

Unity Worldwide Ministries Eastern Region Youth of Unity



Family Group Materials

Fall Rally 2015

TIPS FOR FAMILY GROUP LEADERS

Take Time to Be Centered: Spend time in meditation or prayer to connect with God. When you are centered, your group will be centered.

Focus on the Group: Always start by centering and connecting the group with an opening prayer even if you are starting late. Use the prayer provided or use it as an example to create your own. Ask the group to focus when you need their attention. If people are having trouble staying focused on one activity or discussion, try another centering prayer or take three deep breaths as a group.

Set the Tone: Your energy sets the tone for each activity. The group will pick up on your energy. If the next activity is light, keep it light. If it is quiet, keep it quiet. Use your example, your words, and your actions to guide the group.

Be Prepared: Read and understand the material before you begin the Family Group time. Check the materials and supplies before the activity. Clarify any questions about the material during the Family Group leader meeting.

Let the Group Do the Discussion: You may need to become comfortable with waiting for a response from people in the group. BE OKAY WITH SILENCE! Discussion means more than one answer and everyone's input is valid. Allow several people to respond before moving on.

Keep It Moving: Avoid dragging out activities as this creates boredom and lack of focus.

Time: Be on time or early to each Family Group meeting so that the group can start on time. Check the timing in your Family Group material before you begin each session. Watch the time during the workshop. Be willing to stop an activity if the next one needs to start. If the needs of your group require you to change or skip an activity, do this at your discretion while honoring the input of the Regional Team and the overall goal of the material.

Encourage Everyone to Participate: Allow a person the right to pass, but be aware of the tendency of some people to dominate and some to hold back. Remind everyone that each person and all ideas are important.

Closing: Always take time for a Closing Circle even when running late. Do a short prayer, a Yeah God or a group hug to acknowledge the end of the time spent together.

Other Groups: Try to maintain a normal conversational level of talking because there will be other groups nearby. Be aware of quiet times of prayer and meditation in other groups around you, and keep the level of noise down.

Heart Agreements: Be familiar with the Heart Agreements, and remind individuals of these agreements if necessary.

Optional Activities: Keep your Family Group together during the entire time allotted for Family Group. If your group finishes early, do one or more of the optional activities until the end of the Family Group time. Do not close your Family Group early.

Additional Help: If you need any advice or assistance at any time during your Family Group, please ask the Family Group Coordinator.

Thank you for serving your region as Family Group Leader – you are a blessing!

EASTERN REGION Y.O.U. FALL RALLY

High 5! God is. I Am. I Create. I Pray. I Live.

FAMILY GROUP #1	Friday Evening
	8:00-9:00 pm (1 hour)

Leader: Begin the Family Group by passing out the task cards. Invite Opening prayer person to engage in an Opening Prayer while the group members join hands.

Opening Prayer: Dear God of all Creation, we thank you for bringing us together to experience a weekend of exploring the Principles that bring us closer to your sweet Divinity. We are truly blessed. Amen

Leader: Invite the Daily Word Affirmation Reader to read the affirmation aloud and then invite the group to say the affirmation.

Daily Word Affirmation: Divine Order: Divine order is God's gracious gift to me. April 22, 1999.

Daily Word Reading Prayer: I cannot see the wind, but I can see its power in swaying trees and high-flying kites. A refreshing breeze on a warm day is a gentle reminder of the divine order that is always present, even if I cannot see it.

As with the wind, the invisibility of divine order takes nothing away from its power. I may not be able to see the divine order that is present all around me, but I know that it is working mightily on my behalf.

Divine order is always present, always active. So in spite of what may appear to be an absence of order, I know it is there and trust God to do what is best. I may not always understand the why and how of things, but I can be sure of something else: Divine order is God's gracious gift to me.

Daily Word Scripture: "Ever since the creation of the world his eternal power and divine nature, invisible though they are, have been understood and seen through the things he has made."--Romans 1:20

Basic Unity Principle:

God is the source and the creator of all. There is no other enduring power. God is good and present everywhere.

