



JOY  
grades 3-6

# Y<sup>2</sup>AAM

## Ministry Plan

2018-19

A Life of Offering:  
Offering our Sacrifice  
February 2019





# EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

A new ministry course designed to help you:

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

EFFECTIVECHRISTIANMINISTRY.ORG

---

# 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

---

---

# 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

---

---

## 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.

---

---

## 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.
-

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.



JOY  
grades 3-6

# Y<sup>2</sup>AM

## Ministry Plan

2018-19



A Life of Offering:  
Offering our Sacrifice  
February 2019



# TABLE OF CONTENTS

Learning Session February 2019	2
Fellowship Night February 2019	14
Worship Session February 2019	19
Service Project February 2019	27

# LEARNING SESSION

## FEBRUARY 2019

### **Offering our Sacrifice**

#### DATE:

Week of Monday, February 4, 2019

#### GOAL:

To learn that faith is needed to transform our offering of sacrifice

#### OBJECTIVE:

To identify one way to make an offering that can be transformed by God into something greater

#### ESTIMATED DURATION:

55 minutes

LEARNING SESSION:  
OFFERING OUR SACRIFICE

**SUPPLIES NEEDED:**

1. blank paper for each participant
2. 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 SACRIFICE

# ICEBREAKER

*10 minutes*

Tell us your name and your most prized possession.

**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 SACRIFICE

### ACTIVITY 1: POSSESSIONS

*15 minutes*

Pass out paper and make sure everyone has a working pen. Ask the participants to remember what they shared (during the icebreaker) as their most prized possession. Ask the group to write that down on paper and to think about giving that possession away.

Ask participant the following questions, ask them to write down their thoughts, and then help facilitate a discussion:

- Would you be able to give up the possession?
- What would make it hard to give that up?
- What would be a reason why you would not give up that possession?
- What is sacrifice?
- How could this be an example of sacrifice?

## LEARNING SESSION: OFFERING OUR SACRIFICE

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

*“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.”*

*The fear of death is what makes it so hard to imagine giving up our possessions for others. This biggest fear we as human being have is the fear of death. Sometimes we find all these odd ways to trick ourselves into believing that we have life forever on this planet, and most often that is what our attachments are about. The sacrifice of Christ is that He offers Himself in death that the Father might raise Him to Life. Likewise, we, too are called to make small sacrifices by offer ourselves and our possessions that we might participate in Christ's Life. We are able to practice this in our lives through making small sacrifices, giving of our time, fasting, and almsgiving.*

LEARNING SESSION:  
OFFERING OUR SACRIFICE

## ACTIVITY 2: THE BOY WHO WANTED A DRUM

*5 minutes*

Read the following short story to participants:

*Kamishibai Story Theater: [The Art of Picture Telling](#) by Dianne de Las Casas (Westport, CT: Teacher Ideas Press), 2006*

<http://professionalstoryteller.ning.com/group/storylibrary/forum/topics/1984817:Topic:19244>

Next, and ask participants the following questions, helping to facilitate a discussion:

- What happened in the story?
- How did the boy get the drum he had wanted?
- What trades were made? What sacrifices were made? What is the difference between the two?
- What similar thing happens during the Liturgy?
- Was trust seen in this story?

## LEARNING SESSION: OFFERING OUR SACRIFICE

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

*The story is a really great example of sacrifice. The boy has his heart set on one thing: a drum. His mother is not able to give him a drum, but gives him a stick. With the stick, he has the possibility to use it as an instrument. When he sees suffering, he sacrifices his gift, the closest he may ever think he can get to having a drum, to someone else who may need it more. He continues giving gifts and in the end, he is gifted with a drum; his original desire in the beginning of the story. When we do for others for others, God sees our sacrifice and He can transform it into something greater.*

*A transformation occurs every time we participate in the Divine Liturgy. We offer bread and wine trusting that our small gift (bread and wine), through this offering and our faith in God, is transformed by God into Christ's Body and Blood. This greatest form of love is an act of sacrifice. This sacrifice is made by Jesus Christ and the giving up of His life by death on a cross was made for us. Christ does not ask us to make that sacrifice every Sunday. Even though sacrifice by the shedding of blood has ended, the Lord still asks us to sacrifice. But now He requires a different kind of offering. God is able to work through even a small sacrifice and is pleased with that.*



LEARNING SESSION:  
OFFERING OUR SACRIFICE

## ACTIVITY 3: TEACHING

*10 minutes*

Ask participants the following questions and help facilitate a discussion:

- What is faith?
  - A loving trust in God.
- What is love?
  - Love is an action, it is sacrifice.
- Is it easy to trust God even though we have never seen him? How or how not?
- How do faith and love relate to one another?

## LEARNING SESSION: OFFERING OUR SACRIFICE

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

*A sacrifice is an offering of love to another person. To sacrifice means choosing to give something that the giver still needs or could use. They choose to give the thing because they want to help someone else more than themselves. The Christian life is a life of sacrifice. Christ sacrificed first; His sacrifice was death on the Cross. Sacrifice cannot be considered without Christ. Sacrifice is a giving up of something to make as an offer to God. It is important to note that sacrifice is not a self-rewarding act. To walk on this path of true sacrifice, we should begin to learn to kill our own desires out of love for the other person. This means giving up out of love for the other. This does not mean: if I give up enough you will love me; the sacrifice is a free and willing action. Faith comes into play here because when we sacrifice, we have trust in God that He will see and accept our offering and transform the sacrifice into something greater.*

LEARNING SESSION:  
OFFERING OUR SACRIFICE

ACTIVITY 4: SCRIPTURE  
READING & APPLICATION

*10 minutes*

Have students read the following verses:

“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)

“He put before them another parable: ‘The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.’”  
(Matthew 13: 31-32)

Ask participants the following questions and help facilitate a discussion:

- What are these scripture passages about?
- What is the connection between sacrifice and trust?
- How are we called to give or sacrifice?
- What is the connection between the mustard seed and sacrifice?

