



GOYA
grades 7-12

Y²AAM

Ministry Plan

2018-19

A Life of Offering:
Offering our Lives
May 2019





EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

A new ministry course designed to help you:

1. **develop** a **vision** for ministry
2. **understand** the **challenges** to ministry
3. **implement** the **practices** of effective Christian ministry

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The Y²AM Ministry Plan 2018-19

A Life of Offering

Module 1: Preparing to Connect

September 2018: Offering our Talents
October 2018: Offering our Struggles
November 2018: Offering our Conflicts

Module 2: Connecting with God

December 2018: Offering our Prayer
January 2019: Offering our Story
February 2019: Offering our Sacrifice

Module 3: Living with Connection

March 2019: Offering our Gifts
April 2019: Offering the Gospel
May 2019: Offering our Lives

Welcome to the Y²AM Ministry Plan!

July 5, 2018

Dear GOYA Leader,

Last summer, we launched the **Y²AM Ministry Plan** to help Church workers lead Christ-centered and Kingdom-oriented ministry.

And, glory to God, the feedback was incredible.

This year, we're proud to unveil a new and improved version of the **Y²AM Ministry Plan**, a tool to help communities and homes lead transformational ministry for the youth and young adults in their care.

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 into people who live lives of constant offering to God.

And it's all laid out for you, from the first week of September 2018 through the last week of May 2019.

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

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.

We couldn't have produced the **Y²AM Ministry Plan** without the hard work of Christian Gonzalez, Maria Pappas, and Christina Andresen who helped edit and review the sessions and offered invaluable feedback and suggestions. I'm also grateful to Kristina Wenger who generously took the lead in developing the Family Supplement and did outstanding work.

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 continues to elevate this project. Not only has she been crafting the **Y²AM Ministry Plan** for almost a year, she faithfully collected and reviewed all the feedback we received from people across the Church. As a result, I think this year's version of the **Y²AM Ministry Plan** will be even better than last year's.

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.

How to Use the Y²AM Ministry Plan

The **Y²AM Ministry Plan** is a tool designed to help you lead great ministry. It's designed to eliminate the stress of finding or creating ministry resources, so you can be free to spend time with the young people in your care. So, as you flip through the **Y²AM Ministry Plan**:

Remember:

1. The **Y²AM Ministry Plan** may be more than you need. We offer week-by-week ministry guidance, but your group may not meet every week. In practice, you may need to skip some of the lesson plans we offer. That's ok: feel free to use the **Y²AM Ministry Plan** in the way that's best for you.
2. Calendar notes are suggestions, not requirements. While the **Y²AM Ministry Plan** is designed intentionally week-by-week and month-by-month, this may not fit your schedule perfectly. That's ok.
3. Anytime you have questions about how to use the **Y²AM Ministry Plan** you can always reach out to us. We're here to help.

Here's a bit more practical advice:

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.

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.



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A Life of Offering:
Offering our Lives
May 2019

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LEARNING SESSION

MAY 2019

Offering our Commitments

DATE:

Week of Monday, May 6, 2019

GOAL:

To learn about commitment

OBJECTIVE:

To identify one way to offer a specific commitment to God

ESTIMATED DURATION:

50 minutes

LEARNING SESSION: OFFERING OUR COMMITMENTS

SUPPLIES NEEDED:

1. projector and speaker (or laptop/tablet)
2. blank paper for each participant

OPENING PRAYER

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

“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to, “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”

Amen.

(a passage from Hebrews 13:15-16)

LEARNING SESSION: OFFERING OUR COMMITMENTS

ICEBREAKER

5 minutes

Tell us your name and something that really matters 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. Take this time to connect with what's important to them, and to understand what they've connected with.

LEARNING SESSION:
OFFERING OUR COMMITMENTS

ACTIVITY 1: WRITING

REFLECTION

10 minutes

Give participants the following prompt and have them write down their thoughts:

Write about the difference between a promise, a commitment, and a responsibility.

LEARNING SESSION:
OFFERING OUR COMMITMENTS

ACTIVITY 2: ARTICLE

10 minutes

Read the following article and ask the following questions, facilitating a discussion:

<http://blogs.goarch.org/blog/-/blogs/commitment-to-christ>

- What stood out to you in the article?
- What's one lesson you can take away from the article?
- Everyone pick and share a quote.

