisor can then create an email parent list for targeted invitations. The process should be repeated annually.

## PUBLICIZING THE PROGRAM

In many parishes, relatively few Scouts and their families initiate the request to work on their religious awards. (Your church may differ, especially if you have a history of many successful award completions.) Significant numbers of parents and Scouts have never heard of the religious awards. Even those parents who know about the program often assume that it is too hard to complete or that they do not know enough (or do not have enough time) to help their child.

Several approaches to publicizing the program are listed here as a starting point. The natural information channels of your own parish will give rise to additional opportunities. Make sure that interested parents have clear contact information for follow-up: to the priest, the advisor, the church office, etc.

The most effective recruitment approach is **personal outreach** to Scouts and their parents by the priest, advisor, and other Scouts (and their parents) who have already completed religious awards.

Other helpful approaches:

- Frequent announcements in your weekly bulletin
- Short informational meetings immediately after church, announced and attended by the priest and advisor
- Articles in your monthly publication
- Updates on website and Facebook page (if your church has one)
- Email "blasts" on the church electronic "letterhead" to all parishioners or to those identified as Scouting families
- Flyers distributed in Religious Education classes, program information to teachers

This outreach will likely yield several Scouts who are interested. Once they have been identified, the advisor and, whenever possible, the priest should meet with each family either individually or as a group. The families should download the applicable award booklet (<http://www.eocs.org/#!religious-awards/c21kz>) either before or right after the meeting.

It is especially important to have at least one parent present at this initial meeting if children are working on the awards independently, rather than as part of a troop, class, or workshop. The parent conveys the deep and vital message that our relationship to God is our top priority in life.



## EXPLAINING THE VALUE OF EOCS AWARDS TO SCOUTING FAMILIES

The points below may be helpful as the priest or advisor introduces the EOCS award program to Scouting families who may be unfamiliar with its benefits.

The EOCS awards build knowledge, love and understanding of Orthodoxy. They provide an opportunity for a *personal* and *ongoing* form of religious education that *engages the family as a micro-church*.

- *Personal*: they focus on the individual Scout's own life in the Church and relationship to Jesus Christ.
- *Ongoing*: they bring our faith out of the confines of a single time and place (the church, usually on Sunday) and into the daily life of the Scout.
- *Engages the family*: Even when a group (troop or class) is principally working on the award, parents are encouraged to pray with their children, read the Gospels together, engage in service projects, and participate more fully in sacramental life as a family. This is perhaps the most lasting benefit of the program and the one we need to nurture the most.

In addition, certain other Scouting achievement levels require that the Scout demonstrate reverence, and earning these awards may fulfill this requirement. The religious awards are often looked upon favorably in college admissions and make the Scout eligible to apply for an EOCS scholarship if the Eagle Scout Award (for boys) or Gold Award (for girls) has also been earned (<http://www.eocs.org/#!scholarship/c15of>).

Two Chi Rho award recipients (twins) beautifully summed up what the program meant to them. One said, "I went deeper than ever before and understood much more about my religion." The other said, "My family and I spent a lot of time together talking and doing service that fit in what we believe in our religion, and not just on Sundays at church."

## PART 5. GENERAL ADVISING SUGGESTIONS

### CALENDAR

The St. George and Chi Rho can be completed in a few focused sessions or gradually, in a several-month time frame, but the Alpha Omega is much more meaningful and manageable if the Scout plans to work on it over the course of the school year. This also takes into consideration the very busy schedules of many older Scouts and the requirements for ongoing prayer, Gospel reading, and additional service projects.

For Scouts working individually on the first two awards, three meetings with the advisor often suffice. The structure of the award booklet lends itself to this schedule. The Alpha Omega award can also be completed on a three-meeting plan, but (because there is more extensive learning) some older Scouts benefit from additional meetings if feasible.

