

EASTERN REGION YOUTH OF UNITY  
FAMILY GROUP MATERIALS

# GO FORTH AND BEE

**Fall Rally 2009**



## 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**  
**October 23-25, 2009**

**GO FORTH AND BEE**

**FAMILY GROUP #1**

**Friday Evening**  
**8:00-9:00 pm (1 hour)**

**Opening Prayer:**

Leader: Begin the Family Group by joining hands and reading the Opening Prayer

Mother, Father God. We embrace the opportunity to be here today and to experience something new. We are thankful for everything we are, everything we have and everything we are able to do. Amen.

**Affirmation:**

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

I chose to be the best I can be.

**Quote:** Leader: Invite a member of the group to read the Quote. Once the quote is read invite everyone to take in the words of the quote and then request the reader to read the quote one more time.

“Doing is secondary to being. When we are consciously the Truth it will radiate from us and accomplish the works without our ever running to and fro.” H Emilie Cady

**ACTIVITY 1 – GETTING ACQUAINTED**

**5 Minutes**

Going around the circle, have each person introduce themselves by stating

- his/her name
- chapter
- and number of Rallies attended

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

**ACTIVITY 2 – NAME GAME**

**10 Minutes**

Going around the circle, the first person says their name, and the sentence: At this Rally, I will be \_\_\_\_\_ (Filling in the blank with a positive quality.). The second person repeats the name, and positive quality of the first person, then says their name, and repeats the sentence with their own positive quality. Continue around the entire circle until everyone says their name, and positive quality for Rally. The last person must say everyone’s name, their positive Rally qualities before saying their own. You may help if someone needs a reminder.

- Ex. 1st person: I'm Emily and at this Rally I will be joyful.  
2nd person: She's Emily and she'll be joyful; I'm Sarah and at this Rally I will be peaceful.  
3rd person: Emily – Joyful; Sarah – Peaceful. I'm Rebecca and at this Rally I will be enthusiastic.

## **ACTIVITY 5 – HEART AGREEMENTS**

**10 Minutes**

**Materials:** Large Sheet of paper, Markers, Masking tape

1. 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.
2. Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. Share the Group Covenants that follow and ask if the group feels that they understand what it means, if they can accept it, or if they would like to make some changes.

### **Family Group Heart Agreements**

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 everyone's right to pass at any turn  
Be supportive of one another at all times.  
Keep what is shared in confidence with this group

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

3. Ask if there is anything anyone wants to add to help him or her feel safe. You may suggest some possible additions if no one has any ideas, such as:
  - 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
4. When everyone has agreed upon the Heart Agreements and feels comfortable with them, create a poster of all the covenants and have each person sign the poster, committing themselves to the group and the group's agreements.
5. Tape your Heart Agreement up on the wall, where your group meets.

## **ACTIVITY 6 – THEME DISCUSSION & LOVE NOTE BAGS**

**15 Minutes**

**Materials:** White paper bags  
Markers  
Masking tape

**Love Note Bags:** 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.
- A table is set up to provide notepaper, 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.

Pass around the markers and encourage each person to personalize his/her 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.

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. Here are some questions to get you started. If you want, write down some of these answers to share with the team.

1. What does the theme "Go Forth and Bee" mean to you? What does it mean to you to “go forth”? What does it mean to you “to be”?
2. How have your ideas about what you want to be when you grow up changed over time?
3. Has there been an obstacle in your life that has been difficult to overcome despite all your efforts?
4. Share an experience of a time you accomplished something when you originally believed you couldn't considering the challenges. What was it that allowed you to complete your goal?
5. How do you think who we are inside and how we show up affects the circumstances in our lives? In our world?

### **Closing Prayer:**

Mother/Father/God, thank you for blessing us with the opportunity to learn and share with the wonderful people in this group. Let us go forth into this weekend with positivity and love in our hearts, as we see your love reflected in each other. Amen.

