

# **EASTERN REGION YOUTH OF UNITY FAMILY GROUP MATERIALS**



## **Spring Rally 2011**

## 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**  
**April 15-17, 2011**

**LET'S GET TOGETHER AND FEEL ALRIGHT**

**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

Prayer:

Close your eyes and take a deep centering breath. Dear Mother Father God, we thank you for this opportunity to learn and grow in such a loving and accepting environment. May you keep us all open and positive as you guide us through this 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 choose to actively be open and loving as this weekend unfolds, doing my best to make myself and others "feel alright"

**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.

"You must be the change you wish to see in the world." Mahatma Gandhi

**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 in your life that makes you feel alright

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**

5 Minutes

Going around the circle, the first person says their name, and something they like to do when they are with other people or in a group. The second person repeats the name of the first person and what they like to do in a group or with others, then says their name, and something they like to do with their friends or with other people. Continue around the entire circle with each person

adding on. The last person must say everyone's name, and the things each person enjoys doing with others. Feel free to help anyone who needs a reminder.

- Ex. 1st person: I'm Chelsea, and I like to row on my rowing team.  
2nd person: She's Chelsea. She likes to row on her team. I'm Kirby and I like to dance at LeRoy's concert.  
3<sup>rd</sup> person: Chelsea likes to row; Kirby likes to dance; I'm Griffin and I like to play soccer.

### **ACTIVITY 3 – WHO ARE YOU WILLING TO BE?**

5 Minutes

Materials: Qualities of Being Cards, Pens

Instructions: Provide a Card to each member of the Family Group.

Leader say: One thing that makes us "feel alright" is when we show up as the person we truly wish to be – when we show up as what we want to create in the world. Who are you willing to be to make this time together at Rally an extraordinary time for all. I invite you now to check off 3 qualities that you will commit to being this weekend. Then we'll go around the circle with each person saying: "My name is \_\_\_\_\_, and I am willing to be (then name your three qualities)

Then allow a short time for group members to choose their 3 qualities and start with yourself.

Example

My name is Chelsea and I am willing to be open receptive and kind.

My name is Griffin and I am willing to be honest, enthusiastic and loving.

### **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 – 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 *Let's Get Together and Feel Alright* mean to you?
2. What do you do in your life to "feel alright"?
3. Have you ever experienced feeling and/or acting differently depending on which group of friends you are with? What do you think contributes to these differences?
4. Do you think some groups of friends are "better" for you than others? Why or why not?
5. Do you think it's possible to feel alright in every situation? Why or why not?
6. The theme was taken from the Bob Marley song "One Love". What does "One Love" mean to you?
7. How do you think this theme relates to the world at large?

### **Closing Prayer:**

Mother Father God, thank you for blessing us with the opportunity to learn and spread our knowledge with the wonderful people in this group. Let us blossom 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  
9:30-11:00am (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, we are so grateful for this opportunity to come together in love and in light. As co-creators of our world, we chose to come together in peace, to support one another and to actively choose what our experiences will be. We embrace this opportunity as we embrace one another.

Namaste

### **Affirmation:**

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

Centered in God, we co-create a world that works for all (Unity World Wide Vision)

### **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.

"Every thought you have makes up some segment of the world you see. It is with your thoughts, then, that we must work, if your perception of the world is to be changed." - A Course in Miracles

## **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 – BECOMING MY BEST: WHO SUPPORTS ME?**

30 Minutes

Materials: *Becoming My Best* Handouts, Pens or pencils, pieces of cardboard, clip board or a table to write on.

Instructions: Pass out a Handout to each member of the group and a piece of cardboard or clipboard to write on if available.

In this next activity we will be taking some time to notice what people in our lives are supporting us in different ways. What specific people help us to “feel alright” We will each be taking a few minutes of quiet time perhaps finding a nearby quiet place to write responses to each statement on the handout. Think about the ideas as they relate to your life and the people in your life. You can consider the people who support you in all areas of your life – School; family, sports and other activities. Please don’t talk with others or share your responses until everyone is finished. Please stay nearby so I can signal that the time for writing responses is finished. Let’s take a moment to become quiet and go into our heart before we begin and when you are ready you may begin, either here in this circle or at a quiet place nearby.