Troops or classes working together might designate a period of time at each meeting and complete the award in as many as 10 or 12 sessions. At the other extreme, a workshop approach might complete the lower two awards, along with service projects, in

two day-long sessions (with some prior preparation by Scouts and parents). For all approaches, Alpha Omega requires additional ongoing activity.

|                                     |  |
|-------------------------------------|--|
| August                              | Incorporate Scouting question in Religious Education registration  |
| September                           | Generate list of all Scouts with their grade and parents' phone and email. Begin advertising your program in church publications and email. Also begin personal outreach to Scouts' parents. Priest and religious education teachers may help identify the most likely candidates.   |
| October                             | Hold orientation(s), if possible with priest present.  |
| Oct. – May.                         | Individual Scouts or small groups schedule 3 sessions (generally) of 60-90 minutes, to plan, work on, or review sections. Activities and service projects continue outside the sessions. Some older Scouts may need to finish up work in the summer. Troops or classes can begin working together at each meeting. If a workshop approach is used, dates and venues should be published early. |
| Early Autumn, Scout Sunday, or June | Confer awards. The ceremony can take place after the Divine Liturgy or in an appropriate youth-oriented event. The broader the audience, the more awareness of the program will be built.  |

## ENGAGING ALPHA OMEGA SCOUTS

Alpha Omega Scouts present special challenges, because their time is very limited, given their involvement in church youth activities, charitable outreach, and many other extracurricular activities. In later high school they may be working on Gold or Eagle Awards in Scouts, along with pre-college activities and jobs. At the same time, they may appreciate the spiritual and practical benefits of the award most deeply at this age. They are usually also ready to take personal responsibility for incorporating prayer into their lives, reading the Gospels, and performing meaningful service. When possible, work with Scouts on Alpha Omega in 6<sup>th</sup>-9<sup>th</sup> grades.

## ADVANCE PLANNING

The advisor should identify any long-term activities for which advance planning (rather than a sequential approach) will help the Scout. For example, opportunities for service projects can be identified from the start, and experiential activities like prayer, reading of the Gospels, and learning hymns should be continued throughout the program. This kind of planning is especially necessary for the Alpha Omega award.

## MATERIALS AND COST

Children should each have a copy of the awards booklet. The best way to distribute it is via a link from the EOCS website (see Appendix B), ensuring that the most up-to-date version is always in use. It is helpful for children to place their downloaded booklet pages in a thin 3-ring binder, along with their work pages, which may be handwritten or printed from the computer. Some portions of the program can be completed directly on the booklet pages, but many children prefer to use separate sheets of paper and key their responses to the item letters and numbers from the booklet. This gives them more

room to write or draw. They may wish to type on a computer or print photos from family copies that they have scanned or uploaded. These pages also go into the notebook, keeping the project organized and easily shared with the priest, who may choose to review the notebook after the final meeting (described below) and return it later.

Aside from the notebook, no special materials are required. The only required program expenses, which the church usually incurs rather than the family, are for medals and certificates from P.R.A.Y. (address in Appendix C).

## WORKING MEETINGS

The two biggest challenges for award completion are scheduling and holding meetings, and keeping Scouts on track between sessions.

While it may seem efficient to try to gather individual Scouts together on Sundays, this is often not effective. Younger children are often tired after a long morning, and older ones have to hurry to youth group meetings and other church-related activities. For individual Scouts, other ways of meeting include sessions at a volunteer parent's home (especially good with a group of same-age Scouts), meetings at a convenient local coffee shop, or weekday evening sessions at church. It is desirable to encourage several Scouts to work together, especially with their same-age friends or siblings. St. George and Chi Rho sessions can often be run in tandem.

Unless the award activity is being done as a troop, workshop, or a class, large group meetings can be very difficult to plan. While holding meetings with individual Scouts or small groups can be time-consuming, this approach can make a huge difference in successful completion. Parents should be present for at least part of the meetings, especially for younger Scouts, to support the learning and understand next steps.

## SUPPLEMENTAL COMMUNICATIONS

Supplementing working meetings with other communication is helpful. Email is often the easiest way to keep a dialog going and get a sense of where progress is being made or faltering. If parents feel comfortable asking questions, they will be better coaches for their own children. Through email, hymn music can also be transmitted. Learning can be enriched with short explanatory recordings found on Orthodox websites. For older Scouts, additional helpful materials are available free from a number of on-line Orthodox sources, several of which are listed in Appendix B.

All these modes of communication must be approached in ways that ensure the safety and privacy of the children involved. In general, emails should be sent to the parents rather than the children. Any exceptions for older Scouts must have parental permission, and parents should always be copied. If other social media are used, the main contact point should be the parent. The advisor should remain consistent with guidelines issued by Scout organizations for how they expect their troop leaders and other adults to communicate with youth members.

