

UNITY WORLDWIDE MINISTRIES EASTERN REGION YOUTH OF UNITY SPRING RALLY 2022



FAMILY GROUP HANDOUTS

TIPS FOR FAMILY GROUP LEADERS

Take Time to Be Centered: Spend time in meditation or prayer to connect with God. You set the energy and flow of the group. If at any point you feel things uncentered take a moment, ask the group to join you in a moment of silence to reset.

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 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 amazing!

FAMILY GROUP #1

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

Family Group FOCUS:

Leader say: The theme of this Rally is "Homecoming 2022." This weekend is all about being home, away from home and coming home.

Opening Scripture: Matthew 6:21

For where your treasure is, there on your heart [your wishes, your desires;
that on which your life centers] will be also.

Opening Prayer:

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

Prayer: Close your eyes and take a deep breath, then release. Mother, Father, God, we center our hearts on the values of home: peace, safety, love, friendship and the indwelling spirit of God. Knowing that when each of us are in this place, it feels like home.

FG Leader: Invite someone to read the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Affirmation: I WELCOME THE CALL TO COME HOME

Quote:

FG Leader: Invite someone in your group to read the quote. Once the quote is read, take a couple seconds to let the quote sink it then re-read the quote

Quote: Home isn't a place, it's a feeling!!! The light is what guides you home, the warmth is what keeps you there.

-Unknown

<u>ACTIVITY 1 - WHO'S WHO?</u>	5 minutes
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Going around the circle, and have each person introduce themselves by stating:

- name
- chapter

- name of their favorite family pet

Now that everyone knows **who's pet is who's**, did you remember to catch the persons name? Have everyone get up and form a line in alphabetical order of the persons name.

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

ACTIVITY 2 - Discussion on Rally Theme

15 minutes

Materials: None

FG Leader: This weekend we will explore what home means to us, where it is, and how to come back home.

Questions: remember FG leaders that people have a right to not answer if they don't feel comfortable:

1. When you first heard the title for Spring Rally "Homecoming," what did you think?
2. Have you ever heard the quote "home is where the heart is." In the scripture (from above) Mathew 6:21 it states that where you heart is, so is your treasure. How do you feel about the two quotes? Are they saying the same thing?
3. What makes you feel at home?
4. If you've been to Camp Tockwogh for a rally, how does it feel to back home after being gone so long.

ACTIVITY 3 -FUN & GAMES

15 minutes

Materials: Special package number 3

Family time needs play time. Play is an essential part of human nature at any time of life. It strengthens the bonds between us, relaxes or excites us, stimulates our imaginations, and helps keep us sane. We also get to know each other better in a relaxed fun way. This weekend we will strengthen our connections through fun and games, and also how to maintain that connection in all the moments of our lives.

The game: Unwrap your family group activity number 3



ACTIVITY 4 - HEART AGREEMENTS	10 minutes
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Materials: a 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.

- Be on time - if one person is late, it affects the whole workshop.
- Participate enthusiastically in all activities.
- Try something different. If you usually are very outgoing and interactive, try the opposite. If you usually quiet and inward focused, try asking more questions or offering your perspective.
- Do not criticize, put anyone down, interrupt, or be sarcastic.
- Give loving attention to each person sharing.
- Know that there 3
- There are no right or wrong answers.
- Respect every one's right to pass at any turn.
- Be supportive of one another at all times.
- Keep what is shared in confidence with this group.

FG 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. Peel the strip of the self stick label and place 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 to the wall in the hallway where your are hanging your love note bags.

FG 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.

Create your Family Group Chant to call out during Family Group Shout outs

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 and continue the conversation from the questions at the beginning. 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.

- How is your Rally Family different from your family at home?
- Whats the one thing you love about being with your Rally Family?

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

Closing Prayer: Mother, Father God, thank you for this amazing first family group. I affirm that throughout this weekend we will strengthen our relationships and create new ones and a it is so good to be home!!! And all the people saiddddddd AMEN!!!

Note from The Unity Eastern Region: We are so glad you came home



FAMILY GROUP #2

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

Family Group FOCUS:

Leader say: Todays Family group will focus on your treasures

Opening Scripture: Matthew 6:19

Do not store up treasures on earth! Where Moths and rust can destroy them, and thieves can break in and steal them.

Opening prayer:

Leader: Invite someone to read the opening prayer.

