

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

**FAMILY GROUP MATERIALS**



**IMPERFECT IS THE NEW PERFECT**

## 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. SPRING RALLY**  
**April 20-22, 2012**

**Imperfect is the New Perfect**

**FAMILY GROUP #1**

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

**Opening Prayer:**

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

**Prayer:**

Close your eyes and take a deep, centering breath.  
Mother, Father, God. We thank you for the opportunity to learn and grow this rally in such a loving and accepting environment. May we more fully realize our wholeness and our indwelling perfection this weekend as we allow ourselves to open to the love and good within us all. Amen.

**Affirmation:**

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

The good in me is greater than the sum of my flaws. I am a powerful source of peace and strength to myself and the people around me.

**Quote:** Leader: Let group know that the Quote is actually a short reading. Invite a member of the group to read the Quote.

“What if life were perfect?

What if you lived in a perfect world of perfect people and perfect possessions, with everyone and everything doing the perfect thing at the perfect time?

What if you had everything you wanted, and only what you wanted, exactly as you wanted, precisely when you wanted it?

What if, after luxuriating in this perfect world for the perfect length of time, you started feeling uneasy about the predictability of perfection?

What if, after an additional perfect length of time, you began thinking, "There seems to be a lack of risk, adventure, and fun in perfection. 'Having it my way' all the time is getting dull."

What if, after yet another perfect length of time, you decided, "Perfection is a perfect bore."

What if, at that point in your perfect world, you created a button marked "Surprise."

What if you walked over, considered all that might be contained in the concept of "surprise," decided, "Anything's better than boredom," took a deep breath, pushed the button...

...and found yourself right where you are right now--feeling what you're feeling now, thinking what you're thinking now, with everything in your life precisely the way it is now.”

## **ACTIVITY 1 – GETTING ACQUAINTED**

5 Minutes

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

- his/her name
- chapter
- and number of Rallies attended
- one thing that you like about yourself

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

## **ACTIVITY 2 – NAME GAME**

10 Minutes

Materials: Sheet

FG Leader: Before beginning the game announce that the group will be playing a name game that requires remembering the names of everyone in the group. Go around the circle one more time with each person saying their name while everyone focuses on remembering all names.

The object of the game is to "win" all of the opponent's team members to your team. Divide the group equally into two teams. Have a volunteer from each team hold the sheet between the two teams. Place a chair on either side of the sheet. Each group will huddle behind the sheet so that they are unable to be seen and will then pick a person to sit in the chair close to the sheet while the others crouch behind the sheet. Lower the sheet so the 2 people selected can see each other. The first team to call out the name of the person standing on the opposite team wins. The standing non-winner must join the opposite team. The **standing** winner will replace one of the sheet holders (who will then join the team of the **standing** winner) so that everyone gets to play. Play continues with two different people approaching the sheet each time. When only one team remains (or when time is up) you're finished.

## **ACTIVITY 3 – HEART AGREEMENTS**

10 Minutes

Materials: Large Sheet of paper, Markers, Masking tape

1. As the leader, take a couple of minutes to explain to your group the purpose of a family group. Share how the groups are designed to be a safe place where each of us is free to be ourselves and to experience acceptance and love. The family group works together during all of the family workshops scheduled during the rally. It is important that each person is present and on time for each workshop in order to build the consciousness of love and support that is shared in the group.
2. Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. Share the Group Covenants that follow and ask if the group feels that they understand what it means, if they can accept it, or if they would like to make some changes.

### Family Group Heart Agreements

Be on time – if one person is late, it affects the whole workshop  
Participate enthusiastically in all activities

Do not criticize, put anyone down, interrupt, or be sarcastic  
Give loving attention to each person sharing  
Know that there are no right or wrong answers  
Respect everyone's right to pass at any turn  
Be supportive of one another at all times.  
Keep what is shared in confidence with this group

**Leaders: Please share exception to confidentiality rule: We are legally and morally 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 4 – THEME DISCUSSION & LOVE NOTE BAGS**

15 Minutes

Materials: White paper bags, Markers, Masking tape

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

Explain that

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

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

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

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

- What does the theme *Imperfect is the New Perfect* mean to you?
- At times we may feel that people, things or situations are far from perfect. Do you think that it is possible for the theme to be true in some way even in those situations Explain.
- Does the answer depend on how you think about yourself or how you define an “imperfection” or “flaw”? Explain.
- Do you think it is necessary to accept ourselves the way we are in order to change for “the better?” Why or why not?
- How do you think this theme relates to the world at large?

