



GOYA
grades 7-12

Y²AAM

Ministry Plan

2018-19

A Life of Offering:
Offering our Prayer
December 2018





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

EFFECTIVECHRISTIANMINISTRY.ORG

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.
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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 Prayer
December 2018

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LEARNING SESSION

DECEMBER 2018

Offering our Prayers

DATE:

Week of Monday, December 3, 2018

GOAL:

To learn that humility is an important part of prayer

OBJECTIVE:

To identify one way you can offer your prayers to God

ESTIMATED DURATION:

55 minutes

LEARNING SESSION: OFFERING OUR PRAYERS

SUPPLIES NEEDED:

1. projector and speaker (or laptop/tablet)
2. blank paper for each participant
3. pen for each participant
4. copy of *St. Anthony and the Cobbler* story

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 PRAYERS

ICEBREAKER

5 minutes

Tell us your name and your favorite childhood vacation spot.

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 PRAYERS

ACTIVITY 1: ST. ANTHONY & THE COBBLER

10 minutes

Read the following story aloud to participants. Have them follow along with their own copies.

Anthony and the Cobbler

full-of-grace-and-truth.blogspot.com/2010/01/st-anthony-and-cobbler.html

St. Anthony the Great once prayed: “Lord, reveal to me how the faithful person in the city among the noise can reach the spiritual level of the ascetic who dwells in the deep desert.”

He had not even finished this request to the All-good God when he heard a voice tell him:

“The Gospel is the same for all men, Anthony. And if you want to confirm this, how one who does the will of God is saved and sanctified wherever he is, go to Alexandria to the small cobbler's store, which is simple and poor. It is there below the last road of the city.”

“To the cobbler's store, Lord? And who there can help shine some light on my thought?” replied the puzzled Saint.

“The cobbler will explain to you.” replied the same voice.

“The cobbler? What does this man know about struggles and temptations? What does the poor toiler know of the heights of faith and of the truth?” He wondered.

His objections however could not be straightened by the divine explanation. Because of this, at dawn he traveled to the city. However, as God had shown him, he stopped at the small cobbler store that he found.

LEARNING SESSION: OFFERING OUR PRAYERS

Happily and reverently the simple man welcomed him in and asked him: “In what way could I be of use to you, Abba? I'm an illiterate and uncouth villager, but for the stranger, whoever he is, I will try to help, whatever the need.”

“The Lord sent me for you to teach me.” replied the ascetic humbly.

The poor worker jumped up in wonder. “Me? What could I, the illiterate one, teach your holiness? I don't know if I have done anything good or noteworthy in my life, something which could stand unadulterated before the eyes of God.”

“Tell me what you do, how you pass your day. God knows; He weighs and judges things differently.” replied St. Anthony.

“I, Abba, have never done anything good, I only struggle to keep the holy teachings of the Gospel. And further, I try to never forget to never overlook my shortcomings and my spiritual fruitlessness. Therefore, as I work during the day I think and say to myself: O wretched man, all will be saved and only you will remain fruitless. Because of your sin, you will never be worthy to see His Holy Face.”

“Thank you O Lord,” the ascetic said raising his weeping eyes towards heaven. And as the cobbler remained puzzled at this, the ascetic embraced him with love and bid him farewell saying:

“And thank you, O holy man. Thank you, for you taught me how easy it is with only a humble mind, for someone to live in the grace of Paradise.”

And as the poor cobbler continued to stare uneasily, without at all understanding this, St. Anthony took his staff and departed for the deep desert.

He walked, his only companion being the sound of his staff. He walked and his prayer burned like the the sands of the desert, rising towards heaven.

LEARNING SESSION: OFFERING OUR PRAYERS

He traveled all day and prayerfully reflected on the lesson that he received that day from the poor cobbler.

“Humility! This therefore is the quickest path to the gate of Paradise.” he said in his thoughts. “Humility is the robe which God clothed himself with and came to earth as man,” the Saint said, and he struggled to perceive the greatness of this holy virtue.

He walked, praying in his *nous*, and he brought to mind whatever God had taught him, until immediately before him he saw thrown underfoot a countless number of traps. Traps of every sort, terrible notions, machinations never before seen.

“My God,” he exclaimed and turned the frightened eyes of his soul towards heaven, “Who could ever flee, O Lord, from such traps and ruses?”

“Humility, Anthony. This can singly deliver from all of these.” He again heard the sweet, beloved voice deep within his heart. And this was the response which instilled light within him and gave him courage for the new battles which he experienced within the deep desert with the eternal enemy of man.

LEARNING SESSION: OFFERING OUR PRAYERS

ACTIVITY 2: DEBRIEF

15 minutes

When the story is finished, ask participants the following questions and facilitate a discussion:

- Did the cobbler do anything extraordinary that won God's favor?
- How can we follow the example of the cobbler to become holy?
- What is the lesson learned from this story?

Teaching: *(reflect on this rather than read it directly to participants)*

All of us are called to become holy. Saints are people like you and I who are struggling on that path. We do not have to do grand acts to become holy. Things like prayer, fasting, reading the Bible, and going to church are ways on the path. These may seem like very easy things, but the key of doing these easy tasks is to do them everyday. Doing them everyday, we can begin to develop a posture of humility. Praying everyday can be difficult. We want to pray, but even simple prayers sometimes can feel like too much. As with anything in life we are called to struggle with this.

