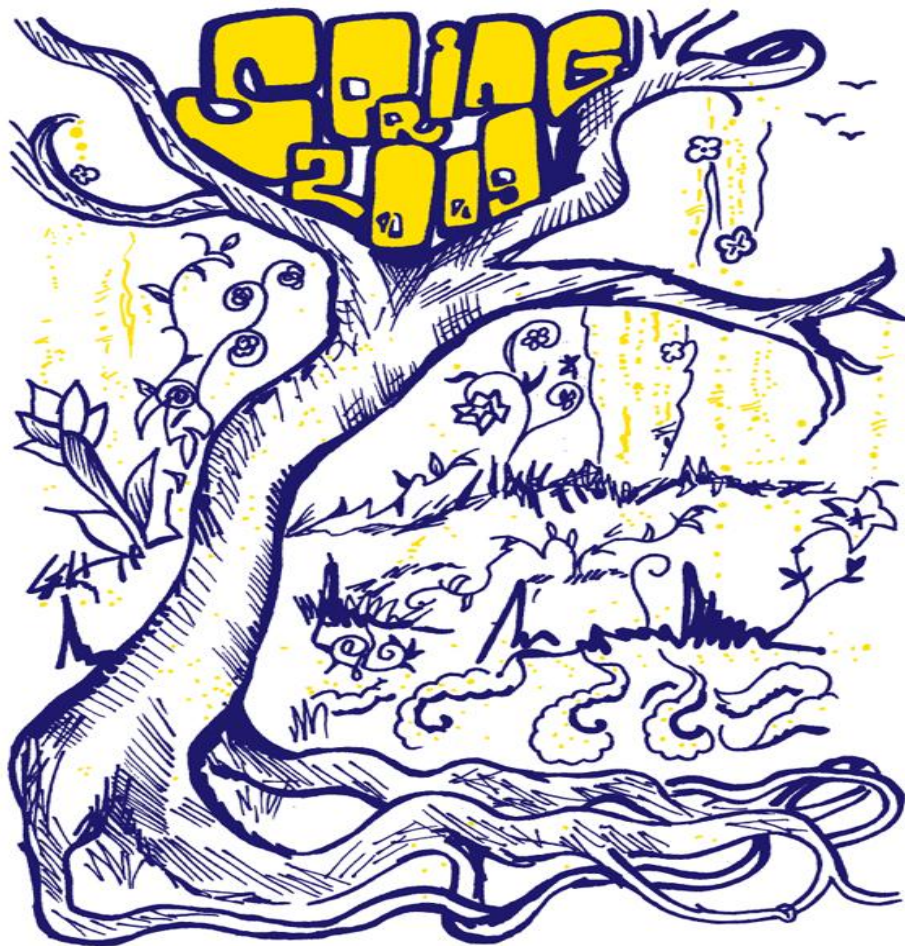


# EASTERN REGION YOUTH OF UNITY FAMILY GROUP MATERIALS



**GROW**  
with  
the  
**FLOW**

**Spring Rally  
2009**

## TIPS FOR FAMILY GROUP LEADERS

**Take Time to Be Centered:** Spend time in meditation or prayer to connect with God. When you are centered, your group will be centered.

**Focus on the Group:** Always start by centering and connecting the group with an opening prayer even if you are starting late. Use the prayer provided or use it as an example to create your own. Ask the group to focus when you need their attention. If people are having trouble staying focused on one activity or discussion, try another centering prayer or take three deep breaths as a group.

**Set the Tone:** Your energy sets the tone for each activity. The group will pick up on your energy. If the next activity is light, keep it light. If it is quiet, keep it quiet. Use your example, your words and your actions to guide the group.

**Be Prepared:** Read and understand the material before you begin the family group time. Check the materials and supplies before the activity. Clarify any questions about the material during the family group leader meeting.

**Let the Group Do the Discussion:** You may need to become comfortable with waiting for a response from people in the group. BE OKAY WITH SILENCE! Discussion means more than one answer and everyone's input is valid. Allow several people to respond before moving on.

