

# EASTERN REGION YOUTH OF UNITY FAMILY GROUP MATERIALS

Spring Rally 2010

**ALL YOU NEED IS**



## 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. SPRING RALLY**  
**ALL YOU NEED IS LOVE**  
**April 23-25, 2009**

**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. We are blessed and thankful that everyone has arrived safely. We are willing to give and receive unconditional love throughout this entire weekend. Amen.

**Affirmation:**

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

Throughout this weekend, I will express love and it will be expressed back to me.

**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.

“The only love worthy of the name is unconditional”.  
-John Powell

**ACTIVITY 1 - LOVE CROSSED GET ACQUAINTED NAME GAME**

**5 Minutes**

**Materials:** Love Crossword Grid, Markers or pens

Take out the crossword grid. The group will be making a crossword puzzle using each group member's first name. Someone with the letters L, O, V or E in their name starts by adding their name. When a group member adds their name to the puzzle, they introduce themselves to the rest of the group by saying

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

Continue creating the crossword puzzle until everyone has added their name and introduced themselves.

After everyone's name has been added ask the group:

What does this crossword game teach us about love?

That's right. We are all connected through the power of love.

## **ACTIVITY 2 – “I LOVE” BALL TOSS NAME GAME**

**5 Minutes**

**Materials:** Masking tape ball,

Instructions. Someone starts with the ball and says “My name is \_\_\_\_\_, and I love \_\_\_\_\_”. Then they pass the ball 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, the thing or person they love (it can be the same or something new.) then tosses the ball 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 Rebecca”

“My name is Rebecca and I love flowers. I’m passing to Emily”

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

## **ACTIVITY 3 - 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. 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.

## **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. Ask the group to think about a secret they have never shared or have only shared with their closest friend. With the secret in mind ask them what they would need from this group in order for them to share something this personal. Assure the group that they will not be asked to share this secret. Begin with a personal example if necessary such as “I would need to know that what I shared would never leave this room.” Give each person an opportunity to talk and use the group discussion to establish the group agreements by writing them on a sheet of paper for posting.

You may want to include any or all of the following ideas:

### **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

Listen with our hearts and not interrupt

Be aware of time and avoid monopolizing so each person has a turn to share

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

We will behold the Christ in each person

We will end each family group with hugs

**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.
4. 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.
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 the answers to share with the team.

1. What do you believe love is?
2. What are the different kinds of love?
3. Describe a time when you really felt loved.
4. How do you express love in your life now?
5. What situations/relationships need more love?
6. What would you like to learn about love?
7. Do you think it's true that everyone is always expressing either love or the need of love?  
Why or why not?

### **Closing Prayer:**

Leader: Ask for a volunteer to read the closing prayer or make up one of their own.

Mother, Father, God. We thank you for bringing this group together for this weekend of love. We give thanks to you for blessing us with the opportunity to be able to connect and live in love this weekend. May we continue to have an incredible weekend at rally!  
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.

Dear Mother, Father, God thank you for today. Please help us continue to fully experience the many blessings and lessons you plan to share with us during this wonderful weekend at rally. May the light and love surround us all, Amen.

### **Affirmation:**

Leader: Invite the group to take a moment in silence to create a short affirmation that contains the word "Love"

Example: I am a beautiful manifestation of God's love.

I am love.

I am an expression of Divine love.

Tell the group that the affirmation can be very simple (I am Love.) and it's OK to use the same affirmation as another member of the group.

Then go around the circle with each member saying their name and the affirmation.

**Ex:** I'm Rebecca and I am a Beautiful manifestation of God's love.  
I'm Jane and I am here to express love

**Bible Quote:**

Leader: Invite a member of the group to read the Quote. Before the quote is read, tell the group that today's quote is lengthy and invite the group to close their eyes, take a deep centering breathe and really listen to the words. Ask the reader to read the quote slowly so that everyone can take it in as it is read.

Love is patient, love is kind.  
It does not envy.  
Love is never boastful, nor conceited, nor rude;  
It is not self-seeking, nor easily angered.  
It keeps no record of wrongdoing.  
It does not delight in evil,  
But rejoices in the truth.  
It always protects, trusts, hopes, and preserves.  
There is nothing love cannot face;  
There is no limit to its faith, hope, and endurance.  
There are three things that last forever:  
Faith, hope, and love;  
But the greatest of these is love.  
1 Corinthians 13:13

**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 – LOVE SONG RELAY**

**5 Minutes**

**Materials:** 2 Large pieces of Paper, markers or pencils, Masking Tape

Divide group into 2 teams and instruct each team to form a single line. Give the group about 15 seconds to come up with a team name that uses the word "love". Use masking tape to make a starting line. Set a large piece of paper and 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 songs with the word love in the title. To accomplish this, the first person in line on each team runs to the paper and writes down a song. 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. Group may consult among themselves about love songs they wish to write down, but no one on the team may go a second time until everyone on the team has run in the

relay. Game continues until time is called. After the race is over bring both teams together and look at how many love songs each group was able to list. Declare a winning team.

