

Young Adult Ministry

Y²AM Ministry
Plan

April 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 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 **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

OOCF

Young Adults

Resources Book

A Y²AM Project

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

“Fruit of the Spirit” : Gentleness

Model session for the month of April

LEARNING SESSION

APRIL 2018

How Gentleness is a Fruit of the Spirit

GOAL:

Learn how to grow the fruit of gentleness

OBJECTIVE:

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

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
OCF RESOURCES 2017-18

SUPPLIES NEEDED:

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

Podcast

Dr. Albert Rossi

“Gentleness as a Mindset”

[http://www.ancientfaith.com/podcasts/
healingpresence/gentleness as a mind set](http://www.ancientfaith.com/podcasts/healingpresence/gentleness%20as%20a%20mind%20set)

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

Read the following quote and facilitate a discussion:

“You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. Joy, radiant joy, streams from the face of one who gives and kindles joy in the heart of one who receives. All condemnation is from the devil. Never condemn each other, not even those whom you catch committing an evil deed. We condemn others only because we shun knowing ourselves. When we gaze at our own failings, we see such a morass of filth that nothing in another can equal it. That is why we turn away, and make much of the faults of others. Keep away from the spilling of speech. Instead of condemning others, strive to reach inner peace. Keep silent, refrain from judgement. This will raise you above the deadly arrows of slander, insult, outrage, and will shield your glowing hearts against the evil that creeps around.” — St. Seraphim of Sarov

- Does this quote impact your life or speak to you?

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: PODCAST

10 minutes

Listen to the following podcast:

Dr. Albert Rossi, “Gentleness as a Mindset” (http://www.ancientfaith.com/podcasts/healingpresence/gentleness_as_a_mind_set)

Ask participants the following questions and facilitate a discussion:

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

ACTIVITY 3: TEACHING

10 minutes

Ask participants the following question and facilitate a discussion:

- What is gentleness?
- Dr. Rossi speaks about gentleness and being a doormat. Are they the same thing?
- Is it possible to be gentle and strong?
- How do we cultivate gentleness as a mindset?
- How are we to act in our gentleness?

LEARNING SESSION:
OCF RESOURCES 2017-18

ACTIVITY 4: SCRIPTURE

10 minutes

Read the following verse:

“I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with long-suffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.”

(Ephesians 4:1-6)

Ask participants the following questions and facilitate a discussion:

- What is the relationship between gentleness and love?
- Who are we called to be in gentleness?
- How can gentleness lead us to oneness?

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 be gentle with people, even when it may be difficult?
- What is one way to manifest gentleness in your daily life?

CLOSING PRAYER

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

Christ my God, You are a gentle God, and You ask us to be gentle with each other. Teach us how to treat one another with gentleness.

Amen.