

Young Adult Ministry

Y²AM 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 Young Adult Ministry 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 young adults 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.

OOCF

Young Adults

Resources Book

A Y²AM Project

Greek Orthodox Archdiocese of America
Youth & Young Adult Ministries
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“Fruit of the Spirit” :
Peace

Model session for the month of November

LEARNING SESSION

NOVEMBER 2017

How Peace is a Fruit of the Spirit

GOAL:

Learn how to grow the fruit of peace

OBJECTIVE:

To identify one way you can show Christian peace in your daily life, even when it is difficult

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
OCF RESOURCES 2017-18

SUPPLIES NEEDED:

1. projector and laptop
2. blank paper for each participant
3. pen for each participant

Podcast

OCF interview with Dr. Al Rossi
“Finding Peace During Finals”

[http://www.ancientfaith.com/podcasts/ocf/
finding_peace_during_finals](http://www.ancientfaith.com/podcasts/ocf/finding_peace_during_finals)

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)

LEARNING SESSION:
OCF RESOURCES 2017-18

ACTIVITY 1: REFLECTION

10 minutes

Ask participants the following question and facilitate a discussion:

- How is peace possible during times of unrest?

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others.

ACTIVITY 2: PODCAST

10 minutes

Listen to the following podcast:

“Finding Peace During Finals” (http://www.ancientfaith.com/podcasts/ocf/finding_peace_during_finals)

LEARNING SESSION: OCF RESOURCES 2017-18

Ask participants the following questions and facilitate a discussion:

- What did you hear in the podcast?
- What is one lesson you can take away?
- Everyone pick and share a quote.

ACTIVITY 3: TEACHING

10 minutes

Ask participants the following questions and facilitate a discussion:

- What is peace?
- How can we cultivate peace in our lives?
- How can we take some ideas from the podcast and apply them to our lives as students as a whole?
- How can we be peaceful when we are stressed or worried? Is it possible?

ACTIVITY 4: PRACTICAL APPLICATION

10 minutes

Choose one or two of the following questions and facilitate a discussion:

- How can we establish and maintain Christ-centered peace?
- How can we find peace during stressful situations?
- How can prayer help us maintain a state of peacefulness?
- Is peace possible without or apart from Christ?
- How will you find time and make space for peace despite the struggles of everyday life?

LEARNING SESSION:
OCF RESOURCES 2017-18

ACTIVITY 5: SCRIPTURE

10 minutes

Read the following verses:

Old Testament: 1 Kings 19:11-12

New Testament: Philippians 4:6-7

Ask the following questions and facilitate a discussion:

- The “still small voice” is God. Where can we find God in the midst of our chaotic lives?
- What are examples in your own life of peace transcending your earthly cares, stresses, and worries?
- How does peace help to guard your heart and keep your mind in Christ Jesus?

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 with people, even when it may be difficult?
- What is one way to manifest peace in your daily life?

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)