## **FAMILY GROUP #2**

**Saturday Morning  
9:45-11:15am (1 Hr and 30 Minutes)**

### **Opening Prayer:**

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

Divine Spirit, thank you bringing us together in this moment. We recognize and embrace the divinity of each individual in this group. We will grow today in unity, embracing our divine potential and embark on our journey towards our dreams, aspirations and goals. As our faith expands we realize that “with God all things are possible.” The truth that unfolds us, and the love that surrounds us will bring forth our higher selves today in perfect harmony. In this moment, we recognize that we are truly blessed to exist and are thankful for all that is. Thank you God for this perfect moment. Amen

### **Affirmation:**

Leader: Invite the group to take a moment in silence to complete the following sentence:

I am alive to be\_\_\_\_\_.

Then go around the circle with each member saying their name and the affirmation and filling in the blank with a positive quality of being. (Ex. Love, joy, kind) The rest of the group repeats the affirmation back to each group member.

**Ex:** I’m Patrick and I am alive to be love.  
Patrick, you are alive to be love

I’m Jane and I am alive to be peace.  
Jane, you are alive to be peace.

### **Bible Quote:**

Leader: Invite a member of the group to read the Quote. Once the quote is read invite everyone to take in the words of the quote and then request the reader to read the quote one more time.

“Now faith is being sure of what we hope for and certain of what we do not see.”  
-The Bible (Hebrews 11:1)

### **ACTIVITY 1 - CHECK -IN**

**10 Minutes**

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.

### **ACTIVITY 2 –GO FORTH AND BEE A MIRACLE: PART 1**

**5 Minutes**

Leader say: Our next activity is called “Go Forth and Bee a Miracle”. We are going to explore how we can live our life as a miracle overcoming challenges and doing what may at first appear

“impossible”. As an introduction and as an inspiration for our activity we will read a story about overcoming challenges entitled “Who to Believe”

Ask for a volunteer (or 2) to read the following story:

Who to Believe?  
From Chicken Soup for the Woman’s Soul

My doctors told me I would never walk again.  
My mother told me I would. I believed my mother.

Let me tell you about a little girl who was born into a very poor family in a shack in the backwoods of Tennessee. She was the 20<sup>th</sup> of 22 children, prematurely born and frail. Her survival was doubtful. When she was four years old, she had double pneumonia and scarlet fever—a deadly combination that left her with a paralyzed and useless left leg. She had to wear an iron leg brace. Yet she was fortunate in having a mother who encouraged her.

Well, this mother told her little girl, who was very bright, that despite the brace and leg, she could do whatever she wanted to do with her life. She told her that all she needed to do was to have faith, persistence, courage, and an indomitable spirit.

So at nine years of age, the little girl removed the leg brace and took the step the doctors told her she would never take normally. In four years, she developed a rhythmic stride, which was a medical wonder. Then this girl got the notion, the incredible notion, that she would like to be the world’s greatest woman runner. Now, what could she mean—be a runner with a leg like that?

At age 13, she entered a race. She came in last—way, way last. She entered every race in high school, and in every race she came in last. Everyone begged her to quit. However, one day, she came in next to last. And then there came a day when she won a race. From then on, Wilma Rudolph won every race that she entered.

Wilma went to Tennessee State University, where she met a coach named Ed Temple. Coach Temple saw the indomitable spirit of the girl, that she was a believer and that she had great natural talent. He trained her so well that in 1960 she went to the Olympic Games in Rome.

There she was pitted against the greatest woman runner of the day, a German girl named Jutta Heine. Nobody had ever beaten Jutta. But in the 100-meter dash, Wilma Rudolph won. She beat Jutta again in the 200 meters. Wilma had just earned two Olympic gold medals.

Finally came the 400-meter relay. It would be Wilma against Jutta once again. The first two runners on Wilma’s team made perfect hand-offs with the baton. But when the third runner handed the baton to Wilma, she was so excited she dropped it, and Wilma saw Jutta taking off down the track. It was impossible that anyone could catch this fleet and nimble girl. But Wilma did just that! Wilma Rudolph had earned her third Olympic gold medal.

