

UNITY WORLDWIDE MINISTRIES EASTERN REGION YOUTH OF UNITY

You Are Enough

FAMILY GROUP HANDOUTS

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 experience. 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

You Are Enough!

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: Welcome, welcome, welcome. I welcome everything that comes to me today because I know it's for my healing. I welcome all thoughts, feelings, emotions, persons, situations, and conditions. I let go of my desire for power and control. I let go of my desire for affection, esteem, approval and pleasure. I let go of my desire for survival and security. I let go of my desire to change any situation, condition, person or myself. I open to the love and presence of God and God's action within. Amen.

Affirmation:

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

Affirmation: I am a seed. I am the branches, I am a leaf, I am the tree, my life is lived from wholeness and love.

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.

Quote: Every problem contains the seeds of its own solution.

ACTIVITY 1 - GETTING ACQUAINTED	5 minutes
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Going around the circle, have each person introduce themselves by stating:

- name
- chapter
- number of Rallies attended
- One time when you were reminded of your true divinity

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

Family Group FOCUS:

Leader say: The theme of our Rally is **You Are Enough!** This weekend will be an opportunity to explore the foundations of the Unity movement as you explore your spiritual Self that is the foundation of your being. The Roots of our movement are here for us to water our own spiritual roots. The focus on this Family Group is the Earth- the Earth is your body- your vessel that grows on this Earthly plane through personal experience.

ACTIVITY 2 - Activity:	15 minutes
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Materials: None

Leader: This weekend we will look within our spiritual selves to encourage balance and remind ourselves of our self worth.

Questions:

1. What do you find important to keep your divine self in tact? Why?
2. What often blocks you from seeing your divinity or blows out the Christ light burning within you?
3. How do you combat these things?
4. How do you help those around you remember the divinity inside them?

ACTIVITY 3 - Self-Esteem Mad Lib	15 minutes
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Materials: Self Esteem Mad Lib sheets

****Family group leaders do not pass out the sheets****

Instructions:

Groups leaders say “Now we will play a quick game. When I ask for a specific type (i.e. noun, adjective, pronoun) of word we will go around in a circle to the left and my co-leader will make a list of all the words in a column assigned to your name. After I’m done asking for the words we will pass out the mad-lib sheets and you will fill out the sheet with the words you previously said. Finally as a group everyone will, if you wish, read out their sheets. This activity will be done again on the last day to see any progress participants have made throughout the weekend”

ACTIVITY 4 - HEART AGREEMENTS	10 minutes
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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.

Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. Ask the group what agreements they would like to have to feel safe and have a good experience together.

Create a poster of the Agreements that the group suggests and feels comfortable with.

Some important agreements for the Family Group appear below. Feel free to suggest any or all of them and to put them in the words the group feels comfortable with.

- o Be on time - if one person is late, it affects the whole workshop.
- o Participate enthusiastically in all activities.
- o Do not criticize, put anyone down, interrupt, or be sarcastic.
- o Give loving attention to each person sharing.
- o Know that there 3
- o are no right or wrong answers.
- o Respect every one's right to pass at any turn.
- o Be supportive of one another at all times.
- o Keep what is shared in confidence with this group.

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

Other possible agreements are:

- We will listen with our hearts and not interrupt one another.
- We will behold the Christ in each person.

- We will end each Family Group with hugs.

When everyone has agreed upon the Heart Agreements and feels comfortable with them, have each person sign the poster, committing themselves to the group and the group’s agreements.

Tape your Heart Agreement up on the wall where your group meets.

ACTIVITY 5 - THEME DISCUSSION & LOVE NOTE BAGS	10 minutes
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Materials: white paper bags, markers, masking tape

Pass out the love note bags to each member of the group. Explain that

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

Then:

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

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

Theme Discussion: As you are creating your beautiful love note bags, take some time to think about what the theme of this rally means to you. While sharing markers, share your ideas together. The following questions may be used as discussion prompts, but feel free to ask different questions based on where the discussion goes in your particular group.

- What kinds of things make you feel grounded?
- In your life, what are you most grateful for?
- What do you think is the relationship between personal growth and spiritual growth?
- When the path of your journey is working for you, do you recognize it....and work with

spirit?

- In what ways do we allow our growth to be suppressed by others?
- What is the benefit of having a destination/goals as we grow?
- Do you think there is a way to both accomplish challenging goals and enjoy the effort to get there? Explain.

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

Closing Prayer: Living, loving, laughing spirit, we are grateful for this wonderful family group and for each person with us right now. We know we are blessed as we go throughout the day, and that we will grow in you and as you throughout our week. We are constant beings of love and compassion and we blossom in your presence. And all God's children said Amen. AMEN.

