

# GOYA

grades 7-12

Y<sup>2</sup>AM Ministry  
Plan

## November 2017

Part of the 2017-2018 Ministry Year

Greek Orthodox Archdiocese of America  
Youth & Young Adult Ministries  
Office of Camping Ministries

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# Welcome to the Y<sup>2</sup>AM Ministry Plan!

August 3, 2017

Dear GOYA Leader,

Being a ministry worker isn't easy. For too long, Church workers have spent countless hours finding or identifying resources and materials for their important work: drafting curricula, brainstorming sessions, creating calendars, etc.

That's all valuable effort. But wouldn't it be better if you could spend that time working with the GOYAnS in your care, rather than cooped up in your office?

But to do that, you need support. You need a set of reliable, high-quality materials to help you lead Christ-centered ministry for your community.

That's why we created the **Y<sup>2</sup>AM Ministry Plan**.

We've created nine months of materials carefully designed for well-rounded, effective, and Kingdom-oriented ministry. Organized week-by-week and month-by-month, the Y<sup>2</sup>AM Ministry Plan gives you a comprehensive set of tools that will help you lead ministry designed, not simply for the head, but for the heart.

After all, Christians aren't simply informed: they are formed. They are transformed in the light of Christ into the people, the saints, God has called us to be.

That's why the **Y<sup>2</sup>AM Ministry Plan** offers a diverse set of experiences that don't simply pass on messages but rather facilitate encounters: both with other Christians and with our Lord Himself.

And it's all laid out for you, from the first week of September 2017 through the last week of May 2018.

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If you ever have any questions, please feel free to reach out to us at [y2am@goarch.org](mailto:y2am@goarch.org). Please, let us know what you think: we're committed to creating a new **Y<sup>2</sup>AM Ministry Plan** every year and constantly refining and improving the materials we offer you.

In Christ,

Steven Christoforou  
Director, Y<sup>2</sup>AM

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## Special Acknowledgment

August 3, 2017

The **Y<sup>2</sup>AM Ministry Plan** takes the very best ministry insights and sets them forth in a simple, concrete, easy-to-use resource that can offer ministry workers help today. It reflects the great work of our Team, a fantastic group of people who have done (and continue to do) amazing things for the Church.

I'm blessed to work with them; their fierce dedication and humble love of the Lord encourage me daily.

Yet I'd be remiss if I don't offer special thanks to Cassandra Garibaldi, Y<sup>2</sup>AM's Resources & Training Coordinator, for her unique contribution.

Cassandra started working on this vital project almost a year ago. It's been an interesting and challenging process as she's both helped shape Y<sup>2</sup>AM's ministry vision and crystallized it into this concrete, user-friendly **Y<sup>2</sup>AM Ministry Plan**. Despite all the twists and turns and challenges along the way, Cassandra stayed focused on serving Christ and doing her best to help create ways to reveal Him in our lives.

Her leadership and effort (not to mention the amazing final product) are an incredible testament to Y<sup>2</sup>AM's ministry vision and the incredible impact that committed, Christ-centered young adults can have on the Church.

In Christ,

Steven Christoforou  
Director, Y<sup>2</sup>AM

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## How to Use the Y<sup>2</sup>AM Ministry Plan

When working with small groups, it can be easy to let talkative people (leaders and students included) take over conversation. Small groups are also filled with people who process things in different ways: some may need more time and silence, some may need physical manipulation (writing, getting up, etc.).

Here are some tips that you can use to help your groups thrive in discussion:

### **Before each session:**

1. It is important to read through each session before presenting the session to participants. Be confident in what you are presenting.
2. Note time allotments and have in mind what you would like to accomplish with your group during the session.
3. Before each session begins, pass out paper and pens to each participant. This can help participants process their thoughts and reactions.

