

UNITY WORLDWIDE MINISTRIES EASTERN REGION YOUTH OF UNITY

ALWAYS IN ALL WAYS

FALL RALLY 2012

WITH

Asbury, NJ	Gaithersburg, MD
Bon Air, VA	Newport News, VA
Bronx, NY	Palmyra, PA
Charlottesville, VA	Richmond, VA
Chesapeake, VA	Roanoke, VA
Fairfax, VA	Syracuse, NY
Frederick, MD	Syracuse Spring, NY
Fredericksburg, VA	Washington, DC

**OCTOBER
26 • 27 • 28**

**3 DAYS OF
PEACE, LOVE
& HAPPINESS**

FAMILY GROUP MATERIALS

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

Peace, Love & Happiness Always in All Ways October 26-28, 2012

FAMILY GROUP #1

PEACE

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

Opening Prayer:

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

Prayer:

Close your eyes and take a deep, centering breath.

Dear Mother Father God, we thank you so much for this opportunity to learn and evolve in such a loving and accepting environment. Let our light joyously flow through our bodies and bring forth the divine consciousness we all share. May you allow our mind and spirit to stay peaceful, open and positive as you guide us through this wonderful Rally weekend.

Amen

Affirmation:

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

I can choose and direct myself to be peaceful inside regardless of what is happening outside.

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.

“There is no way to peace. Peace is the way.” A. J. Muste

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
- one thing that makes you happy

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

ACTIVITY 2 - ZIP, ZAP, ZOOM NAME GAME

5 Minutes

Materials: None

Group members stand or sit in a circle with the leader in the middle. Each person must learn the name of the person on their right and on their left. The leader points to 1 person in the circle and says “zip” or “zap” or “zoom” and then counts to 5. Ex. “Zip, one, two, three, four, five.” If the person in the middle says “zip” the person pointed to says the name of the person on their right. If the caller says “zap” the person pointed to says the name of the person on their left. If the caller says “zoom” the person pointed to must say his/her own name.

- Zip – Name of person on right
- Zap – Name of person on left
- Zoom – Own Name

If the caller is able to say either zip, zap or zoom and count to 5 before the person pointed to says the correct name, the person pointed to becomes the caller in the center of the circle.

To make the game more difficult you can put 2 callers in the center of the circle at the same time or count to 3 instead of 5.

ACTIVITY 3 – “I LOVE” BALL TOSS NAME GAME

5 Minutes

Materials: Bean Bag

Instructions. Someone starts with the ball and says

“My name is _____, and I love _____”.

Then they pass the bean bag to their left. Each person says their name and something/someone they love. After the ball goes around the circle once and returns to the person that started the game, the person says their name, another thing or person they love then tosses the bean bag to someone in the circle saying, I’m passing to _____.

Ex: “My name is Sarah and I love Y.O.U. I’m passing to Breanna”

“My name is Breanna and I love musicals. I’m passing to Richie”

Play continues until everyone has caught and tossed the bean bag at least once.

ACTIVITY 4 – 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 5 – AFFIRMATION RELAY

10 Minutes

Materials: 2 Large Pieces of Blank Paper or Paper on Clipboard, markers or pencils, small sheets of paper (that fit into back of name tags), pens.

Leader say: This next activity is meant to be a fun way of releasing anything that is standing in the way of each of us being fully present here at Rally and experiencing complete peace, love and happiness over the next 3 days at Rally and as we continue to live our lives after Rally. I'd like each person to take a moment to center themselves, take a few cleansing breaths and look within to see if there is anything that they need to release to experience peace and be present.

Instructions: Divide group into 2 teams and instruct each team to form a single line. Set a large piece of paper or the clipboard and paper and a marker a distance from each team. Give the group a 3 minute time limit and inform the group that this is a race to see which group can come up with the highest number of things to release or things that stand in the way of experiencing perfect peace and living in the now. To accomplish this, the first person in line on each team runs to the paper and writes down something to be released. Once they have written something down they leave the pen by the paper, run back to their line and the next person does the same thing. Game continues until time is called. After the race is over bring both teams together and look at how many things the group was able to list.

Leader: After activity is finished gather again in circle. Pass out small sheets of paper, pencils and/or markers to everyone.

Leader say: Looking over our affirmation boards and taking a moment to go within, what is something that you are willing to release to be fully present and experience more peace?
(Pause for think time) Using the small sheets of paper we all received write a short affirmation or statement of release about your item or items down on the paper, then place the paper behind your name tag.

**Ex: I release self doubt to be at peace with myself.
I release judgment to be at peace with those around me.
I release any feeling of unworthiness and I am whole and complete**

Later tonight at vespers we will be fully releasing anything that might keep us from being peaceful and present by releasing our papers into the fire.

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.

