

Youth of Unity
International Conference
1999

***Wake Up
&
Live!***

Written by Kathleen Cole
Edited by Aliza Raboin
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Introduction

Dear Family Workshop Leaders:

Your commitment to be a family workshop leader at the 1999 YOU convention is a divine appointment of awakening. Not only will your life be transformed by your time at Unity Village; you will be instrumental in the awakening of the youth that participate in your family workshops. Many of the teens that return from the International YOU convention tell us that some of the most significant work they do as human beings happens in the family sessions. The family sessions:

- ◆ Provide a safe and loving environment where teens can explore the depth of their spirituality.
- ◆ Allow the youth to develop new and meaningful relationships with other teens.
- ◆ Give the youth a loving environment in which to heal and awaken to the truth of who they really are - beloved beings of God.

If this sounds like significantly transformational work - it is! But, don't let the magnitude of what you are doing overwhelm you; the spirit of God goes before you in all things, making smooth your path. Your job is to come to the convention spiritually prepared. Prior to your arrival, we urge you to:

- ◆ Spend time in prayer affirming God's loving presence during the convention, and in your travels to and from the convention.
- ◆ Thoroughly read the family materials and visualize yourself facilitating the workshops.
- ◆ Be clear about your purpose as a family workshop leader.

Remember though, you are not doing this work alone. Every person who assists in the convention is holding you and your youth in prayer. We pray that you will be forever nourished by your willing participation in these workshops. God bless you for your commitment to WAKE UP AND LIVE!

Kathleen Cole
Curriculum Writer for the 1999 International YOU Convention
(816) 554-8404

Guidelines for Family Leaders

- Come to Center** Before each family workshop, spend some "time apart" centering yourself. The work you do on your own prior to the sessions can make a tremendous difference in the quality of your family sessions.
- Be Prepared** Nothing can inhibit the success of your family time more than coming unprepared. The night before the session, re-read the curriculum materials, check your supplies to make sure you have what you need, and visualize your family members open and receptive to the activities.
- Set the Tone** Each session has a different focus and, therefore, a different energy. Immediately prior to the session, create the space by laying out the supplies, turning on the music, and lowering or raising the lights. Most importantly, though, be clear on the intention of that day's activities.
- Focus the Group** Whether you are starting with an ice breaker or a time of prayer, begin each session with everyone's attention. Have them take a deep breath and come to the center of their own beings. You may want to remind them that family sessions are for inner-transformational work. There will be plenty of time during the week for socializing and play.
- Follow the Curriculum** The following curriculum guide has timed activities that corresponds with the day's topic. If you are able, only use the activities for that day and in the order they are written. That way, all the participants at Conference will be having the same basic experience. If your group moves through the activities quickly, add supplemental materials from the supplemental section at the back of this manual. If you are unable to complete all the activities for the day, delete one or two of the activities (at your discretion).

Additional Tips for Workshop Facilitation

- ◆ **Keep the activities moving.** It is better to err on the side of speed rather than have the participants bored or anxious to move on.
- ◆ **Allow time for silence.** Whenever you hold discussions or after you ask a question, allow the participants time to process their thoughts and feelings. Don't be intimidated by the silence; eventually someone will speak.
- ◆ **Encourage participation.** Although it is important to allow people the right to "pass," remind them that each person's voice adds a significant contribution the group as a whole.
- ◆ **Know their names.** Even though you may have difficulty remembering names, it is crucial that you remember and use the names of your family members. If you wish, bring along name tags or include extra activities for name recognition (see supplemental materials).
- ◆ **Avoid monopolizing the conversation.** Keep in mind the fact that you are facilitating the family session, not teaching it. Allow your group members the chance to explore, process, discover, and apply on their own. Your job is to create the space where learning can happen.
- ◆ **Love everyone equally.** We believe that you have been "chosen" as a family workshop leader because you have the ability to love. Your love, compassion, kindness, attention, acceptance, and respect for youth are the most important attributes of being a family workshop leader. At any point, if you are unsure about what to do, we recommend you seek love above all else.
- ◆ **Ask for help.** Before you come to Conference, you may call the curriculum developer (Kathleen Cole - 1 (816) 554-8404) in order to clarify questions regarding the materials. During Conference, we ask that you attend the:

Family Workshop Leaders Meeting
Sunday August 1, 1999
4:00 - 5:00 PM
Activity Center (under the balcony) AC2

What to Bring for Workshop Sessions

You will receive most of your supplies once you arrive. We do ask, though, that you bring the following items with you for use in your family sessions. (Use the boxes to check-off the supplies when packing.)

