

# GOYA

grades 7-12

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

## February 2018

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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## Additional Acknowledgment

August 3, 2017

The **Y<sup>2</sup>AM 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, Y<sup>2</sup>AM

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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” : Goodness

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

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# LEARNING SESSION

## FEBRUARY 2018

### How Goodness is a Fruit of the Spirit

#### DATE:

Week of Monday, January 29, 2018

#### GOAL:

To learn that goodness can change to bad and  
back to good

#### OBJECTIVE:

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

#### ESTIMATED DURATION:

45 minutes

LEARNING SESSION:  
GOYA RESOURCES 2017-18

## SUPPLIES NEEDED:

1. blank paper for each participant
2. pen for each participant
3. scissors

## 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*

Hand out a piece of paper, a pen, and scissors to each GOYAn. Ask them to draw a heart on the paper, write their name in the middle, and cut it out. Have each GOYAn pass their paper heart to another person in the group. Have that person crumple the heart up and give it back.

## ACTIVITY 1: LEARNING

*10 minutes*

Have participants smooth out their hearts and place them in front of them.

Ask participants the following questions and facilitate a discussion:

- How did it feel to have your heart crumpled?
- Can you think of a time someone crumpled your heart or soul?
- Can you think of a time that you crumpled your own heart?
- How did you smooth your heart?
- Are we all created good?

## LEARNING SESSION: GOYA RESOURCES 2017-18

- What is goodness?
- How does the good in life turn bad?
- How can the bad change back to good?

### **Lesson:**

*Although people may crumple our hearts (and sometimes we crumple our own hearts), when the heart is unfolded and smoothed, it is still a heart. Everyone is created good and with free will. We can choose to do good or bad actions. When good and bad things happen in life, we can depend on God and pray to Him to smooth our heart.*

*Goodness is holiness in action. We are each created good, in the image and likeness of God. We also have free will. Our free will allows us to choose if we will take good actions or evil actions. Our passions can cause us to think the bad things in life are really good for us — just as the serpent confused or tricked Adam and Eve in the garden. We must be willing to connect ourselves to God and transform these negative desires to good.*

## ACTIVITY 2: REFLECTION

*10 minutes*

Read the following excerpt and facilitate a discussion:

“Wickedness, when you examine it, turns out to be the pursuit of some good in the wrong... Goodness is, so to speak, itself: badness is only spoiled goodness. And there must be something good first before it can be spoiled.” - C. S. Lewis, *Mere Christianity*

- How can we pursue the Good and keep that as our focus?

### **Remember:**

*Many of the participants may have never reflected upon the idea that bad things or people may have began as good. This discussion can build on the previous discussion and help participants become more specific in how they think about good and bad people or ideas.*

## ACTIVITY 3: SCRIPTURE & APPLICATION

*10 minutes*

*"Just then a man came up to Jesus and asked, 'Teacher, what good thing must I do to get eternal life?' 'Why do you ask me about what is good?' Jesus replied. 'There is only One who is good. If you want to enter life, keep the commandments.'"*  
*(Matthew 19:16-17)*

Ask participants the following questions and facilitate a discussion:

- What does it mean to say, “There is only One who is good”?
- What reward does our goodness give us?
- How are we to be good?

### **Lesson:**

*We hear every Divine Liturgy: “Every good and perfect gift is from above, coming down from the Father of the heavenly lights.” Everything good in our lives comes from God. Being filled with His goodness, we are able to share this goodness with others. When we follow His commandments we are abiding with God and being filled with those perfect gifts.*

## 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 show goodness to people, even when it may be difficult?

## CLOSING PRAYER

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

*Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbor as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift.*

*Amen.*

# FELLOWSHIP NIGHT

## FEBRUARY 2018

### How to Demonstrate Goodness Through our Relationships

#### DATE:

Week of Monday, February 5, 2018

#### GOAL:

To learn how to demonstrate goodness through  
our relationships

#### OBJECTIVE:

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

#### ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT:  
GOYA RESOURCES 2017-18

## SUPPLIES NEEDED:

1. copy of *Lion*, or another appropriate movie on goodness
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's 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. For this month's theme of goodness, we suggest that you watch the film *Lion*. Feel free to show any movie that is appropriate for the audience and likely to spark a good conversation about goodness.