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote:

"God is formless. If you think God is big, God is infinite, and if you think God is small, God is infinitesimal." -Sun Myung Moon, 10/13/70

ACTIVITY 1 - GETTING ACQUAINTED	5 minutes
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Going around the circle, have each person introduce themselves by stating:

- name
- chapter
- number of Rallies attended
- someone in your life that has supported you in some way

Leader: Be sure to welcome any first timers and offer to be available throughout Rally to answer any questions or address any concerns.

ACTIVITY 2 – SPIRITUAL PATH	10 minutes
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Materials: Posterboard paths and glass rocks (facilitator needs answer key index card)

Leader: All people have a unique Spiritual Path. The path is full of choices and sometimes these choices are uncertain and based on inner “gut” feelings. Sometimes the people around us direct us to take another direction and sometimes we lead others in different directions. Today we are going to lean each other to be guided on a Spiritual Path. You will place a rock on the path and as they make the right decisions they will get closer and closer to God the Good!

Form a circle (on chairs or on the ground). Place the posterboard in the center. Choose a person to begin the Spiritual Path. Place a rock on a square. These are the “steps”.

The “steps” that we take will be silent steps and if they are right steps you will be affirmed with the phrase, “Keep going- you are on the right path” and if it is an incorrect step you will be redirected by the phrase, “Maybe a friend can help you with this choice” at which time you will pass the rock to the person on your right and they will take over.

The goal is to complete the steps in order to complete the Spiritual Path without talking and focusing on the attempts made by your friends to build the knowledge to complete the pattern. You will be putting things in Divine Order!

Discussion:

- How was that experience for you?
- How does this relate to the first Basic Unity Principle?
- How did it feel to be unsure of your next move?
- Did you feel discouraged or frustrated at any time during the Spiritual Path?
- Did it get easier along the way?
- How does Divine Order work in your life?
- How do you feel when we feel we have made a wrong decision?
- How do we cope with things that are happening around us that look less than “good”?
- Do you feel that all paths lead to God?

ACTIVITY 3 - HEART AGREEMENTS	5 minutes
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Materials: large sheet of paper, markers, masking tape

As the leader, take a couple of minutes to explain to your group the purpose of a Family Group. Share how the groups are designed to be a safe place where each of us is free to be ourselves and to experience acceptance and love. The Family Group works together during all of the Family workshops scheduled during the rally. It is important that each person is present and on time for each workshop in order to build the consciousness of love and support that is shared in the group. Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. Ask the group what agreements they would like to have to feel safe and have a good experience together.

Create a poster of the Agreements that the group suggests and feels comfortable with.

Some important agreements for the Family Group appear below. Feel free to suggest any or all of them and to put them in the words the group feels comfortable with.

- Be on time – if one person is late, it affects the whole workshop.
- Participate enthusiastically in all activities.
- Do not criticize, put anyone down, interrupt, or be sarcastic.
- Give loving attention to each person sharing.
- Know that there are no right or wrong answers.
- Respect every one's right to pass at any turn.
- Be supportive of one another at all times.
- Keep what is shared in confidence with this group.

Leader: Please share exception to confidentiality rule: We are legally and morally bound to report situations that indicate a danger to yourself or someone else.

Other possible agreements are:

- We will listen with our hearts and not interrupt one another.
- We will behold the Christ in each person.
- We will end each Family Group with hugs.

When everyone has agreed upon the Heart Agreements and feels comfortable with them, have each person sign the poster, committing themselves to the group and the group's agreements.

Tape your Heart Agreement up on the wall where your group meets.

ACTIVITY 5 - THEME DISCUSSION & LOVE NOTE BAGS	10 minutes
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Materials: white paper bags, markers, masking tape

Pass out the love note bags to each member of the group. Explain that

- Each person receives a bag in which to collect "loving thoughts" from other members of their Family Group throughout the weekend, as well as from others here at rally.

- Set up a table in order to provide note papers, markers, stickers, etc. for writing these special notes to each other. This can be done after meals and during free time, but not during scheduled activities.
- Everyone should leave the love note table promptly when activities are scheduled to begin.