- Tape Cassette player and Music (a variety of up-tempo & meditative tapes or C.D.'s)
- Hand Mirror about eight inches in diameter
- 3 small plastic jars of jam (any flavor)
- 3 small plastic jars of peanut butter
- Bell or chime
- A watch with a second hand or a stop watch
- Hand towels (2)
- Eye patches for both eyes for 4-5 people that let in no light or 4-5 scarves to cover the eyes
- Bag of Treasures (things like: a rubber duck, toy cars, action figures, spatula, screwdriver, romance novel, rocks). See pg. 4 for further details.
- Set of stickers of the same theme or design (angels, hearts, candles) that represent your family group (one sticker per person). See pg. 8, item 5.
- Flashlight

Wake Up and Live!
Youth of Unity Conference
August 1, 1999

“Awakening”

Session #1

Sunday Evening

8:30 – 9:30 pm

Activities:

1. I let my light shine	Dramatic opening	10 min
2. I am a being of light	Ice Breaker	10 min
3. Who I am makes a difference	Sharing our stories	10 min
4. I honor the Christ in you	Group agreements	10 min
5. My thoughts are prayers	Journal writing	5 min
6. I salute the divine	Body Prayers	15 min

Materials: (Cassette recorder/taped music for all sessions)

One large domed light
Black construction paper
Masking tape
Note cards
Colored felt pens
Bag of treasures brought from the sponsor's home
Flip chart
Scratch paper
Pencils/pens
Journals
Affirmations

Room Preparation:

Display the six affirmations
Have soft music playing on the recorder
Place the domed light in the center of the circle
Turn the other lights down low

Activity #1

I Let My Light Shine

A Dramatic Opening lasting 10 min.

Materials:

One large domed light to represent the Christ light to be used throughout the week. Black construction paper. Masking tape.

Preparation:

Cut construction paper into strips (approx. 3" by 7") and have enough strips to equal the number of participants including yourself. Tape the strips to the outside of the glass dome until every inch of glass is covered. Place the light in the center of the circle where you and your family members will be seated. Have soft, gentle music playing in the background.

Directions:

1. When everyone is seated in the circle, explain that the theme for the evening is "Awakening to the Christ Spirit Within." Indicate the light in the center of the room that is covered with black paper. You can say,

"Inside of each of us is a spark of the divine – a light that radiates only truth and love. Inner fears, doubts, and criticisms can cover your light. Our job this week, and in fact, throughout our lives, is to uncover the light-beings we really are."

2. Then, one at a time, and in great reverence, invite each person to walk to the center of the circle, remove a strip of paper to reveal more of the light, and ask them to make the following statement:

My name is _____

And I am awakening to: _____

You may wish to demonstrate by saying something like:

*My name is June and
I am awakening to love.*

*My name is Doug and
I am awakening to courage.*

*My name is Henry and
I am awakening to gentleness.*

3. When the light is completely uncovered, begin to chant on one note:

*I am the light of the world, I am,
I am the light of the world*

Sing the chant several times, adding harmonies if you're comfortable. Build to a crescendo and then bring the volume down to almost a whisper. When you are finished, you should feel a powerful hush in the room. Let the hush linger a moment and then say "Amen" or "It is true."

Activity #2

I Am a Being of Light
Ice Breaker lasting 10 min.

Materials:

Note cards or scratch paper, colored felt pen, and masking tape

Preparation:

Write the names of famous "light beings" one on each card. Use names such as:

Gandhi
Jesus
E. T.
Angels (They take themselves lightly)
Powder
Edison
Firefly
Mother Theresa
God (Let there be light)
George Bush (10,00 points of light)
Marianne Williamson (Illuminata)
Luke Skywalker

Directions:

1. Explain that each person is going to have the name of a famous "light being" taped to his or her back.

Note: You may wish to give a few examples before you begin.