### **During each session:**

1. When asking questions, allow time for participants to reflect and write their answers down on the paper.
  2. Read one of the main questions or Bible verses from the lesson and write it on a board. Give a few minutes to respond and then allow time for each participant to respond.
  3. Try many different ways to engage conversation, and don't be afraid of silence; just because people aren't saying anything doesn't mean that they aren't thinking or responding.
  4. Remember to listen before reacting.
  5. If a question comes up and you are not sure of the answer, be honest and let participants know. Ask a priest and follow up with the participants. Be honest and true to yourself.
  6. If you have a good discussion going on a topic, allow the conversation to flow. Don't feel like you have to ask every question or go through every activity in its entirety.
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**Remember:**

1. These sessions are a time for participants to share their own hearts, thoughts and feelings. They have much to say and offer, so try your best to be an active listener.
2. The goal is for participants to speak and learn, not to force a lesson on them for the sake of getting through the paper outline.
3. You are on a journey with your participants, and everyone is on a journey of learning together.

Thanks for letting the **Y<sup>2</sup>AM Ministry Plan** help you lead incredible, Christ-centered ministry.

And thank you for letting us join you on this journey.

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# GOYYA

Grades 7-12

## Resources Book

A Y<sup>2</sup>AM Project

Greek Orthodox Archdiocese of America  
Youth & Young Adult Ministries  
Office of Camping Ministries

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### “Fruit of the Spirit” : Peace

Model sessions, activities, and lesson plans for  
the month of November

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# LEARNING SESSION

## NOVEMBER 2017

### How Peace is a Fruit of the Spirit

#### DATE:

Week of Monday, November 6, 2017

#### GOAL:

To learn that peace is possible during unrest

#### OBJECTIVE:

To practice patience together

#### ESTIMATED DURATION:

45 minutes

LEARNING SESSION:  
GOYA RESOURCES 2017-18

## SUPPLIES NEEDED:

1. Bibles
2. sticky notes
3. pens

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*O Holy Spirit, grace me with your fruit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.*

*Amen.*

*(A Prayer by Archbishop Anastasios of Albania)*

## ICEBREAKER

*10 minutes*

Gather participants in a circle. Have the group count from one to ten. The rules: Only one person can talk at a time; if two people speak at once, the group must start over. No one person can say two consecutive numbers. The larger the group, the harder this is and the longer it can take. Start by giving them instructions and letting them ask questions, but don't allow them to plan any strategy (e.g. there should be no designated order). If they become good at it, have them try with their eyes closed.

### **Remember:**

*It's always helpful to start with a fun activity to help participants relax and allow community to build. Ministry is about hitting hearts, not just heads, and we should strive to establish a level of comfort and safety to encourage participants to open their hearts to each other and to God.*

LEARNING SESSION:  
GOYA RESOURCES 2017-18

## ACTIVITY 1: NOISE

*10 minutes*

Hand out Bibles and ask participants to read a few verses from scripture. While they are doing this, create noise by playing very loud music and talking. Try to distract participants from reading. After a few minutes of creating noise, be silent and share that silence with the room.

Ask participants the following questions and facilitate a discussion:

- When was silence hard? When was it easy?
- What's one lesson you can take away from this activity?

### **Remember:**

*Early in the session, focus primarily on getting participants to open their hearts and connect with what is happening in the group. Take this time to connect with what is important to them.*

LEARNING SESSION:  
GOYA RESOURCES 2017-18

**Lesson:**

*Even during chaos, we can teach people to be peaceful.  
Help them to root themselves in God through reading the  
bible, being silent, or saying a prayer.*

## ACTIVITY 2: LEARNING

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What does peace mean to you? When have you felt peace?
- When have you felt un-peaceful or distracted?
- Is it easy to be peaceful all the time? What makes this hard? Ask for a stories or scenarios.
- Where does peace come from?
- How can we keep peace at all times?

### **Remember:**

*This is another chance to have participants wrestle with important questions and share their hearts.*

### **Lesson:**

*It can be very easy to be peaceful when life is easy. Our peace can be halted when life gets hectic. In the moments of unrest, we can always turn to prayer. Peace comes from God. When we are able to focus on our breathing and say the Jesus Prayer, we allow Christ to come into the difficult situation. Doing this He offers us His peace. This is true peace.*

## ACTIVITY 3: SILENCE

*15 minutes*

Pass out sticky notes. Ask participants to close their eyes and sit in silence for 10 minutes. Some may know this from summer camp as “Alone with God” time. Ask them to write down any distracting thoughts on the sticky note. When they have finished writing, ask GOYAnS what they gained from this experience.