FAMILY GROUP #2	Saturday Morning
	9:45-11:00 am (1 hour and 15 minutes)

Family Group FOCUS:

Leader say: this family group meeting will be focused on accepting the love we need from ourselves

Opening Prayer: Divine power thank you so much for bringing us all here this morning and for our safe arrivals to this wonderful place yesterday. Please give us the ability today to make new connections and strengthen in the ones we already have.

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

Affirmation: I love and accept myself for who I am, I am a divine child 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, and ask the reader to read the quote a second time.

Quote: I am me, nothing more, nothing less and that is enough. - Harpreet M Dayal

ACTIVITY 1 - CHECK-IN	5 minutes
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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 - You are enough	20 minutes
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Materials: none

Directions: read the ugly duckling by Hans Christian Anderson

Once upon a time down on an old farm, lived a duck family, and Mother Duck had been sitting on a clutch of new eggs. One nice morning, the eggs hatched and out popped six chirpy ducklings. But one egg was bigger than the rest, and it didn't hatch. Mother Duck couldn't recall laying that seventh egg. How did it get there? TOCK! TOCK! The little prisoner was pecking inside his shell. "Did I count the eggs wrongly?" Mother Duck wondered. But before she had time to think about it, the last egg finally hatched. A strange looking duckling with gray feathers that should have been yellow gazed at a worried mother. The ducklings grew quickly, but Mother Duck had a secret worry. "I can't understand how this ugly duckling can be one of mine!" she said to herself, shaking her head as she looked at her last born. Well, the gray duckling certainly wasn't pretty, and since he ate far more than his brothers, he was outgrowing them.

As the days went by, the poor ugly duckling became more and more unhappy. His brothers didn't want to play with him, he was so clumsy, and all the farmyard folks simply laughed at him. He felt sad and lonely, while Mother Duck did her best to console he would still say "Nobody loves me, they all tease me! Why am I different from my brothers?"

Then one day, at sunrise, he ran away from the farmyard. He stopped at a pond and began to question all the other birds. "Do you know of any ducklings with gray feathers like mine?" But everyone shook their heads in scorn. "We don't know anyone as ugly as you." The ugly duckling did not lose heart, however, and kept on making inquiries. He went to another pond, where a pair of large geese gave him the same answer to his question. What's more, they warned him: "Don't stay here! Go away! It's dangerous. There are men with guns around here!" The duckling was sorry he had ever left the farmyard. Then one day, his travels took him near an old countrywoman's cottage.

Thinking he was a stray goose, she caught him. "I'll put this in a hutch. I hope it's a female and lays plenty of eggs!" said the old woman, whose eyesight was poor. But the ugly duckling laid not a single egg. The hen kept frightening him. "Just wait! If you don't lay eggs, the old woman will wring your neck and pop you into the pot!" And the cat chipped in: "Hee! Hee! I hope the woman cooks you, then I can gnaw at your bones!" The poor ugly duckling was so scared that he lost his appetite, though the old woman kept stuffing him with food and grumbling: "If you won't lay eggs, at least hurry up and get plump!" "Oh, dear me!" moaned the now terrified duckling. "I'll die of fright first! And I did so hope someone would love me!"

Then one night, finding the hutch door ajar, he escaped. Once again he was all alone. He fled as far away as he could, and at dawn, he found himself in a thick bed of reeds. "If nobody wants me, I'll hid here forever." There was plenty a food, and the duckling began to feel a little happier, though he was lonely. One day at sunrise, he saw a flight of beautiful birds wing

overhead. White, with long slender necks, yellow beaks and large wings, they were migrating south. "If only I could look like them, just for a day!" said the duckling, admiringly. Winter came and the water in the reed bed froze. The poor duckling left home to seek food in the snow. He dropped exhausted to the ground, but a farmer found him and put him in his big jacket pocket. "I'll take him home to my children. They'll look after him. Poor thing, he's frozen!" The duckling was showered with kindly care at the farmer's house. In this way, the ugly duckling was able to survive the bitterly cold winter. However, by springtime, he had grown so big that the farmer decided: "I'll set him free by the pond!" That was when the duckling saw himself mirrored in the water. "Goodness! How I've changed! I hardly recognize myself!" The flight of swans winged north again and glided on to the pond. When the duckling saw them, he realized he was one of their kind, and soon made friends. "We're swans like you!" they said, warmly. "Where have you been hiding?" "It's a long story," replied the young swan, still astounded. Now, he swam majestically with his fellow swans. One day, he heard children on the river bank exclaim: "Look at that young swan! He's the finest of them all!" And he almost burst with happiness

Discussion Questions:

1. What happened when the "ugly duckling" was called those horrible things? how does this apply in our own lives.
2. The ugly duckling was so blinded by the harsh words he was hearing that he didn't stop to think about how truly wonderful he actually was, how can we prevent that from happening in our own lives?
3. There are times in our lives when we feel like ugly ducklings, what makes us feel this way?
4. What are some ways we can change our outlook on our lives and on ourselves so we don't feel like ugly ducklings?