2. Each person is to guess the name on his or her own back. They can ask three questions of anyone in the room as long as it can be answered with a YES or NO. When the three questions have been asked and answered, they must move on to another person and ask three more questions. They are never to return to the same person during the course of the game. When a person has guessed correctly, they can remove the name from their back but need to stay available for others who have not guessed.
3. When the instructions are understood, you and a helper go around the room and tape a name to each person's back.

Note: If someone is having difficulty figuring it out, most often, someone will give broad hints to help them out. If this does not happen, give the hints yourself.

Activity #3

**Who I Am Makes a
Difference**

Sharing our Gifts - 20 min.

Materials:

A cloth bag containing creative, funny, and unusual items from your home such as:

- A rubber duck
- A spatula
- A mystery novel
- A bell
- A teddy bear
- A heart-shaped stone
- A mirror

Note: You may want to have more than one of the same item. Try to have approximately thirty items to choose from so the creative juices can really flow.

Preparation:

Toss out the items into the center of the room.

Directions:

1. Ask the participants to select one of the items. It may be one that "speaks" to them, or one they find the most intriguing. (Refrain from having them select the items one at a time, instead, allow them to dive in and get the one item they want.)

2. When everyone has selected an item, (a) discuss how each of you has come to the convention with unique gifts – the gift of your own talents, inner wisdom, personality, and passions. (b) Let them know that as they willingly share their gifts with the other members of the "family," their participation will make the time together meaningful and transformational.
3. Ask them to think about the item they have chosen. Let them know that in a few minutes each of them will come to the center of the room (or from their place in the circle) and tell how they are like the item they have selected. Pick up one of the items yourself and, as a demonstration, say something like:

"I am like a teddy bear because I am warm and cuddly."

"People always want to hug me."

"Children are attracted to me because I am so reassuring and comforting."

4. Allow people to volunteer to speak when they are ready. Ask each person to give at least five reasons why they are like the item.

Activity #4

I Honor The Christ in You

Group Agreements - 10 min.

Materials:

Flip chart, felt pens, scratch paper, pencils

Preparation:

Pass out the scratch paper and pencils. Ask someone if they would be willing to write on the flip chart.

Directions:

1. Summarize the previous exercise by saying something like:

"We have had a glimpse into the special gifts that each of us bring to our "family" time. Certainly, we are a diverse group of individuals. Because of this, it is important to know how best to show up with one another."

"For the next few minutes we're going to brainstorm group agreements and then vote on the ones that we feel are the most important. Before we begin, though, I want to share some basic housekeeping information and our agenda for the week."

2. Give any announcements about meeting times, changes in schedule, and general expectations for the convention, etc.

3. Ask the following question:

"If you lived in a family where everyone was committed to living as the Christ, how would the family members treat each other?"

Write their answers on the flip chart. The YOU'ers might answer:

"People would really listen to one another."

"They would be respectful of one another's property."

"They would include everyone."

"They would be forgiving."

"They would be kind and friendly."

4. When the sharing is complete, ask them to individually select and write down their top three favorites.
5. Tally the results on the flip chart list.
6. Ask them if they feel they can accept the 3 items as their group agreements, OR if they would like to add others to the list.
7. If they want more agreements, continue the process of brainstorming and tallying.
8. When the group agreements are complete, make sure everyone feels they can live with the results. If so, have them sign their names to the bottom of the flip chart and then, post it in a visible place in your meeting room.

Activity #5

My Thoughts are Prayers

Journal Writing lasting 5 min.

Materials:

Journals and a pen or pencil for each participant. Eight and a half-inch card stock (7 sheets).

Preparation:

Have the day's affirmations posted on the card stock in bold lettering. Have soft music playing in the background.

Directions:

1. Pass out the journals. Let the participants know that this is where they will keep a record of any insights they have had about themselves during family time. In addition, each day, they will record the day's affirmations in their journals.

Note: Let them know that they do not have to write about their insights. It is entirely optional. But, they must remain quiet and respectful while others are writing.