### **Closing Prayer:**

Dear God, creative force, thank you for the opportunity to discover more about ourselves and to experience our own inner-strength with this wonderful group of people. Bless us with openness and optimism as we move forward this weekend and begin to experience our own wholeness and loving potential. Amen.

### **FAMILY GROUP #2**

**Saturday Morning  
9:30-11:15am (1 Hr and 45 Minutes)**

### **Opening Prayer:**

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

Dear Mother-Father God, we thank you for this day and all that is good in it and our lives. Allow us to feel the love that surrounds each of us as we work to see ourselves as we are—Divine beings of light and love. Let us move forward feeling supported and secure. Help us to see the truth we already know. Amen.

### **Affirmation:**

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

I own that I am love and choose to actively love and care for myself right now. I am worthy and worth it.

### **Quote:**

Leader: Invite a member of the group to read the Quote.

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“Nobody can be exactly like me. Sometimes even I have trouble doing it.”  
-Tallulah Bankhead

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

5 Minutes

Go around the circle giving each member of the group a chance to check-in, indicating how they are feeling now, how things are going for them at Rally, anything they have particularly enjoyed, or anything they have found challenging. This is a quick check in with each person having about a half minute to share.

## **ACTIVITY 2 – CIRCLE OF THOUGHTS**

10 Minutes

Leader: Ask the group to stand in a circle. Explain that you are going to read a series of statements. Invite them to take a step in if they have ever felt as if the statement applied to them. Have group members step back to the original circle after each thought.

- I am worthless.
- No one could possibly love me.
- Everything is against me.
- I can't do anything right.
- I am unattractive.
- I don't have any friends.
- People look up to me.
- I am deserving.
- I am loved.
- I am beautiful.
- I have people in my life who will support me no matter what.
- I am intelligent.
- I am unique.

### Discussion Questions:

- How was that experience for you?
- Were there any statements that the entire group had experienced feeling?
- How did it feel when everyone stepped forward.
- How did your experience differ when the positive questions were asked instead of the negative questions?
- Did it seem like there were an equal number of people responding that they had experienced the positive statements as the negative statements? If not, what do you think accounts for this?
- What can we do to avoid the traps of thinking negatively about ourselves/
- How can we learn to know our own worth and feel worthy and loved?

## **ACTIVITY 3 – THE BLOB**

20 Minutes

Materials: Plastic Plates with stones on top or masking tape for the boundaries.

Leader: Allow your Family Group to gather in a large area (if available/if weather permits).

## Pre-Game

1. Create an area with boundaries. This will be the area the players must stay within during the game. Use masking tape for boundary corners indoors or plastic plates with stones on top for the corners if you are playing outdoors.
2. Pick a person to begin the “blob”. Everyone else can scatter around the playing area but must remain within the boundaries.

## Instructions:

Now we are going to play a game called “The Blob.” When the game begins, the “blob” will attempt to tag the other players. A player getting tagged must join with the blob by linking arms at the elbows. These 2 players must now stay joined and attempt to tag other players. As more players get tagged, they must link arms on the ends of the blob. So, at any one time, the blob will only have two hands available for tagging (one on each end). The more players that get tagged, the larger the blob grows.

The object of the game is to be the last player captured by the “blob”.

Remind your group that the “blob” must remain connected to tag others. If anyone steps outside of the boundaries they become part of the blob. If time permits, feel free to play a second time.

## Discussion Questions

What was this experience like for you?

How did getting caught feel?

How did it feel to be chased by the blob? How did it feel to be a part of the blob?

Did your perception of being a part of the blob change as the blob grew? How?

Which did you enjoy more: being chased or being in the blob? Why?

Suppose the blob represents your “imperfections” or challenges. Now how does this activity relate to the theme?

Does this experience relate to the previous activity? In what way do you think the 2 activities are related?

## **ACTIVITY 4 – RANKING TRAITS**

25 Minutes

Materials: paper, pens.

## Instructions:

Leader: Ask members of the group to rip their pieces of paper into ten strips. Have them write a word or phrase that describes them on each strip. Tell them that no one will see what they have written, so they can be extremely honest including things that they both like and don’t like about themselves. After group has a chance to complete their 10 slips, invite them to arrange the traits in order from what they most like about themselves to what they least like. When they are done, ask:

- Do you like what you see? Do you want to keep all your traits?

Invite group to give up one trait by removing the slip from the other slips of paper. Ask:

- How does the lack of this trait affect you?



Ask group to give up another trait. Then three at once. Ask

- Now what kind of person are you?

