

**UNITY WORLDWIDE MINISTRIES  
EASTERN REGION  
YOUTH OF UNITY**

**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**  
**October 21-23, 2011**

**No One and Nothing is against Me**

**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 so much for this opportunity to learn and grow in such a loving and accepting environment. Let our light shine through our bodies and bring forth the divine consciousness we all share. May you allow our mind and spirit to stay 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 embrace the God presence within me, for it is my constant source of peace and strength.

**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.

“Life is not against you, it is against who you are not.” Gary Simmons, author of *Nothing and Noone is against you*.

**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 you like about yourself

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

## ACTIVITY 2 – NAME GAME

10 Minutes

Going around the circle, the first person says a word or phrase that represents them that starts with the first letter of their name and choose a symbol or body movement to go with the word. The second person repeats the name of the first person and the word or words the first person chose as well as their motion or symbol, then says their own name, and a word or phrase. Continue around the entire circle with each person adding on. The last person must say everyone's name and word(s) and symbol, Feel free to help anyone who needs a reminder.

- Ex. 1st person: I'm Jumpin' Julian (Jumps up and down)  
2nd person: He's Jumpin Julian (jumps up and down) and I'm Bodacious Brendan (Twirls hips)  
3<sup>rd</sup> person: He's Jumpin Julian (Jumps up and down), He's Bodacious Brendan (Twirls hips) and I'm Grace the great one (throws hands in the air to form a V)

## 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 3 – WHO HAVE YOU COME HERE TO BE?**

10 Minutes

Materials: Cards, Handout 1, Pens

Leader Say: The practice of living with *No One and Nothing Against You* is about creating powerful shifts in perception that create huge results in our lives. This next activity is the first step to the transformation. It's used to acquaint you with qualities and attributes you admire. Some of you may have done an exercise similar to the one we are about to do, However, we ask that you keep your heart open to this experience as the results from the exercise today may be similar or different from your past experiences.

Leader say: Before beginning the activity, we are going to take a moment to become centered. I invite you to become comfortable, allow your eyes to close and take a few centering breaths. (pause) Now take a moment to shift out of your head and into your heart. (pause) Keep your attention on your heart and imagine you are breathing through your heart. (pause) Now recall a positive time or feeling you had in your life, where you felt deep appreciation for something or someone, and attempt to re-experience it. Remember, try not simply to visualize it, but rather to feel it fully. (pause) Now allow yourself to return your attention to this room and when you are ready, open your eyes.

Leader: Pass out handout and pens

Step 1:

Make a short list of individuals (i.e. personal heroes or people you admire). They may be living or dead, historical or fictional. Each must possess qualities that you value or attributes you wish for yourself.

Step 2: Next to each person, briefly list the qualities or attributes you admire in them. These qualities and attributes identify why this person is on your list. Use one word or two word phrases, such as compassionate, faith-filled, or trustworthy, to identify the attribute you see in each person. For example, if one of your heroes is Superman, beside his name you might list strength, resilient, brave.

Step 3: Circle up to seven themes you notice in the Attributes & Qualities column. For instance, you may have the word *compassion* listed several times. Compassion represents a theme. Write out up to seven themes representing your list.

Leader Say:

These qualities define **who you have come here to be**. You might find that these qualities resemble how you feel during your "Rally High". They resonate with you because they actually exist in yourself. These qualities that you were born with, are how you are destined to live your life.

So now try to imagine what kind of experience of life you might have if you could remember that these qualities are **who you have come here to be?** How might you respond to your life circumstances, to discomfort, while you are living these Qualities? What might you bring to the world if you seriously honored your charge to live and demonstrate these attributes?

Leader: Pass out “Q” (Quality) Card

Leader Say: Now it’s time to make your “Q” Card. This Quality card will help us to stay aware of the information that we have gathered. Take the 7 phrases you have circled and place them on this card. Allow yourself to deeply sink into the qualities and attributes. If you have recognized and resonated with these qualities in others, it is because you have them within you. Own them.