2. Have them write the following affirmations in their books.

I am a being of light

I let my light shine

**Who I am makes a
difference**

I honor the Christ in you

My thoughts are prayers

I salute the Divine

3. When they are all finished, have them tie their journals and place them in the bag provided. The journals will stay with the family group leader.

Activity #6

I Salute the Divine

Closing Body Prayer - 10 min.

Materials:

Small symbolic stickers such as a rainbow, a candle, or a heart.

Preparation:

Be able to demonstrate the following Chi Gong exercises. Have soft music playing in the background.

Directions:

1. Have everyone standing in a circle.
 - (a) Share with them how they are bodies made of energy and light. Some martial arts call this energy "Chi." It means life force.
 - (b) Part of the awakening process during the week will be to awaken more deeply to the energy and healing power within their own bodies.
 - (c) Let them know that you will end your time together each evening with a body prayer. Invite them to start the day that way as well. Let them know how powerful it is to do this body prayer outside, breathing the fresh air fully into their lungs.

Note: These prayers should be done very slowly.

2. Demonstrate the first body prayer.

Body position:

Arms relaxed at the sides, knees slightly bent and shoulder width apart, the torso straight as if it were suspended from a cord.

First movement:

Lift arms from your sides until they are straight out in front of you, allowing your wrists to pull your arms up into position. Breathe in as you lift your arms and then breathe out when your arms are suspended in front of you.

Second movement:

Breathe in as you drop your elbows and pull your arms close to your body with your wrists bent (preying mantis).

Third movement:

Breathe out as you open your wrists and push the air down to the ground (palms down). Begin the exercise again for a total of five times.

3. Demonstrate the second body prayer.

Body Position:

Use the same stance as before with arms gently relaxed at the side.

First movement:

Bring both wrists together with palms facing you and elbows hanging down loosely.

Second movement:

With wrists together, lift both arms to the sky until the arms are fully extended (wrists still touching). Breathe in while doing first and second movements.

Third movement:

While arms are still extended, move palms out, sweeping the air as you bring both arms back down to your sides. Breathe out. Repeat five times.

4. When the body prayers are complete, ask each participant to share one word that sums up their time together, or the word they want to leave with everyone for the night. They may say:

Joy, Peace, Namaste, Love

5. When you have gone around the entire circle, put a sticker on each person's name tag as a symbol of your group's unique identity (a star, a candle, a rainbow). Hugs and good night.
6. Remind the YOU'ers that their next activity is at 9:45 in the Activity Center (AC) where they will meet the International Candidates. Vespers follow at 10:00 in the same location.

Notes:

Wake Up & Live!
Youth of Unity Conference
August 2, 1999

“Oneness”

Session #2

Monday Morning

10:45 – 12:30

Activities:

1. I am one with you	Commonality and individuality	15 min.
2. I am at peace with who I am	Unmasking the Christ	30 min
3. I celebrate my life	Dance of the masks	5 min.
4. I celebrate your life	Interviews	15 min.
5. I behold your beauty	Presentations	20 min.
6. My thoughts are prayers	Journal writing	5 min.
7. I salute the divine	Body prayers	15 min.

Materials: (Cassette recorder/taped music for all sessions)

The domed light

Black construction paper

Paper plates

String

Crayons

Colored pens and pencils

Scissors

Stars, glitter, stickers

Flip Chart

Music

Hole punch

Scratch paper

Room Preparation:

Display the affirmations

Have soft music playing on the recorder

Place the domed light in the center of the circle

Have long tables (or area) with materials for masks

Activity #1

I Am One With You

Commonality & individuality - 15 min

Materials:

Tape player and music. Statements.

Preparation:

Have your list of statements ready to read. Have upbeat music playing when they enter.