### **Lesson:**

*Peace comes from the Prince of Peace Himself, Jesus Christ. Even in times of unrest, we can find peace. We must reach out to God for this peace. This comes from building a relationship with God through prayer and silence. These tools help us to reach peace.*

## CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

Go around the room and ask each participant to answer the following question. The session leader should go first.

- What is one way you will try to be peaceful, even when it may be difficult?

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.*

*For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
Amen.*

*(A Prayer by St. Francis of Assisi)*

# FELLOWSHIP NIGHT

## NOVEMBER 2017

### How to Demonstrate Peace Through our Relationships

#### DATE:

Week of Monday, November 13, 2017

#### GOAL:

To learn how to cultivate peace in relationships

#### OBJECTIVE:

To identify one way you can cultivate peace  
through action

#### ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT:  
GOYA RESOURCES 2017-18

## SUPPLIES NEEDED:

1. copy of *Hotel Rwanda*, or another appropriate movie on peace
2. projector or television, and speaker
3. meal ingredients

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*O Holy Spirit, grace me with your fruit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.*

*Amen.*

*(A Prayer by Archbishop Anastasios of Albania)*

## FELLOWSHIP NIGHT: GOYA RESOURCES 2017-18

### ACTIVITY 1: PREPARE THE MEAL

*45 minutes*

Feel free to use your own preferred recipe. Organize participants to clean up and prepare the meal for the movie night. Make sure everyone has a job, even if it is a small one. Remember to pray before everyone starts eating.

#### **Remember:**

*You can order pre-made food, but preparing a meal is a great way for people to connect and share a special bond. It is no accident that the focus of every Liturgy is a meal, and that early Christians shared meals together as a sign of their love and community.*

### ACTIVITY 2: WATCH MOVIE

*2 hours and 2 minutes*

Make sure everyone has access to food, a comfortable place to sit, and a good view of the movie. For this month's theme of peace, we suggest that you watch the film *Hotel Rwanda*. Feel free to show any movie that is appropriate for the audience and likely to spark a good conversation about peace.

FELLOWSHIP NIGHT:  
GOYA RESOURCES 2017-18

## ACTIVITY 3: CLEAN UP

*10 minutes*

Make sure the space is completely clean after everyone has eaten.

## ACTIVITY 4: MOVIE DEBRIEF

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What did you see and hear in the movie?
- What is one lesson you can take away from the movie?

### **Remember:**

*Art impacts people by compelling us with beauty rather than convincing us with data. It hits us in the heart rather than the head. Movies are great way to show people the compelling beauty behind Christian ideals like joy, gratitude, and love and can connect with people in a way that a talk or academic lesson may not.*

## ACTIVITY 5: TEACHING

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- Did you see peace in the movie?
- How do the characters demonstrate peace?
- Do we see this kind of peace in our own lives?
- How are we able to share this peace with others?

### **Remember:**

*Peace is easily achieved during the good times in our lives. The goal is to maintain this peace in uneasy situations.*

### **Lesson:**

*Peace is more than an abstract feeling. It's a choice, something we live out in particular relationships with particular people. When we are not able to be peaceful with others we can breathe and say the Jesus prayer to keep ourselves grounded.*

## CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

Go around the room and ask each participant to answer the following questions. The session leader should go first.

- What is one way you will try to be peaceful in your life?
- How have you been fulfilling your commitment from last week to try to find peace even when it's difficult?

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.*

*For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.*

*Amen.*

*(A Prayer by St. Francis of Assisi)*

# WORSHIP SESSION

## NOVEMBER 2017

### Experiencing God's Peace Through Worship

#### DATE:

Week of Monday, November 20, 2017

#### GOAL:

To experience God's peace through our Christian worship

#### OBJECTIVE:

To chant the Small Paraklesis together

#### ESTIMATED DURATION:

90 minutes

WORSHIP SESSION:  
GOYA RESOURCES 2017-18

## SUPPLIES NEEDED:

1. copies of Small Paraklesis to the Theotokos
2. pencils and paper

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*O Holy Spirit, grace me with your fruit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.*

*Amen.*

*(A Prayer by Archbishop Anastasios of Albania)*

## ACTIVITY 1: SMALL PARAKLESIS

*45 minutes*

Invite your parish priest to lead the service. Pass out pencils and paper so that everyone can write down names for commemoration. If your parish priest is not available, you can still chant it as a reader service. If it is a reader service, make the following changes:

1. Instead of “Blessed is our God...” to begin the service, we say: “Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us.”
2. After the “Our Father,” we say “Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us,” instead of “For Thine is the power...”
3. We omit all the petitions and the parts the priest would do.