ACTIVITY 3 - My personal watermark	40 minutes
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Material: Blank paper, markers, and mirrors

Directions: Pass out the paper and pens/pencils and mirrors.

Leader Say: I`m going to hand out pieces of paper and pens and as I do I want you to write every negative thought that has crossed your mind about yourself , things you've ever wanted to change about yourself etc. Once you're finished, find your own little space in the room you're in and look in the mirror. In your space, look into the mirror and whisper " My _____ makes me , me . I am wonderfully, carefully, and perfectly formed to be the best i can be. i am enough" Once you are done doing this with every negative thought you wrote down, rip that piece of paper to shreds and throw it away.

(once everyone is finished)

Leader Say: It's important that we know our "flaws" aren't flaws. We are beautiful creations of divine light , no matter what other people say or what we think about ourselves, nothing in this world can take that away from us. Knowing this truth emphasizes that we are enough and we will always be enough.

Closing prayer: Thank you lord for bringing us all here together, we know that you made us perfectly in your image and though I may not see it or feel it, I am enough , I was enough, and I will always be enough. Amen

(Kyleen would like you all to know that you are all wonderful and amazing and more than enough!)

FAMILY GROUP #3	Saturday Evening
	6:30-7:45 pm (1 hour 15 minutes)

Family Group FOCUS:

Leader say: Today we are going to be going to focusing on our Heart Talk and experiencing a loving place to share our hearts in a safe environment.

Opening Prayer:

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

I invite you to close your outer eyes and open your inner eyes. Take a deep breath in and breathe out. Dear mother, father, god thank you for bringing us here today. We know that we will go forth from this moment and be our loving true light that shines within us.

AMEN!

Affirmation:

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

Affirmation: "I affirm that i am loved, I am worth it, I am a light in this world, and most of all i affirm i am more than enough."

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.

Quote: “You were given this life because you are strong enough to live it” - Unknown

ACTIVITY 1 - HEART TALK	60 minutes
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Materials: tissues, heart

Leader say: The Heart Talk is a time to share from our hearts. It is a sacred time that empowers us through honest sharing and respectful and loving listening. This is a time to release anything that may be weighing us down or keeping us from being close to others. This is also a time to express the joys and blessings that are present in our lives. Our Heart Agreements are very important in this activity so that everyone feels safe in sharing with the group. What is shared in the group should stay in the group. The exception to the confidentiality agreement is if something is shared that represents a danger to yourself or others.

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

- Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- No one should respond to someone else’s sharing. This is not a time to offer advice or in any way to try to counsel or fix another. It is only a time to listen deeply to others and share from your own heart.
- Honor the inner strength and wholeness of each person in the group. Tearfulness during the Heart Talk should not be taken as a sign that the speaker needs physical contact from others in the group.
- The heart is sacred and should be handled with care. It is always passed to the left.
- Everyone has the right to pass.
- Be considerate about how long you talk. Monitor your sharing so you don’t monopolize or take up more than your share of the time.
- The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

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

Meditation:

I invite you to find a space that you feel comfortable, whether sitting on the floor or within your chair. Now I invite you to close your outer eyes if you are comfortable to, and open your inner eyes. Breathe in, and release your breath while also releasing stress or any anxiety you might have been feeling. Breathe in again and feel the air enter your lungs, and release again feeling your body become more relaxed with each breath. And take one last breath in and out. Now feel

into this moment, know that you are safe. Know that here in this moment and moments from now on you are loved, you are always loved. You are not only loved, but you are love. You, are, love. Know that god made you to be on this earth because you are beautiful and an amazing gift. Now imagine a light within your hands. Add love and affection to this light. Feel the warmth on your hands. Now place your hands on your heart and feel this warmth and light spread from your hands, to your heart, and then to the rest of your body. Feel this love and affection and know that right now in this moment it is enough. You are enough. Now we are going to take a moment of silence and to feel this love. I invite you back into this moment. Remember that you can always feel this love within because you can create this love and give it to yourself and those around you. Now when you are ready you may open your eyes and return to the space.

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- Heart Talk session/activity	20 minutes
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Leader say: The heart talk is a way for us to be free and speak our minds. 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. Please keep your Family Group together during the allotted Family Group time.

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

Closing Prayer: I invite you to close your outer eyes and open your inner eyes. Dear mother, father, god thank you for these sacred moments of sharing. We affirm that everyone is a beloved child of god and that each person here is enough. Thank you god, Amen.

NOTE FROM EMILY: hello lovelies! I just want you to know that you each are such a loving light in this world and i appreciate each and everyone of you. I believe in you and know that you are always supported. OK thank you and i love you guys! KISSES!!!!!!