We request that you tuck your Q Card into the back of your name tag and refer to it regularly during Rally especially during any time that you may experience any unease, discomfort or disharmony of any kind.

## **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.

- What does the theme *No One and Nothing Is Against Me* mean to you?
- At times we may feel that someone or something is against us. Do you think it's possible for the theme to be true even in those situations where it feels like someone or something is against us? Explain.
- Does the answer depend on how you think about yourself or how you define "Me"? Explain.
- When you feel upset/angry/uncomfortable, what do you feel is the cause of the discomfort?
- Do you think it is possible to feel that nothing and no one is against you in every situation?
- How do you think this theme relates to the world at large?

### **Closing Prayer:**

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

### **FAMILY GROUP #2**

**Saturday Morning  
9:30-10:45am (1 Hr and 15 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 give thanks for this beautiful day and the opportunity to share it with those we love. We come together in love, light, and peace to support each other, and to act in kindness and truth. We are so grateful for this chance to be together.

Namaste

### **Affirmation:**

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

As we reclaim ourselves and step in the direction of self-trust, the realm of infinite possibility rushes in to meet us.

### **Quote:**

Leader: Invite a member of the group to read the Quote. Tell group that the quote for this Family Group is longer than usual and may require more focused attention to get the full meaning.

“Whatever you have as your situation, experience, or circumstance, it is not you. You are not your things. You are not your work. You are not your story. You are not your body. You are not your thoughts or feelings. You have things, but they are not you. If you confuse your *self* with what you have—when you believe that you *are* your things, your work, your story, your body, or your thoughts and feelings—your identity is entangled in what you have. And because everything that you have is impermanent and subject to change in an instant, any confusion between *being* and *having* will ultimately result in disappointment, a sense of lack, and on-going

discomfort. When you confuse your Essence with what you have or don't have, you become impoverished and driven by external circumstances. To expose this incongruence—*having equals being*—your life will sometimes look and feel as if it is against you. But your life is not against you, it is against *WHO YOU ARE NOT*. Interpersonal difficulties, turmoil, lack, or misfortunes are symptomatic of being *who you are not* instead of being who you truly are—a unique, whole, and perfect expression of God.”

~Gary Simmons, author of *Nothing and Noone is Against You*.

### **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 – BEING MY TRUE SELF GAME**

25 Minutes

Materials: Large Pieces of Heavy Paper or Vinyl, bucket/Bag of Nerf Balls, String/ Boundary markers or Masking Tape

Game Set Up: If possible, find a playing area outside and mark off boundaries with 4 Boundary markers or string. If inside, mark off boundaries with masking tape X's. Markers are placed at the 4 corners of the playing area. Players play within the large square area denoted by the 4 corner markers. Place the pieces of heavy paper within the playing area. Some may be close enough so players can easily move from one to the next. Others should be far enough apart so that players must step into the open space in order to go from one to another.

Players line up single file behind the starting line, ask one person to take a turn as tagger with the nerf balls.

Say:

The squares represent rocks (our True Self, Who we have come here to be, the Christ Within)

The nerf balls and the tagger represents being tossed around by life events.

The ground in between the rocks represent the waters of our uncontrolled emotions.

The object of the game is for the players to move across the water by moving from square to square from one side of the playing field to the other. Taggers carry the bag/bucket of nerf balls and gently tosses them at the players when they step into the water. If a player is tagged while in the water, he/she must start over. If a player is tagged while on a rock, they may proceed.

Invite players to make their way across the playing field a few at a time. Let the first player get a few rocks ahead before the next one proceeds. When half the group has made it across, invite someone else to be the tagger so the tagger can have a turn.

Once game is over or time is up, gather the squares and nerf balls up and lead the group in a brief discussion using the discussion questions.

### Discussion Questions

- How was the experience of the game for you?
- What was the most challenging part of the game?
- How did you play the game? Did you try to race through or did you stop and strategize? How did this work?
- How did the experience of being tagged while on the “rocks” compare with being tagged while in the water?
- Were you able to get across? How did that feel?
- How do you keep focused on your “True Self” or “Christ Presence” in the midst of challenges?
- How is this game like something in your life?
- How is this game like something within you?
- How does this game relate to the theme for this rally?