Assemble your group either in the Church building (if possible) or before an icon of the Theotokos.

A copy of the service is available here: [http://www.goarch.org/chapel/chant/paraklesis/index\\_html](http://www.goarch.org/chapel/chant/paraklesis/index_html).

**Remember:**

*The more we are exposed to prayer and the language of the Church, the more our minds and hearts are shaped by the mind and heart of the Church. Over time, we can internalize the prayer of the Church and better learn to talk to God ourselves. This takes time, and should be an important part of every ministry.*

## ACTIVITY 2: DEBRIEF

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What did you experience during the service?
- What is one lesson that you can take away from the service?

### **Remember:**

*Many participants may not have ever celebrated this service before. Some may not have heard it chanted in English. Give them space to process and verbalize what they've just experienced.*

## ACTIVITY 3: TEACHING

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What do you think of when someone says peace?
- Did you experience God's peace in this service?
- Can you share a time today when you felt peace?
- Did you feel peace while singing or praying?
- How does the Small Paraklesis relate to peace?

### **Remember:**

*Some (perhaps many) participants don't feel God's peace in Church services. Instead, they're more often bored than inspired. Don't be afraid of "negative" or "challenging" answers. We can always ask the Theotokos to help us as we struggle with boredom and distraction.*

## ACTIVITY 4: REFLECTION

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- Can you think of a time you felt helpless?
- How were you able to be patient? What did you do?
- How did you find a solution or answer?

### **Remember:**

*When they are very young, we teach children “how” to connect with God: prayer, fasting, etc. As they grow, we need to teach them “why” we need God. As children grow, they develop a better understanding of the brokenness of the world and the inner brokenness against which we all struggle. We all need help: verbalizing this is a step towards humility and opening ourselves to God, who is the source of life and healing.*

## ACTIVITY 5: EXCERPT & APPLICATION

*10 minutes*

Ask one participant to read the following verse aloud:

### Ode 1 - Verse 2

*Assaults of the passions have shaken me,  
My soul to its limits  
Has been filled with much despair;  
Bring peace, O Maiden, in the calmness,  
Of your own Son and your God, all-blameless One.*

Ask participants the following questions and facilitate a discussion:

- What did you read? What spoke to you?
- We ask the Theotokos to ‘bring peace.’ Have you ever thought of peace as something that is given to you? Have you asked for it?
- What does this mean for our lives?

### **Lesson:**

*Peace is more than just a feeling. It’s a way of being, something we live out in our lives and in particular relationships with particular people.*

WORSHIP SESSION:  
GOYA RESOURCES 2017-18

## CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

Go around the room and ask each participant to answer the following questions. The session leader should go first.

- What is one way to experience God's peace in your daily life through what you learned in the service?
- How have you been fulfilling your commitment from last week to try to be peaceful even when it's difficult?

### **Remember:**

*Don't just use this opportunity to ask participants to commit to action: check in with them, and follow up to see how they're doing after past sessions. We can all be accountable to each other to make necessary improvements in our lives.*

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.*

*For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.*

*Amen.*

*(A Prayer by St. Francis of Assisi)*

# SERVICE PROJECT

## NOVEMBER 2017

### To Serve with Peace

#### DATE:

Week of Monday, November 27, 2017

#### GOAL:

To learn to serve with peace

#### OBJECTIVE:

To identify one way to spread peace in our daily lives through serving others

#### ESTIMATED DURATION:

1 hour 15 minutes

SERVICE PROJECT:  
GOYA RESOURCES 2017-18

## SUPPLIES NEEDED:

As needed (depending on the specific service project you choose)