## AWARD COMPLETION MEETING WITH THE PRIEST

The priest will likely have been involved at various points during the award process. As Scouts complete their awards, plan a meeting when the children (individually or as a small group) can interact with the priest and share what they have learned and done in an enjoyable and positive session. This meeting should take place at least a month before the awards ceremony, to allow time to order and receive the awards.

### PREPARATION FOR SCOUTS AND PARENTS

Encourage children to look forward to the meeting as the fulfillment of their work, rather than as a difficult examination. That being said, the meeting requires preparation: together with their parents and possibly the advisor, they should review their award-related work and what they have learned. Some of the activities may have taken place months earlier and need to be refreshed in their memories. It is also good to prepare them to share what they liked and valued in working on the award. They should bring their award notebooks and the EOCS booklet to the meeting and be ready to show their notebooks to the priest. They will discuss this material and their service projects with the priest. Parents should make sure that the last page of the booklet printout has been completed (except for the priest's signature). They do not need to write a mailing address for the award, as materials will be sent to the church for the ceremony.

### PREPARATION FOR THE PRIEST

If the priest is not familiar with the religious awards program, the advisor should help him understand the levels and requirements, making the EOCS award booklets available to him before the meeting. Preparatory discussion with the priest describing the year's program, points of emphasis, and the children involved will also be helpful.

### DURING THE MEETING

The priest can pose a question and then move in a systematic way through the group of children who are answering, ensuring that each Scout has a chance to respond. Some questions lend themselves to a different response per child (for example, the child's saint or favorite Bible story), while other questions can be broadened and personalized: "What do you like to do when you come into the church? Why is that your favorite?"). Ensure that all the children have the chance to describe at least one of their service projects, and help them make the connection with how this feels good because we are energized by the Holy Spirit and because we serve as the hands and feet of our Lord, becoming closer to God.

Have the priest sign the final award completion page in each Scout's booklet. (The section completion pages in the booklet do not need to be signed by the priest, if there is an agreement that the advisor will assume this responsibility as each Scout progresses). The advisor should collect the completion pages to order the Awards in conjunction with the church office. It is helpful for the priest to take a few minutes to look through the children's workbooks while they are all together, demonstrating that he appreciates the work that went into the award. He may also wish to collect them for further review or and return them later.

## PART 6. AWARDS CEREMONY

In most parishes, youth awards are conferred in the church after the Divine Liturgy or at an appropriate event, such as Scout Sunday or a Youth Sunday Luncheon. The ceremony reinforces the sense of achievement, publically declares the value of the program, and raises awareness among other Scouting families. The EOCS has provided a short prayer service, which can be use with individuals or for multiple children and award levels (Appendix D). Below are steps that are important for the planning of the awards ceremony. See Appendix C for contacts and other resources.

1. Settle on a date for the awards ceremony, and (in the case of an event other than the Sunday Holy Liturgy) agree upon where in the overall program the ceremony will best fit. Occasionally, it may be possible to coordinate the ceremony with a visit from your Bishop or Metropolitan, which is especially meaningful for Alpha Omega recipients.
2. Ensure that all participating Scouts and their parents know the date and sequence of the awards ceremony, as well as expectations about wearing a uniform. Cubs, Webelos, and Boy Scouts often have full uniforms and should wear them, removing their caps for the ceremony. Daisies, Brownies and Girl Scouts often only have badge sashes or vests, which they should preferably wear with a white shirt and dark or khaki skirt.
3. Order the awards and certificates from P.R.A.Y. Orthodox awards cannot be ordered online. Call them (Appendix C) for the most current pricing and ordering information. P.R.A.Y. offers regular and expedited (extra cost) shipping options. The final signature page from each Scout's awards booklet must be submitted along with a note describing the whole order, if you are purchasing multiple awards. Make sure that the signature page has been completed correctly by the priest and parents, and correct any errors. Once you receive the awards, fill out the certificates. For the presentation, it is helpful to unfasten the pins, leaving them on their cards, and to write the recipient's name on the card.
4. Work with the church office and (if a separate event) the coordinator of the event to secure the necessary set-up; for example, a podium with microphone and a small table or a tray held by an altar boy, upon which to place the awards and certificates. Designate a photographer and decide where photos will be taken.
5. Agree upon roles in conferring the awards. Normally, the priest will give the award to the child. Who will pin them? Who will give the certificates? Will both the priest and the advisor speak? Will parents join their children as awards are conferred (highly recommended)?
6. Ensure that the priest has a copy of the recommended prayer service in advance. Work with him to adapt this to the number and levels of Scouts receiving awards. Give him a list of children's names and the awards they have earned.

