

# 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 24-26, 2008**

**THE WORLD IS YOUR MIRROR**

**FAMILY GROUP #1**

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

**Opening Prayer:**

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

Mother Father God,  
Thank you for bringing us together for this weekend of love, friendship, and spiritual growth. Allow us to be open to this experience and take from it the realization that we are all the one, for the Christ spirit lives in all of us. Help us see the divine in every person, situation, and circumstance. Amen.

**Affirmation:**

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

I am a reflection of God

**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 want 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
- how long in Unity and YOU
- and number of Rallies attended

**ACTIVITY 2 – NAME GAME**

**5 Minutes**

Going around the circle, the first person says their name, an adjective to describe how they are feeling, and their favorite food. The second person repeats the name, adjective, and food of the first person, then says their name, an adjective about themselves and their favorite food. Continue around the entire circle until everyone says their name, an adjective, and their favorite food. The last person must say everyone’s name, adjective and favorite food. You may help if someone needs a reminder.

- Ex. 1st person: I'm Imani, I'm feeling happy, and my favorite food is ice cream.  
2nd person: She's Imani, Happy, Ice Cream. I'm Sabrina, Content, Wasabi.  
3rd person: Imani, Happy, Ice Cream. Sabrina, Content, Wasabi. I'm Josh, Jubilant, Pizza

### **ACTIVITY 3 – MY MIRROR**

**15 Minutes**

**Materials:** Chairs arranged in a circle. One chair for each player except the Leader who stands in the middle and has no chair.

**Instructions:** Have the leader in the middle say one thing about himself or herself that might be common to other members of the group as follows:

- Ex. "My mirror is anyone who loves soccer."  
"My mirror is anyone with brown eyes"  
"My mirror is anyone who likes pizza."  
" My mirror is anyone wearing tennis shoes."  
" My mirror is anyone at Rally for the first time."  
"My mirror is anyone who's been to Rally before"  
"My mirror is anyone who likes football."

Group members for whom the statement is true must immediately move to a different chair but not the chair to their immediate right or left. Leader then tries to sit in one of the empty chairs of the people who are moving to a new chair.

There will be one person in the middle without a chair. **This person is acknowledged by the group by name with cheers and applause** and becomes the leader who chooses a statement that might be common to others in the circle.

Only appropriate honoring items should be suggested, nothing that would embarrass.

Ex. Anyone with pink underwear would not be appropriate. If there is a statement that a participant does not wish to reveal about themselves, they simply sit in their chair when the statement is called out.

**Safe Save:** Before starting, explain how a chair is claimed to avoid pushing and shoving. The first person to place both hands flat on the chair, is entitled to sit in the chair. This is called a "Safe save".

### **ACTIVITY 4 – RALLY RECAP**

**5 Minutes**

Discuss as a group: what is rally, joysongs, announcement tradition, Regie talks, purpose of having Regies, (Philosophy of Y.O.U. is that it is youth run, adult guided) heart agreements (keeping them is being in integrity with self), fuzzies, call for focus/silence, expectations, business meeting, elections, etc.

Ask each person to share how many rallies they have been to.  
Ask first timers what questions/concerns they may have.

**Note to Family Group Leaders:** Please emphasize that during Rally, when one of the Regies or leaders raise their 2 fingers in the focus sign, all other Rally participants who see this should immediately raise their fingers in the same sign and focus silent attention on the speaker. Thank you for your help and support!

## **ACTIVITY 5 – HEART AGREEMENTS**

**10 Minutes**

**Materials:** Large Sheet of paper, Markers, Masking tape

1. As the leader, take a couple of minutes to explain to your group the purpose of a family group. Share how the groups are designed to be a safe place where each of us is free to be ourselves and to experience acceptance and love. The family group works together during all of the family workshops scheduled during the rally. It is important that each person is present and on time for each workshop in order to build the consciousness of love and support that is shared in the group.
2. Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. 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

### **Exception:**

**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 6 – THEME DISCUSSION & LOVE NOTE BAGS**

**15 Minutes**

**Materials:** White paper bags  
Markers  
Masking tape

**Love Note Bags:** Pass out the love note bags to each member of the group.

Explain that

- Each person receives a bag in which to collect “loving thoughts” from other members of their family group throughout the weekend, as well as from others here at rally.
- A table is set up to provide notepaper, markers, stickers, etc. for writing these special notes to each other. This can be done after meals and during free time, but not during scheduled activities.
- Everyone should leave the love note table promptly when activities are scheduled to begin.

Pass around the markers and encourage each person to personalize his/her bag by decorating it. Make sure they put their Name, Church, City and State somewhere on the bag where people can read them. When the bags are finished, put them up on the wall near your Family Group meeting space using the masking tape. If your Family Group is meeting in one of the cabins, put them in the hallway of the main meeting room on the wall next to your Family Group Number.

Encourage Family Group members to write love notes to others in their group as well as other groups throughout the weekend and place them in their bags. Remind them how nice it is to give, receive and read these love notes after the weekend is over.

**Theme Discussion:** As you are creating your beautiful love note bags, take some time to think about what the theme of this rally means to you. While sharing markers, share your ideas together. Here are some questions to get you started. If you want, write down some of these answers to share with the team.