That day she made history as she became the first woman ever to win three gold medals in the same Olympic games. And they’d say she would never walk again...

Reflection:

- 1) Have you ever been told you cannot do something? Describe
- 2) Have you ever overcome an obstacle even though you or another person believed you couldn't do it? Describe your experience. What happened?

**ACTIVITY 3 –GO FORTH AND BEE A MIRACLE: PART 2**

**30 Minutes**

**Materials:**

Blindfolds, Sheet, Hula hoop

First Challenge Activity:

Leader say: With the story of Wilma Rudolph in mind, we are going to participate in an activity that allows us to experience what Wilma Rudolph went through while trying to achieve her goals. The entire group will be attempting to “Go Forth” through the hula hoop with each group member assigned a “disability”. I will be holding the hula hoop off the ground. The entire group starts on one side of the hula hoop. The challenge is for each member of the group to go through the hoop to the other side without touching the hula hoop. Once a member of the group goes through the hoop they may not go back through the hoop to assist others but may assist from the side they are on. If the hula hoop is touched by any member of the group, the entire group starts over.

Leader: Assign a “disability” to each member of the group. Distribute blindfolds as needed to bind arms & legs or as a blindfold or gag.

- 2-3 group members can't talk (Wrap cloth around mouth to remind them (like a gag)
- 2-3 group members can't see (Use blindfolds)
- 2 group members bind one of their legs to the other (Like a 3 legged race)
- 2 group members bind their arms together at the wrist
- 1 group member is unconscious (Lies down and does not speak or move of their own accord during activity)

Second Challenge Activity:

Leader note: Do this next activity if the group has time. Members may switch disabilities if they wish to experience a different challenge from the first activity. Lay the sheet out on the floor.

Leader say: In this next challenge activity, all members of the group must stand or (if you are assigned to be unconscious) lie down on the sheet. No part of any of the group can be touching the floor. The group's challenge is to flip the cloth over so that everyone is standing on the other side of it. The group must remain on the cloth during the process of flipping the cloth to the other side. No one part of anyone can touch the floor or everyone has to start over. Leader may participate but should watch to see if anyone touches.

Once Group completes both activities or when time is up, lead a group discussion using the following questions:

**Discussion Questions**

- How was this experience for you?
- Were you able to let others support you in accomplishing a challenging task? Did you like it or not? Why or why not?



- Did you support others in completing the activity? How did that feel?
- What part, if any, did faith, persistence, and courage play in accomplishing the goal?
- Was the second activity more difficult or easier than the first activity? Explain.
- How was this activity like something in your life?
- Do you have challenges in your life that require you to seek or receive support from others?
- How do you feel about receiving support from others to accomplish your goals in life?
- What part does faith, determination and courage play in accomplishing our goals in life?

#### **ACTIVITY 4- MEDITATION BEFORE CRAFT ACTIVITY- JUST BEE**

**5 Minutes**

I invite everyone to get into a comfortable position. You may close your eyes and journey to a centered state of being. Take a deep breath in and as you inhale, cultivate everything you love about life. As you exhale, feel all negative emotions dissolve from your body, mind, and spirit. (Pause) Now imagine yourself walking on a beach at sunrise. You feel each grain of sand in between your toes. The white waves rhythmically rush, creating a peaceful sound. Colors of red, orange, and gold dance in the morning sky. They are reflected in the oceans waves, for all is connected and all is one. You are at peace. You truly know the world is a beautiful place. You sit in the sand with your eyes closed. You are aware of all that is, all that was, and all that will be. A brilliant white light radiates out of your head, heart, and hands, connecting you to God. As you sit in complete peace and contentment, the light grows brighter and brighter. In this state of being, you are aware of your dreams, goals, aspirations, and divine purpose. From the pure light, you imagine your dreams flowing to you and resounding within you. As this occurs, everything that is holding you back is transformed into the pure, pristine light radiating from you. In this moment, you realize that obstacles only exist to be overcome. In the silence, the light begins to radiate so brightly that it is blinding; you are like the rising sun. You envision each step leading you to where you want to be. In this bright moment you realize that your dreams can come true. You realize that anything is possible. (Pause)