**Keep It Moving:** Avoid dragging out activities as this creates boredom and lack of focus.

**Time:** Be on time or early to each Family Group meeting so that the group can start on time. Check the timing in your Family Group material before you begin each session. Watch the time during the workshop. Be willing to stop an activity if the next one needs to start. If the needs of your group require you to change or skip an activity, do this at your discretion while honoring the input of the Regional Team and the overall goal of the material.

**Encourage Everyone to Participate:** Allow a person the right to pass but be aware of the tendency of some people to dominate and some to hold back. Remind everyone that each person and all ideas are important.

**Closing:** Always take time for a Closing Circle even when running late. Do a short prayer, a Yeah God or a group hug to acknowledge the end of the time spent together.

**Other Groups:** Try to maintain a normal conversational level of talking because there will be other groups nearby. Be aware of quiet times of prayer and meditation in other groups around you and keep the level of noise down.

**Heart Agreements:** Be familiar with the Heart Agreements and remind individuals of these agreements if necessary.

**Optional Activities:** Keep your Family Group together during the entire time allotted for Family Group. If your group finishes early, do one or more of the optional activities until the end of the family group time. Do not close your Family Group early.

**Additional Help:** If you need any advice or assistance at any time during your Family Group, please ask the Family Group Coordinator.

**Thank you for serving your region as Family Group Leader – you are a blessing!**

**EASTERN REGION Y.O.U. FALL RALLY**  
**April 24-26, 2009**

**GROW WITH THE FLOW**

**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 all together to join in this weekend of spiritual growth and comradery. May we go through this rally experience with open minds and hearts  
Amen

**Affirmation:**

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

I choose to be the present in every moment

**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.

“Change happens and it can be an opportunity for growth” –Your Regi team

**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 something they'd like to grow in their life. The second person repeats the name, adjective, and growth item of the first person, then says their name, an adjective about themselves and something they'd like to grow in their life Continue around the entire circle until everyone says their name, an adjective, and something they'd like to grow in their life. The last person must say everyone's name, adjective and growth item. You may help if someone needs a reminder.

Ex. 1st person: I'm Imani, I'm feeling happy, and I want to grow more yellow in my life.  
2nd person: She's Imani, Happy, Yellow. I'm Sabrina, I'm feeling content and I want to grow better grades.

3rd person: Imani, Happy, Yellow. Sabrina, Content, Good grades. I'm Josh, I'm feeling Jubilant, and I want to grow more faith in myself.

### **ACTIVITY 3 – GO & GROW**

**5 Minutes**

**Materials:** Large Piece of Blank Paper or Paper on Clipboard, markers or pencils, masking tape

Divide group into 2 teams and instruct each team to form a single line. Use masking tape on the floor for the finish line. (If you are in the Cabins, you may want to go outside for this activity) Set a large piece of paper or the clipboard and paper and a marker a distance from each team. Give the group a 3 minute time limit and inform the group that this is a race to see which group can come up with the most items written on the paper that represent something you need for personal growth. The item could be something that promotes physical, emotional or spiritual growth. To accomplish this, the first person in line on each team runs to the paper and writes down their first name and something needed for personal growth. Once they have written something down they leave the pen by the paper, run back to their line and the next person does the same thing. Game continues until time is called. After the race is over bring both teams together and look at how many things the group was able to list. If you wish and can find room on the wall near you after the Family Group Bags are put up, you can put the personal growth items listed on the wall with masking tape.

Example

Imani – Sunshine  
Dorothy – Prayer  
Josh – Love  
Sabrina – Supportive Family  
Jane - Water

### **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:**

Leader: 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 are willing, write down some of these answers to share with the team.

1. What does the theme "Grow with the Flow" mean to you?
2. From what kind of experiences do you find yourself growing the most?
3. Describe a time in your life when you experienced some form of personal growth.
  - a. What role, if any, did choice play in your growth experience?
  - b. What role, if any, did conflict play in your growth experience?
4. What do you think is the difference between "going with the flow" and "growing with the flow"?
5. How is the growth of a plant or the water cycle a metaphor or symbol for your personal growth?