Ask group to remove one last trait. (They should be left with four.)

Invite group to consider for a moment how this new description of themselves makes them feel. Group members may share their responses if they wish.

Next, allow group to gain traits back, one at a time. Pause between the addition of each new trait to allow group members to consider how they feel about the return of each trait.

When they are finished, lead a discussion of the experience using the following questions as discussion prompts.

### Discussion Questions

How was that activity for you?

How did you feel when given the opportunity to give up one of your traits?

How did you feel when stripped of half of your traits? Did you still see yourself?

How did it feel to gain the traits back? Did you feel differently about traits you may not have liked in the beginning after losing and regaining them?

How do you see the theme present in this activity?

Who and/or what are you?

Leader Say: We have a reading to complete this activity. It is called *My Declaration of Self Esteem* and it was written by a 15 year old named Virginia Satir. Invite 1-2 people to read the following excerpt to the group.

### **My Declaration of Self-Esteem**

By Virginia Satir (at age 15)

I am me.

In all the world, there is no one else exactly like me. There are persons who have some parts like me, but no one adds up exactly like me. Therefore, everything that comes out of me is authentically mine because I alone choose.

I own everything about me -- my body, including everything it does; my mind, including all its thoughts and ideas; my eyes, including the images of all they behold; my feelings, whatever they may be -- anger, joy, frustration, love, disappointment, excitement; my mouth, and all the words that come out of it, polite, sweet or rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or to myself.

I own my fantasies, my dreams, my hopes, my fears. I own all my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing I can love me and be friendly with me in all my parts. I can then make it possible for all of me to work in my best interests.

I know there are aspects about myself that puzzle me, and other aspects that I do not know. But as long as I am friendly and loving to myself, I can courageously and hopefully look for the solutions to the puzzles and for ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. This is authentic and represents where I am at that moment in time. When I review later how I looked and sounded, what I said and did, and how I thought and felt, some parts may turn out to be unfitting. I can discard that which is unfitting and keep that which proved fitting, and invent something new for that which I have discarded.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me.

I own me, and therefore I can engineer me.

I am me and I am okay

### **ACTIVITY 5 - MIRROR MIRROR**

25 Minute

**Materials:** 3 inch mirrors  
Air-dry, non toxic Crayola Model Magic, small plastic plates  
Cardstock to be folded in half for affirmations  
Markers  
Paper clips  
Sequins, feathers, glue, etc.  
Pens, Pencils

We all know the story of Snow White. Remember when her Step Mother would look into the magic mirror and ask, "Mirror, mirror on the wall, who is the fairest of them all."

- Eventually, when the mirror told her that Snow White was the fairest, what happened?
- Why do you think the stepmother was so upset?
- What do you think the character of the Stepmother represents in us?
- What do you see when you look into the mirror?

When we forget that we are light, we often find ourselves living from a darker part of our human nature, and some people refer to this as the ego. When we are ego-centered—we may do and say things that are unkind to ourselves or others or find ourselves feeling angry, depressed, sad, or lonely. Most of us, when we look into a mirror, do not see the truth of who we really are.

Today we are going to see ourselves as light beings. When we can see something and focus our energy on it, we become that very thing. All of us want to be more loving and compassionate, but sometimes we forget—or in the case of the Step Mother—we do things that are harmful to ourselves and others.

We are going to make mirrors and affirmations. When we finish making them, we will use them to see who we truly are.

#### **Directions for Making Mirrors:**

Each group member chooses 1 and 1/2 to 2 oz. of clay for the mirror stand. Clay is divided into 1 oz packages so each person may choose up to 2 packages, but feel free to divide the colors in half and share. The plastic plates are to put under your clay mirrors while they dry. Mold a lump of Clay in whatever design you'd like to form the base of the mirror then place the edge of the mirror on top of the lump and push down to form a stand. Clay can be molded around the mirror to hold the mirror more firmly in place. Decorate by pushing sequins, feathers, etc. into the clay.

Use a pencil to make holes in a pattern, or an open paperclip to make striations. Wipe the mirror before the clay dries completely.

### Directions for Writing Affirmations

Each group member should fold their piece of cardstock in half like a tent and write a positive affirmation on the outside of the card stock. Phrase the affirmation so it has meaning for you. Affirmations change energy around situation and can be used to create positive thoughts which, in turn, create positive experiences and a life of beauty, purpose and promise.