7. Plan short speeches (1-3 minutes recommended) for priest and advisor, explaining the meaning of the awards, what the Scouts have done to merit them, and why this achievement is valuable.
8. Announce the event in advance in the weekly bulletin of the church. Publicize it afterwards in appropriate venues (weekly bulletin, photos on church display boards, monthly parish publication and website). You may also choose to send photos and information to the national or regional publication of your Orthodox jurisdiction, to and the EOCS website and Facebook page (see resources below). Photos of children should not give names in these public venues. Any exceptions must be approved by parents.

## PART 7. CLOSING COMMENTS

### PLAN TO FURTHER DEVELOP THIS HANDBOOK

This handbook will continue to be revised on an ongoing basis with input from EOCS leadership and Orthodox priests, troop leaders, advisors, and parents. It will be made available on the EOCS website. Any additional comments or suggestions are deeply appreciated and should be sent with the subject line "EOCS Awards Handbook Comments" to the author: [mekotsonis@gmail.com](mailto:mekotsonis@gmail.com).

### ACKNOWLEDGMENTS

This handbook grew out of advising many Scouts and the desire to see even more young people enjoy the benefits of this program. The handbook uses as its focus and key sources the insightful and well-designed booklets of the Orthodox religious awards program. I have benefitted especially from the encouragement of George Boulukos, Chairman of the EOCS, and the EOCS Board, as well as document reviews by Rev. Peter Delvzis, Presiding Priest of Holy Trinity Greek Orthodox Church, Westfield, NJ; Rev. George Kevorkian, Academic Projects Mentor to the St. Stephen's Program, and numerous Scouting leaders and advisors from several Orthodox jurisdictions. Thank you to everyone who is contributing to this resource.

### ABOUT THE AUTHOR

Miriam Kotsonis was a Girl Scout for many years. As an adult she held a variety of troop roles as her son and daughter went through Scouting. She has conducted leadership workshops at the national Girl Scouting Training Center and has helped Scouts earn more than 40 EOCS religious awards.

She and her husband have taught religious education classes since 1998, and she is an active choir member at her church and an officer of the Eastern Federation of Greek Orthodox Church Musicians. Miriam holds a Ph.D. in Developmental Psychology from the University of Virginia and is now completing the St. Stephen's Program in Orthodox Theology. She has held leadership positions in several major companies in User Interface Design, Communications, Human Resources, and Corporate Education.

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## APPENDIX A. GENERAL RESOURCES

The purpose of suggesting resources is not only to help Scouts complete the awards, but to help them and their parents see the richness of what is available to all of us as Orthodox Christians. Depending on the age of the child, some of these resources are more appropriate for the parent or the Scouting advisor. With books, CDs, podcasts, and blogs, there has never before been such immediate and free availability of resources to learn about and get excited about Orthodoxy. The suggestions here are not exhaustive and will be expanded in future versions of this handbook.

### INTERNET SEARCHES

Using Internet searches on terms can be helpful and productive, with two cautions that will help you or your Scout find accurate, reliable information:

- Precede the search term with "Eastern Orthodox" or "Orthodox Christian"; e.g., "Eastern Orthodox Baptism"
- Rely most strongly upon known Orthodox websites, rather than upon commentaries and blogs by individuals or less-known groups. The websites of Orthodox jurisdictions, or sites they sponsor, are the most reliable (see below).

### WEB SITES (MAJOR JURISDICTIONS LISTED BELOW; OTHER JURISDICTIONS MAY ALSO HAVE HELPFUL RESOURCES)

Antiochian Orthodox Archdiocese of America - <http://www.antiochian.org>

Greek Orthodox Archdiocese of America - <http://www.goarch.org/>

Orthodox Church in America - <http://oca.org/>

Eastern Orthodox Committee on Scouting - <http://www.eocs.org/>

### HELPFUL OVERVIEWS OF ORTHODOXY (AUTHORS FROM ALL JURISDICTIONS)

Menu Page: <http://www.antiochian.org/discover/introduction>

- "First Visit to an Orthodox Church" by Frederica Mathewes-Green  
<http://www.antiochian.org/content/first-visit-orthodox-church-twelve-things-i-wish-id-known>
- "What on Earth is the Orthodox Church" by Ancient Faith Press  
<http://www.antiochian.org/content/what-earth-orthodox-church>
- "The Orthodox Church: An Introduction" by Metropolitan Kallistos Ware  
<http://www.antiochian.org/orthodox-church-introduction>
- "An Introduction to the Orthodox Faith" by Father Thomas Fitzgerald  
<http://www.antiochian.org/teachings-orthodox-church>

What is Christian Orthodoxy?