Directions:

1. When everyone is seated in the circle, fade out the music and explain that the theme for the morning is "Oneness." Let them know that in a few moments they will participate in a "Oneness" exercise. First, though, begin with a brief prayer.
2. You may use the following prayer or one of your own if you wish:

"Today, we come together acknowledging the Christ light within each of us. The Christ light is the tie that binds us altogether as one. And so, this morning, we willingly allow the Christ within us to shine forth as love for ourselves and for one another. We allow the highest good to be brought forth in our time together and we say a heartfelt "YES" to the good that awaits us now. And so it is. Amen

3. Begin the exercise by letting the youth know that you are going to read a series of statements. If the statement is true for them, they will stand. If the statement is not true, they are to remain seated. After each statement, give them time to look around and see who else is standing (or sitting), then, have them sit back down before the next statement is read. By the last statement, everyone should see that they have much in common with the rest of the people in the room.

4. Statements:

- ◆ I love music
- ◆ I love classical music
- ◆ I have a cat
- ◆ I have a dog
- ◆ I love pizza
- ◆ I have allergies
- ◆ I'm a sports nut
- ◆ My best subject at school is math
- ◆ Public speaking makes me nervous
- ◆ I like to fly in airplanes
- ◆ My favorite holiday is Christmas
- ◆ My favorite holiday is Halloween
- ◆ My favorite holiday is New Year's Eve
- ◆ My favorite holiday is the Fourth of July
- ◆ I meditate once a day
- ◆ My favorite color is blue
- ◆ My favorite color is purple
- ◆ My favorite color is orange
- ◆ My favorite color is red
- ◆ My favorite color is yellow
- ◆ I would rather be rich *than* happy
- ◆ I would rather be rich *and* happy
- ◆ I have traveled to other countries
- ◆ I can speak more than one language
- ◆ I like most people
- ◆ I am a kind person

- ◆ I have a good sense of humor
- ◆ I am an extrovert
- ◆ I am an introvert
- ◆ I'm a morning person
- ◆ I am an only child
- ◆ I am the oldest child
- ◆ I am the middle child
- ◆ I am the youngest child
- ◆ I am a vegetarian
- ◆ I could live on hamburgers and french fries
- ◆ I detest cottage cheese
- ◆ I have sky dived
- ◆ I have walked on hot coals
- ◆ I have flown a plane
- ◆ I can play a musical instrument
- ◆ I have jogged over ten miles
- ◆ My favorite sport is basketball
- ◆ My favorite sport is skiing
- ◆ My favorite sport is polo
- ◆ I read at least one book a month
- ◆ I was born into Unity
- ◆ I have been in Unity for at least five years
- ◆ I have been in Unity for at least two years
- ◆ I believe in reincarnation
- ◆ I believe in angels
- ◆ I am psychic
- ◆ I dream in color
- ◆ I don't remember my dreams
- ◆ I have something pierced
- ◆ I have saved a life
- ◆ I'd rather climb a mountain than drive in a car race
- ◆ I'd rather surf off the coast of Hawaii than shop for clothes
- ◆ I'm a realist
- ◆ I'm a fire sign (Sag/Leo/Aires)
- ◆ I'd rather go out to dinner than cook
- ◆ If I could live in another country I'd choose France over Italy
- ◆ If I could live in another country I'd choose Italy over Spain

- ◆ If I could live in another country I'd choose Mexico over Australia
- ◆ I have no bad habits
- ◆ I want to live as an awakened Christ

5. When you have exhausted the list (or when you sense it is time to stop), debrief with the teens. Ask them the following questions:

- a. What did you observe during this exercise?
- b. Were you surprised about anything?
- c. How did you feel knowing there are others here who share similarities with you?
- d. How does it feel being unique?

Note: We have intentionally kept the statements non-controversial and inclusive in order to help everyone feel a part of the process. If you feel any of the statements are objectionable for your particular group, don't use them. Instead, add some of your own.

6. Use the space below to write some of your own statements if you wish:

Activity #2

**I Am at Peace
with Who I Am**

Masking the Christ lasting 30 min.

Materials:

The domed light
Black construction paper
Paper plates
String
Crayons
Colored pens and pencils
Scissors
Stars, sprinkles, stickers
Flip Chart
Music
Hole punch

Preparation:

Have a table laid out with the items for making masks (paper plates, pens, pencils, scissors, glue, sparkles, stickers, and string). Have the Domed light covered with strips of black construction paper once again.