Then:

- Pass around the markers and encourage each person to personalize their bag by decorating it. Make sure they put their Name, Church, City and State somewhere on the bag where people can read them.
- When the bags are finished, put them up on the wall near your Family Group meeting space using the masking tape.
- If your Family Group is meeting in one of the cabins, put them in the hallway of the main meeting room on the wall next to your Family Group Number.
- Use the number in the bag and tape that to the wall in the hallway where you are hanging your love note bags.

Leader: Encourage Family Group members to write love notes to others in their group as well as other groups throughout the weekend and place them in their bags. Remind them how nice it is to give, receive and read these love notes after the weekend is over.

Theme Discussion: As you are creating your beautiful love note bags, take some time to think about what the theme of this Rally means to you. While sharing markers, share your ideas together. The following questions may be used as discussion prompts, but feel free to ask different questions based on where the discussion goes in your particular group.

- What are different ways that we can express God?
- How do you use the Unity Principles in your life?
- What is your favorite Unity Principle?
- Do you believe you are part of God? Are you God? What is God?
- What do you define God?
- What have you come here to be?

Pass the empty marker box around to place the markers back into the box.

Leader: Invite a member of the group to read the closing prayer.

Closing Prayer:

God of all Creation, We thank you for all the love and learning you brought to this group, and we see your light guiding us as we continue our spiritual experience through this amazing Rally weekend. Amen.

FAMILY GROUP #2	Saturday Morning
	9:00 to 10:00am (1 hour)

Leader: Pass the cards around the circle to assign tasks to group. Join hands prior to opening prayer prompt.

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Opening Prayer: Thank you God for I am aware of your presence. God, I am aware of who I am. I go beyond my human nature and uncover my spiritual nature because I am divine and I am Love. I thank you for being the Source of my being. Amen.

Leader: Invite the Daily Word Affirmation Reader to read the affirmation aloud and then invite the group to say the affirmation.

Daily Word Affirmation: Focus- When I keep my attention on God, my whole life comes into focus. May,5 1998

Leader: Introduce the Daily Word. Read the Daily Word out loud as participates sit meditatively.

Daily Word Prayer Reading: When I am concentrating intensely on a project, a sudden interruption can distract me and cause me to feel confused. I may even forget what I was thinking about or doing. My focus has changed, and I need to make an adjustment in order to have a clear image of what I am doing.

Yet whether I am easily distracted or not, I know that my most important focus is always on God. Nothing else could ever be as important to me as letting God's light shine out from me and into the world.

And when I let my inner light shine, no outer distraction can pull me off course. God will lead me over the most difficult of roads and keep me moving steadily forward--all in divine order.

Daily Word Scripture: "Put these things into practice, devote yourself to them, so that all may see your progress. Pay close attention to yourself and to your teaching."-- 1 Timothy 4:15-16

Basic Unity Principle #2: We are Spiritual beings, created in God's image. The spirit of God lives within each person; therefore, all people are inherently good.

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote:

"Put your heart, mind and soul into even your smallest acts. This is the secret to success."

-Swami Swananda

ACTIVITY 1 - CHECK-IN	5 minutes
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Go around the circle giving each member of the group a chance to check-in, indicating how they

are feeling now, how things are going for them at Rally, anything they have particularly enjoyed, or anything they have found challenging. This is a quick check-in with each person having about a half minute to share.

ACTIVITY 2 – THIS IS MY LIFE	25 minutes
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Materials: 2 sets of Four Playing Cards Notes (numbered #1 and #2), Paper Bag #1 and #2

Unity Principle #3- We create our life experiences through our way of thinking.

Instructions: Each piece of cardstock represents a period in your life.

Example:

Red card= Early Childhood

Green card= Middle School (Uniteen)

Blue card= High School (YOU)

Yellow card= Situation you are experiencing right now.

As each person draws a card, on that card they will then reflect and write down one story about the period in their life that corresponds to the colored card that they choose. In the next five to ten minutes allow participants to journal about their life stories and events.

The “This is my Life” talk should focus on a time in your life that you created an experience through your way of thinking.

Option #1 Once they are finished they place the cards back into their original bag, either numbered #1 or #2. Pull the four colored cards out of the bags and put them in numerical order and read them in the correct order: red, green, blue and yellow read by a volunteer.