### **ACTIVITY 3 – MEDITATION**

20 Minutes

#### Materials:

Handout #2 (Challenging Experience), Pens, Handout #3 (Enemy Territory Feelings Chart)  
Handout #4 Affirmation Cards Handout # 5 (Q Card Feelings Chart)

Say: In a moment, we are going to complete a short handout that will require some inner reflection. The handout will ask you what you were feeling during a moment of discomfort or upset. When you get to that part of the handout, you are invited to review the feelings chart to help you become clear about your remembered feelings. (Pass out handouts and pens and invite group to set them aside for a moment).

Before we begin we will take a moment to become heart centered. I invite you to sit comfortably in your chair, perhaps uncrossing your arms and legs and closing your outer eyes. (Pause) Now, shift your attention out of your head and focus on the area around your heart. You might imagine that you are breathing through your heart. Continue breathing normally. (Pause) Recall a positive time or feeling you had in your life, where you felt deep appreciation for something or someone, and attempt to re-experience it. Remember, try not simply to visualize it but rather to feel it fully. (pause) You may notice a tingling sensation or you may just feel more relaxed. You may feel a smile forming on your face as you remember and re-experience the moment. You may feel more peaceful and calm or you may feel nothing at first. After you have fully re-experienced your appreciation moment, return your focus to this room and open your eyes.

We will now be remaining in silence for a few moments while we complete our handouts.

Once everyone has completed their handout, invite them to set their papers and pens aside to go deeper with their experience in a guided meditation.

#### Guided Meditation:

Take a deep cleansing breath and feel yourself relax and look inward. When uncomfortable feelings toward yourself or others are activated, it is not likely the first time you have felt these

feelings. When was the first time you remember feeling these feelings? Breathe deeply and ask your heart if there is some pivotal moment from your past to consider. Recall details and emotions. (Pause long enough to allow folks to recall their experience.)

What myth, message or belief did you develop about yourself as a result of this memory? Think about the way you coped with this experience. Recall images, feelings, and thoughts arising from the conflict. (Pause)

Now drop deep into yourself. Remember that we are all beings of light, and picture your inner light shining as a pure light that fills your whole body. Go back to the conflict and discomfort and ask yourself what conscious or unconscious decision may have formed a pattern as a result of the experience. These coping strategies may have helped you in the past, but ask yourself: "Are they serving me now?" Imagine the entire situation as a particle floating in mid-air. Now allow yourself to become aware of the wave of potential from which this particle arose. Slowly bring this wave of potential forward until it surrounds the particle.

Now drop deeper into your heart, to the core of your being. Lovingly release and bless the particle as it dissolves into your wave of infinite potential. Take a moment in the silence just feeling the release move throughout your life from the moment it first occurred all the way to the present moment.

Feel the shift in your body as a result of this release. Depending on the intensity of the situation you have just released you may experience tears, joy, the release of stored anger, a sense of lightness or a sense of love.

Recall once more the details of this experience. Recall the feelings you felt, the thoughts you had, and the actions you took. Take a deep breath and remind yourself of *who you have come here to be (your Q Card.)* Once you feel the energy in your body shift to being on your card think about the experience again. Think about how you might have felt, thought, and acted had you been on your Q Card.

Drop once again into your heart. Return to the first time you remembered becoming aware of the message or myth triggered by today's situation. See it floating in a stream of infinite possibilities. It is just a potentiality now, one of an infinite number. PAUSE

Right now you have the opportunity to collapse the wave into a different, more desirable experience. What new story can you create about this moment? Remember, this is not intended to discredit or in any way diminish the reality of the experience you are recalling, it is simply a way to change the way you think about this situation so that whatever myth you have developed since this experience can find closure

Imagine this new experience in great detail as it unfolds. This time you are on your Q Card with all the resources you need. See yourself living it anew. Imagine how your life would have been different following this experience. Allow your memories to unfold from that moment all the way up through today. You have chosen a new reality and released the old.