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.  
Good and gracious Lord, Creator of all, help me to recognize your image in all the people that I will serve today and every day, in person or through activities that may benefit them. Help me to respect the people in need, and to give my full attention and effort to the work that we do for them in Your Holy Name. Guide me to recognize all these people as my brothers and sisters. Help me to open my heart and fill it with compassion. Quiet any fears or nervousness that I might have so that I can be fully present to everyone I encounter today and every day. Help me to remember that all of us are broken or wounded people and that we are all in need of healing. Let my heart be moved to show love, and let my heart rejoice with any good that I may see or do in your name. Remind me to do my part, no matter how small, in your great work of charity. Through serving my neighbor, may I recognize the better world that has been created.  
Amen.*

SERVICE PROJECT:  
GOYA RESOURCES 2017-18

## ICEBREAKER

*10 minutes*

Ask participants to sit in a circle, with one person in the middle. The person in the middle will walk up to someone and ask “do you love your neighbor?” That person will respond, “Yes, except for [insert your own criterion here].” For example, “Yes, except for people wearing red.”

Everyone in the circle who matches the criterion needs to get up and find a new seat while the person who was in the middle tries to steal (sit) in someone’s seat. The person left standing becomes the new person in the middle.

## SERVICE PROJECT: GOYA RESOURCES 2017-18

### ACTIVITY 1: SERVICE PROJECT

*30 minutes*

Begin by introducing participants to the organization or population they will be serving, and the specific project they will be starting. Give participants any directions or materials they will need to achieve their goals for the day's service project.

Possible service organizations include:

- Local soup kitchen or food bank
- Homeless shelter
- Nursing home
- YES (*Youth Equipped to Serve, of FOCUS North America*) - [focusnorthamerica.org/programs/yes/](http://focusnorthamerica.org/programs/yes/)
- FOCUS North America - [focusnorthamerica.org](http://focusnorthamerica.org)
- IOCC (*International Orthodox Christian Charities*)-  
[iocc.org](http://iocc.org)
- OCMC (*Orthodox Christian Mission Center*) -  
[ocmc.org](http://ocmc.org)
- Salvation Army - [salvationarmyusa.org](http://salvationarmyusa.org)

SERVICE PROJECT:  
GOYA RESOURCES 2017-18

## ACTIVITY 2: DEBRIEF

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What did you do during the service project?
- How do you feel after today's project?
- What was the goal of the project? Do you think the goal was achieved?
- What is something new that you learned today?
- Did you think you would be able to complete the task?

## ACTIVITY 3: REFLECTION

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- Were you nervous or worried before the service project? Did you experience peace through this project? How did you spread peace during this project?

## ACTIVITY 4: SCRIPTURE READING & APPLICATION

*10 minutes*

Have one participant read the following passage aloud to the group, twice:

*“Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other. And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.”*

*(1 Thessalonians 5:12-15)*

## SERVICE PROJECT: GOYA RESOURCES 2017-18

Then ask participants the following questions and facilitate a discussion:

- What's one lesson you can take away from the project?
- How does the service project relate to the theme of "peace"?
- How is service an important part of peace?
- How do we spread peace to others through serving them?

### **Lesson:**

*We cannot attain peace on our own, but we can pray that it be sent us, and cultivate it and protect it once we receive it. When we are peaceful, others will feel our peace and they too may become more peaceful. Like Christ, we love by serving. When we show love to our neighbor, we are showing love to God. We serve others to be more like Christ and to be the hands and feet that make Christ's love incarnate in the world today. Serving our neighbor in a peaceful way brings God into our own lives as well.*

## CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

Go around the room and ask each participant to answer the following questions. The session leader should go first.

- What is one way to experience God's peace in your daily life through what you learned during the service project?
- How have you been fulfilling your commitment from last week to grow peaceful even when it's difficult?

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Almighty God, giver of every good and perfect gift, teach us to render to you, all that we have and all that we are, that we may praise you with our whole lives, turning the duties, the sorrows, and the joys of all our life into a living sacrifice to you; Remind us, O Master, to opening our hearts daily to serve our brothers and sisters who are in need. In your Holy name we pray.*

*Amen.*