Directions:

1. Remind them of the previous night's exercise when they each removed a piece of black paper from the Christ light. This time, when you take off the strips of paper, say:

"Sometimes, we block the light by the way we think of ourselves (I'm not as smart as other people, I'm not very pretty, I never get anything right)."

"Sometimes we block the light by covering it with a mask. We may hide behind a pretty smile or an angry face, or a self-sufficient attitude so that no one will see how vulnerable or fragile we feel inside."

"This morning, we are going to spend the next several minutes creating our masks (the way we protect ourselves from other people really knowing us, the face we put on in order to stay safe, the way we block our oneness with others). Before we begin with our own masks, let's brainstorm some of the ways people can hide."

2. You or a YOU'er should move to the flip chart to begin writing down the statements made by the rest of the group.

You can help them get started by saying:

- ◆ Some people hide behind knowing everything
- ◆ Some people hide by always being nice
- ◆ Some people think they're the best
- ◆ Some people are always angry
- ◆ Some people act bored
- ◆ Some people are always busy
- ◆ Some people are social butterflies

3. When the list is complete and you feel they have a clear understanding of the exercise, turn some meditation music on and let them know they will be going into the silence for the next few (at least three) minutes. Remind them to find a comfortable position for themselves.

Let them know that this is a highly sacred process. Their masks have protected them through all kinds of challenges and are to be greatly respected.

When they are ready, invite them to tune into the Christ within them and ask spirit to reveal to them what mask they hide behind. When they have the image clearly in mind, they may walk to the table and begin making their masks in **silence**.

4. When everyone is at the table making a mask, bring the volume of the music up (select music that stirs creativity such as Yanni or Enya). Remind them to continue the project in **silence**, allowing spirit to guide their hands as they create their masks.

Note: Give a three--minute warning before you move onto the next part of the session so that people have sufficient time to finish.

5. When everyone's mask is complete, give the following directions:
 - a. Ask each person to go to three different people and say,

"Is there anything you would add to my mask?"

- b. The person asked should look compassionately and intuitively at the mask being presented and then add any additional symbol or color they think may be missing.

*Note: Please ask them to **NOT** explain what they are adding.*

If they have nothing to add, they should say, "Thank you for sharing your mask, it looks beautiful to me."

- c. At the conclusion of each interaction, the two participants should bless one another with "Namaste (I behold the Christ in you)."
- d. Invite them to softly and reverently begin the process.

Activity #3

I Celebrate My Life

Dance of the masks lasting 5 min.

Materials:

Taped music and recorder

Preparation:

If the participants have not added string to their masks, have them punch holes in the sides and add string so they can tie on the mask.

Directions:

1. Put on some lively music (such as Leroy) and let them know they will be dancing throughout the room getting to know one another's masks.
2. Ask them to become their mask. If their mask represents anger, then have them dance angrily. If their mask represents people pleasing then ask them to dance with that in mind. If they hide behind humor etc.
3. Again, this activity should be done with as little talking as possible. Angry grunts, laughter to represent humor, or anything that illustrates their mask is acceptable.
4. Let the dancing begin.
5. When the dancing is done, invite everyone to remove their masks and place them in an honored location somewhere in the room.

Activity #4

I Celebrate Your life

Interviews lasting 15 minutes

Materials:

Scratch paper, pens or pencils, flip chart paper

Preparation:

Have the scratch paper and pencils available to any group that needs it.

Directions:

1. Divide the group into pairs by having everyone throw one shoe into the center of the room. Select two shoes and have the owners stand together. Continue until everyone is paired.
2. Ask them to interview one another in order to discover things like:
 - Pet peeves
 - Favorite books/movies/music
 - Most interesting thing about them
 - Most embarrassing moment

Note: Each person should have five minutes to interview the other. Be sure to announce when the five minutes is up.

3. During the last five minutes of the exercise, they should come up with a creative way to present each other to the rest of the group. Suggest things like: A talk show host, a poem, a rap song, a short skit, or a poster. Presentations should be 1-2 min.

Activity #5

I Behold Your Beauty

Presentations lasting 20 minutes

Materials:

None

Preparation:

Move the chairs into a semi-circle.

