

2023 ACYOA Juniors Fall Retreat Guidebook

“OVERCOMING THE PRESSURES OF LIFE THROUGH OUR FAITH”



DIOCESE OF THE ARMENIAN CHURCH (EASTERN)
Department of Youth and Young Adult Ministries

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September 19, 2023

Dear Pastors, Parish Council Chairs, Youth Advisors and ACYOA Seniors Chairs,

The Diocese of the Armenian Church (Eastern) is pleased to offer day-long and two-day retreats for ACYOA Juniors this coming fall! If your parish is unable to attend these retreats, we welcome you to plan and execute your own retreats using this guidebook for the youth of your community.

In this guidebook, our department has provided the nuts-to-bolts instructions for planning and running a retreat to equip you with the resources needed to hold a retreat for your ACYOA Juniors. The lessons in this guidebook are also easily adaptable for building an ACYOA Seniors retreat. You will find three sample schedules, a registration form, a sample Code of Conduct, and detailed lesson plans for icebreakers, a team-building activity, engaging group discussions, a Scripture study, and a guided meditation. We hope this will assist you in the execution of a retreat that can be organized and led by your parish leadership. *Please keep in mind that this guidebook contains the raw materials of each presentation; clergymen and facilitators should feel free to add their own personality and modify the sessions to meet the specific needs of their audiences!*

We will be available throughout the planning stages of your retreats if you have any questions or need additional guidance. We hope that the contents of this guidebook lead you to fruitful discussions, fun fellowship, and a deepened strength within your ACYOA Juniors.

We look forward to hearing all about your ACYOA Juniors Fall Retreats!

In Christ,

Dn. Adam Bullock, dnadam@armeniandiocese.org

(INSERT PARISH OR REGION NAME) **ACYOA FALL RETREAT**

SATURDAY, (INSERT MONTH, DAY, YEAR)

11:00 - 11:30 AM	Registration and Welcome
11:30 - 11:45 AM	Morning Prayer Service
11:45 - 12:30 PM	Session 1: Icebreakers
12:30 - 1:30 PM	Lunch & Group Photo
1:30 - 2:30 PM	Session 2: Over the Electric Fence
2:30 - 3:30 PM	Session 3: Unwrapping the Gift of Our Founders
3:30 - 3:45 PM	Break
3:45 - 4:45 PM	Session 4: Scripture Study
4:45 - 5:15 PM	Evening Prayer Service
5:15 - 5:30 PM	Clean Up & Depart

(INSERT PARISH OR REGION NAME) **ACYOA FALL RETREAT**

DAY 1 - FRIDAY, (INSERT MONTH, DAY, YEAR)

5:00 - 5:30 PM	Registration and Welcome
5:30 - 6:00 PM	Evening Prayer Service
6:00 - 6:45 PM	Session 1: Icebreakers
6:45 - 7:45 PM	Dinner
7:45 - 8:00 PM	Group Photo
8:00 - 8:30 PM	Guided Meditation/Personal Prayer
8:30 - 10:30 PM	Movie**/Board Games/Snack Time
10:30 - 11:00 PM	Prepare For Bed/Quiet Time
11:00 PM	Lights Out

DAY 2 - SATURDAY, (INSERT MONTH, DAY, YEAR)

8:00 - 8:30 AM	Wake Up
8:30 - 9:00 AM	Breakfast
9:00 - 9:15 AM	Morning Prayer Service
9:15 - 10:15 AM	Session 2: Over the Electric Fence
10:15 - 11:15 AM	Session 3: Unwrapping the Gift of Our Founders
11:15 - 11:30 AM	Break
11:30 - 12:30 PM	Session 4: Scripture Study
12:30 - 1:30 PM	Lunch
1:30 - 2:00 PM	Pack Up, Clean Up & Depart

(INSERT PARISH OR REGION NAME) **ACYOA FALL RETREAT***

**if following this schedule, be sure to remind participants to bring a church-appropriate change of clothes for Sunday Badarak*

DAY 1 - SATURDAY, (INSERT MONTH, DAY, YEAR)

2:00 - 2:30 PM	Registration and Welcome
2:30 - 2:45 PM	Midday Prayer Service
2:45 - 3:30 PM	Session 1: Icebreakers
3:30 - 3:45 PM	Group Photo
3:45 - 4:45 PM	Session 2: Over the Electric Fence
4:45 - 5:00 PM	Break
5:00 - 6:00 PM	Session 3: Unwrapping the Gift of Our Founders
6:00 - 7:00 PM	Dinner
7:00 - 8:00 PM	Session 4: Scripture Study
8:00 - 8:30 PM	Evening Prayer Service
8:30 - 10:30 PM	Movie**/Board Games/Snack Time
10:30 PM - 11:00 PM	Prepare For Bed/Quiet Time
11:00 PM	Lights Out