### **Closing Prayer:**

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

Divine Spirit thank you for allowing us to come together and getting to know each other and may we continue to grow and learn from one another as this weekend progresses Amen

### **FAMILY GROUP #2**

**Saturday Morning  
10:00 – 11:30am (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.

Sweet Spirit, thank you for all the wondrous beings present today. We are all so fortunate to be alive in such a glorious world. As we move forth in today's activities, let us remain receptive to opportunities to grow and become the divine in each of us. We are truly blessed to exist in such a sweet, divine groove. Thank you for this day. 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: Divine love flows through me.

**Ex:** I'm Patrick and Divine love flows through me.  
Patrick, Divine love flows through you.

**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.

"We are all connected – What comes to us as seed, goes to the next as blossom and what comes to us as blossom, goes on as fruit." ~Adapted from a quote by Dawna Markova

**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 – I GROW WITH THE FLOW - I AM AWARE OF OTHERS**

**5 Minutes**

Leader: Have group count off by 5's so that each person will have a partner.

Note: If there are only 9 in your Family Group, Leader will not participate as a partner and the group will count off by 4's.

Leader say: We are going to do a warm up activity which encourages us to become more conscious of others. Partners face each other and now take the next few moments to notice as much as possible about their partner's appearance.

After approximately 20 seconds ask partner to turn around back to back so that they cannot see their partner and ask each partner to change one thing about themselves.

Ex. Change a bracelet or ring to the opposite hand. Unbutton a button

After partners have had an opportunity to change something, have the partners turn around and see if they can guess what was changed.

Have group try again with a new partner. If time permits, try a third partner.

**ACTIVITY 3 – BALLOON QUESTIONS - I TRY TO UNDERSTAND OTHERS**

**25 Minutes**

**Materials:**

Balloons,  
Slips of Paper  
Pens and/or pencils

Leader say:

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

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

New scientific studies have shown that when we are happy, we not only increase the happiness of the people who come in direct contact with us, but we also increase the happiness of the people who come in contact with those people. On the other hand, if we are unhappy, our unhappiness also spills all around us. Looking at others with compassionate eyes makes us feel wonderful. When we feel love for others, we feel happy and others feel happier when they are around us. According to Thich Nhat Hahn, understanding others is the foundation that allows us to love others. When we truly understand others, our love and compassion arises naturally.

The purpose of this next activity is to help us expand our understanding of and compassion for the other members of our family group in a fun way.

**Instructions:**

Give each group member a balloon and a slip of paper and invite them to write a question on the paper that will help them to better understand something about another person.

Examples:

When do you feel most at peace?

What's one key aspect of your ideal life?

What was the most difficult thing you've ever done?

Group members then place their paper in the balloon, blow up the balloon and tie it. Once everyone has finished, gather the group in a circle and instruct the group to hit the balloons in the air and try to keep all of the balloons in the air as long as possible. Feel free to time how long the group is able to keep the balloons in the air and see if the group can beat their time. After a few minutes, have group members grab one of the balloons and sit down. Invite the group to pop their balloons and retrieve the paper with the question. (To minimize the distraction to other groups, have your group pop all the balloons at the same time) Once everyone has popped their balloon and retrieved their paper, go around the circle with each person answering the question from the balloon they selected. The group gives their loving attention to the group member answering the question.

**ACTIVITY 4- I GROW WITH THE FLOW: I CHOOSE LOVE**

**15 Minutes**

**Materials:** ½ Sheets of Paper  
Pen or Pencils



Hand out paper and pencils and ask group members to take a moment to think of one person with whom they have had a challenge. Once they have the person's name in mind ask group members to write the following sentence.

The things I dislike the most about \_\_\_\_\_ are:

Once they have written the above sentence, take the next 2-3 minutes to write the things they dislike about the person.

