

Family Supplement

Y²AM Ministry
Plan

March 2018

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

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.

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

Family Notes

JOY - Learning Sessions - Fruit of the Spirit: SELF-CONTROL

We began this month's conversation on self-control with conversation about fasting: we get hungry and we need to eat to nourish our bodies, but sometimes we over-indulge and become emotionally involved in food. When we learn not to indulge our appetites, we move our focus off the object (food) and back to our relationships (with God and other people). Self-control helps us be present with God and with the people in front of us and to love (sacrifice for) them. With self-control we are able to guard ourselves from the bad things in this world and to take in the goodness God has given us.

We challenged everyone to think of ways to practice self-control this month and throughout Great Lent.

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

For Discussion:

- St. Paisios said, "Blessed are those who loved Christ more than all the worldly things and live far from the world and near God, with heavenly joys upon the earth." How does fasting train us to love Christ more than worldly things? Why is prayer as important as abstaining from certain foods?

POST A MEMORY VERSE

"But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

(Matthew 6:17-18)

Memorize and discuss.

DO GOOD WORKS

In addition to fasting and praying more than usual, families should be intensifying their charitable works. What good works can your family do? Is there a food bank or nursing home nearby that needs regular help or visitors? Use this season of Great Lent to kickstart a new family habit.

ST. MARY OF EGYPT

Spend some time learning about the life of St. Mary of Egypt.

goarch.org/-/the-fifth-sunday-of-great-lent-the-sunday-of-saint-mary-of-egypt

How does she show self-control? What transformation did her repentance bring about?



Add the Prayer of St. Ephraim to your family's prayer routine.

O, Lord and Master of my life!

Take away from me the spirit of laziness, idle curiosity, lust for power, and vain talk.

But rather grant to me the spirit of moderation, humility, patience and love to Thy servant.

Yes, O Lord and King, grant me to see my own faults and not to judge my brother and sisters, for You are holy to the ages of ages. Amen.

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: SELF-CONTROL

We began this month's conversation on self-control with the idea that fasting helps us to "die to ourselves." Fasting is a great opportunity to exert self-control. We get hungry and we need to eat to nourish our bodies, but sometimes we over-indulge and become emotionally involved in food. When we learn not to indulge our appetites, we move our focus off of the object (food) and back to our relationships (with God and other people). Self-control helps us to be present with God and with the people in front of us and to love (sacrifice for) them.

We challenged the GOYANS to think of ways to practice self-control this month and throughout Great Lent.

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

For Discussion:

- St. Paisios said, "Blessed are those who loved Christ more than all the worldly things and live far from the world and near God, with heavenly joys upon the earth." How does fasting train us to love Christ more than worldly things? Why is prayer as important as abstaining from certain foods?

POST A MEMORY VERSE

"But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

(Matthew 6:17-18)

Memorize and discuss.

DO GOOD WORKS

In addition to fasting and praying more than usual, families should be intensifying their charitable works. What good works can your family do? Is there a food bank or nursing home nearby that needs regular help or visitors? Use this season of Great Lent to kickstart a new family habit.

ST. MARY OF EGYPT

Spend some time learning about the life of St. Mary of Egypt.

goarch.org/-/the-fifth-sunday-of-great-lent-the-sunday-of-saint-mary-of-egypt

How does she show self-control? What transformation did her repentance bring about?



Add the Prayer of St. Ephraim to your family's prayer routine.

O, Lord and Master of my life!

Take away from me the spirit of laziness, idle curiosity, lust for power, and vain talk.

But rather grant to me the spirit of moderation, humility, patience and love to Thy servant.

Yes, O Lord and King, grant me to see my own faults and not to judge my brothers and sisters, for You are holy to the ages of ages. Amen.

"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