1. What does the theme "The world is your mirror" mean to you?
2. What do you value in others and how does that relate to what you value in yourself?
3. What do you find difficult or challenging in others behavior or attitudes and how does that relate to something within yourself?
4. How are you creating (or attempting to create) a positive change in your world?
5. Describe a time in your life that you did not want to see the world as your mirror. Share any message or lesson learned from the experience.

### **Closing Prayer:**

Mother/Father/God, thank you for blessing us with the opportunity to learn and share with the wonderful people in this group. Let us go forth 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  
9:15-10:45am (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.

Mother Father God,  
Help us to recognize the God within at all times. We are all connected, and to make this connection stronger still, let us heighten our awareness of our cosmic place in the universe, reaching out to those around us that are in need, through demonstrating the best of our being. Amen.”

### **Affirmation:**

Leader: Go around the circle with each member saying their name and the affirmation. The rest of the group repeats the affirmation back to each group member.

Affirmation: I am a perfect child God, and I represent myself to the fullest every day

**Ex:** I'm Patrick and I am a perfect child God, and I represent myself to the fullest every day  
Patrick, You are a perfect child of God and you represent yourself to the fullest every day.

### **Quote:**

Leader: Invite a member of the group to read the Quote. Once the quote is read invite everyone to take in the words of the quote and then request the reader to read the quote one more time.

“The world is in your hand, now use it.” Phil Collins

## **ACTIVITY 1 - CHECK -IN**

**10 Minutes**

Go around the circle giving each member of the group a chance to check-in, indicating how they are feeling now, how things are going for them at Rally, anything they have particularly enjoyed, or anything they have found challenging.

## **ACTIVITY 2 – MASK ACTIVITY MEDITATION**

**10 Minutes**

Leader: Explain to your group that you will be leading a meditation in preparation for an activity to follow.

### **Say:**

I invite everyone to get comfortable in their seats - Place your feet flat on the ground  
Palms facing up in your lap - Close your eyes and get centered - Take a deep breath - and exhale - Now inhale once more and hold for 5 seconds - Now breath out 1..2..3..4..5 -  
Let your head slowly relax into your shoulders, turning it slowly from left to right - Your shoulders relax (Pause five seconds) Feel it go all the way down your spine, each vertebra slowly relaxes. (Pause ten seconds) Feel yourself relaxing from your hips, to your legs to your knees - all the way out toward your toes. (Pause) I invite you to go on a journey - A beautiful place you can return to anytime - An old forest - You're walking barefoot in the forest, a forest floor covered in leaves. The leaves crunch underneath you. As you continue walking in the forest, you become more and more relaxed with each step A feeling of

peacefulness overcomes you. The past few days seem to melt away (Pause ten seconds) As you inhale deeply, you smell all the fragrances of the forest. (Pause three seconds) You continue on the path - With each step you take, you become more at peace with yourself and the world around you. - You hear the sound of water splashing against the shore off in the distance. - Slowly you follow the sound until you reach the water's edge. The beauty of the still lake surrounds you - Look around - Take everything in - The birds, the trees on the other side of the lake - The beautiful sky. - Your heart becomes centered in the divinity within nature. (Pause ten seconds) Now I invite you to sit down and relax in the spot you have chosen Breathe slowly - concentrate on your breathing - In, out - In out - Slowly, peacefully. (Pause)

You peer over the edge of the water and at once you see your reflection. - Take a moment to really notice your reflection in the water. - Notice the face peering back at you. (pause) What do you see? Is the face happy? Sad? Peaceful? Anxious? Loving? Fearful? Content?

Just be with your reflection for a moment. Noticing without judgement – Blessing whatever reflection is presented to you. (Pause)

Now look again into the water and notice not only your reflection but the reflection of the forest behind you. - The trees gently swaying in the breeze. - The sun coming through the leaves. Hear the birds chirp and all the other sounds of nature around you as you connect with the beautiful life force of nature. Take a moment to experience your oneness with the world and everything in it. (Pause twenty seconds)

Become aware that your actions affect everything and everyone around you. Notice how your thoughts, feelings and actions are reflected back to you as the world responds to you. Notice that the world is your mirror. (Pause)

Now allow the forest around you to fade knowing your sacred place will be there for you always whenever you return in meditation. - Slowly become aware of your physical body and surroundings as you come out of meditation. And when you are ready - Return your consciousness to this room and open your eyes.

## **ACTIVITY 2 – MIRROR MASQUERADE – PART 1**

**15 Minutes**

### **Materials:**

Cardboard masks, pens and pencils

**Say:** People often see themselves differently from the way others see them. We are going to do an activity to explore and compare how we see ourselves and how others see us. We will maintain a quiet, sacred space for reflection while we complete this activity.

Pass a cardboard mask and pen or pencil to each member of the group.

**Say:** On the inside of your mask, take a few moments to write words that describe how you see yourself. Whether you see yourself as happy, easy-going, fun-loving, angry, kind, anxious, sad, calm, nervous, – write those words or any other words that come to mind on the inside of your mask. You may write as many words as you like that will fit on the inside of your mask.



When everyone has had a chance to finish writing self descriptive words on the inside of their cardboard mask invite the group to turn their masks over and ask each person to write their name on the front or outside of their mask.

