

**UNITY WORLDWIDE MINISTRIES
EASTERN REGION YOUTH OF UNITY
FAMILY GROUP MATERIALS**

It's LIT
(Love * Individuality * Truth)

Fall Rally 2016

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

It's LIT: Love * Individuality * Truth

FAMILY GROUP #1	Friday Evening
	8:00-9:00 pm (1 hour)

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

Opening Prayer:

(ABOUT MIND- 1st part of Unity Trinity)

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

Affirmation:

(ABOUT MIND- 1st part of Unity Trinity)

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.

Quote: **(ABOUT MIND- 1st part of Unity Trinity)**

<u>ACTIVITY 1 - GETTING ACQUAINTED</u>	5 minutes
---	------------------

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

- name
- chapter
- number of Rallies attended
- someone in your life that has supported you in some way

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

<u>ACTIVITY 2 – RELATED TO DIVINE MIND/LOVE- GET-TO-KNOW YOU...</u>	10 minutes
--	-------------------

Materials: (Activity Material)

Leader: (Instruction)

<u>ACTIVITY 3 - RELATED TO DIVINE MIND/LOVE</u>	15 minutes
--	-------------------

Materials: (Activity Material)

Leader: INSTRUCTION

Discussion:

- OPEN ENDED QUESTIONS THAT PROMOTE DISCUSSION

<u>ACTIVITY 4 - HEART AGREEMENTS</u>	5 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 what agreements they would like to have to feel safe and have a good experience together.
3. Create a poster of the Agreements that the group suggests and feels comfortable with.
4. Some important agreements for the Family Group appear below. Feel free to suggest any or all of them and to put them in the words the group feels comfortable with.
 - 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 every one's right to pass at any turn.
 - Be supportive of one another at all times.
 - Keep what is shared in confidence with this group.

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

5. Other possible agreements are:
 - 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.
6. 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.
7. Tape your Heart Agreement up on the wall where your group meets.

<u>ACTIVITY 5 - THEME DISCUSSION & LOVE NOTE BAGS</u>	10 minutes
--	------------

Materials: white paper bags, markers, masking tape

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.

Then:

- Pass around the markers and encourage each person to personalize their 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.
- Use the number in the bag and tape that to the wall in the hallway where you are hanging your love note bags.

Leader: 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. The following questions may be used as discussion prompts, but feel free to ask different questions based on where the discussion goes in your particular group.

- What are different ways that we can “fall down”?
- Can you describe a time when you “fell down”?
- How did you stand back up?
- What do you think helps you to stand back up?
- What do you define as failure?
- Are there situations that giving up or letting go are the right thing to do?
- Do you think there is a value to the difficult challenges we face in life even if they are painful?

Leader: Invite a member of the group to read the closing prayer.

Closing Prayer: (Can be changed)

Mother Father God, We thank you for all the hope and love you brought to this group, and we see your light guiding us as we continue our spiritual experience through this amazing Rally weekend. Amen.

FAMILY GROUP #2	Saturday Morning
	9:45-10:45 am (1 hour)

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

Opening Prayer: **(Can be changed)** Divine Spirit of Light and Love: We are grateful for this new day of love, laughter and light. Guide us to express your light and love as we continue our spiritual journey with open minds and hearts. Amen.

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

Affirmation: **(Can be changed- focus on Divine IDEA)** I am grateful for all of the lessons in my life, even those that challenge me.

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.

Quote: **(Can be changed- focus on Divine IDEA)**

There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right. Pray for the ones who don't. Life is too short to be anything but happy. Falling down is part of life...Getting back up is living. ~Internet Meme

<u>ACTIVITY 1 - CHECK-IN</u>	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.

<u>ACTIVITY 2 – ACTIVITY ABOUT DIVINE IDEAS</u>	25 minutes
--	------------

Materials: LIST MATERIALS

Leader: INSTRUCTION

Lead a discussion using the following questions as discussion prompts.

Discussion Questions: **THAT RELATE TO THE ACTIVITY**- OPEN ENDED QUESTIONS

- How was that experience for you?

<u>ACTIVITY 3 – RELATED TO DIVINE IDEAS</u>	25 minutes
--	------------

Leader say: INSTRUCTION

Discussion:

OPEN ENDED QUESTIONS ABOUT ACTIVITY

Leader: Invite a member of the group to read the closing prayer.

Closing Prayer: **RELATED TO DIVINE IDEAS**

FAMILY GROUP #3	Saturday Evening
	7:00-8:30 pm (1 hour 30 minutes)

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

Opening Prayer:

RELATED TO DIVINE IDEAS

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

Affirmation:

RELATED TO DIVINE IDEAS.