<https://www.youtube.com/watch?v=bfyEnhI08AY&list=PLWopa4I5g3xCpebu63uiMabsL7qBv35Cj&index=1>

### **ONLINE RADIO, PODCASTS, AND VIDEO**

Ancient Faith Media - <http://www.ancientfaith.com/>

Greek Orthodox Archdiocese: <http://www.goarch.org/multimedia/>

Orthodox Christian Children - <http://www.orthodoxchristianchildren.com/>

Orthodox Christian Network - <http://myocn.net/>

Trisagion Films - <http://trisagionfilms.com/>, and on YouTube:

<https://www.youtube.com/user/Trisagionfilms>

### **NOTEWORTHY SERIES**

Be the Bee - <http://www.ancientfaith.com/video/bethebee>, and on YouTube:

[https://www.youtube.com/playlist?list=PLbyQMR-r8bJTrcWpWxSUPdJHdZJsq\\_zG](https://www.youtube.com/playlist?list=PLbyQMR-r8bJTrcWpWxSUPdJHdZJsq_zG)

Coffee with Sister Vassa - <http://www.ancientfaith.com/video/sistervassa>

Discovering Orthodox Christianity - <http://www.goarch.org/ourfaith/discovering>

The Sounding - <http://myocn.net/orthodox-christian-news/the-sounding/>

### **THE ORTHODOX FAITH ON LINE (ALSO CAN BE PURCHASED AS PRINTED BOOKLETS)**

For each volume, every chapter can be clicked on and read online. However, for continuous reading, the printed version is easier to use.

Hopko, Fr. Thomas. *The Orthodox Faith*. <http://oca.org/orthodoxy/the-orthodox-faith>

- Vol. 1: Doctrine <http://oca.org/orthodoxy/the-orthodox-faith/doctrine>
- Vol. 2: Worship <http://oca.org/orthodoxy/the-orthodox-faith/worship>
- Vol. 3: Bible and Church History <http://oca.org/orthodoxy/the-orthodox-faith/bible-history>
- Vol. 4: Spirituality <http://oca.org/orthodoxy/the-orthodox-faith/spirituality>

### **GENERAL INFORMATION ABOUT ORTHODOXY: BOOKS**

Grube, Fr. George. *The Orthodox Church from A to Z*. Minneapolis, MN: Light and Life Publishing Company, 2007.

Mathewes-Green, Frederica. *Welcome to the Orthodox Church: An Introduction to Eastern Christianity*. Brewster, MA: Paraclete Press, 2015.

Patrinacos, Rev. Nicon D. *A Dictionary of Greek Orthodoxy*. Pleasantville, NY: Hellenic Heritage Publications, 1992.

Ware, Timothy [Metropolitan Kallistos]. *The Orthodox Church (New Edition)*. New York, NY: Penguin Books, 1997, and *The Orthodox Way (Revised Edition)*. Crestwood, NY: St. Vladimir's Seminary Press, 1999.