### **ACTIVITY 3 – TEAM SCAVENGER HUNT**

**25 Minutes**

**Materials:** 4 sticks to make a grid; 9 objects from nature, Tray or box top, Covering Cloth

**Leader:** Before the group arrives or out of site of the group. Set up the sticks like a tic tac toe grid on the box top or tray and put one of the nine items in each of the squares. Cover the grid carefully with the cloth without disturbing the placement of the 9 items. Keep grid out of sight from group.

Have half of the members on each team from the Relay Game switch with half the members of the other team to form 2 new teams. Give the 2 new teams 15 seconds to come up with a team name with the word “love” in it.

Have the entire group stand in a circle so that everyone can see the tray. Tell the group that they are to do their best to memorize what they see including the items and their location on the grid. Uncover the grid and give the group 30 seconds to memorize the grid. Then instruct the group that as a team they must go out and find items to reproduce the grid. The first team back with an accurately replicated grid wins. Give the teams an EXACT time by which they must be back with their replicated grid. (No more than 10 minutes)

**Leader’s Note:** The above 2 activities were chosen because they are fun and can serve as a lead in to a discussion on competition and how sometimes the pressure to “win” can place barriers between ourselves and others. Lead a discussion using some or all of the following questions as discussion prompts. Feel free to ask other appropriate questions that flow from your groups discussion.

#### **Discussion Questions:**

What were these activities like for you?

How did you feel when doing these activities?

What did winning feel like? What did not winning feel like?

How important was it for you to win? If important, why is it important?

How about being right? Is it important to be right or “win” an argument?

Were you disappointed to learn there were no prizes?

How does it feel to be on a team?

How did changing the teams between the 2 activities affect your feelings?

Do you think people can be loving and competitive too?

Is competition compatible with loving? Why or why not?

If so, what kind of competition is compatible with loving?

### **ACTIVITY 5 – UNCONDITIONAL LOVE / DEEP LISTENING**

**25 Minutes**

**Materials:** Deep Listening Handouts (1 for each pair)

Have the group count off so that each person in the group has a partner. (Ex. If there are 10 people in the group, count off by 5.) If there is an even number in the group, leader will have a partner. If there is an odd number, leader will act as timekeeper and not have a partner.



Leader say: In our next activity we will be exploring what unconditional love means. We will be doing this by practicing deep listening while getting to know our partner better.

Each pair will receive a handout marked “Side 1” and “Side 2”. Begin on side 1 and do not turn to Side 2 until you have completed Side 1 or time is called. Follow all of the instructions on the handout beginning on Side 1. The handouts contain “Getting to know you” questions. Both partners should answer each question before moving on to the next question.

Leader: Pass out a handout for each pair. After 5 Minutes tell group that it is time to turn to Side 2 if they haven’t already done so. Once on Side 2, give the group 20 minutes before calling time and gathering the group back together for the next activity.

## **ACTIVITY 6 – UNCONDITIONAL LOVE / KINDNESS AND APPRECIATION**      **20 Minutes**

**Materials:** Heart buttons, Markers, colored paper, craft supplies, glue, magazines.

Leader say: In our next activity we will continue to explore unconditional love through practicing kindness and appreciation. Now that each of you has had a chance to get to know your partner better, you will be making a heart button as a gift to honor the unique person who has been your partner. In making the buttons, you might want to consider the unique qualities or talents you see in your partner. Feel free to be creative using any of the craft supplies available. Feel free to write a word, draw a picture or symbol, or find a picture from a magazine that represents something special about your partner. There are 2 sides to the hearts one that people will see and one hidden from public view. Feel free to decorate both sides if you wish and to use the colored paper if you’d like to make a different color heart. If you are gluing sequins or feathers to the plastic heart itself you might want to use the tacky glue. Once the Buttons are complete we will present them to our partner sharing something about our partner’s unique qualities that inspired the button.

Leader: Be sure to leave at least 5 minutes for presenting the buttons. Pairs take turns presenting the heart buttons to each other sharing with the rest of the group the unique quality or talent of their partner that inspired the button design.

### **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.

Mother, Father, God. We give thanks for the many things you have bestowed upon us, but most of all, the love you continuously share with each and every single one of our hearts. Through you, we learn to reach out and love others, and we also learn to love ourselves. Never let us forget to spread the love, 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 Creator Spirit,

In this sacred space we allow divine love to illuminate our hearts. Feeling the love that emanates from each person in this family group, we know that we are safe in this space to open our heart and receive the love from those around us. May we speak our truth, live our truth, and share our truth through the love that connects us all. Dear God, thank you for the healing power of love. Life is beautiful in every way.

Amen.

