



GOYA  
grades 7-12

# Y<sup>2</sup>AAM

## Ministry Plan

2018-19

A Life of Offering:  
Offering our Story  
January 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

**EFFECTIVECHRISTIANMINISTRY.ORG**

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# The Y<sup>2</sup>AM 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

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# Welcome to the Y<sup>2</sup>AM Ministry Plan!

July 5, 2018

Dear GOYA Leader,

Last summer, we launched the **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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 **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 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](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

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.

We couldn't have produced the **Y<sup>2</sup>AM 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, Y<sup>2</sup>AM's Resources & Training Coordinator, for her unique contribution.

Cassandra continues to elevate this project. Not only has she been crafting the **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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 Y<sup>2</sup>AM's ministry vision and the incredible impact that committed, Christ-centered young adults can have on the Church.

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## How to Use the Y<sup>2</sup>AM Ministry Plan

The **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM Ministry Plan**:

### **Remember:**

1. The **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM Ministry Plan** in the way that's best for you.
2. Calendar notes are suggestions, not requirements. While the **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM Ministry Plan** help you lead incredible, Christ-centered ministry.



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# Y<sup>2</sup>AM

## Ministry Plan

2018-19



A Life of Offering:  
Offering our Story  
January 2019

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# LEARNING SESSION

## JANUARY 2019

### **Offering our Stories**

#### **DATE:**

Week of Monday, January 7, 2019

#### **GOAL:**

To learn that we each have a unique story to share

#### **OBJECTIVE:**

To identify one way you can offer your story to God

#### **ESTIMATED DURATION:**

55 minutes

## LEARNING SESSION: OFFERING OUR STORIES

### SUPPLIES NEEDED:

1. projector and speaker (or laptop/tablet)
2. blank paper for each participant
3. pen for each participant
4. hard copy of each Scripture story  
(see *Activity 3 below*)

### 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 STORIES

# ICEBREAKER

*5 minutes*

Tell us your name and share your favorite memory from more than a year ago.

### **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 STORIES

### ACTIVITY 1: TIMELINES

*10 minutes*

Pass out paper and pens to each participant. Holding the paper landscape, instruct each participant to draw a line across the center of the paper to create a timeline. Have participants label the timeline starting with the year of their birth (on the left end of the paper) and ending (on the right) with the year 2019.

Ask participants to think back on their lives. Ask them to write down major events on the timeline and include the year. Be sure to note that they have at least 5 major events written on their timeline. Major events can be anything that was significant to the participants. Try not to downplay events shared, but also remind participants to dig deep and take the activity seriously.

## LEARNING SESSION: OFFERING OUR STORIES

### ACTIVITY 2: DEBRIEF

*10 minutes*

When participants are done with their timelines, ask the following questions:

- What did you write on your timeline?
  - Ask everyone to quickly share one event.
- What made this a significant event?
- Did you learn an important lesson from this event?
- How did this event shape your life and your personal story?

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

*Each of us has a story. A place where we begin. We may not know exactly where that story is going to bring us, but we know that we have God writing our story. When we take the time to pause and look back on our stories, we can see God's presence in our lives. God is the author of our stories, but, having free will, we have a choice whether or not we would like God to also be a part of our story. We must always remember, in the good and bad times, that God is in control and He is with us in our story. It is our role to remember Him, and allow him into our story. We can do this by opening our eyes to see how God has been in the story the whole time.*

LEARNING SESSION:  
OFFERING OUR STORIES

## ACTIVITY 3: SCRIPTURE READING & APPLICATION

*10 minutes*

Have participants break up into small groups. Give each group a different Scripture story and ask them to read it within their groups.

Ask groups to work together to answer the following questions:

- What is happening in the Scripture passage?
- Who are the characters?
- How was God present in that situation?

# LEARNING SESSION: OFFERING OUR STORIES

## Scripture Story #1

“At that time, Jesus came from Galilee to the Jordan to John, to be baptized by him. John would have prevented him, saying, "I need to be baptized by you, and do you come to me?" But Jesus answered him, "Let it be so now; for thus it is fitting for us to fulfill all righteousness." Then he consented. And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, "This is my beloved Son, with whom I am well pleased.”