I invite you to close your eyes. Take a deep breath in and out. Dear mother, Father, God, we are grateful for this time together, renewing connections and creating new ones. As we go forth from this moment are family grows bigger and stronger. And all the people said Amen!!!

Affirmation:

Leader: Invite someone to read the affirmation.

Quote:

Leader: Invite someone to read the quote.

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can"

~ John Wesley.

<u>ACTIVITY 1 - CHECK-IN</u>	5 minutes
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Go around the circle, and answer these questions:

- What has your favorite part of rally been so far?
- What is one thing that has made you laugh or smile so far this weekend

ACTIVITY 2 - Breaking News?	20 minutes
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Supplies needed: pens, pencils, and 8 pieces of paper for each person.

Pass out pen and 8 sheets of paper per person

Ask the group to write down the 8 most important things or things that want most in the world. (No limits on what they can write), one on each piece of paper. Give them 2-3 minutes to write down their answers.

Then have the group sit in a circle, or collectively around a table, or whatever creates a sense of community in your space with a common accessible space in the middle.

Breaking news (you can come up with a scenario if you like, like a tornado came and...be creative)...Tell the group that they have to choose one of their items to give up, and to place one of their cards in a pile in the center. Go around in a circle and ask each person in the group to briefly share what they dropped in the middle.

Continue this process 4 more times until each student only has 3 of their 8 cards remaining. Now have each share what is written on the cards they held onto and why they chose to hold onto those over the other items

- Is what you chose to hold onto vulnerable to decay?
- Being stolen?
- Can you take it wherever you go?

Our brother and teacher Jesus's spoke these words from **Matthew 6:19**

Do not store up treasures on earth! Where Moths and rust can destroy them,
and thieves can break in and steal them

One of humanity's biggest fears is losing what we have. It is healthy when fear of loss helps us take steps to protect what we have worked hard to attain, but it is unhealthy to continue to fear something we can do nothing about. We need to remember that focusing our energy on fear can actually create what scares us, and holding tightly to what we have keeps us from participating in the universal flow of abundance and instead creates stagnation.

Fears of being separated from something or someone we feel we need for our security or happiness comes from a delusion -- a distorted way of understanding ourselves and the world around us. When we understand that possessions are only representations of the energy at work in our lives, we can shift our attention to the right and proper place. We can stop fearing loss of money, things or success because when we understand how it is created, we can always create more.

We can stop fearing loss of possessions, or things that decay or get stolen when we realize that they are not the source of our joy or well-being but only icing on our cakes.

We can choose instead to direct our thoughts and creative power toward things of true value -- love, peace, happiness, and joy in Spirit. These are energies that are always available to us when we place ourselves confidently in the universal flow of abundance.

<u>ACTIVITY 3 - Family Group Presentation for Sunday Service</u>	30 minutes
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So let's get creative with your abundance. This years Sunday service is a collaborative family group event. Adults will be supporting you in creating something, but will not join you on the platform. Each Family group will have **four minutes** to share about what their individual family group theme means and why it's important to have these in the House.

Give this activity your all. Something you can be excited to share with your entire YOU Family.

Family Group 1 will share what Love is and why it's important to have it in the House

Family Group 2 will share what Peace is and why it's important to have it in the House

Family Group 3 will share what Happiness is and why it's important to have in the House

Family Group 4 will share what Spirit is and why it's important to have in the House

Ideas for creating your Family share:

- You can create a family group portrait of pictures from each person and then tape them on the white poster board. Then the group can share each picture about their FG theme
- Create a skit of what your theme looks like and what it doesn't look like
- You could create an activity for the service that shows your FG Theme
- Be creative....who knows what you'll come up with you creative energy masters.



***HAND OUT SHIRTS**

These shirts were designed with the colors of Ukraine.....please take a moment of silence and prayer for our families in Ukraine after everyone has received their shirts.

Closing prayer: Dear Mother, Father, God, thank you for giving us this time to focus on the treasures of our hearts. Knowing that home will always be where we are and not someplace in the future or past. We give thanks for our new understanding and go forth in love. Amen!

FAMILY GROUP #3

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

Family Group FOCUS: What's on your heart 

FG Leader say: Today we are going to be focusing on our heart space. How we feel, what may need to be released or expressed in the safety of this space, with our Rally family.

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 for allowing us to experience this weekend with accepting, loving, and positive energy all around us. We give thanks for this time to be together and are so blessed to carry that with us wherever we go and to whoever we are with.