DAY 2 - SUNDAY, (INSERT MONTH, DAY, YEAR)

8:00 - 8:30 AM	Wake Up
8:30 - 9:00 AM	Prepare for Badarak
9:00 - 9:30 AM	Guided Meditation/Personal Prayer
9:30 - 12:00 PM <i>(depending on when Badarak is in your parish)</i>	Divine Liturgy/Badarak
12:00 - 1:30 PM <i>(depending on when Badarak ends)</i>	Attend Fellowship/Coffee Hour
1:30 - 2:00 PM	Pack Up, Clean Up & Depart

****Suggested list of movies:**

<u>SPIRITUAL</u>	<u>FAMILY FRIENDLY</u>
Man of God (2021)	Remember the Titans (2000)
The Case for Christ (2017)	The Blind Side (2009)
Paul, Apostle of Christ (2018)	Up (2009)
Soul Surfer (2011)	Coco (2017)
The Chosen - <i>S1, E6, "Indescribable Compassion"</i> <i>S2, E2, "I Saw You"</i>	

(INSERT PARISH OR REGION NAME) **ACYOA Fall Retreat** (INSERT MONTH, DAY, YEAR)

Sample Registration Form*

(Please modify questions and fields based on the age group of participants)

Name: _____

Date of Birth: _____ **Age:** _____

Sex: Male Female

Parish: _____

Mailing Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Home Phone: _____

Participant Cell Phone: _____

Participant Email: _____

PRIMARY PARENT/GUARDIAN	SECONDARY PARENT/GUARDIAN
Name:	Name:
Cell Number:	Cell Number:
Email:	Email:

_____ Yes, my *Code of Conduct* has been read and signed by me (and a parent, if applicable).

**Please note: If you'd like to go completely digital with your retreat, you may create an online registration form using [Google Form](#). Participants can submit their registration using the registration link you send them.*

CODE OF CONDUCT

1. As members of the ACYOA, we are part of a Christian youth organization and expect Christian standards of behavior at all times. Therefore, all participants and chaperones shall be treated with respect and dignity at all times.
2. We are a community – we all need to clean-up after ourselves, share the facilities, and treat the facilities with respect. The destruction, misuse, or abuse of property will not be tolerated. Those found responsible for such behavior will be held financially liable.
3. Be on time and follow the schedule! You are expected to participate in all activities.
4. Participate in discussions, share your ideas, and remember to listen to others. Everyone deserves a chance to speak, and everyone deserves to be heard.
5. Proper dress and language are expected at all times. Participants will not use foul or abusive language, including words of a sexually explicit or violent nature.
6. No weapons of any kind, firecrackers, or inappropriate audio/video recordings are permitted.
7. Participants will not partake in any form of drugs and/or alcohol while participating in the retreat. This includes but is not limited to: alcohol, tobacco, marijuana, illegal drugs, cigarettes, e-cigarettes, cigars, snuff, chewing tobacco, vaporizers, hookahs, etc. (and their accompanying paraphernalia).

Any serious violation of these rules by participants will be evaluated on an individual basis and dealt with quickly and firmly and may result in expulsion from the retreat. Parents and pastors will be contacted after the retreat to discuss any inappropriate behavior.

**I HAVE READ AND UNDERSTAND THE CODE OF CONDUCT,
AND AGREE TO ABIDE BY THE ABOVE INFORMATION.**

Participant Name PRINT: _____

Participant SIGNATURE: _____ **Date:** _____

Parent/Guardian SIGNATURE: _____ **Date:** _____

SESSION 1: Introductions and Icebreakers

A NOTE TO FACILITATORS: Be sure to go around and have everyone introduce themselves with their name, age, and their answer to the special question (i.e. favorite ice cream, favorite hobby, personal hero, etc.). Select one or more of the icebreakers below, based on your registration numbers and time available.