**Say:** While we continue to maintain a quiet, sacred space for reflection, we are going to continue our activity by sharing how we see each person in our group. When I give the signal, we will pass our masks to the person on our left with the outside of the mask facing up. Do not turn the masks over or look at the inside of the mask of the other person.

Upon receiving a mask of another person, each person will take a moment to bring that person into their heart and mind and then write a word or 2 describing something you see in the person whose name is on the mask. We will then send a silent blessing to the person whose mask we hold and, on my signal, we will all pass the mask we hold to the person on our left, always keeping the outside of the mask facing up.

I suggest that you not look at or focus on the words others have written about the person whose mask you hold, but simply hold the person in your heart and mind and allow a descriptive word to come to you. Write the word that comes to you in this way, even if you notice another person has written the same word.

We will continue in this manner, passing the mask to the left on my signal, until the mask returns to the original owner.

**Leader:** Allow approximately 30-40 seconds per round. Once group members receive their own mask back, give them a chance to look at their mask and compare the words on each side of the mask. Invite the group to share any insight they received from the mask activity using the following questions as needed to help with the discussion.

Encourage all group members to participate. Ask questions of specific people if necessary. Ex. "Imani, we haven't heard from you so far during this discussion. How was this activity for you? Are there any insights you can share with us?"

### Discussion Questions

How do the two sides compare?

Is the outside of your mask a mirror image of the inside? What is the same? What is different?

Do you feel as though you are giving off a distorted image of yourself?

How do you want to be seen by others? Do you see yourself the way you want to be seen?

Which side of your mask do you think is the most important? Why?

In what way does the world provide you with feedback about how you are expressing yourself?

What are the different forms that such feedback might take?

How do you usually handle feedback from others?

Do you consider it valuable whatever the form? Why or why not?

## **ACTIVITY 2 – MIRROR MASQUERADE – PART 2**

**20 Minutes**

### **Materials:**

Plastic Masks, Craft supplies, markers, tacky glue, Permanent markers

**Leader:**

Allow each group member to choose one of the masks to decorate. Invite the group to decorate their mask in a way that represents something about what they would like to express or how they would like to express themselves in the world. Use any of the craft supplies for this purpose.

When masks are finished, set them aside for the glue to dry. Members may wear their masks to the mixer lunch if they like but should probably not take them to the service project. If the Family Group is meeting in one of the cabins, bring the masks to the meeting room where a table will be set up for them to finish drying during the service project

**ACTIVITY 3 – FINDING YOUR MIRROR IMAGE****30 Minutes****Materials:**

Cutout Figure, Glue, Clues, Craft Supplies

**Directions:** It's Halloween! You've been waiting all week to go to a Halloween costume party but you still haven't got a costume even though you've been thinking about it all week.. You decide that you will just let go and allow the Universe to reveal your costume. Together the entire Family Group will create the costume. The cutout figure will represent the members of your Family Group and together the Family Group must create the costume for your cutout figure. Each Family Group member will contribute one piece of the costume. The specific costume piece that each member contributes will depend on the decision that the group member makes in response to a scenario.

Each Family Group member will receive a clue. The clue will lead to the location where the scenarios and costume pieces can be found. Once you find the location that the clue has lead you to, you will read the scenario at the location and choose one of the decisions: either A, B or C. Choose the choice closest to what you think you would actually do and take one of the costume pieces related to that choice. Once you have your costume piece, return to your family group with your part of the costume.

Leaders: Pass out one clue to each member of the group. If there are extra clues after each member receives one, give the extra(s) to the first team member(s) to return with their costume piece so that your group has all the costume pieces.

Scenario locations are in the appendix to the Family Group Material. If any of your group is unable to locate their scenario location after 10 minutes, assist them with their clue.

**After the scavenger hunt:** Use glue to put the costume together on your cutout person. You must use all of the costume pieces. However, you may add to the costume using any of the craft supplies in your Family Group bag. While the group is creating the costume for their cutout person, lead the Family Group members in a discussion about the activity. Use the discussion questions that follow to get you started.

**Discussion questions:**

- 1) What was your scenario and what were your choices?
- 2) Why did you make the choice that you made?
- 3) Was the consequence or result of your choice something you expected? Why or why not?
- 4) Have you ever experienced something similar to your scenario and if so what was it?

- 5) Describe a time when you used hindsight to make a better decision in life?
- 6) What insight have you brought back from a real-life situation?
- 7) How do you think your decisions affect what happens in your life?
- 8) How does this activity relate to the Rally theme: "The World is Your Mirror?"

**Closing Prayer:** Go around the circle with each person bowing with hands folded to the person to their left saying that persons name and ""I see the Christ in you " until the prayer returns to the person that began it who says "Amen"

Ex. "Sabrina, I see the Christ in You", Josh, I see the Christ in you." etc

### **FAMILY GROUP #3**

**Saturday Evening  
(6:45-8:45 pm - 2 Hours)**

#### **Opening Prayer:**

Leader: Invite a member of the Group to read the opening Prayer

Dear Mother Father God

In this sacred time let us free ourselves of all burden

Releasing any negatives that may be encumbering us and welcoming all love and positivity

Knowing that we are here in this moment experiencing life in all its glory and remembering that this is only the beginning.

Amen

#### **Affirmation:**

Leader: Invite each person in the circle to think of an affirmation for themselves and say their name and affirmation out loud. Have members say affirmation back to each person.