Directions:

1. Invite everyone to be seated.
2. Ask for a group to volunteer to share their presentation.
3. Continue until each group has had a chance to share.
4. When everyone is finished, thank them for their willingness to be open and receptive to one another.

Activity #6

My Thoughts are Prayers

Journal writing lasting 5 minutes

Materials:

Journals and a pen or pencil for each participant.

Preparation:

Have the day's affirmations. Have soft music playing in the background.

Directions:

- (1) Pass out the journals. Let the participants know that this is where they will keep a record of any insights they have had about themselves during family time. In addition, each day, they will record the day's affirmations in their journals.

Note: Let them know that they do not have to write about their insights. It is entirely optional. But, they must remain quiet and respectful while others are writing.

(2) Have them write the following affirmations in their books.

I am one with you

I am at peace with who I am

I celebrate my life

I celebrate your life

I behold your beauty

My thoughts are prayers

I salute the divine

Activity #7

I Salute the Divine

Closing Body Prayer - 10 min.

Materials:

Soft music

Preparation:

Be able to demonstrate the following Chi Gong exercises. Have soft music playing in the background.

Directions:

Note: These prayers should be done very slowly

1. Remind them of the previous night's body prayers. Let them know that you will be adding one more. Demonstrate the following body prayer:

Body position:

Standing tall with arms relaxed at sides and knees slightly bent and shoulder width apart.

First movement:

Lift arms out from your sides until they are stretched fully above your head. With fingers pointing up to the sky. Breathe in as you lift your arms.

Second movement:

With your arms still outstretched, bring them down to the ground in front of you bending at your waist as you do so. Breathe out as you descend.

Third movement:

Hang suspended relaxing the muscles in your shoulders and back.

Fourth movement:

With your arms hanging down towards the ground, slowly raise your body to an upright position and allow your arms to drift gently to your sides once again. Repeat five times.

2. When the body prayer has been learned, begin with the prayers from the previous evening and then add the third body prayer. Do each one at least five times very slowly.
3. When the body prayers are complete, ask each participant to share one word that sums up their time together, or the word they want to leave with everyone for the day.
4. When you have gone around the entire circle, hugs and Namaste.
5. Remind the participants that the next activity is lunch at the Unity Inn (UI).

Notes:

Wake Up & Live!
Youth of Unity Conference
August 3, 1999

“Remembering the Christ”

Session #3

Tuesday Morning

10:15 – 12:30

Activities:

1. I am fully present	Prayer & Check in	15 min
2. I am creative	Group story telling	30 min
3. I am a mystery	Who are you exercise	25 min
4. I am more than I ever dreamed	Christ Portrait	30 min
5. I am remembering the Christ	Egg exercise	10 min
6. My thoughts are prayers	Journal writing	5 min
7. I salute the divine	Body prayers	15 min

Materials: (Cassette recorder/taped music for all sessions)

The domed light

Journals

Affirmations

Pens and pencils

Raw eggs (1 for each person)

Bell

Several sheets of large construction paper

Glue

Felt pens, crayons, colored pencils

Scotch tape

Room Preparation:

Display the affirmations

Have soft music playing on the recorder

Place the domed light in the center of the circle

Have long tables (or area) with materials for creating Christ portraits

Have eggs in a cooler

Activity #1

I Am Fully Present

Prayer and Check-in lasting 15 min.

Materials:

Tape player and music.

Preparation:

Have gentle music playing when they enter. Place the dome light in the center of the circle.

Directions:

1. Welcome them to their third family session. Let them know that today's focus is "Remembering the Christ."
2. Begin with prayer (You may use the one below or one of your own if you wish).

We come together this morning with open minds and hearts, welcoming the chance to be more of who we really are – the Christ! We know that as we awaken to our truest nature, we help the entire planet do the same. And so, today, we call forth the best within us – our love, our compassion, our inner wisdom, our courage to face life boldly, our kindness, and our willingness. We say "Yes" to this time together. And so it is. Amen

3. Ask if there is anything that needs to be discussed for the "good of the order" or if there is anything that is standing in the way of people being fully present for the next 2 hours and fifteen minutes.

Give people some silent time to reflect and then, invite them to share.

