

JOY

grades 3-6

Y²AMM Ministry
Plan

November 2017

Part of the 2017-2018 Ministry Year

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

Welcome to the Y²AM Ministry Plan!

August 3, 2017

Dear JOY 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 JOY children 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 **Y²AM 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 Y²AM 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 **Y²AM 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.

If you ever have any questions, please feel free to reach out to us at y2am@goarch.org. Please, let us know what you think: we're committed to creating a new **Y²AM Ministry Plan** every year and constantly refining and improving the materials we offer you.

In Christ,

Steven Christoforou
Director, Y²AM

Special Acknowledgment

August 3, 2017

The **Y²AM 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, Y²AM'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 Y²AM's ministry vision and crystallized it into this concrete, user-friendly **Y²AM 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 Y²AM's ministry vision and the incredible impact that committed, Christ-centered young adults can have on the Church.

In Christ,

Steven Christoforou
Director, Y²AM

How to Use the Y²AM 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 **Y²AM Ministry Plan** help you lead incredible, Christ-centered ministry.

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

JOY

Grades 3-6

Resources Book

A **Y²AM** Project

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

“Fruit of the Spirit” : Peace

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

TABLE OF CONTENTS

Learning Session November 2017	3
Fellowship Night November 2017	11
Worship Session November 2017	18
Service Project November 2017	28

LEARNING SESSION

NOVEMBER 2017

How Peace is a Fruit of the Spirit

DATE:

Week of Monday, November 6, 2017

GOAL:

To learn why peace is a Fruit of the Spirit

OBJECTIVE:

To identify one way you can be more peaceful in
your daily life

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
JOY 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:
JOY 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:

- What was it like to try to focus when there were distractions?
- When is silence hard? When is 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.

LEARNING SESSION: JOY 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?
 - Before a test or a pop-quiz, for example.
- Tell me about a time when it was difficult to be peaceful.
- 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:

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

LEARNING SESSION:
JOY RESOURCES 2017-18

ACTIVITY 3: SILENCE

10 minutes

Pass out sticky notes. Ask participants to close their eyes and sit in silence. Some may know this from summer camp as “Alone with God” time. Ask them to write down their distracting thoughts on the sticky note.

Lesson:

Peace is always an option, but it needs to be grown within us. It is the practice of prayer, silence, and being with God that helps this grow. God is always there for us and with us and knowing this gives us peace. God never goes away and that can give us 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?

LEARNING SESSION:
JOY RESOURCES 2017-18

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 about peace in relationships

OBJECTIVE:

To identify one way you can cultivate peace
through action

ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT: JOY RESOURCES 2017-18

SUPPLIES NEEDED:

1. copy of movie *Remember the Titans*, 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: JOY 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 snacks 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

Make sure everyone has access to food, a comfortable place to sit, and a good view of the movie. We have suggested *Remember the Titans*, but any age-appropriate movie that showcases peace would work.

FELLOWSHIP NIGHT: JOY 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 a great way to show people the compelling beauty behind Christian ideals like love and peace, 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:

- What were the key relationships you saw in this movie?
- Remembering the previous session: what is peace?
- How was peace shown in the movie?
- What are some ways people have shown this peace to you?
- In what ways do you show this peace to others?

Remember:

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

FELLOWSHIP NIGHT: JOY RESOURCES 2017-18

Lesson:

When two or more are present, Christ is there with them. Christ is the Prince of Peace. When we allow Him into our lives, He will bring peace to us. Peace is a word that we hear frequently in the liturgy, so we need to remember it is an important fruit. When we are peaceful towards one another, we have better relationships.

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 and find peace even when it's difficult?

FELLOWSHIP NIGHT:
JOY RESOURCES 2017-18

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:
JOY 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. 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 commemorations of names done by the priest.

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.

WORSHIP SESSION: JOY RESOURCES 2017-18

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.

WORSHIP SESSION:
JOY RESOURCES 2017-18

ACTIVITY 2: DEBRIEF

10 minutes

Ask participants the following questions and facilitate a discussion:

- What did you feel or 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 service of 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.

WORSHIP SESSION:
JOY RESOURCES 2017-18

ACTIVITY 4: REFLECTION

10 minutes

Ask participants the following questions and facilitate a discussion:

- Can you think of a time when you were worried? What did you do? How did you find a solution or answer?
- How does worship help us to be more peaceful?

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 stood out to you?
- What does it mean for our lives?
- How can Panagia help us to be filled with peace?

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.

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.

WORSHIP SESSION:
JOY RESOURCES 2017-18

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:
JOY 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 some of the people I serve may be broken or wounded persons who need 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:
JOY 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: JOY 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/
- FOCUS North America - focusnorthamerica.org
- IOCC (*International Orthodox Christian Charities*)- iocc.org
- OCMC (*Orthodox Christian Mission Center*) - ocmc.org
- Salvation Army - salvationarmyusa.org

SERVICE PROJECT:
JOY 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:

- In what way did you experience peace through this project?
- How did you give 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: JOY 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"?
 - Growing the fruit of peace through planting seeds of love in others. Our peacefulness helps us grow closer to God.
- How is service an important part of peace?
- How do we spread peace to others through serving them?

Lesson:

To attain peace in our own lives is a difficult task. When we are peaceful, others will feel our peace and they, too, will be inclined to be peaceful. To love is to serve. Through loving our neighbor, we are loving God. We serve others to be an example of Christ in the world and to bring to love into their world. God Himself is love, and we help bring God to others as well. Serving our neighbor in a peaceful way brings God into our lives as well.

SERVICE PROJECT:
JOY 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 during the service project?
- How have you been fulfilling your commitment from last week to try to experience God's peace?

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.