**FAMILY GROUP LEADER INSTRUCTIONS-** Ask the group, when they are ready, to open their eyes and take a deep breath. Then ask them to take a moment to connect into their heart and read these affirmations together now.

I appreciate how the source of my discomfort offers me a mirror to my own need for healing. I welcome the opportunity to give myself compassion.

I know that nothing and no one is against me. Not in my external world, not in my internal world. Life can only be against who I am not.

I can see that I would have related differently to this situation had I been on my Q Card. I am becoming better at recognizing when I am on my Q Card or not in the moment.

I take action to restore balance and integrity to my life. I honor myself and appreciate myself for my continued willingness to consciously live on my Q card.

Leader: Pass out handout with “Q Territory Feelings” and invite group to notice if they are experiencing any of the “Q Territory” feelings.

#### **ACTIVITY 4 – PRAYER FLAGS**

25 Minutes

Materials: Colored Cloth, Markers, Yarn, Glue

Prayer flags, which are most commonly seen in countries that practice Tibetan Buddhism, are physical representations of mantras and aspects of the enlightened mind. The belief is that, as wind moves the flag, it carries the prayer along with it, blessing its surroundings. Tibetan prayer flags are typically printed with a divine symbol surrounded by one of almost 400 different traditional mantras, and represent prayers for peace, strength, protection, or good fortune.

Design a prayer flag using words or symbols that represent in some way who you have come here to be. Feel free to creatively design your personal prayer flag using whatever symbols, words or design that expresses who you have come here to be.

Important Note: You will need to glue the top over the string so leave some blank space at the top of your design for that purpose.

Once prayer flags are complete, place them on the string provided and bring your family group’s creation to the main meeting room for display. (Everyone will collect their individual prayer flag at the end of Rally.)

Group Share: While group is designing and creating their prayer flags, invite group to share anything they wish about the challenging situation or experience they chose, the meditation or what they have chosen for their prayer flags.

#### **Closing Prayer:**

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

Divine spirit, bless us as we move forward into this day, and support us as we express who we have truly come here to be. And so it is. 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 bringing us together this weekend. Help us support and encourage one another and let us know that we can share everything and anything and not worry about being judged. With this mindset, let us move forward and learn that no one and nothing is against us. Amen

### **Affirmation:**

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

There are no friends or foes. There is only "We". Together, we achieve our fullest self.

### **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 are not only human-you are Divine in potential. The fulfillment of all your goals and aspirations in life depends upon stirring up and releasing more of that Divine potential. And there is nothing really difficult about letting this inner light shine. All we must do is correct our tendency to turn off our light when we face darkness." ~Eric Butterworth, *Discover the Power Within You*

## **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. 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. Thank you God. Amen.

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, centering breath. Let the love and positive vibes of the weekend flow over you as you center yourself. Great Spirit, beloved God, thank you for this opportunity to love and learn this weekend. We are so thankful for this chance to experience an atmosphere of unconditional love. We know that you will guide us and help us outside of Rally, as we continue to spread this spirit of love and acceptance to the world. Amen.

**Affirmation:**

Leader: Go around the circle with each member saying their name and a positive "I am" affirmation using one or more qualities from their "Q" Card.

Ex: I'm Grace and I am peaceful and open.  
I'm Brendan 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.

“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 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

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.

### **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  
*Grace, Brendan, Niall, and Julian*

### **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.

Challenging Experience – Recall the Moment  
(From *The Art & Practice of Living with Nothing and No One Against You*)

Handout

Think of a moment where you felt discomfort (either from external circumstances or from negative self-talk.)

Choose one to describe here:

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What were the predominant feelings you experienced? (See Enemy Territory Feelings Chart) \_\_\_\_\_

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Which of the following best describes how you are relating to the situation?

sense of not enough (lack)     fear or anxiety about a situation/outcome     inadequacy in some area  
 unworthiness in some area     other (describe) \_\_\_\_\_