Give everyone 5 minutes to complete their handout. Once everyone has finished allow time to go around the circle for each person to share and explain their responses.

Once everyone has had a chance to share their response, lead a discussion about the activity using the following questions. Watch your time so you have enough time for all activities.

### **Discussion Questions:**

1. What was it like for you to complete your *Becoming My Best* Handout? What, if anything, did you learn about the current choices in your life?
2. Was it easy or difficult to complete the handout? How did it feel to identify positive influences in your life?
3. Was it ever hard to be honest with yourself about who to write down?
4. If there are people in your life who did not make your list or who have a negative impact on your life, are there any choices you can make to change your life for the better?
5. Are there any people on your list who can help you with the changes that would better your life?
6. What did you learn about others in this group? How can you use what people shared to strengthen this group?

### **ACTIVITY 3 – CHANGE THE WORLD SCAVENGER HUNT POSTER**

30 Minutes

Materials: Clues, Bag for clues, Markers,

Instructions:

In this next activity we are going to have a little fun while learning more about each other's perspective and ideas. Together we will be creating a poster of the world but it will be the world as we would like it to be. Each person will be responsible for a piece of the poster. Our first task will be for each of us to find our piece of the poster. The poster pieces are hidden somewhere at Camp Tockwogh. All hiding places are in or within view of this building. In this bag are the clues for finding your piece of the world poster.

Once you have found your poster piece, feel free to help other members of your group find theirs. Then bring all puzzle pieces back to this circle and begin creating your piece of the poster using pictures, symbols or words that answer the question:

If you could change the world, what would it look like?

Your piece of the poster does not have to be particularly artistic. Simply think about what change or changes you would want in the world if you had the power to make them happen. Maybe you would like to see a cure for a particular disease or an end of certain social troubles. Your changes may affect millions or have a smaller impact. The choice is yours so create your poster piece with that in mind.

Have each person pick a clue from the bag and go to find their poster piece. Let them know before they go, if they haven't found their piece in 10 minutes come back for more information about its location. When they return, have them complete their piece of the poster by drawing and writing on the side that has a piece of the world on it. (Together the pieces form an outline of the world)

Allow about 10 minutes for each person to finish their piece of the poster, then arrange the pieces of the world in their proper order on the clean poster board using tape on the back of each puzzle piece to hold the pieces in place. Allow each person time to share what they have put on their poster piece representing what they would change in the world.

If time permits, lead a discussion using the following discussion questions

#### Discussion Questions

1. How do you feel you can influence the future both as an individual and as part of a group?
2. What role do you think you and other people have in creating the future you envision in your piece of the world?
3. When you look at the poster your group has created, what similarities and differences did you see in the various visions of the members of the group?
4. What visions for change of other members of the group do you also share?
5. What, if anything, can you do to bring your vision into the world?



Use masking tape to hang your poster up where it can be seen. If meeting in the cabins, you can hang your poster in the cabin or bring it into the main meeting room or dining hall to hang where more people can see. Whichever your group would like to do.

### **ACTIVITY 3 – BOAT ACTIVITY**

30 Minutes

Materials: Paper or plastic plates; Modeling Clay, Tea lights, feathers sequins, toothpicks, labels

With our scavenger hunt, we worked together to assemble the pieces of a world that mirrored our visions of what changes we would like to see within the world at large. In this activity, we will be expanding upon this idea by each constructing a miniature boat out of clay that will represent ourselves, and what we as individuals are willing to put forth into the world to turn these ideas of change into seeds of action.

You may think of your boat as your own personal puzzle piece. Each of us makes up a part of the world we live in, and what we send forth into the world (for example, our thoughts, actions, beliefs, or ideals) serve to shape, collectively, what our world will become.