LEARNING SESSION:
OFFERING OUR COMMITMENTS

ACTIVITY 3: PRACTICAL APPLICATION & TEACHING

10 minutes

Ask the following questions and facilitate a discussion:

- At what point do habits and actions turn into commitments?
- What does it mean to commit to something?
- What does it look like when we commit to God?
- In the article, it mentions that: “any commitment can feel overwhelming if we focus on the end goal.” How can we maintain our commitments to God, our neighbors, and ourselves in a manageable way
- How can we practice putting on Christ?
- How can we commit our time to joining ourselves to Him?

Teaching: *(reflect on this rather than read it directly to participants)*
According to the Merriam-Webster Dictionary, the word commit means: “to carry into action deliberately.” It comes from the Latin word committere, which means ‘join, entrust.’ Through our small offerings every month we are committing to God. We can see that there is something bigger than a promise attached to this word. When we are to make a commitment, we are putting something into action by joining. Making an offering to

LEARNING SESSION: OFFERING OUR COMMITMENTS

God every month shows that we are joining Him, we are committing ourselves to walk on the path towards Him. We are not making this commitment alone, but we are making this with our Church community. This makes the commitment stronger because we have others to hold us accountable and help keep us on the path. It is easy to go back on our word when we are alone, but when we have others joined with us, we feel less alone.

When something really matters to us, we give ourselves to it fully. You might think that you care a lot about something, but if you did an audit of how you spend your time and saw that thing not being frequently represented, could you really say that it matters to you all that much? Could you really say that you're committed to it? We do what we love. If you really care about learning how to play an instrument, then you're going to spend time practicing. If it's really important to you that you do well in school, then you're going to spend time studying. It's just the reality of how this goes. We give our time, we commit it to the things that we are wanting to grow at, so that these things will become a part of us. Yes, we will always practice and play, but eventually, there will come a time when playing the guitar isn't just practice - it's playing the guitar with ease, to the point where it has almost become a second nature. The same is true in our walk with Christ. We must commit ourselves to Him over and over and over again. This is how we begin to truly acquire the Spirit of God and to be joined to Christ, so that His Spirit becomes ours by grace.

LEARNING SESSION:
OFFERING OUR COMMITMENTS

**ACTIVITY 4: SCRIPTURE
READING & APPLICATION**

10 minutes

Have participants read the following verses:

“Let brotherly love continue. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. Remember those who are in prison, as though in prison with them; and those who are ill-treated, since you also are in the body.”

“Be content with what you have; for he has said, ‘I will never fail you nor forsake you.’ Hence we can confidently say, ‘The Lord is my helper, I will not be afraid; what can man do to me?’”

“So Jesus also suffered outside the gate in order to sanctify the people through his own blood. Therefore let us go forth to him outside the camp, and bear the abuse he endured. For here we have no lasting city, but we seek the city which is to come. Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”

LEARNING SESSION: OFFERING OUR COMMITMENTS

“Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in you that which is pleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen.”
(Hebrews 13:1-3, 5-6, 12-16, 20-21)

Ask GOYAns the following questions and help facilitate a discussion:

- How do these passages relate to commitment?
- How do these verses highlight God’s commitment to each of us, and our personal commitment to God
- One of these verses mentions our commitment to prisoners and the ill-treated, what other peoples should we also have a commitment to?
- How can we make sacrifices in our lives that are a sharing of ourselves and not giving up of ourselves?
How can we turn those sacrifices into commitments?

LEARNING SESSION: OFFERING OUR COMMITMENTS

Teaching: *(reflect on this rather than read it directly to participants)*
Our commitment could be something as simple as one thing we will do different after learning more about Christ and His commitment to us. We are constantly growing and changing and this last session is a great opportunity to look back and ask ourselves: How have I changed? How have I grown since September? We have been asked to offer parts of ourselves each month and those small offerings have helped us to prepare ourselves to follow the command said during the Divine Liturgy to “commit ourselves, and one another, and our whole lives to Christ our God.” When we begin to do that we are putting our lives in God’s hands and we strive to be the type of people who love, bring peace, are faithful, etc. We are called to offer our sacrifice in the form of praise.
Praise to God, inside and outside of Liturgy, is a great way to begin to commit our lives to God. This praise can begin as a heart of gratitude or thanking God. Through this commitment to praise, we commit to attend and be present during the Divine Liturgy. There we find the heavens and we find peace. We find a solution to our loneliness. We fully find Christ.