Now take a moment to bring to your mind's eye, a goal or dream that resides in your spirit's light. Perhaps your dream is to become more of who you really are – to become more peaceful or more kind in your relationships or a particular relationship. Or your dream may be to accomplish a specific goal. Perhaps you want to be selected to play on a sports team, or learn to play a musical instrument, or make the honor role at school. Whatever your dream is, take this moment to see your dream and see yourself realizing your dream. (Pause) Allow yourself to experience how you will feel as you realize your dream. (Pause to allow group to experience their dream)

And now with your dream in mind, think about the next step you need to take in your life to realize your dream or goal. (Pause)

And now you begin to become aware of voices around you as you sit on the beach. You realize it is now a beautiful day. You are embraced by beloved friends and family. You can tell by the expression on each face that you are supported in every way. Their love and compassion will help you achieve your goals. (pause) I now invite you to come back to the present moment here at rally. (pause) As you open your eyes, you are aware that you are never alone and that everyone here supports you in achieving your goal.

## **ACTIVITY 5- BEE WHAT YOU CHOOSE TO BEE:**

**30 Minutes**

### **Materials:**

Colored Paper, Markers, Glue, Glitter Glue, Craft Supplies

Leader Say: Our next activity is intended to not only help us unfold our dreams, goals and aspirations but also to help us take the next step in pursuing them. We will be making paper Bumblebees. On one wing we will write a dream, goal, aspiration or something we want to be. On the other wing, we will write one specific thing we can do to take the next step in realizing our dream. You may decorate your bee however you wish.

When everyone is finished creating their bees (or the time allotted has passed) invite the group to sit back in their seats with their bees.

Leader Say: I now invite you to share what you have written on your bee. As we go around the circle say your name, goal, dream or aspiration, and the first step you will take to accomplish it.

After each person shares the entire group will say

“ (insert name) we support you, and we see you achieving your dreams and goals.”

Example:

“My name is Emily, and I want to be able to look in the mirror and believe I am beautiful.”

Everyday when I look in the mirror, I will notice 3 things that I love about my physical appearance.

Group: “Emily, we support you, and we see you achieving your dreams and goals.”

*When everyone is finished sharing:*

Leader Say: I invite you to tape your bumblebee to your love note bag to express that your dream, goal or aspiration will become a reality, so that each person that places a love note in your bag will acknowledge it and affirm it with their love. If you do not wish to tape your bumblebee to your love note bag, you may place it inside as a love note to yourself.

### **Closing Prayer:**

Leader: Invite the group to join hands for the closing prayer. Ask for a volunteer to read the closing prayer or create their own.

Thank you Father-Mother God, for all that I am, and for all that we are together. We know that with God all things are possible. We bless everyone in this circle while believing that everyone can do what they strive to do. We thank you for letting this experience broaden our view of the world. We go forth in complete faith that our dreams, goals and aspirations will be realized.

Thank you God. Amen

## FAMILY GROUP #3

Saturday Evening  
(7:00-8:45 pm - 1 Hour 45 Minutes)

### Opening Prayer:

Leader: Invite a member of the Group to read the opening Prayer or create one of their own.

Dear Mother Father God

In this sacred space, we experience the safety and freedom to express ourselves and share anything that may be on our minds, negative or positive. We are free in this moment to speak what is in our hearts knowing that in this circle of love and acceptance, each word will be heard and held with respect and love.

Amen

### Affirmation:

Leader: Invite each person in the family group to repeat the affirmation filling in their name as they say the affirmation:

"I \_\_\_\_\_ am a radiant being of love and light."

### Bible Quote:

Leader: Invite a member of the group to read the Quote. Once the quote is read invite everyone to take in the words of the quote and then request the reader to read the quote one more time.