Affirmation:

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

Affirmation: We are open, receptive, and safe in this loving environment.

Quote:

FG Leader: Ask if anyone in the group would like to read the quote.

Quote: Home isn't a place, it's a feeling in your heart!!!

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.

FG 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. Take your time and don't speed through the meditation.

Meditation:

Find a comfortable position in which to rest. If you wish, you may sit on the floor. Take a deep centering breath, and continue to breathe deeply.

Heart chakra guided meditation script

- Take a long and deep breath. As you exhale, move attention to your heart, and imagine an emerald green chakra. The life symbolizing green glow of the chakra spreads from your heart to fill your chest first and then the rest of your body.
- Imagine standing under a large tree with a huge green canopy spreading in all directions. The wind rustles through its bright green leaves making a gentle flutelike sound. Start climbing the tree. As you move up, you pass thick branches laden with green. Even sunlight finds it hard to

filter through the green leaves that provide a cool, soothing shade to you.

- You reach the top of the tree and get a panoramic view of the surrounding. In every direction you look, there is a sea of never-ending green of lush vegetation.
- The tree nurtures and nourishes you just as it provides strength, support and safety to all of its leaves.
- Now see your fourth chakra spinning and gaining strength. As it spins faster, a green light washes over you and permeates in every cell, every pore in your body.
- Breathe deeply and feel the energy funneling into your heart, which is bursting forth with fresh green leaves.
- Rest in this awareness.
- Gently start descending from the tree. You feel the love and care of the tree, whose branches support you on your way down. Once on the ground, look back up at the tree and feel one with it.
- When you are ready, gently open your eyes and allow the room to enter you. .

FG Leader say: The plush heart will be passed either left or right to start.

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.

FG 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 and everything they share is valued, loved and supported. Amen.

Note from the Universe . . . We love you!!!! Truly we do!!!

FG 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 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

FAMILY GROUP #4	Sunday Morning
	9:30-10:15 am (30 minutes)

Focus: The focus of this family group is to appreciate our Rally Family, all that we have shared and the opportunity in getting know each other.

Opening prayer: I invite you to get centered close your eyes and relax, we thank you Mother, Father, God , for this weekend at Camp Tockwogh for Spring Rally 2022, it has been good to come home. Thank you for surrounding us with people who truly care about our wellbeing and help us to experience more peace, love, acceptance and joy in our lives. Amen.

Affirmation:

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

Affirmation: When we're together, it feels like home!

Quote: "The most important thing in life is family. There are days you love them, and others you don't. But, in the end, they're the people you always come home to. Sometimes it's the family you're born into and sometimes it's the family you make for yourself."

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 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	7 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? How do we stay home? 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 4 - Group Picture	3 minutes
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Take two pictures: One serious, and one funny, or your choice

ACTIVITY 4 - Candle light appreciation & closing	10 minutes
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Materials: candle, candle guard, matches, small slips of paper, bag, pens

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

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

Closing prayer: Dear Mother, Father, God we thank you for the opportunity to come home this weekend and spend time with our Unity Family. We are grateful, we are blessed and that is the truth we live!!!!!! Thank you Divine Spirit, Amen.

NOTE FROM :

Blessings and Love from

The Divine Spirit, The Unity Eastern Region, Your Chapters, Your Sponsors, Sophia, Jake, Isabel, and Janell



<p>Thank you FAMILY GROUP LEADERS!!!!!!!!!!</p> <p>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.</p> <p>We hope you enjoyed your experience!</p>

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 MESSAGE</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 B - THE FRUIT GAME</u>	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.

<u>OPTION C - BLIND RETRIEVER</u>	5-10 minutes
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Blind Retriever is a great game for improving communication within small groups that will have everybody laughing in no time.

Great for: Having fun, strengthening communication and listening skills

Duration: 5-10 Minutes

Players: 4+

You'll need: A random object, at least 2 blindfolds or close your eyes...trust people trust.

How to play Blind Retriever

To play Blind Retriever, separate the players into teams and have them stand together behind a start line. Then, one member from each team must put on a blindfold while somebody places a random object somewhere in the room. Use something that's soft and doesn't have any sharp edges.

After hearing "Go!" The teams must guide their blindfolded teammate to the random object before the opposition gets there first. The players giving instructions may not pass the start line and can only give commands verbally. The first team to get their hands on the random object wins.