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.

Quote:

RELATED TO DIVINE IDEAS

<u>ACTIVITY 1 - HEART TALK</u>	70 minutes
---------------------------------------	-------------------

Materials: tissues, heart

Leader say: The Heart Talk 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 our lives. Our Heart Agreements are very important in this activity so that everyone feels safe in sharing with the group. What is shared in the group should stay in the group. The exception to the confidentiality agreement is if something is shared that represents a danger to yourself or others.

There are certain rules that are followed in the Heart Talk:

- Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- 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.
- Honor the inner strength and wholeness of each person in the group. Tearfulness during the Heart Talk should not be taken as a sign that the speaker needs physical contact from others in the group.
- The heart is sacred and should be handled with care. It is always passed to the left.
- Everyone has the right to pass.

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

Leader: 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. When approximately 20 minutes are left in the Heart Talk, begin Activity 2 - Loving Reflection.

Meditation:

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 it out. Listen to the silence around you, or listen to the sounds you hear in the room. Now, think of any conflicts in your life. Think about how these situations made you feel. Did you feel less than perfect? Think now of how glad you are to be at Rally, where you can release these conflicts and negative emotions. Take another deep breath and acknowledge your negative emotions floating away. Know that you ARE perfect. Bring your awareness to your heart center. It is here in your heart that you experience your oneness with Spirit. Your heart is one with the heart of Spirit. As your heart beats, it is the rhythm of love singing to you of oneness. As you breathe, feel your breath moving in and out of your heart. Focus on your breathing. As your breath moves in and out, recognize your heart-to-heart connection with Spirit. 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 is in and all around you. Allow that light to radiate from your heart area. 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. When you feel peace in the room, take a deep breath, in and out. 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.

<u>ACTIVITY 2 - LOVING REFLECTION</u>	20 minutes
--	------------

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?

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

Leader: Invite a member of the group to read the Closing Prayer.

Closing Prayer:

RELATED TO DIVINE IDEAS

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

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 and pencils together in rubber bands, and putting a complete set of markers in each box. Remember to pick up your “Sunday Bag” before tomorrow’s Family Group meeting. It will have everything you need for tomorrow’s Family Group meeting. Thank you!

FAMILY GROUP #4	Sunday Morning
	9:30-10:00 am (30 minutes)

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

Opening Prayer:

Related to Expression of idea

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

Affirmation:

Related to Expression of idea

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.

Quote:

Related to Expression of idea

ACTIVITY 1 - CHECK-IN AND FEEDBACK	10 minutes
---	------------

Materials: evaluation forms, pens

Ask group members how they are feeling, 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.

<u>ACTIVITY 2 - DISCUSSION</u>	5 minutes
---------------------------------------	-----------

For those of us who have been to Rally before, 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"?

<u>ACTIVITY 3 - GROUP PICTURE</u>	5 minutes
--	-----------

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

<u>ACTIVITY 4 - CANDLELIGHT APPRECIATION AND CLOSING</u>	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 a Family Group 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 (Family Group leader) sends the candle around the circle to the left, saying as they pass the candle that person's name and, "I see the Christ you are." Once the prayer returns to you, say the following prayer or your own prayer with a similar sentiment to close the Family Group.

Closing Prayer:

Related to Expression of idea

LEADERS

Please bring Sunday Bags and all materials to the staging area and sort materials in the containers provided.

Thank you for your service and dedication. We hope you enjoyed your experience!

***BLESSINGS AND LOVE FROM YOUR 2016-17 REGIONAL TEAM- ADRIEL,
DYLAN, GEORGIA AND KATIE!***

OPTIONAL ACTIVITIES

The following activities may be used if your group finishes any of your Family Group meetings early and needs additional activities.

THESE ARE BEGGING TO BE CHANGED!

<u>OPTION A - CIRCLE ACTIVITY</u>	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, etc.) 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 (Option D) so that each person is passed within the circle of trust and told positive things.

<u>OPTION B - HUMAN KNOT</u>	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.

<u>OPTION C - CIRCLE MASSAGE</u>	5 minutes
---	-----------

Have the 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.

<u>OPTION D - WILLOW TRUST CIRCLE</u>	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.
- Be smooth and gentle when moving the person around and pay attention to individual differences. (height, weight, degree of trust)

<u>OPTION E - THE FRUIT GAME</u>	5-10 minutes
---	--------------

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

1st Person: "Lemon, Banana."

2nd Person: "Banana, Kiwi."

3rd Person: "Kiwi, Orange"

There are, however, 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.