

Family Supplement

Y²AM Ministry
Plan

December 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 Parent and Ministry Leader,

Raising children to know Christ isn't easy. For too long, parents and family members have been disconnected from the ministry of the parish, left to fend for themselves as they attempt to raise a new generation of Orthodox Christians.

Wouldn't it be better if we could somehow bring together all youth ministry, whether it happens in the parish or the home?

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 home.

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 parishes a comprehensive set of tools that will help Church workers lead ministry designed, not simply for the head, but for the heart.

And, best of all, the **Y²AM Ministry Plan** includes this Family Supplement designed to help parents and families raise a new generation of faithful Orthodox Christians.

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.

We are also grateful for the opportunity to collaborate with the Archdiocese's Center for Family Care. Special thanks goes to Elissa Bjeletich for her help in preparing this Family Supplement.

In Christ,

Steven Christoforou
Director, Y²AM

Additional Acknowledgment

August 3, 2017

The **Y²AM Ministry Plan** reflects the successful work and cooperation of dedicated, Christ-centered Church workers from across the country. It is a testament to the way the fruits of our labors are multiplied when we work together, both *for* and *with* each other.

Thanks in particular to our dedicated brothers and sisters in Christ:

Bryce Buffenbarger
Father Joseph Collins
Elaine Cremeens
Alex Demos
Spyridoula Fotinis
Father Andreas Houpos
Father Sampson Kasapakis
Summer Kinard
Father Dean Kokanos
Maria Koursaris
Alyssa Kyritsis
Alex Magdalinos
Father Nicholas Mueller
David Munkres
John Shelton
Emma Solak
Melissa Tsongranis
Natalie Wians
Sam Williams

In Christ,

Steven Christoforou
Director, Y²AM

How to Use the Y²AM Ministry Plan

This Family Supplement is a resource provided to better inform families about how their youth have been growing closer to Christ in parish-based ministry, and to give them the tools to complement that progress at home.

After all the home, the “little Church,” is the most important ministry environment for youth.

If we expect our children to undertake this important journey to Christ and His Kingdom, then we need to make sure they are supported every step of the way. Ministry doesn't not merely happen at the parish once a week: it can happen in loving and Christ-centered homes everywhere, every day.

If you are a parish youth worker, please make sure that families know about this Family Supplement. You can email this Family Supplement to families at the beginning of each month or given at the end of sessions. They may even be helpful to use for family sessions during a family night at the parish.

If you are a parent or family member, we hope this Family Supplement will serve you well as you raise your children to know Christ.

The material in this Family Supplement, as well as the Bible verses, are directly from the youth session part of the **Y²AM Ministry Plan**.

The activities in the Family Supplement are designed to augment the learning from the sessions, helping families start and have meaningful conversations and formative experiences at home.

Thanks for letting the **Y²AM Ministry Plan** help you lead incredible, Christ-centered ministry in your homes.

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

Family Notes

JOY - Learning Sessions - Fruit of the Spirit: PATIENCE

We began this month's conversation on patience by playing the Marshmallow Waiting Game to see how patient we can be. Patience is a gentle, long-suffering attitude. We considered the story of Saints Joachim and Anna, who waited patiently for God to send them a child. They prayed, and in their very late years, God sent them Mary, who would bear the Son of God. We all have things in life that we do not want to do, but it is only through doing the things we do not want to do (like waiting, or slowly earning a reward, or tolerating someone or something), without complaining, that we grow patience in our lives. When we are successful at this, patience can bring peace and joy to our lives and relationships.

We challenged everyone to think of ways in which they'll try to increase their patience this month—even when it's difficult.

You can continue the conversation at home by asking how future weeks' activities relate to patience, and by doing some of the following:

For Discussion:

- What are the situations that make you feel impatient? What strategies could you employ to try to stay patient? How can we help each other?

POST A MEMORY VERSE

"But the [seeds] that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience."
(Luke 8:15)

Memorize and discuss. From the Parable of the Sower. How and why is 'patience' related?

DO PHONES MATTER?

Studies show that use of technology like smartphones and tablets train our brains to expect instant results – every time we click, we get the response we expect... but humans are not instant, so we grow impatient with them. Experiment. Does time away from the phone increase patience?

ACTIVE LISTENING

We can cultivate patience by actively listening to other people when they speak, without interrupting or thinking about the next thing we plan to say.
mindtools.com/CommSkill/ActiveListening.htm
Set aside time to discuss and practice this.



SUPPORT ONE ANOTHER IN THE EFFORT TO DEVELOP PATIENCE WITH A PATIENCE JAR.

Place a "Patience Jar" on your kitchen counter, and every time someone displays an impressive amount of patience, put a small amount of money into the jar.

After the family patiently waits for the jar to fill up, the money can be used for a family treat that everyone will enjoy.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

—Galatians 5:22-23

Family Notes

GOYA - Learning Sessions - Fruit of the Spirit: PATIENCE

We began this month's conversation on patience by defining it as: "the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset." Patience is a gentle, long-suffering attitude toward the other. We considered the story of Saints Joachim and Anna, who waited patiently for God to send them a child. They prayed, and in their very late years, God sent them Mary, who would bear the Son of God. We all have things in life that we do not want to do, but it is only through doing the things we do not want to do (like waiting, or slowly earning a reward, or tolerating someone or something), without complaining, that we grow patience in our lives. When we are successful at this, patience can bring peace and joy to our lives and relationships.

We challenged the GOYANS to think of ways in which they'll try to increase their patience this month—even when it's difficult.

You can continue the conversation at home by asking how future weeks' activities relate to patience, and by doing some of the following:

For Discussion:

- What are the situations that make you feel impatient? What strategies could you employ to try to stay patient? How can we help each other?

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