- What do you think of when you hear the theme Peace, Love & Happiness Always in All Ways?
- Do you think it's possible to experience Peace, Love & Happiness In every situation?
Explain.
- What do you think interferes with our ability to experience Peace, Love & Happiness?
- What can we do to experience more Peace, Love & Happiness in our lives?

- One of Jesus’ teachings is: “*Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you*” What do you think is the relationship between this teaching and the theme of Rally?
- How do you think the theme relates to the world at large?

Closing Prayer:

Dear Mother Father God, thank you for blessing us with the opportunities to learn, create and grow with all the wonderful people in this group. Let us continue to live this weekend with positivity and excitement, as we continue to share our love and acceptance with others. Amen.

FAMILY GROUP #2

**Saturday Morning
9:30-10:45am (1 Hr and 15 Minutes)**

Opening Prayer:

5 minutes

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

Dear Mother-Father God, we are so grateful for the opportunity that we have here to expand and evolve spiritually. As we receive love from all around us, we appreciate this safe environment to grow and learn. We breathe in love, and breathe out love. Amen.

Affirmation:

Leader: Read the affirmation and invite the group to say the affirmation together.

I embrace and cherish the divinity in all beings.

Quote:

Leader: Invite a member of the group to read the Quote.

“But I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you” – Matthew 5:44

ACTIVITY 1 - CHECK -IN

5 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. This is a quick check in with each person having about a half minute to share.

ACTIVITY 2 – BLIND LOVE TAG

30 Minutes

Materials: Blindfolds

Game Setup:

Start the game by asking for a volunteer. Blindfold this person and ask the rest of the group members to hold hands in a circle surrounding the blindfolded person. The person in the middle tries to tag or touch those in the circle. The people in the circle must work together to avoid being touched by the person in the middle. If anyone in the group lets go at any time, the person in the middle wins that round.

Set a time limit (about 20 seconds) and challenge the group to go for this amount of time without being tagged. The group can try to get away from the person by moving the whole circle or getting the person in the middle to go under their arms and outside the circle without tagging them. After 20 seconds put another person in the middle and play again. If time permits, give others a turn in the middle. If 20 seconds is too easy for the person in the middle to make the tag, shorten the time. If 20 seconds seems too difficult, lengthen the time.

Discussion Questions:

- What was the experience of the game like for you?
- What type of teamwork was needed for this activity, if any?
- Were there strategies that were successful in avoiding getting tagged? Explain.
- In your life are there people that you avoid or are less comfortable with? Explain.
- Is avoidance a successful strategy in those situations for you? Explain.
- How did you feel when you were in the middle? Did anyone help you?
- Do you ever feel like everyone else is a part of the same team or group and you are standing all by yourself? How do you handle this situation?
- Have you ever been in a situation where you were accepted as a part of a group and another person was not? How did you handle that situation?
- Are there any risks involved in embracing an “outsider” when you are a part of a group? Are there risks involved in standing up for another who is being ridiculed by others?
- What about handling people or situations that are challenging or difficult in your life, especially situations that feel unfair or people who you feel have wronged you in some way?
- Do you think today’s quote provides guidance in those situations? (Re-read if necessary.)

ACTIVITY 3 – LOVE ALWAYS IN ALL-WAYS

10 Minutes

Leader: Share the following true story of Victor Frankl with the group.

Victor Frankl, the author of the book: “Man’s Search for Meaning” was a survivor of the Auschwitz Concentration Camp. During his confinement in the concentration camps, Victor observed many atrocities but he also noticed men and women finding tremendous meaning in the midst of great horror.

Even though some people were starving, they shared their food with those around them. Even though some people had lost all of their family members to the gas chambers, they still found the inner strength to comfort others. Even though some people were extremely ill, they reached out in compassion.

Victor Frankl said of this phenomenon:

“Perhaps our last and greatest freedom (even when standing in the midst of a concentration camp) is the ability to choose how we will respond to any given situation.”

Ask:

What do you see as the lesson of Victor Frankl's story?

(Note: Whatever the situation, we have the ability to choose how we respond.)

Meditation:

We will now be moving into a short meditation time. Take a moment to find a comfortable position and take a few deep, centering breaths. (Pause) Take a moment to allow a challenging situation you are facing in your life to come to your mind. (Pause – give the group a few moments to think of a challenging situation) Now take a moment to look at how you have been feeling about the challenge you have been facing. (Pause – Allow group time to look at their feelings about their challenge.) I now invite you to choose a new response to your challenging situation. (Pause) No matter what difficulty you may be facing in life, you can choose love anyway. You can choose hope anyway. You can choose peace anyway. You can choose joy instead of sorrow, faith over fear, and forgiveness over bitterness. (Pause) We know with God all things are possible. (Pause) When you are ready bring your attention back to this room and open your eyes.