## LEARNING SESSION: OFFERING OUR SACRIFICE

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

*We are called by God to offer our sacrifices as we are able to. We are not called to be perfect, because only Christ is perfect, but to put our trust in God and believe that He will transform our sacrifices into something greater. When we pray to God, we are offering our prayers. We trust that God will hear them and answer them according to the need of each of us. We are called to give as we are able and to be faithful in that giving. We are called to trust that God will transform our gift as He transforms the Gifts of bread and wine into His Body and Blood during each Divine Liturgy.*

*“Christ voluntarily offered Himself as a sacrifice, offered Himself in His humanity and Himself accepted the sacrifice as God with the Father and the Spirit... The God-man of the Word offered His redemptive sacrifice to the Father, to Himself as God, and to the Spirit.” When we are sacrificing in this way, we are showing purest forms of love. Having trust in God is a component of self-sacrifice because when we offer sacrifices we trust that God sees them and transforms them into something greater.*

## LEARNING SESSION: OFFERING OUR SACRIFICE

### 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?

### 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 FEBRUARY 2019

## Offering our Sacrifice Through Relationships

### DATE:

Week of Monday, February 11, 2019

### GOAL:

To learn how to offer Gifts of sacrifice through  
our relationships with others

### OBJECTIVE:

To identify one way to offer sacrifices to God

### ESTIMATED DURATION:

3 hours

## FELLOWSHIP NIGHT: OFFERING OUR SACRIFICE

### SUPPLIES NEEDED:

1. copy of *Yours, Mine, and Ours*, or another appropriate movie on sacrifice
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 SACRIFICE

### 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 *Yours, Mine, and Ours*, but you could choose any movie that is age-appropriate and will inspire thought and conversation about sacrifice.



## FELLOWSHIP NIGHT: OFFERING OUR SACRIFICE

### 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 SACRIFICE

### 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

## FEBRUARY 2019

### **Experiencing Sacrifice Through Worship**

#### **DATE:**

Week of Monday, February 18, 2019

#### **GOAL:**

To learn about sacrifice and the Gifts

#### **OBJECTIVE:**

To chant the Small Paraklesis together

#### **ESTIMATED DURATION:**

75-90 minutes

WORSHIP SESSION:  
OFFERING OUR SACRIFICE

**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 SACRIFICE

## 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 SACRIFICE

### **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 SACRIFICE

## ACTIVITY 3: GROUP PRAYER

*10 minutes*

Pray the following prayer with the group:

Master and Lord, Jesus Christ our God, You alone have authority to forgive my sins, whether committed knowingly or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, pure and life-giving Mysteries, not for my punishment, but for my purification and sanctification, now and in Your future Kingdom. For You, Christ our God are compassionate and love mankind and to You we give glory with the Father and the Holy Spirit now and forever and ever.

Amen.

(Prayer of St. John of Damascus)

### **Remember:**

*We are all very comfortable with and accustomed to having a priest pray aloud for us. This prayer can be said before Communion. Explain that we ask for forgiveness before Communion from God and others. Use this opportunity to show participants that they too can offer their own prayers.*

## WORSHIP SESSION: OFFERING OUR SACRIFICE

Make the following prayer available as a hand out for participants to bring home and keep to read after Communion:

### Prayers After Receiving Communion

I thank Thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast granted me to be a communicant of Thy holy Things. I thank Thee that Thou hast granted me, unworthy as I am, to partake of Thy pure and heavenly Gifts. But, O Lord, Lover of men, Who didst die for us and rise again and bestow upon us these Thy dread and life-giving Mysteries for the well being and sanctification of our souls and bodies, grant that these may be even to me for the healing of my soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for unashamed faith, for sincere love, for the fullness of wisdom, for the keeping of Thy commandments, for an increase of Thy divine grace, and for familiarity with Thy Kingdom; that being kept by Them in Thy holiness I may ever remember Thy grace, and never live for myself but for Thee our Lord and Benefactor. And so when I have passed from existence here in the hope of eternal life, may I attain to everlasting rest, where the song is unceasing of those who keep festival and the joy is boundless of those who behold the ineffable beauty of Thy face. For Thou art the true desire and the unutterable gladness of those who love Thee, O Christ our God, and all creation sings of Thee throughout the ages. Amen.



WORSHIP SESSION:  
OFFERING OUR SACRIFICE

## 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 SACRIFICE

## 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 FEBRUARY 2019

## Offering Through Serving

### DATE:

Week of Monday, February 25, 2019

### GOAL:

To learn to offer through serving

### OBJECTIVE:

To identify one way to offer our sacrifices to God

### ESTIMATED DURATION:

1 hour 15 minutes

## SERVICE PROJECT: OFFERING OUR SACRIFICE

### 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 SACRIFICE

### 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 SACRIFICE

### Procedure:

- Place yeast and sugar in a small bowl. Add  $\frac{1}{4}$  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 SACRIFICE

## 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 makes you want to go to church to worship God?  
What about that is important to you?***

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 SACRIFICE

### 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 SACRIFICE

## CONCLUSION: WRAP-UP & COMMITMENT

*5 minutes*

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

- What is one personal sacrifice that you make or could start to make daily 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.*