1. **The Curtain Game:** For this game you will need a curtain, blanket, or bedsheet. Assign two staff members to stand on chairs and hold up the “curtain”. Divide participants equally into two teams and have them gather on either side so they cannot see participants on the other side. For each round, teams will send one person to the curtain. Then, the curtain will drop, and the two participants will shout out one another’s names. The first person to shout the correct name wins, and the other person joins their team. The team that manages to get everyone to their side first is the winner. More importantly, participants will come away from this activity better knowing each other’s names.
2. **People Bingo:** For this activity, you will need to create a bingo card where every square has its own question. You or someone you assign will call out questions to the group. Each person will then go around the room to find someone who answers affirmatively to the question. The one asking can then mark off that square. You can choose what style of bingo you want to play (one line, two lines, four corners, etc.) The goal is not for there to be a winner, but for participants to gain the courage to ask each other questions and get them to learn a little about one another.
3. **Run-On Sentence:** In this icebreaker, have the participants form a big circle. They will work together to tell a story based on their own creative thinking and by each contributing one word. Pick one person to start the sentence and allow no more than 3 seconds per person. Encourage them to keep it lighthearted and appropriate. Continue until everyone has said one word and go around again if desired. Repeat this activity as many times as you’d like.
4. **Human Knot:** This activity is fun to partake in and to watch, and it encourages teamwork. Here are the steps:
 - Have participants stand in a circle and stretch out their arms forward
 - With their eyes closed, have them hold the hand closest to them on either side
 - (Closing their eyes makes the arms all tangled up like a knot)
 - Then, opening their eyes, they have to untangle the knot without letting go
 - To untangle the knot, they will have to weave under and over each other
 - You, as the leader, get to watch the fun as they have to contort themselves to get it done

To untie the knot, they will have to think strategically and communicate with each other effectively. If you have an exceptionally large group, consider splitting them into two circles (though it is up to you!)

SESSION 2: Over the Electric Fence

A NOTE TO INSTRUCTORS: This team-building activity is meant to be fun and challenging, and requires cooperation from everyone in order to work successfully. Encourage them to talk things out and trust one another. If you have a large group, you are welcome to split participants into two groups - you will simply need double the amount of chairs, tape, and wire.

CONCEPT: Participants will be using their creativity and cooperation to get everyone in the group over a wire about one yard high, without touching the wire and without letting go of each other. The attached [link](#) shows an example of this activity (for reference only, not to show to participants.)

PREP: Set up two chairs facing opposite directions with about 6 feet between them, and tape a wire running from the top of one chair to the top of the other. Gather all participants to one side of the wire.

MATERIALS:

- Two chairs
- Wire/ribbon
- Scotch tape

GOAL: For every participant to make it OVER the suspended wire without touching it and without breaking the link between each other.

SUMMARY AND RULES: The group is trapped behind an electric fence (symbolized by the wire) and needs to escape by climbing (or jumping) over the top. For this session, group members must form a chain, remaining physically connected at all times. One by one, they need to make their way over the wire. This task requires communication, patience, and sharing responsibility. If anyone touches the wire, they will receive a “shock”, and since they are linked to the rest of the group, so will everyone else. If they are to succeed, they must do so together.

ACTION: Explain the activity to the group and allow them a maximum of 40 minutes to bring everyone across the wire.

- Comment when you see people being excluded or not helping
- Comment when you see excellent teamwork
- When time is up, have the participants sit and discuss how it went. See the below questions to prompt discussion if necessary.

DISCUSSION QUESTIONS:

- How did the activity go?
- What was challenging about the activity?
- What did you learn from working together?
- What did you do to encourage one another?
- What did you learn about yourself from this activity?

- What did you learn from relying on others?
- Did anything frustrate you during the activity?
- How did you overcome moments of miscommunication?

IN CLOSING: Read the following passage from Romans 12:1-13 and discuss:

I appeal to you therefore, brothers and sisters, on the basis of God’s mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. **2** Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect. **3** For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgment, each according to the measure of faith that God has assigned. **4** For as in one body we have many members and not all the members have the same function, **5** so we, who are many, are one body in Christ, and individually we are members one of another. **6** We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; **7** ministry, in ministering; the teacher, in teaching; **8** the encourager, in encouragement; the giver, in sincerity; the leader, in diligence; the compassionate, in cheerfulness. **9** Let love be genuine; hate what is evil; hold fast to what is good; **10** love one another with mutual affection; outdo one another in showing honor. **11** Do not lag in zeal; be ardent in spirit; serve the Lord. **12** Rejoice in hope; be patient in affliction; persevere in prayer. **13** Contribute to the needs of the saints; pursue hospitality to strangers.”

