



GOYA  
grades 7-12

# Y<sup>2</sup>AAM

## Ministry Plan

2018-19

A Life of Offering:  
Offering our Struggles  
October 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**

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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.



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

## Ministry Plan

2018-19



A Life of Offering:  
Offering our Struggles  
October 2018



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# LEARNING SESSION

## OCTOBER 2018

### **Offering our Struggles**

#### DATE:

Week of Monday, October 1, 2018

#### GOAL:

To learn to identify your personal struggles

#### OBJECTIVE:

To identify one way you can offer your struggles  
to God

#### ESTIMATED DURATION:

55 minutes

## LEARNING SESSION: OFFERING OUR STRUGGLES

### SUPPLIES NEEDED:

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

## ICEBREAKER

*5 minutes*

Tell us your name and your favorite thing to eat, drink, and wear.

### **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 STRUGGLES

### ACTIVITY 1: CROSS THE LINE

*10 minutes*

Have all participants stand on one side of the room or area in a single line facing the other side (shoulder to shoulder). Place a line in the middle (rope, string, tape). Tell the participants that they will not talk during this activity. The counselor or facilitator will read several statements, and if the statement applies to a participant, he or she should cross the line to the other side and face the group that did not cross. After everyone crosses after a statement, those participants will return to the original line and wait for the next question.

Ask participants to gather on one side of the room in a line, and face towards its center. Call out specific descriptions, and ask that all of those to whom this applies, walk to the other side of the room. For example, ask that anyone with glasses to please “Cross the Line.” If this describes participants and they feel comfortable acknowledging it, they would walk to other side of the room. Once there, ask participants to turn and face the crowd they just left. After “Crossing the Line”, ask participants to take a moment to be still, and reflect on their decision to “Cross the Line.” The only way we can communicate to one another is to hold up the sign for “I Love You” (pinkie, index and thumb up, while the ring and middle finger are pressed toward the palm). To the participants who have Crossed the Line.” After five seconds, ask participants to return to the side they started from. After a few seconds, continue with a new question. Play a few rounds with the group.

\*adapted from a session at the Metropolis of San Fransisco Summer Camp

## LEARNING SESSION: OFFERING OUR STRUGGLES

### **Remember:**

*There are two important ground rules to this activity. The first involves listening. Let's have silence throughout the exercise. "No talking, snickering, giggling, nonverbal messages." It is imperative that we respect the dignity of each person who is here. All that is shared should remain confidential. "Nothing that is offered should leave this room. However, if after the workshop you really need to talk to a particular person, be sure to ask his/her permission." Be sure to let participants know that there is no pressure to "Cross the Line" if they do not feel comfortable doing so. Each participant will need to make that decision, but encourage them to do so. At the conclusion of the activity, the group will have an opportunity to discuss what we felt and what we learned. There may be times when this activity could make participants feel vulnerable and slightly uncomfortable. Gently and kindly urge participants to lean into that discomfort, since it may mean that participants are about to gain an important learning or insight about themselves.*

# LEARNING SESSION: OFFERING OUR STRUGGLES

Cross the Line if...

You like mint chocolate chip ice cream.

You know what you want to major in.

You enjoy sports.

You have a name that is sometimes mispronounced.

You are an only child.

You prefer Coke to Pepsi.

You prefer vanilla to chocolate.

You have been in love.

You consider yourself to be from a middle-class family.

You are excited about attending college.

You are nervous about attending college.

You have had surgery.

You have lived in another state.

You would like to control your weight better.

You have a hero or role model in your life.

You get an average of eight hours of sleep each night.

You have at least one parent that graduated from college.

You have at least one parent that did not complete high school.

You are a captain of a sports team.

Both of your parents are Orthodox.

Both of your parents are Greek.

You were born into the Orthodox Church.

You are nervous about your voice in Church.

You are the son or daughter of a priest.

Have felt pressured to go to the Seminary.

