

GOYA

grades 7-12

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 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 **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.

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

GOYYA

Grades 7-12

Resources Book

A **Y²AM** Project

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

“Fruit of the Spirit” : Self-Control

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

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LEARNING SESSION

MARCH 2018

How Self-Control is a Fruit of the Spirit

DATE:

Week of Monday, February 26, 2018

GOAL:

To learn that self-control is an emptying of ourselves so that we can make room to be filled with God

OBJECTIVE:

To identify one way you can show self-control in your daily life, even when it is difficult

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
GOYA RESOURCES 2017-18

SUPPLIES NEEDED:

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

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

Watch the following video: “Practicing Death by Fasting”

<https://www.youtube.com/watch?v=uw3wWm7ajQ0>

Ask participants the following questions and facilitate a discussion:

- What did you hear in the video?
- When you think of fasting during Great Lent, do you think of death?
- What is one lesson you can take away from the video?

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. Take this time to connect with what's important to them, and to understand what they've connected with.

ACTIVITY 1: LEARNING

10 minutes

Ask participants the following questions and facilitate a discussion:

- What does it mean to have self-control?
 - Self-control is an emptying of ourselves to make room for God and the other.
- What is the point of having self-control?
- When is it easy to have self-control? When is it difficult?
- What helps you to maintain self-control?
- How can we be more aware of ourselves? Our actions? Our thoughts? Our intentions?
- When we die to ourselves, what are we making room for?
- How can we become people who are self-controlled?
- Why does the Church offer a whole season every year to practice self-control?

LEARNING SESSION: GOYA RESOURCES 2017-18

Lesson:

To have self-control we must be honest with ourselves about our weaknesses. We are not perfect, and there are some things that keep us from being with God all the time. Fasting is a great way to talk about self-control. We all get hungry, and we all need to eat to nourish our bodies. However, when we are able to say no to the desire to eat too much or too richly, it takes our focus off of an object (food) and onto relationships (God and other people). Self-control helps us to be present with the people in front of us and to love (sacrifice for) them.

ACTIVITY 2: REFLECTION

10 minutes

Ask participants the following questions and facilitate a discussion:

- What are your weaknesses?
- What keeps you from a full relationship with God?
With others?

LEARNING SESSION: GOYA RESOURCES 2017-18

Remember:

Many of the participants may have never reflected upon their appetites and abilities to control them. This activity and discussion can build on the previous discussion and help participants become more specific in how they think about self-control and its role in their relationships with God and others.

ACTIVITY 3: SCRIPTURE & APPLICATION

10 minutes

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

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

(Romans 12:1-2)

Then ask participants the following questions and facilitate a discussion:

- What does this passage tell us about self-control?
- How is self-control specifically related to our bodies?
- How are we to offer our bodies?
- What can we do in moments of bodily temptation when we need to maintain self-control?
- Through self-control and sacrifice what transformation will we see?

LEARNING SESSION: GOYA RESOURCES 2017-18

Lesson:

Self-control is a lessening of ourselves to make room for the other. When we are able to do that, to turn away from the call of this world and to over-indulge ourselves, we open ourselves up for God to come into our lives, to be present with us. In moments of temptation or weakness, we can call upon the saints and upon Christ to help us remember our calling to righteousness and the goodness of self-control. The transformation we will see is a life that is good and pleasing.

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 have more self-control, even when it may be difficult?

LEARNING SESSION:
GOYA RESOURCES 2017-18

CLOSING PRAYER

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

Christ my God, draw close to me, lead me, guide me, walk beside me, shape me into who You want me to be. Allow Your will to be done in my life in order for me to become a living, breathing testimony. Allow me to display self-control when temptations draw near. May these things not control my actions, my emotions, or my thoughts. Amen.

FELLOWSHIP NIGHT

MARCH 2018

How to Demonstrate Self-Control Through our Relationships

DATE:

Week of Monday, March 5, 2018

GOAL:

To learn self-control and its impact on our relationships with one another and with God

OBJECTIVE:

To identify one way you can show self-control in your daily life, even when it is difficult

ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT:
GOYA RESOURCES 2016-17

SUPPLIES NEEDED:

1. copy of *Remember the Titans*, or another appropriate movie on self-control
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 food 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 self-control, we suggest that you watch the film *Remember the Titans*. Feel free to show any movie that is appropriate for the audience and likely to spark a good conversation about self-control.