Option #2: Have the participants read their own stories in order.

This will make up the components of a “life” story. Does your life story “read” smoothly or does it seem a little bumpy? How is “life”, is it smooth or can it at times be less than smooth?

Discussion Questions:

- How was that experience for you?
- How did your story fit into the rest of the story?
- Did you feel like your story could have created a different outcome?
- How is this activity different from real life? How is this activity like real life?
- What can you do to remind yourself that you have the ability to make the best of your life?

ACTIVITY 3 – HEADS UP FOR EMOTIONS	25 minutes
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Materials- Emotion cards. Emotion on one side and a question on the other.

Leader say: Sometimes we communicate with others and we are not 100% in control of our emotions. We may project feelings that are not our intention. There are a lot of misunderstandings that may happen in life because what our emotions are portraying are not what we truly are spiritually. Can you see the emotions of others and your emotions while communicating effectively?

Pass out the emotion cards out and have the “question” side facing up and the “emotion” side face down and have the participants place the Emotion cards up to their forehead after they ask the question on the question side of the card. Have the first person to the right of the leader ask the question on the card. Have the other participants starting at their right answer their question using the emotion within their response.

For example the leader asks the question, How was your morning? The person to the right reads the emotion- “JOYFUL” on the leader’s forehead so they answer using that emotion. “My morning was awesome, etc (using joyful body language and expression).

Continue around the circle until every participant has had a turn.

Discussion:

- How did it feel to have people react to you in a manner that did not match how you approached them with your question?
- When people are overly emotional how do you communicate with them calmly and with peaceful intention?
- Have you ever had a misunderstanding that you were able to solve by working through your emotions?
- What do you do when you don’t know how to handle your emotions in your life?
- How can we create a better life by using our Five Basic Principles? Can understanding your emotions lead to creating a better life?

Leader: Invite a member of the group that pulled Closing Prayer to read the closing prayer.

Closing Prayer: Divine Spirit. Thank you for allowing the freedom of choice and the freedom to express positive emotions and strengthen relationship bonds by working through my emotions with others. Amen

FAMILY GROUP #3	Saturday Evening
	7:00-8:30 pm (1 hour 30 minutes)

Leader: Invite a member of the group to read the opening prayer or make up one of their own.

Opening Prayer:

Leader: Invite the Affirmation reader to read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Daily Word Affirmation: Inner Peace: The peace of God shines within me. Friday, March 6 1998.

Leader: Invite the Daily Word Reader to read the Daily Word.

Daily Word Reader: The attitude with which I start the day tends to set the tone for the whole day. So if I am feeling peaceful about myself and the world around me, I will be calm and relaxed as I deal with the pressures of daily life. And conversely, if I am upset about something, my feelings will affect not only how I relate to others but also how well I go about doing the most minor things.

I can be peaceful through any situation when I open my mind and heart to the peace that passes all understanding--the peace of God. God's spirit is within me, so God's peace is within me too, just waiting for me to let it shine forth. And like the comforting glow of a lighthouse in the midst of a storm, God's peace shines out from me as a beacon of love for others.

Leader: Invite the Daily Word scripture reader to read the scripture.

Daily Word Scripture: "And the peace of God, which surpasses all understanding, will guard your hearts and your minds." --Philippians 4:7

Leader: Invite the Unity Principle Reader to share the Unity Principle #4.

Unity Principle #4: There is power in affirmative prayer, which we believe increases our awareness of God.

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote: Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. -Unknown

ACTIVITY 1 - HEART TALK	70 minutes
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Materials: tissues, heart

Leader say: The Heart Talk is a time to share from our hearts. It is a sacred time that empowers us through honest sharing and respectful and loving listening. This is a time to release anything that may be weighing us down or keeping us from being close to others. This is also a time to express the joys and blessings that are present in our lives. Our Heart Agreements are very important in this activity so that everyone feels safe in sharing with the group. What is shared in the group should stay in the group. The exception to the confidentiality agreement is if something is shared that represents a danger to yourself or others.