"Cast your cares on the Lord and he will sustain you; he will never let the righteous fall."

Psalms 55:22

## ACTIVITY 1 – HEART TALK

90 Minutes

**Materials:** Box of Kleenex, Heart

Explain to your group in your own words what a Heart Talk is. It 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 your life. Your family agreements are very important in this activity so that everyone feels safe in sharing with the group.

There are certain rules that are followed:

- 1) Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- 2) **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.
- 3) The heart is very sacred. It should be handled with care and never thrown or mistreated. It is always passed to the left.
- 4) Everyone has the right to pass.

- 5) 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.
- 6) The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

### **Meditation** (Leading into Heart Talk)

**Leader's Note:** 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 😊

Get comfortable in your chair or sitting on the floor. Gently allow your eyes to close. Observe the even flow of air through your lungs. The give and take that is a constant cycle connecting you to the world around you, and in this moment ... connecting you to the world within ... a steady glow of love emanates from your chest. As you breathe takes you deeper and deeper into your own heart ... this love surrounds your entire body, every cell sings with divine intention to grow more ... to listen and share more ... truly connecting with one another we create a space where the intention is healing and we are all aware of the Christ presence here, now. Within this gathering of radiant souls, there is God ... in your voices, in your hearts, in your bodies, in your thoughts ... "Where two or more are gathered in my name, there I am" ... breathing in this warm accepting energy, you find the power to see past all pretense and embrace those around you ... breathing out you surrender all thoughts, all fears, you are ready. (Allow 1-2 minutes of silence and breathing so all may enter a place of love and sharing) God is always ready, and this moment is your calling to be victorious in illuminating your thoughts and your own heart. You are a child of God surrounded by children of God. Each of you possesses gifts that can change the world. As you share with each other be aware of the gifts you give with your honesty and the gifts you receive from others. Allow your heart to open and expand in this loving safe environment and let your light shine!

**Leader:** Allow for a few moments of silence and then 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**

**30 Minutes**

When approximately 30 minutes is left in the Heart Talk, read the following instructions:

**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?

**Leaders:** 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. If you want to lighten the mood, a silly and fun optional activity “The Fruit Game” (Not Fruit Basket Upset) appears at the end of the Family Group Material. Please be mindful of nearby Family Groups in choosing any optional activities.

**Leaders: Please keep your Family Group together during the allotted Family Group time.**

**Closing Prayer:**

Dear Mother Father God  
Let us bask in the support in this room  
We are all here for each other, and through prayer  
We can uphold our loved ones through times of trial  
Family is not always blood related, all you need is love  
And as a spiritual family we will always be together  
Through our memories of these times together  
Amen

**LEADERS:**

**BRING YOUR FAMILY GROUP BAGS TO THE STAGING AREA AND SORT YOUR MATERIALS INTO THE CONTAINERS PROVIDED. KEEP YOUR "SUNDAY BAG". IT HAS EVERYTHING YOU NEED FOR TOMORROW'S FAMILY GROUP MEETING.**

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

**FAMILY GROUP #4**

**Sunday Morning  
9:30-10:00 am (30 Min)**

**Opening Prayer:**

**Leader:** Invite a member of the group to read the Opening Prayer or to say their own prayer.

Close your eyes and take a deep breath. Let the tranquility wash over you as you center yourself. Mother Father God we thank you for this day. With your abundant acceptance, we can truly express ourselves and be who we are, without a doubt in our minds that you will continue to love us unconditionally.

Amen.

**Affirmation:**

**Leader:** Go around the circle with each member saying their name and the affirmation. The rest of the group repeats the affirmation back to each group member.

I am beautiful and perfect just the way I am.

**Ex:** I'm Rebecca and I am beautiful and perfect just the way I am.  
Rebecca, you are beautiful and perfect just the way you are.

## **Bible Quote:**

Leader: Invite a member of the group to read the first Quote. Once the quote is read invite everyone to take in the words of the quote and then request the reader to read the quote one more time. Do the same with the second quote but invite a different person to do the reading.