LEARNING SESSION: OFFERING OUR COMMITMENTS

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and (starting with the session leader) ask each participant to answer the following question:

- What is one way to commit ourselves and one another and our whole life to Christ our God in our daily lives, through what you learned in the session?

CLOSING PRAYER

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

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

FELLOWSHIP NIGHT MAY 2019

Offering our Commitments Through Relationships

DATE:

Week of Monday, May 13, 2019

GOAL:

To learn about commitments and relationships

OBJECTIVE:

To identify a commitment you can make to a
relationship

ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT: OFFERING OUR COMMITMENTS

SUPPLIES NEEDED:

1. copy of *I Am Sam*, or another appropriate movie on commitments
2. projector/television and speaker
3. meal ingredients

OPENING PRAYER

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

“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”

Amen.

(a passage from Hebrews 13:15-16)

FELLOWSHIP NIGHT: OFFERING OUR COMMITMENTS

ACTIVITY 1: PREPARE THE MEAL

45 minutes

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 the meal.

Remember:

You can order pre-made food, but preparing a meal is a great way for people to connect and bond. It's 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 14 minutes

Make sure everyone has access to food, a comfortable place to sit, and a good view of the movie. We have suggested *I Am Sam*, but you could choose any movie that is age-appropriate and will inspire thought and conversation about commitments.

FELLOWSHIP NIGHT: OFFERING OUR COMMITMENTS

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 a few of the following questions and facilitate a discussion:

- What did you see/hear in the movie?
- Did you learn anything from the movie?
- What is the message of this movie? Do you agree or disagree with it?
- In what ways are the characteristics or qualities of the main character(s) like your own or those of someone you know?
- Which character did you (admire, hate, love, pity, relate to, etc.) the most? What was it about that character that caused you to have that reaction?
- The resolution of the film teaches a lesson. How can you apply the lesson in the film to your own life?

FELLOWSHIP NIGHT: OFFERING OUR COMMITMENTS

Remember:

Movies are great way to show people the compelling beauty behind Christian ideals like love and sacrifice, and can connect with people in a way that a talk or academic lesson may not.

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and ask each participant to tell the group something new they learned about commitment during the session.

CLOSING PRAYER

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

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

WORSHIP SESSION

MAY 2019

Experiencing Offering Through Worship

DATE:

Week of Monday, May 20, 2019

GOAL:

To learn about commitment and worship

OBJECTIVE:

To chant the Small Paraklesis together

ESTIMATED DURATION:

75-90 minutes

WORSHIP SESSION:
OFFERING OUR COMMITMENTS

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.

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

WORSHIP SESSION:
OFFERING OUR COMMITMENTS

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's 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: OFFERING OUR COMMITMENTS

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 while you were worshipping during the service?
- Did any part of the service stand out to you?
- Is there 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.

WORSHIP SESSION:
OFFERING OUR COMMITMENTS

ACTIVITY 3: GROUP PRAYER

10 minutes

Ask each participant to think of something they are currently struggling with in their life. Ask them to share that if they feel comfortable. After each participant shares their struggle, ask another participant to say a prayer for them aloud. Go around the circle until everyone has had an opportunity to share.

Remember:

We are all very comfortable with and accustomed to having a priest pray aloud for us. Prayer is a very powerful tool and it is a tool each of us possesses. Use this opportunity to show participants that they too can offer their own prayers.

WORSHIP SESSION:
OFFERING OUR COMMITMENTS

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 offer a prayer in your daily life through what you learned in the service?

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.