Affirmation Examples:

- I am worthy and loved.
- My life is filled with good things.
- My life is filled with love and laughter.
- I am unique.
- I am loving and make friends easily.
- I have great ideas.
- I feel loved and protected all day long
- I always have everything I need.

Leaders say: Now that we have made our mirrors and affirmations, I want to invite you to place your mirror and affirmation in front of you so that you can see both of them easily. Group members may hold the mirrors on their lap or sit around a table and place the mirror and affirmation on the table.

Now I request each of you to remain silent as we do this exercise. Also, I invite you to keep your eyes on your own mirror so everyone may feel more comfortable doing the exercise.

Take a deep breathe and exhale slowly. Do this a second time and this time, close your eyes. With your eyes closed, I want you to imagine how you want your life to be if you were to create the world of your dreams. Do you want more friends? Do you want to travel? Do you want to do better in school? Do you want to feel better about yourself? Have more confidence? Would you like to win a race or compete in a sport? Just take a moment and think about what you would like and how it would feel to live in this new world of your own creation.

(Pause to allow group to imagine and experience their new world)

Now on the count of 3, I want you to take a deep breath, exhale and then open your eyes and look into the mirror. 1. 2. 3. Look into your eyes in the mirror. What is the first thing you notice? Are you focusing on any perceived flaws or “imperfections” or can you see the hero that you are? As you keep looking in the mirror, allow my voice be your voice as you focus on the truth of who you are:

Note to Leader: Pause after each affirmation to allow each to sink in

- I am beautiful just the way I am.
- God is always with me, even when I feel alone.
- I am a part of God and I am whole and perfect.
- I am loved and loving.

- I am capable of doing anything I make up my mind to do.
- Who I am contributes to the lives of others and I make a difference in the world.
- Thank you God for all you have given me.

Now take your own affirmation and say it to yourself in a whisper. Say it slowly and keep repeating it as you look into your eyes in the mirror. (pause)

( Allow group time to repeat their affirmation several times slowly).

Now thank yourself. And then take a deep breath and smile into the mirror. See the joy!

Leader: After a pause to give everyone a chance to complete the Mirror activity and re-focus within the group, invite anyone who would like to share anything about their experience to do so.

Rosters: Pass out Rosters to Family Group. They contain contact information and Family Group designations so that you can connect after Rally and also find love note bags for your love notes.

### **Closing Prayer:**

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

Divine Spirit, bless us as we continue into this beautiful day. Help us to accept and to love all parts of ourselves, even those that we find ourselves frustrated with. We move forward in divine light and love knowing that we are unique expressions of the Divine. And so it is. Amen.

## **FAMILY GROUP #3**

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

### **Opening Prayer:**

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

Dear God, Thank you for bringing us together again. We thank you so much for allowing us to spend time and interact with the people we love, and we hope to make this Rally a positive experience for all. Amen

### **Affirmation:**

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

I am perfect: I am a shining, individual light of God and I allow this thought to fill me.

### **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

Action is the highest perfection and drawing forth of the utmost power, vigor, and activity of man's nature. –Bishop Robert South

## ACTIVITY 1 – HEART TALK

90 Minutes

Materials: Box of Kleenex, Heart

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

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

Meditation (leading into heart talk)

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

Get comfortable in your chair. If you choose to, you may sit on the floor. Gently allow your eyes to close. Take a deep breath and slowly let it out....become aware of every cell in your body...take another deep breath and let that out...now just listen to the silence around you...or listen to the sounds you hear in the room...now think of any conflicting feelings or emotions your life.....think about how these situations made you feel... did you feel less than perfect?...think now of how glad you are to be at Rally, where you can let these conflicts and negative emotions float away.....take another deep breath and acknowledge your negative emotions float away...and know that you ARE perfect...Bring your awareness to your heart center ... It is here in your heart that you experience your oneness with God...Your heart is one with God's heart...As your heart beats it is the rhythm of God's love singing to you of oneness...now as you breath, feel your breath moving in and out of your heart...watch your breathing...as your breath moves in and out of your heart, recognize your heart to heart connection with God...Begin to be aware that you are also connected with each person in the circle...know that this is a safe place to be...you are surrounded in a soft light...so safe...so loved...the light wraps you in love...the perfect love that God has for you...Now allow that light to radiate from your heart area...Now let the light flow down your left arm out your left hand and into the hand of the person on your left...picture this love flowing around and around the circle and when you feel peace in the room take a deep breath... and, when you are ready, open your eyes.

Leader Say: The heart is in the middle of the circle and may be picked up by anyone in the circle to begin the Heart Talk.