#### **Directions for Making the Boats:**

Each group member may use up to 2 packets of clay to build their boat. Clay is divided into 1 oz. packets of various colors. Group members may choose 2 packets each or divide clay up so group members can use smaller amounts of several different colors. Primary colors can be mixed together to make secondary colors.

Use the clay to fashion the hull for your boat around the tea-light candle. It can be whatever shape that might present itself to you. Paperclips can be used to make designs in your boat. To further the uniqueness of your boat, use the sequins, feathers and any other supplies to decorate your boat. Keep in mind that feathers and flammable decorations should be kept out of the way of the candle. Your boat should be built so that you can light your tea light candle at a later time. Place boats on the small paper plates to dry.

As you construct your boat, allow yourself time to think of a word or short phrase that represents what you wish to contribute to the world. The “world” may include the different communities you are a part of, your home life, or the world at large.

Examples:

Understanding

A habit of thinking consciously

Listening to others

Peace

Once you’ve decided on the word or phrase that represents your contribution, write these words, phrases on one of the labels. Attach the label to a toothpick and stick the toothpick in the boat (like a flag) We will be reading the word or phrase at the Sunday service before we symbolically set our boats to sail into the world.

Allow your group 20 minutes or so to construct their boats and write their word or short phrase..

Invite the group to share their words and phrases and, if they like, why they chose the word or words they did. Lead a discussion using the following questions:

### Discussion Questions

1. How do the things that we chose to personally put forth into the world compare with the changes we said that we would like to see in the world?
2. Do any of the things that we chose to put forth into the world pose challenges to us? Will they be difficult or require “changes” within ourselves?
3. What do you feel is the impact of our thoughts and intentions on the world around us?
4. How do you feel that you can do (or already do) to bring forth these visions into the world?

Closing Prayer: Invite someone to read the closing prayer or make up one of their own.

Divine Spirit: Help us to use Mother words to nurture, Father words to protect, and God words to love unconditionally throughout our lives. Amen.

## **FAMILY GROUP #3**

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

### **Opening Prayer:**

Dear God, Thank you for bring us together this weekend to support and encourage, one another, let us know that we can share everything and anything and not worry about being judged. No matter what is on our hearts we know that in this group we can get together and feel alright. Amen

### Affirmation:

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

“I am the light within myself. Loving and accepting, I speak my truth and live my bliss.”

### 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.

"When you find peace within yourself, you become the kind of person who can live at peace with others." - Peace Pilgrim

## **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. Take a deep breath and slowly let it out...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 something or someone that makes you feel grateful...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:**

Closing Prayer- Dear lord, it is with an open heart and a cleared mind, that we ease back into our busy lives. Always knowing that with every challenge, we can turn inward to you, and to our friends for the strength to listen to the truth within. Amen

Closing Quote-"As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the 'atomic age' - as in being able to remake ourselves."

- Gandhi

### **LEADERS:**

Please bring your family group bags to the staging area and sort your materials into the containers provided. Please help us by throwing away any markers, pens or glue sticks that are dried out or used up, putting pens together 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.

Close your eyes and take a deep breath. Let the love and positivity of the weekend wash over you as you center yourself. Mother Father God we thank you for this day, and we appreciate what a blessing it is to have been able to be among such love and acceptance. With your abundant aid, we have grown and will continue to spread the light of your love. Amen.

Affirmation:

Leader: Go around the circle with each member saying their name and a positive affirmation of their choosing.

Ex: I'm Chelsea and I am beautiful and perfect just the way I am.  
I'm Griffin and I'm alive, alert, awake and enthusiastic.

### Quote:

Leader: Invite a member of the group to read the Quote. Once the quote is read invite everyone to take in the words.

"Let your light shine. Shine within you so that it can shine on someone else. Let your light shine."  
~Oprah Winfrey

### **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 & 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 – BALLOON APPRECIATION**

10 Minutes

**Materials:** Balloons, Slips of Paper, Pens and/or pencils

Leader say:

Thich Nhat Hanh (pronounced Tick Not Hahn) is a Vietnamese Buddhist Monk who has spent his life promoting inner peace and peace in the world. In his book *Coming Home* he compares our connection to other people to waves in the Ocean. Here is what he says:

—Imagine that we are a wave on the ocean and surrounding us are many, many waves. If the wave looks deeply within herself, she will realize that her being there depends on the presence of all the other waves. Her coming up, her going down and her being big or small depend entirely on the presence of all the other waves.