**Ex.:** Patrick: "I'm Patrick and I see God in all things."

Group: Patrick, You see God in all things."

Janet: I'm Janet and I am happy, whole and filled with the joy of living"

Group: "Janet, You are happy and filled with the joy of living"

#### **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.

"People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within." ~ Ramona L. Anderson

## **ACTIVITY 1 – HEART TALK**

**90 Minutes**

**Materials:** Box of Kleenex, Heart

Explain to your group in your own words what a Heart Talk is. It is a time to share from our hearts. It is a sacred time that empowers us through honest sharing and respectful and loving listening. This is a time to release anything that may be weighing us down or keeping us from being close to others. This is also a time to express the joys and blessings that are present in your life. Your family agreements are very important in this activity so that everyone feels safe in sharing with the group.

There are certain rules that are followed:

- 1) Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- 2) **No one should respond to someone else's sharing.** This is not a time to offer advice or in any way to try to counsel or fix another. It is only a time to listen deeply to others and share from your own heart.
- 3) The heart is very sacred. It should be handled with care and never thrown or mistreated. It is always passed to the left.
- 4) Everyone has the right to pass.
- 5) Be considerate about how long you talk. Monitor your sharing so you don't monopolize or take up more than your share of the time.
- 6) The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

**Meditation** (Leading into Heart Talk)

**Leader's Note:** Begin the Heart Talk with the following meditation. While reading this meditation aloud to your family, allow yourself time to listen to the words, you may also want to read through it once before reading it aloud. If you are giving yourself time to hear the words then everyone else will have time to absorb them as well. Just don't close your eyes 😊

Get comfortable in your chair or sitting on the floor. Gently allow your eyes to close. Observe the even flow of air through your lungs. The give and take that is a constant cycle connecting you to the world around you, and in this moment ... connecting you to the world within ... a steady glow of love emanates from your chest. As your breathe takes you deeper and deeper into your own heart ... this love surrounds your entire body, every cell sings with divine intention to grow more ... to listen and share more ... truly connecting with one another we create a space where the intention is healing and we are all aware of the Christ presence here, now. Within this gathering of radiant souls, there is God ... in your voices, in your hearts, in your bodies, in your thoughts ... "Where two or more are gathered in my name, there I am" ... breathing in this warm accepting energy, you find the power to see past all pretense and embrace those around you ... breathing out you surrender all thoughts, all fears, you are ready. (Allow 1-2 minutes of silence and breathing so all may enter a place of love and sharing) God is always ready, and this moment is your calling to be victorious in illuminating your thoughts and your own heart. You are a child of God surrounded by children of God. Each of you possesses gifts that can change the world. As you share with each other be aware of the gifts you give with your honesty and the gifts you receive from others. Allow your heart to open and expand in this loving safe environment and let your light shine!

**Leader:** Allow for a few moments of silence and then Say: The heart is in the middle of the circle and may be picked up by anyone in the circle to begin the Heart Talk.

## **ACTIVITY 2 - LOVING REFLECTION**

**30 Minutes**

When approximately 30 minutes is left in the Heart Talk, read the following instructions:

**Leader Say:** The heart talk is a way to release negative aspects of our life that are keeping us from experiencing the life we want. As we share our hearts and reflect on life and its complications it is easy to begin to focus only on the things that are serious and difficult. We may forget that God has given us free will and all the tools necessary to overcome any challenge in our life. We will begin to pass the heart around again with the following questions in mind.

- ♥ How can we change our experiences and look at things from another perspective.
- ♥ What can we do when we feel powerless or out of control?
- ♥ How can we remember God and Unity in times of trouble and crisis?
- ♥ How can we learn to see the lessons in things instead of the struggle?
- ♥ What are ways we can cheer ourselves up when we feel down?
- ♥ What effect does keeping an attitude of gratitude have on our life and perspective?

**Leaders:** The heart talk ends when the time allotted is up or when the heart has gone around the circle with everyone passing. Please do your best to end the heart talk on time.

### **Finishing Heart Talk early:**

If your group finishes early, your group may choose one of the optional activities found at the end of the Family Group material or the group may work on love notes in the remaining time. If you want to lighten the mood, a silly and fun optional activity "The Fruit Game" (Not Fruit Basket Upset) appears at the end of the Family Group Material. Please be mindful of nearby Family Groups in choosing any optional activities.

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

### **Closing Prayer:**

Dear Mother Father God  
Let us bask in the support in this room  
We are all here for each other, and through prayer  
We can uphold our loved ones through times of trial  
Family is not always blood related, all you need is love  
And as a spiritual family we will always be together  
Through our memories of these times together  
Amen

### **LEADERS:**

**BRING YOUR FAMILY GROUP BAGS TO THE STAGING AREA AND SORT YOUR MATERIALS INTO THE CONTAINERS PROVIDED. KEEP YOUR "SUNDAY BAG". IT HAS EVERYTHING YOU NEED FOR TOMORROW'S FAMILY GROUP MEETING.**

**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)**

### **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 breathe. Let the calm wash over you as you center yourself. Mother Father God, thank you for bringing this group together once again, for guiding us to be here to experience this extraordinary weekend. We know that you are continuously showing us the path and the way.

Amen.

### **Affirmation:**

**Leader:** Go around the circle with each member saying their name and the affirmation. The rest of the group repeats the affirmation back to each group member.