Next, ask group members to turn the paper over or give them another sheet of paper and write the sentence

The things I love most about \_\_\_\_\_ are:

Give them 2-3 minutes to write their responses. When time is up, divide group members into groups of 3 (If group does not divide evenly by 3 some groups may be in pairs)

Once everyone is in their groups, let them know that they will be reading their lists to their group. They will begin by saying: "The things I dislike about \_\_\_\_\_ are:" and end with "The things I love about \_\_\_\_\_ are:"

But - there's a catch.

Instead of using the name of the person with whom they have the challenge, they are to use "I" statements. For each dislike on the list, they are to say:

I dislike it when I am rude.

I dislike it when I am arrogant.

I dislike it when I make negative judgements about others.

For each love statement on the list, they are to say:

I love it when I am kind.

I love it when I am generous.

I love it when I don't give up easily.

Each person in the threesome should stand and make both dislike and love statements. When the first person is finished, the next person can begin. The other members of the group are to listen respectfully and not comment upon what is being said.

When all groups are finished, bring the groups back together to discuss the activity.

### **Possible discussion Questions**

- How did this activity make you feel?
- Did you feel there was any truth to the "I" statements?
- What do you think is going on when we feel a negative reaction to someone?
- Are there people who do things that could be considered negative that you don't feel a negative reaction toward? If so, how do you explain your different reactions to people?
- How can we learn to understand and/or feel compassion for people that we don't like or who do things that get on our nerves?

## **ACTIVITY 5 – PICTURE COLLAGE –WE FLOW TOGETHER**

**25 Minutes**

### **Materials:**

2 Poster boards  
Magazines  
Markers  
Glue

### **Instructions for Leader:**

To prepare for this next activity, cut one of the Poster boards into as many approximately equal size pieces as there are members in the group. The group will be putting the pieces back together like pieces of a puzzle and taping or gluing them on to the second poster board so it will be helpful to make the edges wavy so that it is easier to fit the pieces back together. To allow members to retrieve their collage at the end of Rally, use masking tape on the back of their individual collage to affix the individual collages to the second poster board.

**Leader say:** In this next activity we will be exploring both our similarities and our differences as well as how we flow together. Each member of the group will be making a collage using magazine pictures, craft supplies and markers. The collage should express something about who you are as a person and spiritual being.

When everyone is finished, put the pieces together on the second poster board. Allow each member to share what they made and what it represents.

After each person has had a chance to share their individual collages lead the group in a discussion using the following questions:

### **Discussion Questions:**

What similarities do you see in the collages of the members of the group?  
What differences do you see?  
Are there more differences or similarities?  
How does each unique person contribute to the larger group?

## **ACTIVITY 5 – I GROW WITH THE FLOW: I MAKE WISE CHOICES**

**10 Minutes**

**Instructions:** Share the following true story of Victor Frankl with the group.

Victor Frankl, the author of the book: “Man’s Search for Meaning” was a survivor of the Auschwitz Concentration Camp. During his confinement in the concentration camps, Victor observed many atrocities but he also noticed men and women finding tremendous meaning in the midst of great horror.

Even though some people were starving, they shared their food with those around them. Even though some people had lost all of their family members to the gas chambers, they still found the inner strength to comfort others. Even though some people were extremely ill, they reached out in compassion. Victor Frankl said of this phenomenon:

“Perhaps our last and greatest freedom (even when standing in the midst of a concentration camp) is the ability to choose how we will respond to any given situation.”

Victor Frankl's story teaches us that no matter what challenges we face, we have the ability to choose how we will respond.

We will now be moving into a short meditation time. Take a moment to find a comfortable position and take a few deep centering breaths. (Pause) Take a moment to allow a challenging situation you are facing in your life to come to your mind. (pause – give the group a few moments to think of a challenging situation) Now take a moment to look at how you have been feeling about the challenge you have been facing. (Pause – Allow group time to look at their feelings about their challenge.) I now invite you to choose a new response to your challenging situation. (Pause) No matter what difficulty you may be facing in life, you can choose love anyway. You can choose hope anyway. You can choose peace anyway. You can choose joy instead of sorrow, faith over fear, and forgiveness over bitterness. (pause) We know with God all things are possible. (Pause) When you are ready bring your attention back to this room and open your eyes.