LEARNING SESSION: OFFERING OUR PRAYERS

Humility must be rooted in prayer. A prayer habit is not just a thing to do because it's good or something to develop even though it's hard...it's hard because we don't like admitting we need help. We are resistant to that. We are resistant to admitting our need for God. We want to be self sufficient. We want to get there all on our own and think we're good, nice, holy, and pious people - but holiness and piety is actually a journey down, not up. It is to descend into the depths of our hearts to meet God, to see ourselves accurately: fallen, broken, sinful, unable to save ourselves. It is here that we, in humility, must ask the Lord to save us because we know in our bones that we can't save ourselves; there's nothing we can do. It's all about humility and self-emptying.

LEARNING SESSION:
OFFERING OUR PRAYERS

ACTIVITY 3: WRITING

10 minutes

Pass out pens and paper to each participant.

Ask participants to recall their favorite childhood vacation spot and how they felt when they were told they would be going on vacation to that spot.

Next, *ask participants* to recall the journey; what mode of transportation was used (car ride, plane, etc.) and how long did it take?

Ask participants to write down how they felt getting to the vacation destination and how they felt when they finally got to the vacation spot.

Now, *ask participants* to think about their personal journeys through life.

Ask them to think of a time when they were doing something new and they didn't know how that would end up.

Ask participants to write down how they felt at the beginning of this time and how they felt at the end of this time.

LEARNING SESSION: OFFERING OUR PRAYERS

Teaching: *(reflect on this rather than read it directly to participants)*

The activity is designed to recall a good moment in time that most of us experience during childhood. We learn that we will be doing something fun and exciting in the future like taking a trip. We are excited and happy, but that excitement can turn to boredom and impatience as we count down the days to the trip. Sometimes we do not think about what goes into preparing for the journey or what is required to get to the destination. The waiting and preparation sets in and that can be hard to deal with. What do we do in the time between learning the news and getting to the destination? We usually prepare. Preparation for the Kingdom includes living a Christian life, and being a person of prayer. In order to fully receive God into our lives, we need to be an empty vessel. We can do so through practicing humility. Humility alone saves us. Ultimate humility is to recognize that we can do nothing apart from Him. We would never be able to get to the destination unless we let God's Spirit fill us, and we can't be full of the Spirit if we are not full with God's Grace. We need to empty ourselves (fasting helps with that and service to others). It's about emptying the self so that the Spirit has an empty vessel to fill when the self finally comes to God in prayer. If the destination is the Kingdom of God, then it is prayer that animates the human being to make the journey. Fasting, serving others, going to Church, "saying" prayers without really praying in humility would be like preparing for a vacation by getting a suitcase packed, putting everything in the car, but forgetting to put gas in the vehicle.

LEARNING SESSION:
OFFERING OUR PRAYERS

ACTIVITY 4: SCRIPTURE READING & APPLICATION

10 minutes

Have students read the following verses:

“Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you.”

(1 Peter 5: 6-7)

“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.”

(2 Corinthians 9:7)

Ask participants the following questions and help facilitate a discussion:

- How do these scripture passages relate to the writing activity?
- What could this passage be saying about humility and prayer?
- How are we called to offer our prayers to God?

LEARNING SESSION: OFFERING OUR PRAYERS

Teaching: *(reflect on this rather than read it directly to participants)*
These passages are about prayer and humility. They help teach us how to pray. We are called first to empty ourselves through humility, so that the the Holy Spirit can fill us through our prayer. We are called to offer freely, “not grudgingly or of necessity...and with cheer.” If we don’t want to do something, how can we do it with cheer? We are called to be the best version of ourselves through practicing humility.

LEARNING SESSION: OFFERING OUR PRAYERS

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 offer your prayers to God 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 DECEMBER 2018

Offering our Prayers Through Relationships

DATE:

Week of Monday, December 10, 2018

GOAL:

To learn how to reflect on prayers in our lives

OBJECTIVE:

To identify one way you can offer your prayers

ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT: OFFERING OUR PRAYERS

SUPPLIES NEEDED:

1. copy of *The Peaceful Warrior*, or another appropriate movie on prayer
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 PRAYERS

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

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

FELLOWSHIP NIGHT: OFFERING OUR PRAYERS

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 PRAYERS

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and ask each participant to tell the group something new they learned 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

DECEMBER 2018

Experiencing Offering Through Worship

DATE:

Week of Monday, December 17, 2018

GOAL:

To learn that we can each offer a prayer

OBJECTIVE:

To chant the Small Paraklesis together

ESTIMATED DURATION:

75-90 minutes

WORSHIP SESSION:
OFFERING OUR PRAYERS

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 PRAYERS

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 PRAYERS

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 PRAYERS

ACTIVITY 3: GROUP PRAYER

10 minutes

Write everyone's name down on a slip of paper. Fold each piece and put the names into a hat or a basket. Go around the circle and have participants pick a name. Explain that they will pray for the person whose name was on the paper until Pascha.

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. As the Youth Worker, try to offer a personal prayer from your heart. This prayer should be in your own words. Be sure to say something specific about the participants, their families, the Church or whatever comes to your mind that you feel needs God's love and help in that moment. Use this opportunity to show participants that they too can offer their own prayers.

WORSHIP SESSION: OFFERING OUR PRAYERS

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 PRAYERS

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

DECEMBER 2018

Offering Through Serving

DATE:

Week of Monday, December 24, 2018

GOAL:

To learn to offer through serving

OBJECTIVE:

To identify one way to offer our prayers through service to others

ESTIMATED DURATION:

1 hour 15 minutes

SERVICE PROJECT: OFFERING OUR PRAYERS

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 PRAYERS

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 PRAYERS

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 PRAYERS

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 people or things in your life need prayers?

How can praying to God help?

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 PRAYERS

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 PRAYERS

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

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

- What is one way to offer our prayers through service?

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