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## APPENDIX B. RESOURCES FOR SPECIFIC QUESTIONS IN AWARDS BOOKLETS

### BAPTISM AND CHRISMATION

<http://www.orthodoxchristian.info/pages/Baptism.htm>

<http://www.goarch.org/ourfaith/sacraments>

- Parents should share special memories of their children's Baptisms, which the children can write in their notebooks. If there are grandparents or Godparents who can also share memories, add those. What does the Scout think is most special about that day?
- Parents should help the child find and copy or scan some Baptismal pictures. Add these to the notebook. Avoid pictures that the child is not comfortable about sharing.
- The Awards give Scouts the chance to learn more than just the mechanics of these Sacraments. Children should understand the purpose of baptism and chrismation, the role of godparents, and the concept of membership in the Church. Many children are excited to hear that they are just as much members of the Church as the grownups, and they readily relate to the idea that we on earth are the Body of Christ, His hands and feet, to help each other and serve God.
- Help each child identify his or her own saint and name day.
- Learn about the saint. Some are easy to find. Others may require a little more work. Some priests ask that children write something about their saints, at an age-appropriate quantity and level. For information, check [http://www.goarch.org/chapel/saintfeast\\_search](http://www.goarch.org/chapel/saintfeast_search)
- The concept of martyrdom is a difficult one, and for young children it is often better to stress how good and powerful their saint was, and that God helped them endure even when people were cruel, and that they were giving their lives completely for Jesus Christ. Then they were rewarded greatly in Heaven and still work many miracles.
- Many children, especially at the Chi Rho age level, are ready to understand that the martyr is a "witness," not necessarily one who dies for his or her faith, but one whose life and actions bear witness to the presence of Jesus Christ. They are interested and excited to know that they too can be witnesses to our Lord, and this is a very powerful discussion.
- Copy or scan an icon of the saint. Find an Orthodox representation, if possible, rather than a Western one. Help the child understand what the symbolic elements in the

icon are (if possible). Put that picture in the notebook. Encourage the child to draw his or her own picture of the saint, or color an existing line-drawing of the icon. It doesn't have to be the same as the "real" icon, but it can express how the child thinks of the saint.

## **PRAYER RESOURCES**

Each child should have access to a Bible (best is the *Orthodox Study Bible*) and an Orthodox Prayer Book (suggested: *My Daily Orthodox Prayer Book* compiled by Anthony Coniaris, but there are many others). The advisor should clarify that Orthodox prayers express our faith more clearly than general Christian prayers, as many families assume all prayers are alike. The suggestions for prayers given here are simply meant as examples. As children begin to build prayer into their daily routine, the advisor should ensure that the language and duration of their prayers remain meaningful, age-appropriate, and Orthodox.

[http://www.goarch.org/chapel/liturgical\\_texts/daily\\_prayers](http://www.goarch.org/chapel/liturgical_texts/daily_prayers)

<http://www.goarch.org/resources/prayers>

What is Prayer: <http://www.goarch.org/ourfaith/ourfaith8634>

Orthodox Mealtime Blessings: a prayer cube is an appealing way to establish a regular routine of prayer with children: <http://www.imageandlikeness.com/mealtime-prayer-cube/>

### *Suggestions for mealtime blessings*

- Make the Sign of the Cross saying: "In the name of the Father, and the Son and the Holy Spirit. Amen." Then add:
- The eyes of all wait upon You, O Lord, You give them their food in due season. You open wide Your hand & satisfy the needs of every living creature. Amen.
- Christ our God, bless the food and drink of these Your servants, for You are holy, now and forever. Amen.
- The poor shall eat and be satisfied, and those who seek Him shall praise the Lord. Let your heart live forever! Amen.
- Lord You blessed the five loaves in the wilderness and fed the multitudes. Bless also these Your gifts & increase them for the hungry people in all the world. Amen.
- Come Lord Jesus be our guest, let Your gifts to us be blessed. Like manna in the desert given, the Bread of Life, sent down from Heaven. Amen.
- Bless us, oh Lord and these Your gifts which we are about to receive from Your bounty through Christ our Lord. Amen.

### *Prayer of St. John Chrysostom before reading the Gospel (for Alpha Omega)*

- Master who loves us, shine Your eternal light in our hearts that we may better know You. Help us to fully understand Your gospel message. Instill in us respect for Your holy commandments, that by overcoming our worldly desires we may live a spiritual life of thoughts and deeds which pleases You. We ask this of You, O Christ our God, for You are the light of our souls and bodies and to You we offer glory with Your

eternal Father and Your all-holy, good, and life-giving Spirit, now and forever and to the ages of ages. (Cross yourself) Amen.

### *The Trisagion Prayers*

- In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to Thee, our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

### *Suggestion for Morning Prayers*

- Say the Trisagion Prayers and add:
- Oh Lord, grant that I may meet the coming day in peace. Help me in all things to rely upon Your holy will. In each hour of the day, reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat everything that happens throughout the day with peace of soul, and with the firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering or embarrassing others. Give me the strength to bear the fatigue of the coming day, with all that it shall bring. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive, and to love. In the name of the Father, Son, and Holy Spirit (Cross yourself). Amen.