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

<p style="text-align: center;">LEADERS</p> <p>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</p>

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

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

Opening Prayer:

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

Prayer: I cleanse myself of all selfishness, resentment, critical feelings for my fellow beings, self-condemnation, and misinterpretation of my life experiences... I bathe myself in generosity, appreciation, praise and gratitude for my fellow beings, self-acceptance, and enlightened understanding of my life experiences... Amen.

Affirmation:

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

Affirmation: I am a beautiful soul that radiates a vibrant and beautiful form. All is well in my body and my mind. I am enough.

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.

Quote: "Your feelings are valid and real. Do not let anybody denounce them just because they do not feel the same way. These feelings do not make you weak, or clingy, or overly emotional. They make you strong, brave, and beautiful. You are not merely made of stardust; you are the comet streaking through the sky on the way to do good and bright things." -Courtney Peppernell

ACTIVITY 1 - CHECK-IN AND FEEDBACK	10 minutes
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Materials: evaluation forms, pens

Ask group members how they are feeling, what they have liked about Rally, and what was most meaningful to them. While group members are checking in, pass out evaluation forms and request group members to provide written feedback to the team. Remember that the team has

worked very hard and done their best to create a unique, spiritual and fun Rally experience. Feedback should come from a loving space and a desire to lovingly provide appreciation as well as helpful suggestions.

ACTIVITY 2 - DISCUSSION	5 minutes
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For those of us who have been to Rally before, we know the feeling we carry into our world after we leave Rally. It is sometimes difficult to hold this feeling if we are in environments we find challenging. We know it is possible to hold this “Rally High” outside of Rally, but how do we do it? Discuss how we might better know there is only light in our lives, and that we are enough. 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 - Revisiting self esteem activity	10 minutes
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Materials: Self Esteem Mad-Lib sheets

Instructions: Pass the sheets to who they belong to. Repeat the instructions for day one

**** DO NOT READ ALOUD**** FG leaders ask for the words in reverse order(Start with the last word first, etc)

Closing Prayer:

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

Prayer: Loving God, thank you for the joys that this rally brought to us. May you bless us, as we return to our studies, inspire us to take on a new interest in new classes and new topics. Be with us as we discover old friendships and start new ones... Amen.

(Ben would like you all to know an entire sea of water can't sink a ship unless it gets inside the ship. Similarly, the negativity of the world can't put you down unless you allow it to get inside you... I cannot express how much I love you all and how much I am going to miss seeing all of your beautiful faces.)

LEADERS

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

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

Blessings and love from

Amira, Emily, Ben, Kyleen, and Janell

OPTIONAL ACTIVITIES

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

<u>OPTION A - CIRCLE ACTIVITY</u>	5-10 minutes
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Have the group form a circle. Have one person stand in the middle of the circle. Have somebody time 30 seconds. During this 30 seconds everyone on the outside of the circle says really nice things to the person on the inside of the circle. (i.e. you're beautiful, you have a very calming presence, you have an amazing voice, you have a great sense of humor that brings laughter to everyone around you, you are kind and thoughtful, you're great at basketball, etc.) Don't be afraid to have everyone talking at once. The effect should be a sort of torrent of compliments washing over the person on the inside of the circle. Once the 30 seconds is up have another person step into the center of the circle and repeat the process until everyone has had a turn on the inside of the circle.

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

<u>OPTION B - HUMAN KNOT</u>	5-10 minutes
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Form a circle with hands in the middle. Take the hand of someone in the circle. Do not take the hand of the person standing on either side of you. Do not take both hands of the same person. Now you have to untie the knot and re-form the circle without letting go of your hands.

<u>OPTION C - CIRCLE MASSAGE</u>	5 minutes
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Have the group stand in a circle so that their shoulders are touching. Have the group turn to their right and gently massage the upper back and shoulders of the person on your right. After a few minutes, turn to the left and massage the back and shoulders of the person on the left. As you massage, send love and light to the person you are massaging.

<u>OPTION D - WILLOW TRUST CIRCLE</u>	5-10 minutes
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Form a circle standing around a volunteer who stands in the middle. Have everyone in the circle stand shoulder to shoulder facing the center of the circle with hands held at chest height, palms forward. Each person should have one foot slightly behind the other for good balance. The people in the circle have become a summer breeze and the person in the center will be the willow.

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

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

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

OPTION E - THE FRUIT GAME	5-10 minutes
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One of the hardest things in life is self-control, which this activity accurately displays! Put chairs in a circle and have everyone stand up in front of their chair. Get everyone in your group to pick a different fruit. When the game begins, the person who starts says their fruit name, and then the fruit of another person in the circle. Example:

1st Person: "Lemon, Banana."

2nd Person: "Banana, Kiwi."

3rd Person: "Kiwi, Orange"

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