**Affirmation:** I am a perfect expression and reflection of God.

**Ex:** I'm Patrick and I am a perfect expression and reflection of God.  
Patrick, You are a perfect expression and reflection of God.

### **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.

**Quote:** "...be of one mind, live in peace. And the God of love and peace will be with you."

~2 Corinthians 13:11

## **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 negative environments. 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 – OPTIONAL ACTIVITIES**

**10 Minutes**

**Leaders:** Choose or have your group choose any of the Optional Activities at the end of the Family Group Material or use this time to work on Love Notes.

### **ACTIVITY 4– GROUP PICTURE**

**5 Minutes**

This is a time for you to exchange pictures and addresses with other members in your group. If the members in your group would like to take pictures or get addresses, this is the time to do it.

#### **Closing Prayer:**

Leader: Starting with yourself, go around the circle with each person bowing with hands folded to the person to their left saying that person's name and "I see the Christ in you " until the prayer returns to you, then say the following prayer or your own prayer with a similar sentiment to close the Family Group.

Mother Father God, thank you for all the glorious people here. May we all take this weekend with us wherever we go and always see the beauty in others that we know is in ourselves. 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

*Dorothy, Sabrina, Imaní, Josh and Jane*

## **OPTIONAL ACTIVITIES**

The following activities may be used for Family Group #4 or if your group finishes any of your Family Group meetings early and needs additional activities.

### **OPTION A: CIRCLE ACTIVITY**

**5-10 Minutes**

Have the group form a circle. Have one person stand in the middle of the circle. Have somebody time 30 seconds. During this 30 seconds everyone on the outside of the circle says really nice things to the person on the inside of the circle (i.e. you're beautiful, you have a very calming presence, you have an amazing voice, you have a great sense of humor that brings laughter to everyone around you, you are kind and thoughtful, you're great at basketball— whatever wonderful things you feel toward the person). Don't be afraid to have everyone talking at once. The effect should be a sort of torrent of compliments washing over the person on the inside of the circle. Once the 30 seconds is up have another person step into the center of the circle and repeat the process until everyone has had a turn on the inside of the circle.

If you want to make things a little more interesting, the group can combine this activity with the willow activity so that each person is passed within the circle of trust and told positive things.

### **OPTION B – CIRCLE MASSAGE**

**5 Minutes**

Have group stand in a circle so that their shoulders are touching. Have the group turn to their right and gently massage the upper back and shoulders of the person on your right. After a few minutes, turn to the left and massage the back and shoulders of the person on the left. As you massage, send love and light to the person you are massaging.

### **OPTION C – HUMAN KNOT**

**5-10 Minutes**

Form a circle with hands in the middle. Take the hand of someone in the circle. Do not take the hand of the person standing on either side of you. Do not take both hands of the same person. Now you have to untie the knot and re-form the circle without letting go of your hands.

### **OPTION D- WILLOW TRUST CIRCLE**

**5-10 Minutes**

Form a circle standing around a volunteer who stands in the middle. Have everyone in the circle stand shoulder to shoulder facing the center of the circle with hands held at chest height, palms forward. Each person should have one foot slightly behind the other for good balance. The people in the circle have become a summer breeze and the person in the center will be the willow.

The willow stands in the center of the circle with feet together, arms crossed over the chest, and eyes closed. Keeping the feet stationary and the body straight but relaxed, the willow lets go, swaying from side to side, forward and back. Those in the circle support the willow with gentle pushes of their palms. Make sure that there are at least two people supporting the willow at all times. Each person gets to be the willow in the wind, having the opportunity to trust others and experience the trust in the group.



Since the purpose of the activity is to provide an experience of trust, each member must contribute to a comfortable trusting environment by observing these guidelines:

- No talking or laughing
- Do the activity in silence so everyone can experience the feeling of trust.
- Being smooth and gentle when moving the person around and pay attention to individual differences (height, weight, degree of trust)

### **OPTION E - THE FRUIT GAME**

**5-10 Minutes**

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

1<sup>st</sup> Person: "Lemon, Banana."

2<sup>nd</sup> Person: "Banana, Kiwi."

3<sup>rd</sup> Person: "Kiwi, Orange"

**However, there are two special rules to this game:** You must keep your tongue out the whole time, and you cannot laugh! Anyone who does either is "out" for the remainder of the game. Anyone who is "out" sits down in their chair.

### **OPTION F – CHOICES**

**5-10 Minutes**

Use masking tape to draw a line on the floor. Identify an "A" side and a "B" side. Ask groups the following questions. After each question, invite the group to stand on the side they feel best answers the question. After group has made their choice, ask some members on each side why they made the choices they did.

Of the following two choices which one do you most relate to or which best describes you?

- |             |               |
|-------------|---------------|
| A) Mountain | B) Canyon     |
| A) Big City | B) Small Town |
| A) Sunrise  | B) Sunset     |
| A) Pen      | B) Pencil     |
| A) Leaf     | B) Wind       |
| A) Physical | B) Mental     |
| A) Tortoise | B) Hare       |
| A) Table    | B) Chair      |
| A) Oak Tree | B) Willow     |

Would you describe your leadership skills as A) a Hammer or B) a Nail?

Would you describe your following skills as A) Thunder or B) Rain?