One or both of your parents were not born Orthodox but converted.

You feel or have felt worried that you sometimes disagree with the teachings of the Church.

You teach Sunday School.

## LEARNING SESSION: OFFERING OUR STRUGGLES

You are a Godparent.

You have read a book about Orthodoxy in the past year.

You feel nervous about talking or teaching about your Faith.

You routinely question your Faith.

You have done something embarrassing as a result of alcohol or drug use.

You know someone who has been sexually assaulted.

You know someone who died in a car accident.

You know someone who died of cancer.

You have felt alone, un-welcomed, afraid.

You knew someone who has attempted to die by suicide.

You have cried.

You have cried at least once this year for someone or something other than yourself.

You or someone you know is gay, lesbian, bisexual or transgender.

You have been treated unfairly because of your race.

You feel like you have an adult in your life you can trust.

You told a lie to someone you loved.

You regretted something you did to someone you were dating.

You disagreed with a teaching of the Church.

You ignored a homeless person when you passed them on the street.

You cried at least once this month.

You are terrified to speak in public.

Your parents are divorced.

You feel lost in the direction of your life right now.

You feel like there is unrealistic pressure on you to achieve success in life.

You feel scared to commit yourself in a relationship.

You have struggled with low self esteem.

You feel guilty about telling a lie in the past year.



## LEARNING SESSION: OFFERING OUR STRUGGLES

You have been hurt by a lie in the past year.

You struggle with feeling unmotivated.

You struggle with chronic stress or anxiety.

You struggle with pride or arrogance.

You struggle with body image.

You feel lonely.

Someone has saved your life.

You feel like you talk too much in social situations.

You feel like you don't talk enough in social situations.

You have lost the friendship of one of your closest friends.

You had your heart broken in the past year.

You have experienced the effects of Mental Illness in your family or with your friends.

You have experienced the effects of alcoholism in your family or with your friends.

You have experienced the effects of Drug addiction in your family or with your friends.

(Think Carefully) You had a good childhood.

You have lost a grandparent in the past year.

You have lost an immediate family member.

You have been completely honest during this activity.

You're ready to grow in your faith (ideally everyone crosses here).

## LEARNING SESSION: OFFERING OUR STRUGGLES

### ACTIVITY 2: DEBRIEF

*15 minutes*

When the activity has concluded, ask participants the following questions and facilitate a discussion:

- What kinds of feelings did you have during the activity?
- How did you feel when there were only a few of you on the other side of the room?
- Did you find yourself reluctant to “Cross the Line”? What do you think made you feel reluctant?
- How did the movement of others influence you?
- Did you have to be vulnerable during this activity? What does it mean to be vulnerable?
- What did you learn through this activity?

## LEARNING SESSION: OFFERING OUR STRUGGLES

### **Remember:**

*This may seem like a very easy activity, but there is much depth to it. The questions begin easy and move to a place where they push participants to answer hard questions about themselves and share them with others.*

*Participants may not have other opportunities in their lives to share this sacred information with others, but this activity allows the opportunity for them to build trust with each other in the group. This activity also allows participants to self reflect, to learn more about themselves and grow. Be gentle with the activity and questions. The debrief should be based on the maturity level of the participants. so do not try to pry for information. If and when people are ready to share with a group, they will do it in their own way.*

LEARNING SESSION:  
OFFERING OUR STRUGGLES

## ACTIVITY 3: WRITING

*10 minutes*

Ask participants the following questions and have them write down their answers:

- What does it mean to be vulnerable and what made it hard to be vulnerable and cross the line?
- Are there things in your life that you worry about?
- What is the correct response when we come up against personal struggles?

## LEARNING SESSION: OFFERING OUR STRUGGLES

### ACTIVITY 4: TEACHING

*10 minutes*

Bring participants back together and ask the following questions to help facilitate a discussion:

- What did you write down on your paper?
- Can you share a worry or a struggle?
- How do you respond to struggles? Is that the best way? Could there be a better way?