New scientific studies have shown that when we are happy, we not only increase the happiness of the people who come in direct contact with us, but we also increase the happiness of the people who come in contact with those people. On the other hand, if we are unhappy, our unhappiness also spills all around us. Looking at others with appreciation and compassionate eyes makes us feel wonderful. When we feel love for others, we feel happy and others feel happier when they are around us.

The purpose of this next activity is for us to experience appreciation for each of the members of our family group but in a fun way. Each person should write their name on a piece of paper and put it in the bag. Then send the bag around so that everyone has selected another persons name, but don't share the name that you select. Once you have a slip of paper with that name write on the paper qualities you appreciate about the person chosen.

Group members then place their paper in the balloon, blow up the balloon and tie it. Once everyone has finished, gather the group in a circle and instruct the group to hit the balloons in the air and try to keep all of the balloons in the air as long as possible. Feel free to time how long the group is able to keep the balloons in the air and see if the group can beat their time. After a few minutes, have group members grab a different balloon than the one they started with and sit down. Invite the group to pop their balloons and retrieve the paper with the name and appreciations without letting anyone else see the paper. (To minimize the distraction to other groups, have your group pop all the balloons at the same time) Once everyone has popped their balloon and retrieved their paper, go around the circle with each person reading only the qualities that were seen in the person without revealing the persons gender or identity. Group members try to guess who is being honored. Whoever wrote the appreciation should not give it away. After group has had a chance to guess, person holding the paper reveals the name on the slip of paper. The person revealed goes next until everyone has had a turn.

## **Closing Prayer:**

Dear 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, prayers and words 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

*Chelsea, Nevada, Kirby, Griffin 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 – 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:

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.



## CLUES FOR SCAVENGER HUNT

### **Campfire**

Last night it seems,  
Before sweet dreams,  
We gathered here  
And knew no fear  
We sang our song  
All night long

### **Field Near Tree Cabins**

Here's the only clue you're given:  
It's in the center of where the boys are livin'

Or

### **Field near Tree Cabins**

Here's the only clue you're given:  
It's in the center of where the girls are livin'

### **Parking Lot**

Here are rocks, gravel stone,  
You're not allowed to go alone  
Your sponsor must be your car escort,  
Not your friend, amigo, or cohort

### **Breezeway**

This place is in-between  
Surely you have seen  
All the hot drinks  
Where you can take a break and think

### **Bridge**

A monument of the paths we travel  
This riddle you must unravel  
To cross this structure is your fate  
It must remind you of the Golden Gate

### **Flagpole**

Old Glory she flies  
Touching a blessed sky.  
We pledge to her and show our pride  
From Tockwoh she's only a short stride

### **Farmhouse**

This rhyming riddle you must solve  
You can do it with a little resolve  
It's not hard you'll do just fine  
Rhyme the last words of the next 4 lines  
Finding the treasure will bring you no harm  
It will give you strength and charm  
You will not be quiet as a mouse  
You will be filled with light and joy that no  
one can douse  
Find 2 words that rhyme with douse, mouse,  
harm and charm  
Put them together to find your treasure

### **Deck/Tree**

Older than your group put together  
Stands nature's tower withstanding all  
weather  
Around this tower where people meet  
You will find your prize, your treat

### **Porch**

Friends sit here without a fret  
While watching a golden summer sun set.  
Some are made from planks of wood  
This one's not, but still it's good.

### **Love Note Table**

Promoting love to one another  
We are all a sacred brother  
Or sister, if you feel the need  
To grow your love, here is where you plant  
the seed

### **Altar**

Lights of knowledge, guidance, and power  
Help you unfold like a lotus flower  
Hidden under this sacred place  
A treasure hides in a dark space  
To find where the treasure is hidden  
You might have to search a smidgen