



JOY  
grades 3-6

# Y<sup>2</sup>AAM

## Ministry Plan

2018-19

A Life of Offering:  
Offering our Gifts  
March 2019





# EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

A new ministry course designed to help you:

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

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# The 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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## Ministry Plan

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March 2019





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# LEARNING SESSION

## MARCH 2019

### **Offering our Gifts**

#### **DATE:**

Week of Monday, March 4, 2019

#### **GOAL:**

To learn that God can transform our personal offerings

#### **OBJECTIVE:**

To identify ways to give personal gifts as offerings to our neighbor for God

#### **ESTIMATED DURATION:**

50 minutes

## LEARNING SESSION: OFFERING OUR GIFTS

### SUPPLIES NEEDED:

1. blank paper for each participant
2. pen for each participant
3. Skittles (enough for each participant to have five)

### 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 GIFTS

# ICEBREAKER

*5 minutes*

Tell us your name and a word that rhymes with offer.

### **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 GIFTS

### ACTIVITY 1: SKITTLES

*10 minutes*

Give half the group skittles and the other half none. Ask participants, “is this fair?” Also ask, “how we could make this fair for the group?”

The leader distributed the skittles, so they decide who gets the candy, but is that fair?

Now think about what happens before and during the Divine Liturgy: one person makes and brings the bread and the wine, but we all get some. Is that fair?

## LEARNING SESSION: OFFERING OUR GIFTS

### ACTIVITY 2: DEBRIEF

*10 minutes*

Ask participants the following question and help facilitate a discussion:

- What was the goal of the activity?
- What happens before each Divine Liturgy begins?
- We are all able to partake in Communion, but only one person brings bread and wine. Is that fair?
- How is a small offering of bread and wine transformed into something greater by God?

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

*God takes our small offerings and is able to transform them into something great. We must have trust that God is the One who can transform even the smallest gift of sacrifice into something life-giving. The Christian life is a life of sacrifice. Christ sacrificed first and we are called to follow his example.*

*“We experience Heaven when we sacrifice our whole being, body, and soul, in the Divine Liturgy; a mystery in which our role of sacrifice is to praise.” There is also an aspect of humility in this sacrifice.*

LEARNING SESSION:  
OFFERING OUR GIFTS

## ACTIVITY 3: SCRIPTURE

### READING & APPLICATION

*10 minutes*

Have students read the following verses:

“And he sat down opposite the treasury, and watched the multitude putting money into the treasury. Many rich people put in large sums. And a poor widow came, and put in two copper coins, which make a penny. And he called his disciples to him, and said to them, “Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living.”  
(Mark 12:41-44)

“Every man shall give as he is able, according to the blessing of the Lord your God that he has given you.”  
(Deuteronomy 16:17)

## LEARNING SESSION: OFFERING OUR GIFTS

Ask participants the following questions and help facilitate a discussion:

- What are these scripture passages about?
- Is it possible for just a few coins to be helpful?
- What is God calling us to offer?
- What is something you possess that can be sacrificed to help someone else?
- During the Divine Liturgy, we sacrifice. What is that sacrifice?
- How can we continue that sacrifice outside of Church?



## LEARNING SESSION: OFFERING OUR GIFTS

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

*Your coin is never going to be enough, and that's okay. It's just a coin. God is the one who transforms it into something so much greater. Through this transformation we can grow in faith and love. We see a great example of this before the Divine Liturgy begins. Someone brings bread and wine and God transforms that small offering into something great! He transforms the small gift into something that gives us life! During the Divine Liturgy we each are making a sacrifice through our praise to God. That is our offering and it is pleasing to God. Something that may be small to us could actually be something very large for someone else. Are we able to identify those things in our lives and share with those who lack them? Have we thought of these gifts as insignificant? Have we lacked trust that they can be transformed by God into something greater? When we truly make offerings to God, we should make them with humility and love. We also need to have trust that God will see them and reward us according to His will. We are called to make joyful sacrifices and freely give what we can. Even if it just a few coins.*

## LEARNING SESSION: OFFERING OUR GIFTS

### ACTIVITY 4: BRAINSTORM

*10 minutes*

Break participants into small groups and allow them to brainstorm together about how they could make small offerings for others. After a few minutes, have them come back together and share their ideas with the whole group.

### 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 small gifts, to be transformed by God, through what you learned in the session?

LEARNING SESSION:  
OFFERING OUR GIFTS

## 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

## MARCH 2019

### **Offering our Gifts Through Relationships**

#### **DATE:**

Week of Monday, March 11, 2019

#### **GOAL:**

To learn how to offer personal gifts through our relationships

#### **OBJECTIVE:**

To identify on way to give gifts to others

#### **ESTIMATED DURATION:**

3 hours

## FELLOWSHIP NIGHT: OFFERING OUR GIFTS

### SUPPLIES NEEDED:

1. copy of *We Bought a Zoo*, or another appropriate movie on personal gifts
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 GIFTS

### 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

*2 hours 11 minutes*

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

## FELLOWSHIP NIGHT: OFFERING OUR GIFTS

### 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 of the main character(s) like your own or those of someone you know?
- Which character did you (admire, hate, love, pity) 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 GIFTS

### **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 GIFTS

### 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

## MARCH 2019

### **Experiencing Offering Through Worship**

#### **DATE:**

Week of Monday, March 18, 2019

#### **GOAL:**

To learn about offering and alms

#### **OBJECTIVE:**

To chant the Small Paraklesis together

#### **ESTIMATED DURATION:**

75-90 minutes

WORSHIP SESSION:  
OFFERING OUR GIFTS

**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 GIFTS

### 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](http://www.goarch.org/chapel/chant/paraklesis/index_html)

## WORSHIP SESSION: OFFERING OUR GIFTS

### **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 GIFTS

### ACTIVITY 3: GROUP PRAYER

*10 minutes*

Ask a participants if they would like to share a personal prayer. Allow as many volunteers as possible to offer their personal prayer.

#### **Remember:**

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

## WORSHIP SESSION: OFFERING OUR GIFTS

### 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 GIFTS

## 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

## MARCH 2019

### Offering Through Serving

#### DATE:

Week of Monday, March 25, 2019

#### GOAL:

To learn to offer through serving

#### OBJECTIVE:

To identify one way to offer our alms

#### ESTIMATED DURATION:

1 hour 15 minutes

## SERVICE PROJECT: OFFERING OUR GIFTS

### 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 GIFTS

### 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 GIFTS

### 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 GIFTS

## ACTIVITY 3: REFLECTION

### DISCUSSION GROUP

*30 minutes*

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

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

***What do you have to offer others?***

***Do you think that is enough?***

***How can you help others?***

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 GIFTS

### 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 GIFTS

### CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

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

- What is your personal gift?

### 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.*