



JOY  
grades 3-6

# Y<sup>2</sup>AAM

## Ministry Plan

2018-19

A Life of Offering:  
Offering our Conflicts  
November 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

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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 JOY 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 Conflicts  
November 2018



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# LEARNING SESSION

## NOVEMBER 2018

### **Offering our Conflicts**

#### **DATE:**

Week of Monday, November 5, 2018

#### **GOAL:**

To learn to understand conflict

#### **OBJECTIVE:**

To identify one way you can offer your conflicts  
to God

#### **ESTIMATED DURATION:**

55 minutes

## LEARNING SESSION: OFFERING OUR CONFLICTS

### SUPPLIES NEEDED:

1. blank paper for each participant
2. pen for each participant
3. marker
4. whiteboard or large poster board paper

### 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 CONFLICTS

### ICEBREAKER

*5 minutes*

Tell us your name, your role model (a person you look up to in your life), and what makes them your role model.

#### **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 CONFLICTS

### ACTIVITY 1:

*20 minutes*

As participants are listing off the qualities of their role models, write them down on a whiteboard or a large poster board.

Ask participants the following questions and help facilitate a discussion:

- What makes these qualities important?
- Who do we know that possesses these qualities?
- Are our role models like Jesus?
- What types of qualities to good role models posses?

LEARNING SESSION:  
OFFERING OUR CONFLICTS

## ACTIVITY 2: ACTIVITY DEBRIEF

*15 minutes*

Ask participants the following questions and help facilitate a discussion:

- What did you learn through this activity?
- What feelings did you have during the activity?
- Did this activity change the way that you think about relationships? How?

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

*It can be helpful to talk with our parents, our families, and our trusted friends and share our conflicts. It is important to share your conflicts with God as well. We can do this by praying to God and offering our conflicts to Him. When we allow God into the relationship, He is present with us, and He opens up our hearts and allows them to grow. The conflict has taken place and we cannot change that. What we can do is change how we respond to it, and how we choose to heal from the experience. Did Jesus experience bad things? Did He experience conflict? Yes. We too will face these things and it's nice to know that we have a God that experienced what we are feeling and will walk with us through that too.*

## LEARNING SESSION: OFFERING OUR CONFLICTS

### ACTIVITY 3: WRITING

*10 minutes*

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

- What is conflict?
- How do you respond to conflicts? Is that the best way?
- Could there be a better way to respond to conflicts in your life?
- What could other responses be?

## LEARNING SESSION: OFFERING OUR CONFLICTS

### 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 time when you were in conflict with another person?
- Are all conflicts bad?
- Can you think of an example when Christ was in conflict?
  - What did he do?
  - What can we do, following his example?  
Ask for help from our role models or God through prayer
- How do our role models have Christ like qualities?

**Teaching:** *(reflect on this rather than read it directly to participants)*  
*Conflicts will happen in life. We should not be afraid of conflict or avoid it. It is important to deal with conflicts in a calm way. This can be hard if someone has hurt us, but it is better to be kind and gentle when we say how we feel. When we are able to have these conversations, our voices are heard and we share how we feel. This is the best outcome. It may be scary, but it is in sharing ourselves that we build relationships in a healthy way.*



## LEARNING SESSION: OFFERING OUR CONFLICTS

### ACTIVITY 5: SCRIPTURE READING & APPLICATION

*10 minutes*

Watch the following video with participants. Remind them to think about their own conflicts and struggles as they watch.

[Bible Theater - The Unforgiving Servant](https://www.youtube.com/watch?v=y7c976lrlek)

<https://www.youtube.com/watch?v=y7c976lrlek>

Matthew 18: 21-35

### ACTIVITY 6: VIDEO DEBRIEF

*10 minutes*

Ask participants the following questions and help facilitate a discussion:

- What is this scripture passage about?
- How should we interact with others?
- What does this video say about facing conflict?
- What makes forgiveness so important?

**Teaching:** *(reflect on this rather than read it directly to participants)*  
*We each are created to be in relationship with others. We are each all created good, but we are not created perfect. There is only One who is created perfect and that is Jesus. We will run into conflicts, fights, disagreement, and hurt feelings with one another. This is natural and normal. How we respond to these conflicts is key. We know that we must forgive in order to be forgiven, but we also know that forgiveness is hard. We must be share our feelings with one another and that can be scary. We each have our own cross that we bare and crosses are not easy, but we know that “with God all things are possible.” It is easy to fall into the temptation of saying “that’s okay” and forgetting what happened, but have we forgiven? We are called to invite God into our relationship in the good times and in times of conflict.*

## LEARNING SESSION: OFFERING OUR CONFLICTS

### 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 conflicts 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

## NOVEMBER 2018

### **Offering our Conflicts Through Relationships**

#### **DATE:**

Week of Monday, November 12, 2018

#### **GOAL:**

To learn to reflect on personal conflicts in our  
lives

#### **OBJECTIVE:**

To identify one way to be more Christ-like and  
offer your conflicts to God

#### **ESTIMATED DURATION:**

3 hours

## FELLOWSHIP NIGHT: OFFERING OUR CONFLICTS

### SUPPLIES NEEDED:

1. copy of *Kung Fu Panda*, or another appropriate movie on conflict
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 CONFLICTS

### 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 everyone starts eating.

#### **Remember:**

*You can order pre-made food, but preparing a meal is a great way for people to connect and share a special 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 35 minutes*

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

## FELLOWSHIP NIGHT: OFFERING OUR CONFLICTS

### 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 was your favorite part 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 CONFLICTS

### **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.*



## FELLOWSHIP NIGHT: OFFERING OUR CONFLICTS

### 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

## NOVEMBER 2018

### **Experiencing Offering Through Worship**

#### **DATE:**

Week of Monday, November 19, 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 CONFLICTS

**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 CONFLICTS

## 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 CONFLICTS

### **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 CONFLICTS

## ACTIVITY 3: GROUP PRAYER

*10 minutes*

Go around the circle and ask participants to name three things they are grateful for from the past few hours. (Try to keep the conversation in the present, staying away from things that will happen or things that have happened yesterday).

### **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 CONFLICTS

### 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 session?

#### **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 CONFLICTS

## 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

## NOVEMBER 2018

### Offering Through Serving

#### DATE:

Week of Monday, November 26, 2018

#### GOAL:

To learn to offer through serving

#### OBJECTIVE:

To identify one way to offer our conflicts  
through service

#### ESTIMATED DURATION:

1 hour 15 minutes

## SERVICE PROJECT: OFFERING OUR CONFLICTS

### 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 CONFLICTS

### ACTIVITY 1: PREP

*10 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 CONFLICTS

### 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 CONFLICTS

## 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:

***In what area of your life do you need to trust God more?***

***When conflicts arise, where do you turn to first?***

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 CONFLICTS

## 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 CONFLICTS

## 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 conflicts in a Christ-like way?

## 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.*