### *Suggestion for Evening Prayers*

- Say the Trisagion Prayers and add:
- Now that the day has come to a close, I thank You, Lord, and I pray that this evening and night will be peaceful and free of sin. O Lord our God, if I have sinned in thought, word, or deed, forgive me for all, for You are good and love mankind. Raise me up again in the morning that I may glorify You, for You are blessed, with Your only-begotten Son and Your all-holy Spirit (Cross yourself) Amen.

### *The Lenten Prayer of St. Ephrem the Syrian*

- Alpha Omega Scouts are often amazed that this prayer was written in the 4<sup>th</sup> Century A.D. They usually comment that it is as relevant today as it was then, and this can spark a discussion about the timelessness of Holy Wisdom.
- O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

### *The Jesus Prayer*

<http://www.goarch.org/ourfaith/ourfaith7104>

- In order to enter more deeply into the life of prayer and to come to grips with St. Paul's challenge to pray unceasingly, the Orthodox Tradition offers the Jesus Prayer, which is sometimes called the prayer of the heart. The Jesus Prayer is offered as a means of concentration, as a focal point for our inner life.
- Though there are both longer and shorter versions, the most frequently used form of the Jesus Prayer is: "**Lord Jesus Christ, Son of God, have mercy on me, a sinner.**" This prayer, in its simplicity and clarity, is rooted in the Scriptures and the new life granted by the Holy Spirit. It is first and foremost a prayer of the Spirit because of the fact that the prayer addresses Jesus as Lord, Christ and Son of God; and as St. Paul tells us, "no one can say 'Jesus is Lord' except by the Holy Spirit" (1 Cor. 12:3).

### *Smartphone "Apps" for Prayer (Free, available for Androids and iPhones)*

- Daily Readings (from Greek Orthodox Archdiocese of America)
- Jesus Prayer Companion
- Orthodox Prayers
- English Orthodox Prayer Book

## **THE SACRAMENTS**

<https://www.youtube.com/watch?v=BZhP4v8b31s&list=PLWopa4I5g3xCpebu63uiMabsL7qBv35Cj&index=4>

<http://www.goarch.org/ourfaith/sacraments>

<http://www.antiochian.org/discover/sacraments>

## **CHURCH ARCHITECTURE, VESTMENTS, AND RELIGIOUS ARTICLES**

<https://www.youtube.com/watch?v=v9PZDCsdU1M&list=PLWopa4I5g3xCpebu63uiMabsL7qBv35Cj&index=7>

<http://orthodoxwiki.org/Vestments>

[http://orthodoxwiki.org/Liturgical\\_objects](http://orthodoxwiki.org/Liturgical_objects)

<http://www.theologic.com/oflweb/inchurch/guidedtour.htm>

## **ICONOGRAPHY**

<https://www.youtube.com/watch?v=UONEiHfHFHw&list=PLWopa4I5g3xCpebu63uiMabsL7qBv35Cj&index=6>

<http://www.antiochian.org/icons-eastern-orthodoxy>

## **OUR FEAST DAYS**

<https://www.youtube.com/watch?v=wQ41RvBbbr0&list=PLWopa4I5g3xCpebu63uiMabsL7qBv35Cj&index=5>

<http://www.goarch.org/ourfaith/ourfaith8713>

Icons and hymns of the twelve great Feasts:

<http://oca.org/FSicons-churchyear.asp?Section=twelvefeasts>

## **EVANGELIZATION AND MISSION**

[http://www.antiochian.org/sites/default/files/Orthodox\\_Evangelism\\_Quick\\_Reference\\_Sheet\\_Hi\\_Rez\\_color.pdf](http://www.antiochian.org/sites/default/files/Orthodox_Evangelism_Quick_Reference_Sheet_Hi_Rez_color.pdf)

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## APPENDIX C. RESOURCES FOR AWARDS CEREMONY

### HOW TO ORDER THE AWARDS:

P.R.A.Y. Publishing  
11123 S. Towne Square, Ste. B  
St. Louis, MO 63123

800-933-7729  
314-845-3318  
Fax 314-845-0038

<http://www.praypub.org>

Note: Call their office prior to placing an order for medals and certificates. You will receive exact current pricing and can decide with them whether it is worth expediting the order. Then you can either fax (for expedited orders) or mail the order form or letter plus the signed award completion pages. Eastern Orthodox awards cannot be ordered online.