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 self-control and sacrifice and can connect with people in a way that a talk or academic lesson may not.

FELLOWSHIP NIGHT:
GOYA RESOURCES 2017-18

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 self-control?
 - An emptying of ourselves for the other
- How was self-control shown in the movie?
- What are some ways people have shown self-control in their lives?
- In what ways do you show this type of self-control?

Lesson:

Self-control is all about emptying ourselves to let the other in. This goes hand-in-hand with love. When we make room for others we can do for them, be with them, give them our time and through this we show our love. It is easy to keep our eyes on our phones or computers and not be present. It takes self-control to put those away so we can be present 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 you will try to use more self-control in your life?
- How have you been fulfilling your commitment from last week to try to have self-control even when it's difficult?

CLOSING PRAYER

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

Christ my God, draw close to me, lead me, guide me, walk beside me, shape me into who You want me to be. Allow Your will to be done in my life in order for me to become a living, breathing testimony. Allow me to display self-control when temptations draw near. May these things not control my actions, my emotions, or my thoughts. Amen.

WORSHIP SESSION

MARCH 2018

Experiencing Self-Control Through Worship

DATE:

Week of Monday, March 12, 2018

GOAL:

To explore the place of self-control in 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.

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 find yourself needing to exert self-control in Church services?
- How did you exert self-control in this service?
- How is prayer an important part of self-control? And how is self-control needed for prayer?
- What happened during the service?
- How does the Small Paraklesis relate to self-control?
- How do you exert self-control through chanting the Small Paraklesis together?

Remember:

Some (perhaps many) participants struggle to have self-control 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:

- Is there ever a time when you do not want to go to church? What do you do in those moments?

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 7 - Verse 4

*The illnesses of body,
and the soul's ailing sickness, of those who run to you.
For divine protection,
As God's holy Mother,
Make them worthy of remedy:
For the Savior Christ
Was born from you.*

Ask participants the following questions and facilitate a discussion:

- What did you read? What spoke to you?
- What does it mean for our lives?
- How can we learn self-control from Panagia?

WORSHIP SESSION:
GOYA RESOURCES 2017-18

Lesson:

Panagia is the ultimate example of a person with self-control, because she was able to successfully avoid sin and to align her will with God's will. She is able to help us in times where we struggle to have self-control.

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 exert self-control through church services?
- How have you been fulfilling your commitment from last week to try to show self-control in your life?

CLOSING PRAYER

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

Christ my God, draw close to me, lead me, guide me, walk beside me, shape me into who You want me to be. Allow Your will to be done in my life in order for me to become a living, breathing testimony. Allow me to display self-control when temptations draw near. May these things not control my actions, my emotions, or my thoughts. Amen.

SERVICE PROJECT

MARCH 2018

To Serve with Self-Control

DATE:

Week of Monday, March 19, 2018

GOAL:

Learn self-control in service to the other;
emptying ourselves makes room to serve

OBJECTIVE:

To identify one way to have self-control in our
daily lives through serving others

ESTIMATED DURATION:

1 hour 15 minutes

SERVICE PROJECT:
GOYA 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 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/
- 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:
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:

- Can you describe the experience of serving others?
 - Would you describe it as an emptying of yourself?
- How were you able to put yourself aside to serve the other?
- How did you see others exhibiting self-control during this project?

ACTIVITY 4: SCRIPTURE READING & APPLICATION

10 minutes

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

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: ‘Love your neighbor as yourself.’ If you bite and devour each other, watch out or you will be destroyed by each other. So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.”

(Galatians 5:13-18)

SERVICE PROJECT: GOYA RESOURCES 2017-18

Then ask participants the following questions and facilitate a discussion:

- How are we called to use our freedom?
- How does the service project relate to the theme of “self-control”?
- How is service an important part of self-control?

Lesson:

We are each created by God with freedom. Having freedom means, at one level, we can do whatever we want. However, God wants us to be free from sin, free to love, and that comes when we choose to use our gifts, talents, and time to serve others. This does not mean we do not take care of ourselves, but it does mean we do not think about ourselves all the time. In the end, having self-control so we can take care of others will actually make us happy because we will be more like God!

SERVICE PROJECT:
GOYA 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 self-control in your daily life through what you learned from serving others?
- How have you been fulfilling your commitment from last week to practice self-control in worship?

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.