When this group is asked to make a decision is it like A) a River or B) a Lake?

When this group must complete a task is it more like A) a Sloth or B) a cheetah?

## **SCENARIOS AND CHOICES**

### **Finding Your Mirror Image Activity**

#### **Accessories**

You've been studying all week for a huge test. Your friend has gotten the answers from someone who took the class last year and offers to share the answers with you. You...

- A. Take the answers and cheat.
- B. Just say no and warn your friend about getting caught.
- C. Discourage them from cheating and help them study.

#### **Accessories A**

You pass the test, but feel uneasy for days. The teacher later learns that you cheated and gives you a zero on the test and in school detention. You have ample time to think about what you've done and you feel bad. You vow to cheat no more and decide to spend your in-school detention preparing for the next exam so your grade will improve. You receive a headband for your costume because the whole affair made your head ache.

#### **Accessories B**

You study the night before and do pretty well. You stay focused on your goal and are comfortable enough with your friend to be open and honest. However, you still feel a bit uneasy since you're concerned your friend may still be cheating. You think you should have said more about why you feel it's not a good idea to cheat even if you're not caught. You are also worried that your friend might get caught. You receive a mask for your costume because the light of truth does not yet seem to be shining fully here.

#### **Accessories C**

What a wonderful display of leadership! You're using wisdom to help others. All that studying pays off and you both ace the test. Your fellow students notice how well the two of you do and a study group is formed. Now all of your friends grades are improving. You receive a party hat for your costume because you have something to celebrate.

#### **Mouth**

Your neighbor is a single mom with several kids. She asks you to watch her kids for a couple of hours while she mows the lawn and does some much needed yard work. You have been wanting to get some more babysitting jobs because you could really use the spending money. However, you've had a pretty busy week and had been planning to chill out during the time your neighbor wants you to watch her children, and you're not sure your neighbor intends to pay you. It sounds like she might be asking you for a favor. You...

- A. Respectfully decline and spend your chill time watching a favorite movie and playing video games.
- B. Take a breath, say sure and invite the kids over to your house to spend a few hours making crafts and playing games.
- C. Offer to mow the lawn for her.

### **Mouth A**

Your neighbor asks another teen who lives on your block and he is well paid. You feel a little bad about missing this opportunity especially when your neighbor continues to ask the other teen to babysit. You receive a sad clown face for your costume because you regret the missed opportunity.

### **Mouth B**

Your creativity shines and causes the kids to absolutely love you. You have a good time too. They beg their mom to hire you as their babysitter. You have another job! You receive a happy clown face for your costume because you are happy about this new opportunity.

### **Mouth C**

Kids aren't quite your thing, but you want to help out. You spend a few hours mowing her lawn and doing some yard work. When you're done the yard looks great and you feel a sense of accomplishment. Your neighbor pays you for your effort and offers you a steady job mowing her lawn. She likes the way you took care of her yard and she gives your name to a few other neighbors who hire you to mow their lawns. You receive a whistling mouth for your costume because you are whistling all the way to the bank.

### **Nose**

Oh no! You just found out you copied the schedule wrong and that you're scheduled to work tonight. You already told your friends you would go to the costume party. You really want to go to the party. You have been planning it all week. You....

- A. Call in sick to work and go to the party.
- B. Ask your manager if you can leave work early and stop by the party.
- C. Skip the party and go to work.

### **Nose A**

You have a great time at the party until you answer a call on your cell phone. It's your manager checking to see how you're feeling. She hears the party music and you are soooo busted. Your manager tells you not to come back to work. You're fired. You feel bad all evening and it's really hard to enjoy the party. You look for another job for several weeks but you can't use your old job as a reference and employers want someone with experience. After several weeks of hard searching, you find another job and begin a fresh start. You've had to really cut corners to survive in the weeks you had no job. You receive a Pinocchio nose for your costume to remind you to be truthful in the future.

### **Nose B**

You are so relieved when your boss agrees to let you leave early if it's not too busy, but worry about whether or not it will be slow enough at work so you can go. It turns out you are able to get to the party a little late and you have an OK time but the party does not live up to the high expectations that you had for it. They had a big rush at the restaurant you work at after you left for the party and the other employees made a lot of tips. Later in the week you really miss that money when you have to pay for gas and other expenses. You vow to keep things in better perspective in the future. You receive a gold clown nose for your costume because you are able to look back and laugh at yourself and the whole situation and gold represents wisdom.

### **Nose C**

You feel bad to miss the party. However, they are a little short-handed at work because most of your co-workers are at various parties. You make more in tips than you ever have before and when it slows down; your boss lets you leave early. You are able to get to the party late and everyone is happy to see you. You have a great time and are told that most people arrived late so you didn't really miss much of the fun. You feel like you did the right thing and the Universe rewarded you. Everything worked out. You receive a sparkling gem of a nose because your life feels sunny and bright.

### **Ears**

You didn't get around to taking out the garbage and now your mom is angry and is yelling at you. You

- A. Yell right back, she has no right to talk to you that way.
- B. Listen, apologize and take the garbage out immediately.
- C. Respond with the silent treatment. You angrily take the garbage out and say nothing to your mother for the rest of the night.