**Quote 1:** Beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. (Philippians 4:8)

**Quote 2:** “I love those who love me, and those who seek me find me.” (Proverbs 8:17)

## **ACTIVITY 1 – CHECK IN AND FEEDBACK**

**10 Minute**

Materials: Evaluation Forms, Pens

Ask group members how they are feeling as well as 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**

For those of us who have been to Rally, 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 – OPTIONAL ACTIVITIES**

**10 Minutes**

Leaders: If you have time, choose or have your group choose any of the Optional Activities at the end of the Family Group Material or use this time to work on Love Notes.

## **ACTIVITY 4– GROUP PICTURE & CONTACT SHEETS**

**5 Minutes**

Pass out a contact sheet to each family group member. Take pictures of your group for anyone who has brought their camera. Make arrangements to share the pictures after Rally if you wish.

## **Closing Prayer:**

Leader: Starting with yourself, go around the circle with each person bowing with hands folded to the person to their left saying that person’s name and “I see the Christ in you” until the prayer

returns to you, then say the following prayer or your own prayer with a similar sentiment to close the Family Group.

Mother Father God, thank you for this incredible weekend we have shared. We know that we have come together as one, in love, and we will continue to support each other through our thoughts and prayers as we go forth and be all that we are meant to be.  
Amen.

PLEASE BRING SUNDAY BAGS AND ALL MATERIALS TO THE STAGING AREA AND SORT MATERIALS IN THE CONTAINERS PROVIDED

**THANK YOU FAMILY GROUP LEADERS FOR YOUR SERVICE AND DEDICATION.  
WE HOPE YOU ENJOYED YOUR EXPERIENCE!**

BLESSINGS AND LOVE FROM

*Rebecca, Emily, Sarah and Jane*

### **OPTIONAL ACTIVITIES**

The following activities may be used for Family Group #4 or 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— whatever wonderful things you feel toward the person). 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 so that each person is passed within the circle of trust and told positive things.

#### **OPTION B – CIRCLE MASSAGE**

**5 Minutes**

Have 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 C – HUMAN KNOT**

**5-10 Minutes**

Form a circle with hands in the middle. Take the hand of someone in the circle. Do not take the hand of the person standing on either side of you. Do not take both hands of the same person. Now you have to untie the knot and re-form the circle without letting go of your hands.

### **OPTION D– WILLOW TRUST CIRCLE**

**5-10 Minutes**

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 summer 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.
- Being smooth and gentle when moving the person around and pay attention to individual differences (height, weight, degree of trust)

### **OPTION E - THE FRUIT GAME**

**5-10 Minutes**

One of the hardest things in life is self-control, which this activity accurately displays! Put chairs in a circle and have everyone stand up in front of their chair. Get everyone in your group to pick a different fruit. When the game begins, the person who starts says their fruit name, and then the fruit of another person in the circle. Example:

1<sup>st</sup> Person: "Lemon, Banana."

2<sup>nd</sup> Person: "Banana, Kiwi."

3<sup>rd</sup> Person: "Kiwi, Orange"

**However, there are two special rules to this game:** You must keep your tongue out the whole time, and you cannot laugh! Anyone who does either is "out" for the remainder of the game. Anyone who is "out" sits down in their chair.



## **OPTION F – CHOICES**

**5-10 Minutes**

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) Mountain | B) Canyon     |
| A) Big City | B) Small Town |
| A) Sunrise  | B) Sunset     |
| A) Pen      | B) Pencil     |
| A) Leaf     | B) Wind       |
| A) Physical | B) Mental     |
| A) Tortoise | B) Hare       |
| A) Table    | B) Chair      |
| A) Oak Tree | B) Willow     |

Would you describe your leadership skills as A) a Hammer or B) a Nail?

Would you describe your following skills as A) Thunder or B) Rain?

When this group is asked to make a decision is it like A) a River or B) a Lake?

When this group must complete a task is it more like A) a Sloth or B) a cheetah?