## **ACTIVITY 2 - LOVING REFLECTION**

30 Minutes

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

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

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

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

### Finishing Heart Talk early:

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

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

### **Closing Prayer:**

It is with an open heart and a clear mind that we move forward from this moment, always knowing that with every challenge, we can turn inward to become aware of who we truly are. We move forward aware of and expressing our Christ potential. Thank you God. Amen.

### LEADERS:

Please bring your family group bags to the staging area and sort your materials into the containers provided. Please help us by throwing away any markers, pens or glue sticks that are dried out or used up, putting pens together in a rubber band, pencils together in a rubber band, and putting a complete set of markers in each box. Pick up your "Sunday Bag" before tomorrow's Family Group meeting. It has everything you need for tomorrow's family group meeting. Thank you!!

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

## **FAMILY GROUP #4**

**Sunday Morning  
9:30-10:00 am (30 Min)**

### **Opening Prayer:**

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

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

### **Affirmation:**

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

Every day, in every way, I am in spiritual unity with 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, and ask the reader to read the quote a second time.

“Know thyself; know who and what you are, where you came from, what you are doing here, and where you are going. If you want to know all this, meditate on the I AM”.

-Charles Fillmore

## **ACTIVITY 1 – CHECK IN AND FEEDBACK**

10 Minute

Materials: Evaluation Forms, Pens

Ask group members how they are feeling as well as what they have liked about rally and what was most meaningful to them. While group members are checking in, pass out Evaluation Forms and request group members to provide written feedback to the team. Remember that the team has worked very hard and done their best to create a unique, spiritual and fun Rally experience. Feedback should come from a loving space and a desire to lovingly provide appreciation as well as helpful suggestions.

## **ACTIVITY 2 – DISCUSSION**

5 Minutes

For those of us who have been to Rally, we know the feeling we carry into our world after we leave Rally. It is sometimes difficult to hold this feeling if we are in environments we find challenging. We know it is possible to hold this ‘Rally High’ outside of Rally, but how do we do it? Discuss how we might better know there is only light in our lives. Consider how we might overcome ideas such as fear or self doubt. What support and resources do we have in our lives to help support us once we leave rally? Is there anything learned during Rally that will help us as we transition back to “the real world”?

### **ACTIVITY 3– GROUP PICTURE**

5 Minutes

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

### **ACTIVITY 4 – CANDLELIGHT APPRECIATION & CLOSING**

10 Minutes

Materials: Candle, Candle guard, matches, Small slips of paper, Bag, Pens

Have each person write their name on a slip of paper and put it in the bag. Pass the bag around and allow each person to pick a name from the bag. No one should reveal whose name they chose. If someone picks their own name, they should put the slip of paper back and pick another name.

Form a circle and light a candle. Invite each person to take a moment to send love to the person whose name they picked out of the bag. Then beginning with the leader the person holding the candle will tell the group what they appreciate about the other person without revealing who the other person is. Use “This person” to refer to the person and avoid pronouns that reveal the gender of the person being appreciated. After saying a few words of appreciation, the candle holder gives the candle to the person they described. Continue until each person has honored someone in the circle.

#### **Closing Prayer:**

As a final closing prayer, the person holding the candle sends the candle around the circle to the left saying as he/she passes the candle that person’s name and “I see the Christ you are” until the prayer returns to you, then say the following prayer or your own prayer with a similar sentiment to close the Family Group.

Mother Father God, thank you for this incredible weekend we have shared. We know that we have come together as one, in love, and we will continue to support each other through our thoughts and prayers as we go forward to express Peace and Love in our lives and our world. Amen.

PLEASE BRING SUNDAY BAGS AND ALL MATERIALS TO THE STAGING AREA AND SORT MATERIALS IN THE CONTAINERS PROVIDED.

THANK YOU FAMILY GROUP LEADERS FOR YOUR SERVICE AND DEDICATION.  
WE HOPE YOU ENJOYED YOUR EXPERIENCE!

BLESSINGS AND LOVE FROM  
*Grace, Brendan, Niall, and Julian*



## **OPTIONAL ACTIVITIES**

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

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

5-10 Minutes

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

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

### **OPTION B – HUMAN KNOT**

5-10 Minutes

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

### **OPTION C – CIRCLE MASSAGE**

5 Minutes

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

### **OPTION D– WILLOW TRUST CIRCLE**

5-10 Minutes

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

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

times. Each person gets to be the willow in the wind, having the opportunity to trust others and experience the trust in the group.

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

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

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

5-10 Minutes

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

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

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

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

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