### **Ears A**

The argument escalates and you and your Mom have a big fight. You say things you regret and end up grounded for the rest of the week. Now you have plenty of time to take out the garbage and also time to think about how to handle the situation differently in the future. Eventually you make up with your mom and vow to yourself to be more disciplined about doing your chores, and more loving to your Mom. You receive a set of Pink elephant ears because an elephant never forgets and pink represents love.

### **Ears B**

Your mom quickly cools down and apologizes for getting angry. Your willingness to accept responsibility for your actions and your sincere apology quickly shifts her perspective and you both go out for ice cream. You make the effort to do your chores on time and your Mom notices and tells you how much she appreciates it. For your costume you receive gold bunny ears because you are quick to do your chores and gold represents understanding.

### **Ears c**

After you take out the garbage you go to your room and sulk and fume. After awhile you realize that you are making yourself miserable and consciously try to stop being angry. Eventually, you make a peace offering to your Mom by spending some time cleaning up your room and asking your mom if she has time to watch a movie with you. You enjoy the movie and go to sleep in a clean room and that feels good. You promise yourself to be more organized and orderly in your chores and life and to keep your anger under control. You receive green Vulcan ears to remind you to keep control of your emotions and because green represents order.

### **Face Paint**

You've been pet-sitting some fish. When you check in to feed them, you notice that a fish has died! You

- A. Buy a new one and hope the owner won't notice.
- B. Call the owner to tell them that the fish died.
- C. Ignore it and pretend that you didn't notice.

### **Face Paint A**

You bought the wrong kind of fish! The owner immediately realizes that there is now a goldfish instead of a piranha. He becomes incredibly angry and refuses to pay you. He also calls your parents, saying that you killed his fish (although he doesn't mention that the insurance was worth more than the fish) and your parents ground you for being dishonest. The whole experience leaves you feeling blue and receive face paint to match.

### **Face Paint B**

He's quite upset at the death of his favorite fish, but realizes that these things happen. He asks you to properly preserve the fish and invites you to its (toilet) burial upon his return. You and your neighbor bury the fish in a lovely porcelain burial ceremony and your neighbor pays you in full. You are feeling sunny and bright and receive yellow face paint to express on the outside what you feel on the inside.

### **Face Paint C**

The owner might not have noticed the floating fish, but the stench was impossible to ignore. When you deny having anything to do with it, he pushes you out the door. You later find out that he called your parents and is refusing to pay you. You get in trouble with your parents for being dishonest and you hear that one of your friends is now has your pet-sitting job. Your neighbor has told several people about the incident. You're so embarrassed it seems like you are walking around with a permanent red face. You receive red face paint which masks and matches your current face color.

### **Shoes**

You made it to the gas station just in time-you're completely out of gas. Unfortunately, you look in your wallet and realize you have no money. You forgot to stop at the bank. You look out the window and notice a wallet on the ground. You pick it up and find \$30 inside along with an ID and address. You

- A. Use the \$30 to fill your tank then stop at the bank on your way to the house of the wallet's owner to return the wallet with all the money.
- B. Leave the wallet on the ground and call a friend for some cash.
- C. Take the money and leave the wallet.

### **Shoes A**

The owner thanks you for returning the wallet and the money. He graciously gives you all the money in the wallet as thanks for your kind deed. You refuse the money but he insists. You walk off feeling good about yourself and a bit wealthier. You receive a pair of Gold shoes for your costume to represent the prosperity and feeling of abundance that followed your honest act.

### **Shoes B**

Your friend doesn't have as much money as you need to fill your tank, but enough to get by. He insists on returning the wallet, but you have other things to do so your friend makes the trip to the owner's address to return the wallet without you. You later learn that he received \$30 as payment. When you think about it you realize that you would appreciate it if you lost your wallet and some kind person returned it to you. You resolve to be more kind in the future. You receive a pair of Pink shoes for your costume because Pink represents the power of love to remind you to do unto others as you would like them to do unto you.

### **Shoes C**

You drop the wallet on the ground after you take the money. Unfortunately, a policeman sees this and picks up the wallet with the intent of returning it to you. He checks the ID and sees that you are definitely NOT the same person. After much questioning and denying, you finally admit that you have no idea who owns the wallet. He takes you down to the station where charges are filed and your parents are called. After a nerve wracking Court process you are placed on probation and given community service work. If you successfully complete probation, the Court will dismiss the case. Your parents hired a lawyer for you and all the money you earn for the next 2 months will go towards Court fees and to your parents to repay them for the lawyer. You receive a pair of flip flops for your costume as that is all you will be able to afford for awhile.

### **Hair**

You're sitting in class and hear a group of people gossiping and saying that your friend has been caught shoplifting. You know this isn't true. You...

- A. Calmly but firmly confront the group and tell them the truth.
- B. Ignore it and walk away.
- C. Tell your friend what people are saying about her.

### **Hair A**

You feel good about yourself because you stood up for your friend. The group realizes that they should confirm their facts before they start talking about people. Your friend's reputation is saved. You receive green hair for your costume because green represents the power of strength and you showed strength and courage in confronting the group.

### **Hair B**

You tell yourself that they're just running their mouths because they have nothing better to do. But later in the week you notice your friend has been crying. She tells you that there are false rumors going around school and she feels embarrassed and humiliated because some people believe the rumors. You are sad for your friend and do your best to comfort her. You feel bad that you didn't correct the record when you could. You feel you let yourself and your friend down. You receive blue hair for your costume because you're feeling blue.

