

Servants Meeting Minutes

March 22, 2015

Lecture by Fr. Shenouda

Mental and Psychological Health in Youth and Adolescence

- The lecture by Dr. Maged Kodsí last Sunday, March 15, 2015 spoke about youth development from Gr. 7 to Gr. 12; from the age of 12 years old to 18 years of age.
- Referring to Dr. Maged's lecture, adolescence is a time of dramatic change. It is the time of life when children transition from childhood to adulthood.
- Youth in this stage struggle with three issues: independence, intimacy and identity.
- Youth feel tremendous pressure to succeed at school, at home and in social groups.
- The transition from childhood to adulthood leads to changing behavior, identity disturbances and strong emotions.
- As servants, we need to understand the social, emotional and intellectual development of youth in order to support them during this stage.

Open Discussion

Characteristics of Youth in Grades 7 & 8

- **Physical:**
 - Change in physical appearance starts
- **Social:**
 - Seek acceptance and trust
- **Emotional:**
 - Concerned about being liked by friends
 - Strive for independence, yet need parents help
 - Seek privacy
 - Need help in decision making
- **Intellectual:**
 - Think abstractly
 - Develop skills in the use of logic
 - Stories, audio/visual aids are great means of learning
 - Ask specific and basic questions about faith and beliefs

Characteristics of Youth in Grades 9 & 10

- **Physical:**
 - Concerned about body image

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- **Social:**
 - Committed to serve
 - Desire respect
 - Want leadership roles, though they still cannot handle adult roles
 - **Emotional:**
 - Seek acceptance by peer group
 - Look for confidence of others
 - Strong emotions
 - Like to work in groups rather than individually
 - **Intellectual:**
 - Like logical and analytical thinking
- In this age, as servants we should not care about the outcomes of their service, but rather encourage them to help them gain self-confidence.

Characteristics of Youth in Grades 11 & 12

- **Physical:**
 - Concerned about body image
 - **Social:**
 - Want to be treated with respect
 - Relationship with peers becomes extremely powerful and important, close friendships develop
 - Make commitments
 - Want adult leadership roles
 - **Emotional:**
 - Begin to accept and enjoy their own identity but still seek approval of peer group.
 - Search for career possibilities and their place in the world.
 - Shift moods very quickly
 - Search for intimacy
 - **Intellectual:**
 - Abstract and logic thinking
 - Enjoy being mentally challenged
 - Want to make their own interpretations
 - Like discussions, no longer want to be told how things are
 - Need guidance to be able to make decisions
- We need to discover the skills, talents and interests of our youth. Give them the opportunity to invest in what they are interested.

- The development of identity, (this is mine), grows in youth the sense of self and competence.

Youth Girls versus Youth Boys

- Youth girls do not have a role to play at church as compared to youth boys. Boys can be deacons, they pray the praises and are motivated to learn the church's hymns. Whereas girls are not challenged to learn the hymns, or the praises.
- Fr. Shenouda is encouraging the idea of having the girls to be motivated in learning the hymns and praises by having two teams at the English Bible Study and mid night praises meeting every Thursday. This meeting is a good chance for the girls if they want to memorize the praises and hymns.
- If the girls learn the hymns and praises, they will be encouraged to attend and participate in the church's prayers and they will also teach the hymns to the younger generation.
- A volunteer servant to attend the English bible study meeting to be a role model to help the girls memorize the midnight praises.
- It is suggested that the church also include the Grades 9 – 12 youth in the choir. Currently, the children choir is for children from Grade 1 to Grade 8 only. This will provide an opportunity for youth girls to engage in the church's activities.

Administrative Items

March Break Activities

- The March break activities week has been a great success. Thanks to all who have participated and have contributed to make it such a great success.
- There has been an incident when few servants had to stay till late after the program hours to watch over some children.

Summer Camp Activities

- God willing, the child care will soon start to operate. Childcare laws and regulations will not allow us to run the summer camp at the church.
- Summer camp is anticipated to be held at Galilee this year.
- There will be a different set up for the summer camp program and services.
- A survey was taken last year to evaluate the summer camp and obtain feedback.
- All ideas and feedback from the surveys will be considered and discussed this year before planning for summer camp program 2015.