

# Young Adult Ministry

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

March 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 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 **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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# OOCF

Young Adults

## 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” : Self-Control

Model session for the month of March

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# LEARNING SESSION

## MARCH 2018

### How Love is a Fruit of the Spirit

#### GOAL:

Learn how to grow the fruit of self-control

#### OBJECTIVE:

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

#### ESTIMATED DURATION:

45 minutes

## SUPPLIES NEEDED:

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

### Resources

“Practicing Death by Fasting”

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

Saint Story: St. Mary of Egypt

<http://www.ocf.org/OrthodoxPage/reading/>

## 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: REFLECTION

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- Has there ever been a time that you wanted something you could not have? What was your experience?

### **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: VIDEO AND ARTICLE

*10 minutes*

Watch the following video and read the following story:  
Practicing Death by Fasting (<https://www.youtube.com/watch?v=uw3wWm7ajQ0>)

Life of St. Mary of Egypt (<http://www.ocf.org/OrthodoxPage/reading/st.mary.html>)

Ask participants the following questions and facilitate a discussion:

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

## ACTIVITY 3: TEACHING

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What is self-control?
- How can we gain self-control?
- Is self-control always about denial?
- How is St. Mary of Egypt saved through self-control?
- Self-control is a struggle. How do you turn from the passions?
- What is the end goal of being a person with good self-control?

LEARNING SESSION:  
OCF RESOURCES 2017-18

## ACTIVITY 4: SCRIPTURE

*10 minutes*

Have participants read the following passage:

“But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, *you* will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

(2 Peter 1:5-8)

Ask participants the following questions and facilitate a discussion:

- What are the first and last steps in the passage above?
- What do these steps cultivate?
- What role does self-control take in the spiritual life?

## 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 to manifest self-control in your daily 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.*