## 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 love and goodness 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 goodness?
  - Goodness is holiness in action.
- How was goodness shown in the movie?
- What are some ways people have shown goodness to you?
- In what ways do you show goodness towards others?

### **Lesson:**

*Each of us are created good. Goodness is from God, and because we are created in His image and likeness, we are also good. Having free will, sometimes we choose not to be good to one another. When this happens we should transform our negative desires and actions and re-orient our lives to God and His will. Then we can go back to the other person, ask for forgiveness, and try again to be good.*

## 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 show goodness to a specific person in your life?
- How have you been fulfilling your commitment from last week to try to be good even when it's difficult?

FELLOWSHIP NIGHT:  
GOYA RESOURCES 2017-18

## CLOSING PRAYER

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

*Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbor as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift.*

*Amen.*

# WORSHIP SESSION

## FEBRUARY 2018

Experiencing God's Goodness  
Through Worship

### DATE:

Week of Monday, February 12, 2018

### GOAL:

To experience God's goodness 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).

## WORSHIP SESSION: GOYA 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.*

## 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:

- Do you experience God's goodness in Church services? Did you experience God's goodness in this service?
- What happened during the service?
- Can you identify themes from Paraklesis?
  - Love, repentance, forgiveness, goodness
- How does the Small Paraklesis relate to goodness?
- How do you experience or feel goodness through chanting Paraklesis together?

### **Remember:**

*Some (perhaps many) participants don't feel God's goodness 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:

- When is goodness a difficult choice to make?
- How do you choose goodness, even when it is difficult?

### **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 4

*Diseased is the body and the soul;  
Deem me truly worthy  
Of divine guidance and your care;  
For you alone are God's Mother,  
As the good and the birth-giver of the Good.*

Ask participants the following questions and facilitate a discussion:

- What did you read? What spoke to you?
- What does this mean for our lives?
- How is Panagia good? How is her Son good?

### **Lesson:**

*Panagia is a great example of someone who chose the good in life and who chose holiness. We can pray to her to help us make the difficult decision, each day, to choose good.*

## 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 goodness in your daily life through what you learned in the service?
- How have you been fulfilling your commitment from last week to try to show goodness to a specific person?

### **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.*

*Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbor as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift.*

*Amen.*

# SERVICE PROJECT

## FEBRUARY 2018

To Serve with Goodness

### DATE:

Week of Monday, February 19, 2018

### GOAL:

To learn to serve with goodness

### OBJECTIVE:

To identify one way to show goodness in our daily lives through serving others

### ESTIMATED DURATION:

1 hour 15 minutes

SERVICE PROJECT:  
GOYA RESOURCES 2016-17

**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.*

## 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:

- What is true goodness?
- How did you show goodness during this project?
- How did you see goodness in others?

***Remember***

*Goodness is holiness in action.*

SERVICE PROJECT:  
GOYA RESOURCES 2017-18

## ACTIVITY 4: SCRIPTURE READING & APPLICATION

*10 minutes*

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

*“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”*

*(Matthew 5:16)*

Then ask participants the following questions and facilitate a discussion:

- How can we let our lights shine?
- How are we each created?
- How is our light like goodness?
- What makes it important to give glory to God?

### **Lesson:**

*We can serve with goodness by showing others who God is through our actions. When we let our light shine, others are able to see that. Our light is God’s goodness in us, and it is up to us to share that goodness with others.*

## 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 goodness in your daily life through what you learned during the service project?
- How have you been fulfilling your commitment from last week to experience God's goodness?

## 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.*