### **Hair C**

Your friend is quite upset about the false rumors but thankful that you told her what's being said. You agree to go with her to confront the group the next day. She talks to the group the next day while you stand with her. The group members apologize when they hear her side of the story. She feels stronger about herself and is more confident in everything she does. You receive yellow hair for your costume because you are feeling sunny and bright.

### **Eyes**

Oh no! You just got a test back and you completely failed it. You were not feeling well when you took it and you missed 2 days of school after the test. On the day of the test, you debated whether to go to school and take the test or stay home and get rest, but pushed yourself so you wouldn't have to retake the test. You

- A. Tell the teacher about your illness at the time of the test and ask her if there is anything you can do to bring your grade up?
- B. Know that you did your best and that disappointments happen sometimes. Study harder for your next test to bring your grade up as much as possible.
- C. Feel disheartened and that life isn't fair. You say nothing to the teacher but try as best you can to bring your grade up.

### **Eyes A**

Your teacher is sympathetic. A lot of other students didn't come to school at all. She gives a makeup exam to all the students who were absent and lets you take it too. You aced the makeup exam and your good grade is saved. You receive brown eyes for your costume because brown represents release and you learned that sometimes (like when you are ill) you need to take care of yourself and release your personal will and take time for self care.

### **Eyes B**

You try to make the best of a difficult situation. You stay focused and bring your grade up to a B. Your teacher notices that the failed test is unusual for you and asks you what happened. When you tell her about your illness, she suggests some extra credit work to bring your grade up further. You do a project for the class. Your teacher is impressed with the way you handled yourself and recommends you for a small scholarship. You receive green eyes for your costume because green represents strength and you showed strength of character in making lemonade out of lemons.

### **Eyes C**

You try your best to focus and study for the rest of the tests but you feel disheartened and hopeless and it's hard to motivate yourself when you know that even if you work hard your grade will not be the one you want. You receive one blue eye and one purple eye because blue represents faith and purple represents power to help you find more of each in your life.

### **Shirt**

Your co-workers have been slacking off lately and although you've been doing more than your share of the work, you can't get all the work done without everyone doing their part. You are worried that when your boss notices that the work is not getting done, it will reflect badly on everyone including you. You really need this job. You

- A. Tell your boss that your coworkers are not doing their share
- B. Talk gently to your coworkers about the problem to see if they will stop slacking and do their share.
- C. Do nothing and hope for the best.

### **Shirts A**

You tell your boss that you have been doing more than your share and that the others are slacking and you are not able to get all the work done yourself. Your boss is skeptical at first and seems to think you might be a complainer. He makes a point to be present more often and your coworkers pick up the pace, especially when the boss is around. Your coworkers, noticing the increased scrutiny suspect that you talked to the boss and your relations with them cool some. You're not sure what the boss thinks of you but you are still working and your coworkers are mostly doing their share. You receive a Shirt of many colors for your costume representing the 12 powers to infuse your life with more love, understanding, imagination, power and faith.

### **Shirt B**

You do your best to bring up a touchy subject in a kind way and simply point out the extra work you are doing. You tell them that you enjoy working with them because they are so much fun but that you really need their help to get the work done. You tell them your concern that the boss will soon notice and it will reflect badly on everyone. Your coworkers take it well and make a much better effort at work. You all become closer after your talk and seem to work together better than ever. You receive a Blue shirt or a pink shirt for your costume because blue represents Faith and Pink represents love and you showed both faith and love in the way you handled this situation.

### **Shirt C**

Although you are working hard the boss notices that the work is not getting done. He puts everyone on probation and makes a point to be present more often while you are working. You keep your job but you're concerned that after working hard you will not get a good job reference from this employer. You receive a purple shirt for your costume because purple represents power and you could use more of it.

### **Pants**

No one wants to go to school on Halloween so all your friends are skipping. They're trying to convince you to go, too. You...

- A. Skip school with them because you don't want to miss the fun.
- B. Just say no.
- C. Talk your parents into writing a note excusing you from your last couple classes.



### **Pants A**

Because so many students skipped, the school calls all the parents and you are caught. Your parents get angry and will not let you go to the party. You end up taking your little brother trick or treating. You are totally bummed to miss the party but you try to make the best of it. Your little brother really is excited about Halloween and you don't want your bad mood to spoil his good time. For your costume you receive silver pants. Silver represents the power of Will and you've used your will to make the best of a difficult situation.

### **Pants B**

You know that you'll get in a lot of trouble if you get caught skipping so you just tough it out and go to school. You're one of the few students there, but most of your teachers offer opportunities for extra credit and easy A's. It turns out that the school called the parents of the missing students and your friends are given detention which you are relieved to avoid. For your costume you receive green pants. Green represents order and with your grades improved and no detention you feel like you have your life in order.

### **Pants C**

Your parents know where you are and what you're doing so you don't receive detention. You missed an important review for 2 of your exams and you don't do as well as you wanted on either of them. You are starting to wonder if you're going to get into the college you wanted to go to and decide to really buckle down for the rest of the semester. For your costume you receive a pair of red shorts because you really came up short on those exams. Also, red represents life and you've made a commitment to make some changes in the way you live your life to reach your goals