There are certain rules that are followed in the Heart Talk:

- Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- No one should respond to someone else's sharing. This is not a time to offer advice or in any way to try to counsel or fix another. It is only a time to listen deeply to others and share from your own heart.
- Honor the inner strength and wholeness of each person in the group. Tearfulness during the Heart Talk should not be taken as a sign that the speaker needs physical contact from others in the group.
- The heart is sacred and should be handled with care. It is always passed to the left.
- Everyone has the right to pass.
- Be considerate about how long you talk. Monitor your sharing so you don't monopolize or take up more than your share of the time.
- The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

Leader: Begin the Heart Talk with the following meditation. While reading this meditation aloud to your Family, allow yourself time to listen to the words, you may also want to read through it once before reading it aloud. If you are giving yourself time to hear the words, then everyone else will have time to absorb them as well. Just don't close your eyes. When approximately 20 minutes are left in the Heart Talk, begin Activity 2 - Loving Reflection.

Meditation:

Get comfortable in your chair. If you choose to, you may sit on the floor. Gently allow your eyes to close. Take a deep breath and slowly let it out. Become aware of every cell in your body. Take another deep breath and let it out. Listen to the silence around you, or listen to the sounds you hear in the room. Now, think of any conflicts in your life. Think about how these situations made you feel. Did you feel less than perfect? Think now of how glad you are to be at Rally, where you can release these conflicts and negative emotions. Take another deep breath and acknowledge your negative emotions floating away. Know that you ARE perfect. Bring your awareness to your heart center. It is here in your heart that you experience your oneness with Spirit. Your heart is one with the heart of Spirit. As your heart beats, it is the rhythm of love singing to you of oneness. As you breathe, feel your breath moving in and out of your heart. Focus on your breathing. As your breath moves in and out, recognize your heart-to-heart connection with Spirit. Begin to be aware that you are also connected with each person in the circle. Know that this is a safe place to be. You are surrounded in a soft light, so safe, so loved. The light wraps you in love. The perfect love is in and all around you. Allow that light to radiate from your heart area. Let the light flow down your left arm, out your left hand, and into the hand of the person on your left. Picture this love flowing around and around the circle. When you feel peace in the room, take a deep breath, in and out. When you are ready, open your eyes.

Leader say: The heart is in the middle of the circle and may be picked up by anyone in the circle to begin the Heart Talk.

ACTIVITY 2 - LOVING REFLECTION	20 minutes
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Leader say: The heart talk is a way to release negative aspects of our life that are keeping us from experiencing the life we want. As we share our hearts and reflect on life and its complications, it is easy to begin to focus only on the things that are serious and difficult. We may forget that God has given us free will and all the tools necessary to overcome any challenge in our life. We will begin to pass the heart around again with the following questions in mind.

- How can we change our experiences and look at things from another perspective.
- What can we do when we feel powerless or out of control?
- How can we remember God and Unity in times of trouble and crisis?
- How can we learn to see the lessons in things instead of the struggle?
- What are ways we can cheer ourselves up when we feel down?
- What effect does keeping an attitude of gratitude have on our life and perspective?

Leader: The heart talk ends when the time allotted is up or when the heart has gone around the circle with everyone passing. Please do your best to end the heart talk on time.

Finishing Heart Talk early:

If your group finishes early, your group may choose one of the optional activities found at the end of the Family Group material or the group may work on love notes in the remaining time. Please be mindful of nearby Family Groups in choosing any optional activities. Please keep your Family Group together during the allotted Family Group time.

Leader: Invite a member of the group to read the Closing Prayer.

Closing Prayer:

Thank you for all of the people who choose love first. Thank you for all the ways I can express my divinity and for the Principles that I express and for the Love that I am. Thank you. Thank you, God. Amen

Leader: Please remind everyone to bring their cameras to the next Family Group meeting if they want to take a picture of their Family Group.

<p style="text-align: center;">LEADERS</p> <p>Please bring your family group bags to the staging area and sort your materials into the containers provided. Please help us by throwing away any markers, pens, or glue sticks that are dried out or used up, putting pens together and pencils together in rubber bands, and putting a complete set of markers in each box. Remember to pick up your "Sunday Bag" before tomorrow's Family Group meeting. It will have everything you need for tomorrow's Family Group meeting. Thank you!</p>

FAMILY GROUP #4	Sunday Morning
	9:30-10:00 am (30 minutes)

Leader: Invite a member of the group to read the opening prayer or make up one of their own.

