



JOY  
grades 3-6

# Y<sup>2</sup>AAM

## Ministry Plan

2018-19

A Life of Offering:  
Offering our Prayer  
December 2018





# EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

A new ministry course designed to help you:

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

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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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Offering our Prayer  
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# LEARNING SESSION

## DECEMBER 2018

### Offering our Prayers

#### DATE:

Week of Monday, December 3, 2018

#### GOAL:

To learn that prayer is a journey with Christ

#### OBJECTIVE:

To identify one way you can offer your prayers to  
God

#### ESTIMATED DURATION:

55 minutes

## LEARNING SESSION: OFFERING OUR PRAYERS

### SUPPLIES NEEDED:

1. blank paper for each participant
2. pen for each participant
3. poster boards
4. markers

### OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to, “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”*

*Amen.*

*(a passage from Hebrews 13:15-16)*

## LEARNING SESSION: OFFERING OUR PRAYERS

# ICEBREAKER

*10 minutes*

Tell us your name and your favorite childhood vacation spot.

### **Remember:**

*It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.*

## LEARNING SESSION: OFFERING OUR PRAYERS

### ACTIVITY 1: GOING ON A TRIP

*10 minutes*

Split the group into two. Pass out a marker and poster board to each group. Ask participants to label the front of the poster “Vacation” and the back “Kingdom of Heaven.”

Next, ask participants work together and to write down what it takes to prepare for a trip. Then, ask them to flip over the poster and work together to list what it takes to prepare for the Kingdom.

#### **Remember:**

*When we are given good news, we are usually excited for what is to come. Sometimes we do not think about what goes into getting to the destination or what it takes to prepare for the journey to get where we are going. Preparing and journeying to our vacation spot can be stressful. We know that all the preparation is going into something good, but getting to that spot can lead to conflict. Sometimes we need to put our own egos aside, or grow in patience. We know that vacation is a good thing, but to get there sometimes we will encounter some rough patches. In life we must also do the hard things. We are called to love (sacrifice) and that is not easy. We are called to go to church, pray, and fast. Those things are also not easy to do.*

## LEARNING SESSION: OFFERING OUR PRAYERS

### ACTIVITY 2: DEBRIEF

*15 minutes*

Ask participants the following questions and help facilitate a discussion:

- What is needed on the journey to vacation?
- What is needed on the journey to the Kingdom of Heaven?
- What do these journeys have in common?
- What makes these journeys different?
- What do you do when things are hard in life, but you know you must do them?

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

*The activity is designed to teach that journeys require preparation. Both of the destinations are places we want to get to but it can be hard to prepare and journey to our destinations. We learn that we will be doing something fun and exciting in the future like taking a trip. We are excited and happy, but that excitement can turn to boredom and impatience as we count down the days to the trip. The waiting and preparation sets in and that can be hard to deal with. What do we do in the time between learning the news and getting to the destination? We usually prepare. Preparation for the Kingdom includes living a Christian life and this can be difficult. We are called to be joyful in life in both the good times and the hard times.*

LEARNING SESSION:  
OFFERING OUR PRAYERS

## ACTIVITY 3: TEMPTATION &

### PRAYER

*5 minutes*

Watch the following the video with participants.

[Jesus' Test in the Desert](#)

<https://youtu.be/zS0NiWS-RSw>

## ACTIVITY 4: DEBRIEF

*10 minutes*

Ask participants the following questions and help facilitate a discussion:

- What happened to Jesus in this video?
- What helped him to be strong?
- How can we use prayer to help us get to our destinations?

## LEARNING SESSION: OFFERING OUR PRAYERS

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

*In the video Jesus is tempted, but He overcomes that temptation with prayer. We can use this as an example for our lives. God would like each of us to make good choices and see that we are trying to do good, even if we do not feel good about doing it in the moment. It is important to find a balance between doing too much and being lazy.*

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



## LEARNING SESSION: OFFERING OUR PRAYERS

### 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 our prayers to God through what you learned in the session?

### CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.*

*Amen.*

# FELLOWSHIP NIGHT DECEMBER 2018

## Offering our Prayers Through Relationships

### DATE:

Week of Monday, December 10, 2018

### GOAL:

To learn to reflect on prayers in our lives

### OBJECTIVE:

To identify one way you can offer your prayers

### ESTIMATED DURATION:

3 hours

## FELLOWSHIP NIGHT: OFFERING OUR PRAYERS

### SUPPLIES NEEDED:

1. copy of *Turbo*, or another appropriate movie on prayer
2. projector/television and speaker
3. meal ingredients

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to, “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”*

*Amen.*

*(a passage from Hebrews 13:15-16)*

## FELLOWSHIP NIGHT: OFFERING OUR PRAYERS

### ACTIVITY 1: PREPARE THE MEAL

*45 minutes*

Organize participants to clean up and prepare the meal for the movie night. Make sure everyone has a job, even if it's a small one. Remember to pray before 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 36 minutes*

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

## FELLOWSHIP NIGHT: OFFERING OUR PRAYERS

### ACTIVITY 3: CLEAN UP

*10 minutes*

Make sure the space is completely clean after everyone has eaten.

### ACTIVITY 4: MOVIE DEBRIEF

*10 minutes*

Ask participants a few of the following questions and facilitate a discussion:

- What did you see/hear in the movie?
- Did you learn anything from the movie?
- What is the message of this movie? Do you agree or disagree with it?
- In what ways are the characteristics 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 PRAYERS

### CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

Go around the room and ask each participant to tell the group something new they learned about prayer during the session.

### CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.*

*Amen.*

# WORSHIP SESSION

## DECEMBER 2018

### **Experiencing Offering Through Worship**

#### **DATE:**

Week of Monday, December 17, 2018

#### **GOAL:**

To learn that we can each offer a prayer

#### **OBJECTIVE:**

To chant the Small Paraklesis together

#### **ESTIMATED DURATION:**

75-90 minutes

WORSHIP SESSION:  
OFFERING OUR PRAYERS

**SUPPLIES NEEDED:**

1. copies of Small Paraklesis to the Theotokos
2. pencils and paper

**OPENING PRAYER**

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.*

*Amen.*



WORSHIP SESSION:  
OFFERING OUR PRAYERS

## ACTIVITY 1: SMALL PARAKLESIS

*45 minutes*

Invite your parish priest to lead the service. Pass out pencils and paper, so that everyone can write down names for commemoration. If your parish priest is not available, you can still chant it as a reader service. If it's a reader service, make the following changes:

1. Instead of “Blessed is our God...” to begin the service, we say: “Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us.”
2. After the “Our Father,” we say “Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us,” instead of “For Thine is the power...”
3. We omit all the petitions and the parts the priest would do.

Assemble your group either in the Church building (if possible) or before an icon of the Theotokos.

A copy of the service is available here:

<http://www.goarch.org/chapel/chant/paraklesis/index.html>

## WORSHIP SESSION: OFFERING OUR PRAYERS

### **Remember:**

*The more we are exposed to prayer and the language of the Church, the more our minds and hearts are shaped by the mind and heart of the Church. Over time, we can internalize the prayer of the Church and better learn to talk to God ourselves. This takes time, and should be an important part of every ministry.*

## ACTIVITY 2: DEBRIEF

*10 minutes*

Ask participants the following questions and facilitate a discussion:

- What did you experience while you were worshipping during the service?
- Did any part of the service stand out to you?
- Is there one lesson that you can take away from the service?

### **Remember:**

*Many participants may not have ever celebrated this service before. Some may not have heard it chanted in English. Give them space to process and verbalize what they've just experienced.*

## WORSHIP SESSION: OFFERING OUR PRAYERS

### ACTIVITY 3: GROUP PRAYER

*10 minutes*

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

#### **Remember:**

*We are all very comfortable with and accustomed to having a priest pray aloud for us. Prayer is a very powerful tool and it is a tool each of us possesses. As the Youth Worker, try to offer a personal prayer from your heart. This prayer should be in your own words. Be sure to say something specific about the participants, their families, the Church or whatever comes to your mind that you feel needs God's love and help in that moment. Use this opportunity to show participants that they too can offer their own prayers.*

## WORSHIP SESSION: OFFERING OUR PRAYERS

### CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

Go around the room and ask each participant to answer the following question. The session leader should go first.

- What is one way to offer a prayer in your daily life through what you learned in the 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 PRAYERS

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.*

*Amen.*

# SERVICE PROJECT

## DECEMBER 2018

### Offering Through Serving

#### DATE:

Week of Monday, December 24, 2018

#### GOAL:

To learn to offer through serving

#### OBJECTIVE:

To identify one way to offer our prayers through service

#### ESTIMATED DURATION:

1 hour 15 minutes

## SERVICE PROJECT: OFFERING OUR PRAYERS

### SUPPLIES NEEDED:

1. bowls
2. measuring cups and spoons
3. flour
4. water
5. yeast
6. salt
7. sugar
8. prosforo seal
9. paper and pens

### OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.  
Lord, this bread that we are baking represents each one of us.  
We are offering ourselves to You, our very life, in humble  
obedience and total commitment to You. We place ourselves on  
Your holy altar through this bread to be used by You in any way  
that You feel will help enlarge Your kingdom. Accept our gift and  
make us worthy to receive the greater gift that You will give us  
when You consecrate this bread and give it back to us as Your  
Precious Body.  
Amen.*

## SERVICE PROJECT: OFFERING OUR PRAYERS

### ACTIVITY 1: PREP

*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 PRAYERS

### Procedure:

- Place yeast and sugar in a small bowl. Add ¼ cup warm water and whisk to mix well. Sift flour and salt on top of yeast and water to allow yeast to rise for approximately 10 minutes. Next, slowly begin mixing ingredients to form dough. Dough should be soft but not sticky. Place dough on floured surface and knead to make a smooth round ball.
- Once the dough is done being kneaded. Place it in a bowl with a towel over it a place in a warm (but not too warm) area. Allow it to rise for a half hour.
- Prepare a list of names of Orthodox Christians who you would like commemorated in the service. Use first names only. On the left side, write "Living" at the top and list the names below. On the right side, write "Departed" and write the names of departed below. Bring the list and the bread to the Church before the start of Orthros (or the day before).

SERVICE PROJECT:  
OFFERING OUR PRAYERS

## ACTIVITY 3: REFLECTION

### DISCUSSION GROUP

*30 minutes*

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

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

***What people or things in your life need prayers?  
How can praying to God help these hard parts of our lives?***

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

## SERVICE PROJECT: OFFERING OUR PRAYERS

### ACTIVITY 4: KNEADING AND STAMPING THE DOUGH

*10 minutes*

Have each group punch out and knead the dough a bit longer. They should shape it into a smooth round ball.

Once this is done, place the dough on a floured (not greased) baking sheet. Have participants press the seal in (make sure to flour the seal). This must be done evenly and firmly.

Once this is done, use toothpicks to poke holes around the seal and around the sides of the prosforo.

Bake in 350 degree oven for approximately 45 minutes.

### ACTIVITY 5: CLEAN UP

*10 minutes*

While the dough is baking, make sure the space is completely clean.

## SERVICE PROJECT: OFFERING OUR PRAYERS

### CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

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

- What is one way to offer your prayers to 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.*