ACTIVITY 4 – SHOW YOUR LOVE

25 Minutes

Materials: Beads, Twine, Pens, a Bag, and Slips of Paper

Leader: In this activity, pass out the pens and slips of paper, and ask everyone in the group to write their name on a slip. Once each person has written their name, collect the names in the bag, and have each person draw a name out of the bag (making sure it is not their own). Once each person has drawn a name, share that they will now be creating a necklace or bracelet or keychain for the person whose name they have drawn. Note: Put all the names back in the bag to use for an activity in the last Family Group.

Place the beads and twine in the center of the group for the activity.

Once time is drawing to a close, remind the group that they can finish their creations during free time if they have not yet finished, **and everyone will give their creation to their partner at the beginning of the next family group.**

Closing Prayer: Breanna

Invite someone to read the closing prayer or make up one of his or her own.

Divine Spirit, thank you for the opportunities in our lives to practice unconditional love and help us to recognize those opportunities. We are eager to show love and kindness to all beings, because we know that when we show love without judgment we encourage others to do the same. Amen.

FAMILY GROUP #3

Saturday Evening
(6:30-8:00 pm - 1 Hour 30 Minutes)

Opening Prayer:

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

Dear God thank you for the creation of life and the lessons we will teach our selves tonight, thank you for the wonderful friends gathered here to listen and be heard with an open heart, a kind soul and a mind free of judgment, together we create a space where it is safe to share surrounded by people who love us, care for us, and help us in any way they can to bring forth peace, love and happiness. Amen

Affirmation:

Leader: Read the Affirmation, then invite the entire group to say the affirmation together.

My heart is open for giving and receiving love.

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

If you judge people, you have no time to love them. Mother Teresa Duane Allman

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) Everything said in the Heart Talk should be held in confidence. Do not reveal what is said to others or bring up anything said even to the person who said it.
- 3) **Exception to confidentiality rule: Adult Leaders are legally (and morally) bound to report situations that indicate a danger to yourself or someone else.**
- 4) 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.
- 5) The heart is very sacred. It should be handled with care and never thrown or mistreated. It is always passed to the left.
- 6) Everyone has the right to pass.
- 7) 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.
- 8) 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. 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 that out...now just listen to the silence around you...or listen to the sounds you hear in the room...now imagine a recent conflict or struggle in your life....think about how you felt about that person...think of how the conflict could have been resolved or avoided.....take another deep breath and acknowledge that no one and nothing is against you...Bring your awareness to your heart center...Take a moment to dwell in that feeling of love and appreciation as you hold the person or circumstance in your heart... It is here in your heart that you experience your oneness with God...Your heart is one with God's heart...As your heart beats it is the rhythm of God's love singing to you of oneness...now as you breath, feel your breath moving in and out of your heart...watch your breathing...as your breath moves in and out of your heart, recognize your heart to heart connection with God...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 that God has for you...Now allow that light to radiate from your heart area...Now 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 and when you feel peace in the room take a deep breath... and, 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

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:

It is with an open heart and a clear mind that we move forward from this moment, always knowing that with every challenge, we can turn inward to become aware of who we truly are.

We move forward aware of and expressing our Christ potential. God. Amen.

LEADERS:

Please bring your family group bags to the staging area and sort your materials into the containers provided. Please throw away any markers, pens or glue sticks that are dried out or used up, putting pens together in a rubber band, pencils together in a rubber band, and putting a complete set of markers in each box. Pick up your "Sunday Bag" before tomorrow's Family Group meeting. It has everything you need for tomorrow's family group meeting. Thank you!!

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.

Prayer : Thank you God for the past wonderful 2 days here at Fall Rally. Thank you for surrounding me with people who truly care about my well being, and help me to experience more peace, love and happiness in my life. Amen

Affirmation:

Leader: Go around the circle with each member saying their name and a positive “I am” affirmation.

Ex: I'm Richie and I am peaceful and open.

I'm Niko and I am compassionate.

Quote:

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.

Don't cry because it's over, smile because it happened. ~ Dr. Seuss

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– GROUP PICTURE

5 Minutes

Take pictures of your group for anyone who has brought their camera.

ACTIVITY 4 – CANDLELIGHT APPRECIATION & CLOSING

10 Minutes

Materials: Candle, Candle guard, matches, Small slips of paper, Bag, Pens

Use bag and name slips from the bracelet activity in Family Group 3. 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 the 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.

Closing Prayer:

As a final closing prayer, the person holding the candle sends the candle around the circle to the left saying as he/she passes the candle that person’s name and “I see the Christ you are” 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 forward to express Peace and Love in our lives and our world.

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
Richie, Breanna, Sarah and Niko

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 – 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 C – 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 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:

1st Person: "Lemon, Banana."

2nd Person: "Banana, Kiwi."

3rd 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.