(Matthew 3:13-16)

## LEARNING SESSION: OFFERING OUR STORIES

### Scripture Story #2

“There came a woman of Samaria to draw water. Jesus said to her, “Give me a drink.” For his disciples had gone away into the city to buy food. The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” For Jews have no dealings with Samaritans. Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?” Jesus said to her, “Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life.” The woman said to him, “Sir, give me this water, that I may not thirst, nor come here to draw.”

Jesus said to her, “Go, call your husband, and come here.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and he whom you now have is not your husband; this you said truly.” The woman said to him, “Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that in Jerusalem is the place where men ought to worship.” Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming (he who is called Christ); when he comes, he will show us all things.” Jesus said to her, “I who speak to you am he.”

(John 4:7-26)

## LEARNING SESSION: OFFERING OUR STORIES

### Scripture Story #3

“In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin’s name was Mary. And he came to her and said, “Hail, O favored one, the Lord is with you!” But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, “Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever; and of his kingdom there will be no end.”

And Mary said to the angel, “How shall this be, since I have no husband?” And the angel said to her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God. And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible.” And Mary said, “Behold, I am the handmaid of the Lord; let it be to me according to your word.” And the angel departed from her.”

(Luke 1: 26-38)

## LEARNING SESSION: OFFERING OUR STORIES

### Scripture Story #4

“And after six days Jesus took with him Peter and James and John his brother, and led them up a high mountain apart. And he was transfigured before them, and his face shone like the sun, and his garments became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, “Lord, it is well that we are here; if you wish, I will make three booths here, one for you and one for Moses and one for Elijah.” He was still speaking, when lo, a bright cloud overshadowed them, and a voice from the cloud said, “This is my beloved Son, with whom I am well pleased; listen to him.” When the disciples heard this, they fell on their faces, and were filled with awe. But Jesus came and touched them, saying, “Rise, and have no fear.” And when they lifted up their eyes, they saw no one but Jesus only.

And as they were coming down the mountain, Jesus commanded them, “Tell no one the vision, until the Son of man is raised from the dead.” And the disciples asked him, “Then why do the scribes say that first Elijah must come?” He replied, “Elijah does come, and he is to restore all things; but I tell you that Elijah has already come, and they did not know him, but did to him whatever they pleased. So also the Son of man will suffer at their hands.” Then the disciples understood that he was speaking to them of John the Baptist.”

(Matthew 17:1-13)

# LEARNING SESSION: OFFERING OUR STORIES

## Scripture Story #5

“At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

(Mark 9:17-31)

## LEARNING SESSION: OFFERING OUR STORIES

### ACTIVITY 4: WRITING

*15 minutes*

Pass out pens and paper to each group. Ask participants to work together to answer the following questions and ask them to write down their responses.

- Is there a time that you felt like one of the Bible characters in your Scripture passage?
- What did that character experience and how can you personally relate?
- How can we be open to God's will?
- Reflecting back on your life, how could God be working in it, specifically in this moment?
- How is God present in our life?
- How do we know? How can we explain that?

#### **Remember:**

*Art, in all of its various forms, can help us connect with people in a way that a lecture cannot. Movies and books are great way to show people the compelling beauty behind Christian ideals. Similarly, the various stories in Scripture allow us to connect with each other in a unique way. Through these books, we are able to look into the life of Jesus. We get direct access to His story. There are many different stories in the Bible, and at different points in our lives we may see the struggles, decisions, hopes, etc. of the biblical characters from these stories reflected in our own lives.*

## LEARNING SESSION: OFFERING OUR STORIES

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

*Through reading Scripture, we can ask God to reveal Himself and the story He has written for us. Looking at the stories in the Bible of Jesus and the people around Him, can help us examine our own personal stories. It can help us find God to be present right now in our lives and it can help us write our own stories through the story of Jesus. We can read and see the choices He made in different situations. When we are struggling to find the right words or which path to take, we can look to the story of Jesus to help guide us.*