### **Affirmation:**

Leader: Group says together

I am always loved

### **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.

Give love and unconditional acceptance to those you encounter, and notice what happens.  
-Dr. Wayne W. Dyer

### **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

## **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 your 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:**

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

Dear God,

You have given us all the love we need.

What a blessing it is to be alive in this moment, filled with joy, wonder and adoration for each and every day. In our sacred heart space, we know that in times of darkness, the beauty of love always shines clearly from within. This love has the power to illuminate each and every person in this circle, this room, and this world, until all humanity shines brilliantly together.

Thank you God for the love we experience each and every day, and for letting our love shine, and grow this weekend.

Amen

**LEADERS:**

**BRING YOUR FAMILY GROUP BAGS TO THE STAGING AREA AND SORT YOUR MATERIALS INTO THE CONTAINERS PROVIDED.**

**KEEP YOUR "SUNDAY BAG" WITH THE FOLLOWING ITEMS:**

**feedback forms, contact sheets, pens, slips of paper, candle and matches**

**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:** This is my commandment: That you love one another as I have loved you. John 15:12

**Quote 2:** Follow the way of love. -- I Corinthians 14:1

### ACTIVITY 1 – CHECK IN AND FEEDBACK

10 Minutes

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 – MEDITATION

5 Minutes

**Leader say:** During this Rally we experienced God's love by experiencing unconditional love for other people. Now we are going back to our lives and we have the opportunity to be a channel of God's love to the family and friends who have remained at home. This visualization will help us practice being a channel of God's love.

I invite you to take a moment to get in a comfortable position. Perhaps taking a few centering breaths and closing your eyes and uncrossing your arms and legs.

Think ahead. See yourself at home. See yourself getting up, seeing your family and friends. Let some of the scenes that could occur flash through your mind.

Now replay some of those scenes you've just imagined. This time you are going to love the people you meet in the way you would like to love them from the highest and best of yourself. See yourself as a channel for God's love. Care as you would like to care.

If you are a person who tends to talk a lot and who tends to dominate things, picture yourself being a better listener and being more sensitive to others. If you are a person who has been rather shy and who doesn't talk very much, picture yourself as being more talkative and outgoing—taking a risk.

Picture other ways of loving; remembering to love others in ways that they understand. See yourself loving an elderly person by respectfully listening. See yourself loving a child by playing with him or her. See yourself loving an animal by feeding it and taking care of its needs.

Picture yourself as love in action. Try to avoid having an expectation of how others will respond. Be gentle with yourself and don't be disappointed if you don't love as well in reality as you do in your imagination. Just do your best remembering that love is patient and kind.

Now take just a moment resting in the silence of God's love.

Allow yourself to bring forth from the depth of your being the deep understanding and truth that in all places and all circumstances - you are loved.

When you are ready open your eyes and softly say: "Thank you God"

### **ACTIVITY 3– 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.

### **ACTIVITY 4 – CANDLELIGHT APPRECIATION & CLOSING**

**10 Minutes**

**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 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.

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 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 forward to express 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

*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?

## SIDE 1 GETTING TO KNOW YOU

The questions on this side of the handout will help you get to know your partner better.

*The following agreements should govern this experience:*

*Everything shared will be confidential*

*Each partner responds to each statement before continuing*

*You may decline to answer any question if you are uncomfortable*

*Each person will practice listening skills and not interrupt*

### Side 1 Questions

What vegetable don't you like and why?

Share one thing that you've eaten that you'll never eat again.

Who do you admire? Why?

Share one thing you really wanted to do when you were angry but didn't.

Where would you like to live if you could?

What word would you like to put on a personalized license plate?

What is one activity that you dread doing?

What is one activity that you love doing?

Tell about a favorite gift you have received. Why was it special?

What is your favorite time of day? Why?

What is your favorite time of year or season? Why?

Tell about a great Gift you have given someone.

## **SIDE 2 GETTING TO KNOW YOU**

*Before you go on to the questions below, have a 2-3 minute discussion about this experience so far, by responding to the 3 questions below.*

*How well are you listening?*

*How open and honest have you been?*

*Do you feel you are getting to know one another?*

*After your discussion, proceed to the questions below. Your heart agreements from Side 1 are still in effect. You may want to review them briefly before you continue.*

### Side 2 Questions

Share something you like about your mom or dad.

Share something you like about yourself.

Share something you wish you never said. How do you feel about it now?

Talk about a time when you felt lonely.

Share three things for which you are grateful.

Tell about a time you were afraid. Did you overcome the fear? How?

Share one concern you have about the world.

Share some reasons you are a YOUer. How did you first come to Y.O.U.?

Tell about a person who makes you laugh.

Tell about a time when a prayer was answered.

Share something about a special person in your life.

When was the last time you cried? Why?

Share 2 positive things about your family. Is there anything you would like to change? If so, share it if you feel comfortable.

*Thank your partner for sharing and listening!!*