SESSION 3: Unwrapping the Gift of Our Founders

A NOTE TO INSTRUCTORS: Depending on the size of your retreat, this session can be whole-group or can be broken up into small-group discussions, with appointed leaders in each group. Make sure that your groups are about 5-8 people in size so everyone has ample opportunity to share and contribute to the discussion. Before breaking into groups (if you plan to), have everyone sit in front of the screen and watch the video clip together. This video, along with the questions provided, will serve as the basis for their discussion.

OVERVIEW: As we all have likely heard by now, this year marks the 125th anniversary of the Eastern Diocese. On July 2, 1898, Catholicos Mkrtych Khrimian (Khrimian Hayrig) issued the pontifical encyclical which officially established our diocese - the first diocese of the Armenian Church in the Western Hemisphere.

On July 2 of this year, our Primate, Very Rev. Fr. Mesrop Parsamyan, (His Grace Bishop Mesrop Parsamyan by the time of these retreats) released a video calling for celebration and prayer as we commemorate this historic occasion.

For this session, participants will have the opportunity to reflect on our past. Together, we will look at the struggles that our ancestors faced, their disadvantages, their suffering, and ultimately, their triumph through faith in Christ and each other. We will also discuss the gifts (our diocese and church communities) which they passed onto us, and reflect on how we can claim these gifts as our own, all the while growing in faith together.

OPENING: Watch the [video](#) recorded by our Primate, Fr. Mesrop, on the occasion of the 125th anniversary of the Eastern Diocese.

REFLECT: Once participants watch the video, have them gather, seated either in a circle or around a table, to discuss their initial thoughts about the Primate's message. Then, have them reflect on the following:

In Fr. Mesrop's message, he states, *"Indeed, with all our times of 'great things,' let us never forget the mighty Hand responsible for guiding us, sustaining us, through it all: the Hand of our Lord Jesus Christ, our Savior and God."*

1. Looking back through the years, how do we see God's Hand at work in the lives of our ancestors, those who sowed seeds of faith in the "New World"?

Imagine what it must have been like for our ancestors who built up our diocese. Imagine the fear, the uncertainty in their minds, coming to a new country with no established Armenian communities; no churches to call their own - only small pockets of people who spoke their language and understood their culture. Maybe some of you have heard personal stories, passed down through your families.

Think about the courage they must have had; their faith and their persistence. What caused them to possess this faith? After all, many were refugees from their homeland. They fled persecution in search of a better life somewhere new. Rather than becoming hopeless, they clung to their faith in Christ and to

each other. They invested their time and effort, and sowed seeds which blossomed into the rich, prosperous communities of faith we know today. They did this not only for themselves, but for their children, and their childrens' children. We are the recipients of their gift.

DISCUSS:

2. What similarities can we draw between the pressures our ancestors faced and the pressures we face today?
3. What do you think motivated them to work through their pain and overcome their challenges?
4. How can we use their faith as an example in our lives?
5. Keeping our ancestors in mind, what strikes you about the following verse? *"Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves."* (Psalm 126:6)

READ: Meanwhile the disciples were urging him, "Rabbi, eat something." **32** But he said to them, "I have food to eat that you do not know about." **33** So the disciples said to one another, "Surely no one has brought him something to eat?" **34** Jesus said to them, "My food is to do the will of him who sent me and to complete his work. **35** Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. **36** The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. **37** For here the saying holds true, 'One sows and another reaps.' **38** I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor." (John 4:31-38)

Christ introduces to us a new understanding of food and sustenance. Though he has not eaten physical food, he is nourished by spiritual food, that is, His hunger is satisfied by doing the will of His Father and completing His work.

6. What are some of the seeds our ancestors have sown, and what are the fruits we have reaped as a result of their labors?
7. Can we say that sowing these seeds was them doing the work of the Father? Why?
8. If our ancestors saw the fruits their labor produced, would they be satisfied? Why or why not?
9. What do you think of the last line in this passage, "Others have labored, and you have entered into their labor?"
 - a. What does it mean that we have "entered into their labor?"
 - b. How can we be participants in the labor of our ancestors and continue the work they have begun?

(OPTIONAL) READ: He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. **11** You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us, **12** for the rendering of this ministry not only supplies the needs of the saints but also overflows with many thanksgivings to God. (2 Corinthians 9:10-12)

10. As recipients of the gift of our ancestors, what can we do in our communities to help "increase the harvest?"

SESSION 4: Scripture Study - Yielding the Peaceful Fruit

A NOTE TO INSTRUCTORS: This is the plain text copy of the Scripture Study handout titled "Yielding the Peaceful Fruit." Print the handout on a two-sided sheet of paper, and encourage your participants to actively write their thoughts down as they go through the study.

"Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet."

INTRO: In today's digital age, it is getting harder and harder to stay focused on the task at hand. Ever distracted and ever yearning, we keep searching for the next best article, the next funny video, or the next big break in our personal or professional lives. Even worse, this constant movement may leave us feeling unanchored during the moments where life inevitably gets difficult. Cultivating a steady and unchanging spiritual life will help quiet the distractions and brace us for the struggles that will come.

READ: Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, **2** looking to Jesus, the pioneer and perfecter of faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. **3** Consider him who endured such hostility against himself from sinners, so that you may not grow weary in your souls or lose heart. **4** In your struggle against sin you have not yet resisted to the point of shedding your blood. **5** And you have forgotten the exhortation that addresses you as children— "My child, do not regard lightly the discipline of the Lord or lose heart when you are punished by him, **6** for the Lord disciplines those whom he loves and chastises every child whom he accepts." **7** Endure trials for the sake of discipline. God is treating you as children, for what child is there whom a parent does not discipline? **8** If you do not have that discipline in which all children share, then you are illegitimate and not his children. **9** Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? **10** For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. **11** Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it. **12** Therefore lift your drooping hands and strengthen your weak knees **13** and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

Hebrews 12:1-13

REFLECT:

1. Describe a recent trial in your life that you faced. What made it challenging? In what ways did it make you question your faith?
2. What are some sins of yours that "cling so closely"? How do they make a trying time more difficult?
3. Why do you think the writer drew a parallel between parental discipline and God's discipline? Can you remember a time where you were disciplined and it led to something positive? Explain.

Developing spiritual discipline makes room for deep contemplation and sanctification. When we falter in our spiritual life, we mustn't become overwhelmed by shame or regret. Rather, we should use these moments to learn more about ourselves, learn more about God, and create opportunities to heal. True spiritual discipline will help us understand that our trials are momentary, and God's peace is everlasting.

READ: Strengthen the weak hands and make firm the feeble knees. **4** Say to those who are of a fearful heart, "Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you." **5** Then the eyes of the blind shall be opened, and the ears of the deaf shall be opened; **6** then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness and streams in the desert; **7** the burning sand shall become a pool and the thirsty ground springs of water; the haunt of jackals shall become a swamp; the grass shall become reeds and rushes. **8** A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveler, not even fools, shall go astray.

Isaiah 35:3-8

RESPOND:

4. What weaknesses of yours would you want God to "strengthen" and "make firm"? Why?
5. Describe a time in your life where you've driven off the "Holy Way." How did you find your sense of direction again? What insight did your detour give you?
6. List three new habits that will help nourish your spiritual life. Write them down, and think of someone who can help keep you accountable to them.

In closing, reflect on the words of St. Gregory of Narek from his Book of Lamentations:

Now, when your will is upon me, darkness becomes light for me. When your lamp of hope is there, night is like the dawn. When your body is taken during communion, I live down my shame. But I do not consider my soul living, for death is inevitable. Nor do I consider it dead, for renewal is not doubted. And though I see the path to life closed before me because of my unpardonable sins still paradise is open before me because of the good news of salvation. For the discouragement of bad news makes me less anxious than the encouragement of your hand extending salvation. Therefore, grant mercy, O Lord, for all those who raise voices in thanks, Lord blessed forever. Amen. (Prayer 65E)

Guided Meditation

A NOTE TO INSTRUCTORS: This meditation is meant to be used either in conjunction with one of the prayer services (if doing a day-long retreat) or during the allotted time on the schedule (if doing a two-day retreat.) Participants will need pen/pencil and paper (you can print out half-sheets of paper with the questions on them ahead of time to be passed out.) Instruct the participants to gather, get comfortable, and close their eyes. Have them take a couple deep breaths and then you will calmly read them the passage from Romans. Once finished, you can take a minute and then read it a second time for it to truly sink in. Then, slowly read the questions aloud and let participants write their answers at their own pace. Gently let participants know when time is almost up.

Romans 8:31-39

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

1. *Describe the last time you witnessed something that reflected God’s love. Who or what was involved? How did it impact you?*
2. *What are some current circumstances in your life that make you prone to doubt God’s love for you?*
3. *What does our culture tell us about fear? What does God tell us about fear? What steps can you take to be more of a “conqueror” through Christ’s love?*

DYYAM - OCTOBER 2018