**Teaching:** *(reflect on this rather than read it directly to participants)*  
*Through unconditional love, we support one another, whether we have shared their struggle or not. Christ does this for us every day. As we struggle, God's unconditional Love is there supporting us, guiding us and giving us strength.*

## LEARNING SESSION: OFFERING OUR STRUGGLES

### ACTIVITY 5: SCRIPTURE READING & APPLICATION

*10 minutes*

Have students read the following verse:

“But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings, sometimes being publicly exposed to abuse and affliction, and sometimes being partners with those so treated. For you had compassion on the prisoners, and you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one. Therefore do not throw away your confidence, which has a great reward. For you have need of endurance, so that you may do the will of God and receive what is promised. “For yet a little while, and the coming one shall come and shall not tarry; but my righteous one shall live by faith, and if he shrinks back, my soul has no pleasure in him.” (Hebrews 10:32-38)

Ask participants the following questions and help facilitate a discussion:

- What is this scripture passage about?
- What does this passage say about facing struggles?
- How can we help each other to keep up our confidence?
- What are the “better possessions” and the “great reward” we are working to?

## LEARNING SESSION: OFFERING OUR STRUGGLES

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

*We each face struggles in our lives. We may not have the same struggle as our friend or sibling, but we each know struggle. We have our own cross to bear and we know from Christ that crosses are not easy. What we can be sure of is: “with God all things are possible.” It is easy to fall into struggling alone to the point of giving up, but that is why we are born into a family. We have other people to lean on, to talk to, and to help encourage us to stay strong on our journey. Ultimately, we are called to leave our struggles with God by praying to Him. We are called to seek the kingdom and always have that present in our lives.*

## LEARNING SESSION: OFFERING OUR STRUGGLES

### 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 struggles 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

## OCTOBER 2018

### **Offering our Struggles Through Relationships**

#### **DATE:**

Week of Monday, October 8, 2018

#### **GOAL:**

To learn how to offer our struggles through our relationships

#### **OBJECTIVE:**

To identify one way you can offer your struggles

#### **ESTIMATED DURATION:**

3 hours

## FELLOWSHIP NIGHT: OFFERING OUR STRUGGLES

### SUPPLIES NEEDED:

1. copy of *Bruce Almighty*, or another appropriate movie on struggle
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 STRUGGLES

### 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

*1 hour 41 minutes*

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

## FELLOWSHIP NIGHT: OFFERING OUR STRUGGLES

### 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 STRUGGLES

### **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 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

## OCTOBER 2018

### **Experiencing Offering Through Worship**

#### DATE:

Week of Monday, October 15, 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 STRUGGLES

**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 STRUGGLES

## 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 STRUGGLES

### **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 STRUGGLES

## ACTIVITY 3: GROUP PRAYER

*10 minutes*

Pray the Jesus Prayer around the circle. Introduce the the prayer by saying it aloud to the group: “Lord Jesus Christ, Son of God, have mercy on me.” Have the group say this prayer aloud three times and then have each participant say the Jesus Prayer for the person to their right by using their name.

### **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 STRUGGLES

### 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 STRUGGLES

## 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

## OCTOBER 2018

### Offering Through Serving

#### DATE:

Week of Monday, October 22, 2018

#### GOAL:

To learn to offer through serving

#### OBJECTIVE:

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

#### ESTIMATED DURATION:

1 hour 15 minutes

## SERVICE PROJECT: OFFERING OUR STRUGGLES

### 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 STRUGGLES

### 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 STRUGGLES

### 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 STRUGGLES

## 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:

***Think about your favorite saint.***

***What characteristics does he or she possess?***

***How can their example help you grow in your own life?***

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

## SERVICE PROJECT: OFFERING OUR STRUGGLES

### 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 STRUGGLES

### 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 struggles 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*