Opening Prayer:

Divine Spirit, we are thankful for this environment of love and support. We are truly blessed to be here with our Rally Family, and we know that this is exactly where we need to be. We affirm that we will finish Rally feeling renewed and peaceful. We pray this in the name and after the nature of the indwelling Christ. Amen.

Leader: Introduce the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Daily Word Affirmation: *I LOVE YOU, I BLESS YOU, I BEHOLD THE CHRIST IN YOU.*

Leader: Invite the Daily Word reader to read the Daily Word.

Daily Word Reader: When I am praying for others, I need to watch my own thoughts and feelings to be sure that I am not attempting to outline what I think others need, what appears to me to be the answer to their problems. If I find myself doing this, then I know that I need to lift the level of my prayers, to lift my thoughts about others from the appearances that seem to need changing to the perfection that needs recognition.

I make my prayers for others the highest affirmations of Truth I am able to put into words. As I think of others I let my thoughts of them be loving, really loving. I let my prayer be, I love you, I bless you, I behold the Christ in you. I have faith in the Christ in you. I have confidence in the divine self of you. I see goodness and greatness in you. I trust, absolutely trust, the spirit in you to guide you, to shine through you, to reveal your way to you.

Leader: Invite the Daily Word Scripture reader to read the biblical Scripture.

Daily Word Scripture: Thou hast made him little less than God. Psalm 8:5

Leader: Invite the Unity Principle reader to read the Unity Principle #5.

Unity Principle #5: Knowledge of these spiritual principles is not enough. We must live them.

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote: The past explains how I got here, but the future is up to me- and I love to live life at full throttle.
-Janice Dickinson

ACTIVITY 1 - CHECK-IN AND FEEDBACK	10 minutes
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Materials: evaluation forms, pens

Ask group members how they are feeling, what they have liked about Rally, and what was most meaningful to them. While group members are checking in, pass out evaluation forms and request group members to provide written feedback to the team. Remember that the team has worked very hard and done their best to create a unique, spiritual and fun Rally experience. Feedback should come from a loving space and a desire to lovingly provide appreciation as well as helpful suggestions.

ACTIVITY 2 – DISCUSSION	5 minutes
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For those of us who have been to Rally before, we know the feeling we carry into our world after we leave Rally. It is sometimes difficult to hold this feeling if we are in environments we find challenging. We know it is possible to hold this “Rally High” outside of Rally, but how do we do it? Discuss how we might better know there is only light in our lives. Consider how we might overcome ideas such as fear or self-doubt. What support and resources do we have in our lives to help support us once we leave rally? Is there anything learned during Rally that will help us as we transition back to “the real world”?

ACTIVITY 3 - GROUP PICTURE	5 minutes
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Take pictures of your group for anyone who has brought their camera.

ACTIVITY 4 - CANDLELIGHT APPRECIATION AND CLOSING	10 minutes
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Materials: candle, candle guard, matches, small slips of paper, bag, pens

Have each person write their name on a slip of paper and put it in the bag. Pass the bag around and allow each person to pick a name from the bag. No one should reveal whose name they chose. If someone picks their own name, they should put the slip of paper back and pick another name.

Form a circle and light a candle. Invite each person to take a moment to send love to the person whose name they picked out of the bag. Then, beginning with a Family Group leader, the person holding the candle will tell the group what they appreciate about the other person without revealing who the other person is. Use “This person” to refer to the person and avoid pronouns that reveal the gender of the person being appreciated. After saying a few words of appreciation, the candle holder gives the candle to the person they described. Continue until each person has honored someone in the circle.

As a final closing prayer, the person holding the candle (Family Group leader) sends the candle around the circle to the left, saying as they pass the candle that person’s name and, “I see the Christ you are.” Once the prayer returns to you, say the following prayer or your own prayer with a similar sentiment to close the Family Group.