WORSHIP SESSION:
OFFERING OUR COMMITMENTS

CLOSING PRAYER

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

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

SERVICE PROJECT

MAY 2019

Offering Through Serving

DATE:

Week of Monday, May 27, 2019

GOAL:

To learn to offer through serving

OBJECTIVE:

To identify one way to offer commitment through service

ESTIMATED DURATION:

1 hour 15 minutes

SERVICE PROJECT: OFFERING OUR COMMITMENTS

SUPPLIES NEEDED:

1. bowls
2. measuring cups and spoons
3. flour
4. water
5. yeast
6. salt
7. sugar
8. prosforo seal
9. paper and pens

OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.
Lord, this bread that we are baking represents each one of us.
We are offering ourselves to You, our very life, in humble
obedience and total commitment to You. We place ourselves on
Your holy altar through this bread to be used by You in any way
that You feel will help enlarge Your kingdom. Accept our gift and
make us worthy to receive the greater gift that You will give us
when You consecrate this bread and give it back to us as Your
Precious Body.
Amen.*

SERVICE PROJECT: OFFERING OUR COMMITMENTS

ACTIVITY 1: PREP

5 minutes

Have all participants wash their hands thoroughly, remove all bracelets, rings and watches, and push up any long sleeves.

ACTIVITY 2: MAKE THE DOUGH

30 minutes

We recognize that there are many different ways to make prosforo. This is one recipe. You can also follow your own or bring in someone from your church that regularly makes prosforo to help. More important than the recipe is that this process is done prayerfully and that all participants are able to contribute.

Possible recipe:

Ingredients:

2 tsp yeast (1 pkg)

1 tsp sugar

¼ cup warm water

5 cups pre-sifted, flour (King Arthur preferred)

1 tsp salt

1 ½ cup warm water

SERVICE PROJECT: OFFERING OUR COMMITMENTS

Procedure:

- Place yeast and sugar in a small bowl. Add ¼ cup warm water and whisk to mix well. Sift flour and salt on top of yeast and water to allow yeast to rise for approximately 10 minutes. Next, slowly begin mixing ingredients to form dough. Dough should be soft but not sticky. Place dough on floured surface and knead to make a smooth round ball.
- Once the dough is done being kneaded. Place it in a bowl with a towel over it a place in a warm (but not too warm) area. Allow it to rise for a half hour.
- Prepare a list of names of Orthodox Christians who you would like commemorated in the service. Use first names only. On the left side, write "Living" at the top and list the names below. On the right side, write "Departed" and write the names of departed below. Bring the list and the bread to the Church before the start of Orthros (or the day before).

SERVICE PROJECT:
OFFERING OUR COMMITMENTS

ACTIVITY 3: REFLECTION

DISCUSSION GROUP

30 minutes

While the dough rises, pass out paper and pens to participants.

Give participants the following prompts and have them write down their thoughts:

What does it mean to you to: “commit your whole life to Christ our God?”

Is this possible? How?

After a few minutes of silent writing, ask participants to share what they wrote and facilitate a discussion using the prompts as a guide.

SERVICE PROJECT: OFFERING OUR COMMITMENTS

ACTIVITY 4: KNEADING AND STAMPING THE DOUGH

10 minutes

Have each group punch out and knead the dough a bit longer. They should shape it into a smooth round ball.

Once this is done, place the dough on a floured (not greased) baking sheet. Have participants press the seal in (make sure to flour the seal). This must be done evenly and firmly.

Once this is done, use toothpicks to poke holes around the seal and around the sides of the prosforo.

Bake in 350 degree oven for approximately 45 minutes.

ACTIVITY 5: CLEAN UP

10 minutes

While the dough is baking, make sure the space is completely clean.

SERVICE PROJECT:
OFFERING OUR COMMITMENTS

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and ask each participant to answer the following question:

- What are your commitments to God?

CLOSING PRAYER

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

O God, our God, You sent the heavenly Bread, the food for the whole world, our Lord and God Jesus Christ, as Savior, Redeemer, and Benefactor, to bless us and sanctify us. Do bless this offering and accept it upon Your heavenly altar. As a good and loving God remember those who brought it and those for whom it was brought. Keep us blameless in the celebration of Your divine Mysteries. For sanctified and glorified is Your most honorable and majestic name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

Amen