### **Closing Prayer:**

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 the person that began it who bows to the center and says "Namaste" to the whole group.  
Ex. "Sabrina, I see the Christ in You", Josh, I see the Christ in you." etc

### **FAMILY GROUP #3**

**Saturday Evening  
(6:30-8:00 pm – 1 and 1/2 Hours)**

### **Opening Prayer:**

**Leader:** Invite a member of the Group to read the opening Prayer or create one of their own.

Dear Mother/Father God,

Thank you for this wonderful experience you have presented us with this rally. Thank you for our family group, and each beautiful being we have gotten to know.

I thankfully turn to You, God, for guidance. I listen in the stillness to Your wisdom already in my heart, and I know what to do.

Dear God, Your love fills my heart and your light guides my steps. In all I do I acknowledge You and give thanks for Your wisdom, strength, and peace within.

In the awareness of Your constant presence within me, God, I listen for the direction that guides me and makes my way sure.

You, dear God, are the light that shines on my path. Your light gives me insight and understanding that help me make wise decisions.

God, You are my source of wisdom. Your spirit guides me, Your love enfolds me, and Your light inspires me.

### **Affirmation:**

**Leader:** Allow a member of the group to read the first affirmation out loud then invite everyone in the group to say the affirmation together. Allow group to take turns reading the remaining affirmations, following the same process with each one.

The presence of God within is my constant companion that guides me in making right choices.  
With God as my guide, I move closer each day to perfect fulfillment.  
As I turn within to listen to the counsel of God, I receive divine wisdom and direction.  
With a heart open to God, I am inspired to right action and I am directed to my good.  
The light of God makes my way clear as it fills my mind with wisdom, inspiration, and understanding.

**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.

“Seek not that the things that happen should happen as you wish; but wish that the things that happen be as they are, and you will have a tranquil flow of life” ~Epictetus (Greek philosopher)

**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**

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

Get comfortable in your chair or sitting on the floor. Gently allow your eyes to close. Take a deep breath and slowly let it out...take another deep breath and let that out...now just listen to the silence around you...or listen to the sounds you hear in the room...now imagine something that makes you feel a lot of love...Bring your awareness to your heart center...It is here 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 breathe, 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:** 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:** Invite one of the group members to read the following prayer or create one of their own.

God is my help in every need;  
God does my every hunger feed;  
God walks beside me, guides my way  
Through every moment of this day.

I now am wise, I now am true,  
Patient and kind, and loving, too;  
All things I am, can do, and be,  
Through Christ the Truth, that is in me.

God is my health, I can't be sick;  
God is my strength, unfailing, quick;  
God is my all, I know no fear,  
Since God and Love and Truth are here.

**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. 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)**

**Leader:** Invite a member of the group to read the Opening Prayer or to say their own prayer.

**Prayer:** Dear Mother, Father, God thank you for this day. Like the day, we were made from light and love and in that way we r all God and in that way we are one.

**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 the embodiment of light and love, I create my own life.

**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 next quote.

**Quote:** I choose to see more. – Josh

## **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 – I GROW WITH THE FLOW HAIKU**

**10 Minutes**

**Materials:**

Paper  
Pens

Instructions: As one of our final activities, we are each going to write a Haiku. A Haiku is an ancient poetry form of Japan. Haiku Poetry

Has a total of 3 lines

5 syllables in the 1<sup>st</sup> and 3<sup>rd</sup> lines and

7 syllables in the 2<sup>nd</sup> line

Your Haiku should express something about your Rally experience. It could be something related to the theme of Rally, something you learned, something you felt or are feeling now or something you want to express.

Haiku Examples:

Noone stands alone  
Each one has a friend right here  
You and I are one

I radiate love  
You and I are one in God  
Love is eternal

When group members have finished their Haiku, have them read the poems aloud

## **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:**

Dear Mother, Father, God, Thank you for our friends and our family all around us. We are one and we are God. Help us to always choose what is right even when it is not easy so that we are always growing in the flow of your Divine Love.

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) Pen