Closing Prayer:

Divine Spirit, we give thanks for this amazing weekend we have shared. We know that we have come together in love and support, and that we will continue to love and support each other as we leave Rally. We continue to hold each other in prayer as we make safe journeys home. We pray and affirm that we will maintain peace and understanding in our lives. Amen.

LEADERS

Please bring Sunday Bags and all materials to the staging area and sort materials in the containers provided.

Thank you for your service and dedication. We hope you enjoyed your experience!

Blessings and love from the Regies and the Leadership Team! Thank you for being part of that team during the Fall Rally weekend! We love you, bless you and see you as the AWESOME Christ you are!

OPTIONAL ACTIVITIES

The following activities may be used if your group finishes any of your Family Group meetings early and needs additional activities.

OPTION A - CIRCLE ACTIVITY

5-10 minutes

Have the group form a circle. Have one person stand in the middle of the circle. Have somebody time 30 seconds. During this 30 seconds everyone on the outside of the circle says really nice things to the person on the inside of the circle. (i.e. you're beautiful, you have a very calming presence, you have an amazing voice, you have a great sense of humor that brings laughter to everyone around you, you are kind and thoughtful, you're great at basketball, etc.) Don't be afraid to have everyone talking at once. The effect should be a sort of torrent of compliments washing over the person on the inside of the circle. Once the 30 seconds is up have another person step into the center of the circle and repeat the process until everyone has had a turn on the inside of the circle.

If you want to make things a little more interesting, the group can combine this activity with the willow activity (Option D) so that each person is passed within the circle of trust and told positive things.

OPTION B – BELLY LAUGHERS

5-10 minutes

The first person lays on the floor and the second person lays their heads on the first person's stomach. The third person then lays their head on the second person's stomach, etc. The first person says, "Ha" and the second "Ha Ha" and the third "Ha Ha Ha", etc. Then try not to laugh! How many people can you "Ha" with before you all laugh!

OPTION C - CIRCLE MASSAGE

5 minutes

Have the group stand in a circle so that their shoulders are touching. Have the group turn to their right and gently massage the upper back and shoulders of the person on your right. After a few minutes, turn to the left and massage the back and shoulders of the person on the left. As you massage, send love and light to the person you are massaging.

OPTION D - WILLOW TRUST CIRCLE	5-10 minutes
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Form a circle standing around a volunteer who stands in the middle. Have everyone in the circle stand shoulder to shoulder facing the center of the circle with hands held at chest height, palms forward. Each person should have one foot slightly behind the other for good balance. The people in the circle have become a cool autumn breeze and the person in the center will be the willow. The willow stands in the center of the circle with feet together, arms crossed over the chest, and eyes closed. Keeping the feet stationary and the body straight but relaxed, the willow lets go, swaying from side to side, forward and back. Those in the circle support the willow with gentle pushes of their palms. Make sure that there are at least two people supporting the willow at all times. Each person gets to be the willow in the wind, having the opportunity to trust others and experience the trust in the group.

Since the purpose of the activity is to provide an experience of trust, each member must contribute to a comfortable trusting environment by observing these guidelines:

- No talking or laughing.
- Do the activity in silence so everyone can experience the feeling of trust.
- Be smooth and gentle when moving the person around and pay attention to individual differences. (height, weight, degree of trust)

OPTION E – CHOICES	5-10 minutes
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Use masking tape to draw a line on the floor. Identify an “A” side and a “B” side. Ask groups the following questions. After each question, invite the group to stand on the side they feel best answers the question. After group has made their choice, ask some members on each side why they made the choices they did.

Of the following two choices which one do you most relate to or which best describes you?

- | | |
|-------------------|-----------------|
| A) Sunrises | B) Sunsets |
| A) Snakes | B) Lizards |
| A) Coke | B) Pepsi |
| A) Rain | B) Snow |
| A) Christmas | B) Halloween |
| A) Cotton Candy | B) Candy Apples |
| A) Coffee | B) Tea |
| A) Slides | B) Swings |
| A) Comedy | B) Drama |
| A) Amusement Park | B) Water Park |

Have the participants choose comparisons and see what awesome choices they come up with!