

# **MET YOUTH REPORT**

**December 7, 2025 AGM**  
**Presented by Maria Lygouriatis**

Met Youth had a meaningful and productive year in 2025, marked by continued growth, fellowship, and community involvement. Together, we strengthened our connection to our faith and culture while creating new opportunities for community engagement, philanthropy, and service.

Throughout the year, we remained active within our Church and community. Some events to look back on are the various religious events with Father Spiro who helped us deepen our faith by answering our questions on religion and explaining services in more detail, our various bottle drives, movie night, pascha egg dyeing, and many more.

We also enjoyed several memorable events together, including a Greek Night just for Met Youth members which was a fun way for our youth to come together and celebrate our culture. In addition, we held a Greek coffee and loukoumades sale, with proceeds donated to a local charity. And one of our favorites, getting all the youth together, including Met Youth, Sons & Maids to have cafe and treats for Mothers' & Fathers, Day. These and other activities helped us grow together while also supporting causes that make a difference in our community.

A highlight of the year was having several of our senior members attend the National Youth Conference in Montreal, where they joined Orthodox youth from across the country for a weekend of learning, discussion, and spiritual renewal. It was an inspiring experience that encouraged continued participation and leadership within our group.

As the year concludes, we extend our heartfelt thanks to our advisors, Vasilis Vandoros and Sophia Kolitsas, for their years of support, guidance, and commitment to Met Youth. Their dedication has greatly contributed to the growth and strength of our group. We are pleased to welcome Maria Aiginitis as our new advisor and look forward to working with her as we plan for the year ahead.

We also thank Father Spiro for his continued encouragement, and all parents and community members who support our efforts. Their involvement helps ensure that our youth remain active in faith, culture, and community life.

As we look ahead to 2026, we hope to welcome new members and continue building on our accomplishments, keeping Met Youth Regina strong and vibrant for years to come.

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