*At some point in our life have we been like the Virgin Mary, faced with a tough decision, or been by someone's side as they died? Have we been like Martha or Mary? Have we been like Peter and denied Christ? Have we been like the paralytic and needed our friends for help? Have we been like Thomas and doubted? Have we been like the woman with the issue of blood and been healed by our faith?*

*We can connect and learn from these stories to help us understand our own stories. There is one constant in all of the stories we encounter, whether it is biblical or our own; God is merciful and loving to all of His children. The people in Scripture, who encountered Jesus at that time, are just like you or me. They are humans uncovering their own stories and how they are held within the great story of God's salvation. There can be much to be learned from them.*

## LEARNING SESSION: OFFERING OUR STORIES

### 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 personal story 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

## JANUARY 2019

### **Offering our Stories Through Relationships**

#### **DATE:**

Week of Monday, January 14, 2019

#### **GOAL:**

To learn that movies can help us identify our stories

#### **OBJECTIVE:**

To identify one way you can offer your story to God

#### **ESTIMATED DURATION:**

3 hours

## FELLOWSHIP NIGHT: OFFERING OUR STORIES

### SUPPLIES NEEDED:

1. copy of *The Help*, or another appropriate movie on stories
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 STORIES

### 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 26 minutes*

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

## FELLOWSHIP NIGHT: OFFERING OUR STORIES

### 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 STORIES

### **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 personal stories 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

## JANUARY 2019

### **Experiencing Offering Through Worship**

#### **DATE:**

Week of Monday, January 21, 2019

#### **GOAL:**

To learn that we can each offer our story

#### **OBJECTIVE:**

To chant the Small Paraklesis together

#### **ESTIMATED DURATION:**

75-90 minutes

WORSHIP SESSION:  
OFFERING OUR STORIES

**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 STORIES

## 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 STORIES

### **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 STORIES

### ACTIVITY 3: GROUP PRAYER

*10 minutes*

Have each participant read one line of [Psalm 142](#). Go around the circle until the Psalm has been completed.

“O LORD, hear my prayer; give ear to my supplications in your faithfulness; answer me in your righteousness. Do not enter into judgment with your servant, for no one living is righteous before you. For the enemy has pursued me, crushing my life to the ground, making me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old, I think about all your deeds, I meditate on the works of your hands. I stretch out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O LORD; my spirit fails. Do not hide your face from me, or I shall be like those who go down to the Pit. Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul. Save me, O LORD, from my enemies; I have fled to you for refuge. Teach me to do your will, for you are my God. Let your good spirit lead me on a level path. For your name’s sake, O LORD, preserve my life. In your righteousness bring me out of trouble. In your steadfast love cut off my enemies, and destroy all my adversaries, for I am your servant.”

#### **Remember:**

*We are all accustomed to having a priest pray aloud for us. Prayer is a very powerful tool and it is a tool each of us possesses. Remember that each of us can offer our own prayers. Allow and encourage participants to pray aloud.*

## WORSHIP SESSION: OFFERING OUR STORIES

### 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 each part of your day to God 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 STORIES

## 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

## JANUARY 2019

### Offering Through Serving

#### DATE:

Week of Monday, January 28, 2019

#### GOAL:

To learn to offer through serving

#### OBJECTIVE:

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

#### ESTIMATED DURATION:

1 hour 15 minutes

## SERVICE PROJECT: OFFERING OUR STORIES

### 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 STORIES

### 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 STORIES

### 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:  
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## ACTIVITY 3: REFLECTION

### DISCUSSION GROUP

*30 minutes*

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

Ask participants to look up their favorite Bible verse. Ask everyone to write down their favorite verse. Next, ask participants to read the verse aloud and to share what it means to them.

When everyone has finished writing, ask participants to share what they wrote.

## SERVICE PROJECT: OFFERING OUR STORIES

### 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 STORIES

## CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

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

- How can we share our stories with 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*