### SUGGESTIONS FOR PUBLICIZING THE AWARDS, WITH THE AGREEMENT OF YOUR PRIEST:

(Note: do not list the names of the children or tag them in photos without parental permission)

1. Post photos or videos on the EOCS Facebook page.  
<https://www.facebook.com/EOCS23>
2. Post photos on the EOCS web site. Use the "Contact Us" form to let them know you have pictures and they will tell you where to send them.  
<http://www.eocs.org/#!contact/c1z0x>
3. Your Orthodox jurisdiction may have a newspaper or magazine. Consult with your priest to determine suitable publications. For example, *The Orthodox Observer* may publish a photo and caption or story about your Scouts. The overall web page is:  
<http://www.goarch.org/archdiocese/departments/observer/index.html>  
Materials can be sent to Jim Golding (Chryssoulis), Editor-in-Chief, [jim@goarch.org](mailto:jim@goarch.org)  
Note that they wish to receive large-format jpg files.
4. Check with your Metropolis or Diocese to find out whether they have a Scouting or Youth Commissioner who would like to post the pictures on their site.
5. Your own church newsletter is an excellent venue. Recent examples are available in the links below, in the sections on Parish Life, p.6:  
<http://holytrinitywestfield.org/wp-content/uploads/2011/11/ThePromise-AUG2012r-WEB.pdf>  
<http://holytrinitywestfield.org/wp-content/uploads/2014/01/ThePromise-JAN2014-WEB.pdf>
6. Your church web site or photo "storehouse" may also be a good venue, if it is actively used by parishioners.
7. An announcement in your weekly church bulletin should be published both before and after the event. It is usually appropriate to name award recipients in the bulletin.



*Awards and certificates are most easily managed when pre-labeled and placed on a small table or tray*



*A Youth Sunday luncheon can be a joyous alternative venue for the ceremony*



*In this example, the priest gave the award to the Scout, and the advisor did the pinning*



*It is a special honor when the Metropolitan or Bishop can be present to confer the Alpha Omega award*



*Include parents whenever possible*



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## APPENDIX D. EOCS PRAYER SERVICE

### FOR THE BESTOWING OF SCOUTING AWARDS

PRIEST: In the Name of the Father and of the Son and of the Holy Spirit, now and forever and unto the ages of ages.

PEOPLE: Amen.

Chant the Apolytikion of:  
The Exaltation of the Cross (Chi Rho)  
Saint George (Medal of Saint George)  
Pentecost (Alpha Omega)

DEACON: In peace let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: Again, we pray for all devout and Orthodox Christians.

PEOPLE: Lord, have mercy.

DEACON: Again we pray for our Archbishop (N.), and all our brotherhood in Christ.

PEOPLE: Lord, have mercy.

DEACON: Again we pray for our country, the President, our armed forces, and all who are in civic authority.

PEOPLE: Lord, have mercy.

DEACON: Again we pray for mercy, life, peace, health, safekeeping, protection, pardon and remission of sins of the servant (handmaid) of God \_\_\_\_\_ as he (she) completes his (her) study and is awarded the (St. George, Chi Rho, Alpha Omega) Award medal.



PEOPLE: Lord, have mercy.

PRIEST: For You are a merciful and loving God, and to You we offer glory: Father, Son, and Holy Spirit, now and always and forever and ever.

DEACON: Let us pray to the Lord.

PEOPLE: Lord have mercy.

PRIEST: Christ our God, we seek your blessing this day upon your servant (handmaid) \_\_\_\_\_ who has completed the requirements of the Eastern Orthodox Commission on Scouting and is found worthy to wear the \_\_\_\_\_ Medal. Becoming more aware of God's presence in his (her) daily life, especially through things done both in the Church and in the home, the emblem he (she) will wear symbolizes the name of Christ. Furthermore, it bears witness that \_\_\_\_\_, a distinguished member of the Boy Scouts of America (Girl Scouts of the USA), is a faithful Orthodox Christian steward.

In presenting this award, we offer our prayers for \_\_\_\_\_ through the intercessions of our matron, Saint Anna, and Saint \_\_\_\_\_ who is commemorated today.

For to you is due all glory, honor and worship, to the Father, and to the Son, and to the Holy Spirit, now and forever and to the ages of ages.

PEOPLE: Amen.

PRIEST: Worthy! (after pinning the medal on the uniform)

PEOPLE: Worthy!

PRIEST: Through the prayers of our holy Master, Lord Jesus Christ our God, have mercy on us and save us.

PEOPLE: Amen.

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YOUR NOTES