Note: People may be completely satisfied or there may be something that really should be discussed. If you feel considerable time and attention needs to be given to their concerns, suggest they use the following structure:

Go around the circle and have each person say,

I have a concern about

because of this, I need

If there are few or no concerns, ask each person to share how they are feeling about the convention so far and what has impacted them the most. (You may go around the circle or invite people to volunteer when they are ready.)

4. When the sharing is finished, hold up the Christ light and remind them that because of their willingness to be authentic and vulnerable, the light is more brilliant than ever. Let them know you are proud of their good work.

Activity #2

I Am Creative

Group Story telling lasting 30 min.

Materials:

Opening lines for the stories.

Preparation:

Divide the youth into groups and select which group goes first.

Directions:

1. Divide the YOU'ers into 4-5 groups. You may do this by counting off numbers, placing them in groups according to the colors they are wearing that day, or alphabetically.
2. When everyone is in their group, let them know that each group will be sharing an impromptu story about a mythical being who holds the key to the meaning of life. Draw straws or select a number between 1 and 10 to decide which group begins.
3. Have the group stand in the front of the room facing the audience. Let them know that:
 - a. You will begin the story and then point to a specific person to take over.
 - b. The person you point to will continue the story until you point to someone else. That person, then, must pick up where the last person left off

and continue until you point to someone else.

- c. The process continues until everyone in the group has had a chance to share.
 - d. The "goal" of the story is to find the mythical being and discover the meaning of life.
4. Use one of the following to begin the story or make up one of your own. Note: Use a different opener for each group.
 - ◆ Once upon a time, in a galaxy far, far away, Luke Skywalker and his mentor, Yoda, knew the time had come for Luke to boldly go where no man had gone before. Yoda placed the silver medallion with the rose quartz gem around Luke's neck and whispered in his ear, "Remember . . .
 - ◆ Dorothy and Toto, her beloved dog, had just visited the land of Oz for the second time that year. It had become a favorite vacation place for Dorothy. She loved to walk the yellow-brick roads and play with the munchkin children. This time, however, she was mildly discontented. "Isn't there more to life than this?" she queried. Just then . . .

◆ Lowenthal Ripsmarter was a wealthy billionaire who loved to gamble, hunt wild animals, and travel to exotic lands. One night, in the Sahara desert, Lowenthal was locked in a heated card game with a master card shark. Knowing he didn't stand a chance of winning, he bet the other player that if he could find the holy grail containing the meaning of life the game would be even. If not, the other player could have his entire fortune. And so . . .

◆ Sonya knew that she only had one more chance. If she couldn't unlock the chain in the next ten seconds, she would surely drown right before the awestruck audience's eyes. Sonya, an illusionist par excellence, was engaged in her biggest test ever. If she could unlock the chains and escape the trunk, she could prove her worthiness to tackle the greatest challenge of all -- entering the tunnel of darkness and facing the creature that held the keys to the meaning of life. Just then, the chain broke free, and Sonya rushed to the surface . . .

Your Stories:

Activity #3

I Am a Mystery

Who are you? exercise - 25 min.

Materials:

Gentle background music

Preparation:

Divide the youth into pairs and select which person goes first.

Directions:

1. Divide the youth into pairs by asking them to intuitively decide which person they should be with for the exercise. You might say,

“Let your inner Christ wisdom guide you to the perfect person for the following exercise.”

Invite them to stand, walk silently around the room for a few moments and then, select their partner.

2. When everyone has a partner, ask each pair to decide which of the two will begin the exercise. When that has been decided, explain the procedure.
3. For the next seven minutes, the first person will ask the other person,
“Who are you?”

The second person will respond by saying,

“I am _____.”

Again, the first person will say, “Who are you?” and the second person will respond once again, “I am _____.”

This is repeated continuously for seven minutes. When the seven minutes is up, the two trade roles and the question and answer session continues for another seven minutes.

Example:

- ◆ Who are you?
I am a child of God.
 - ◆ Who are you?
I am Samuel.
 - ◆ Who are you?
I am a basketball player.
 - ◆ Who are you?
I am tired of answering this question.
 - ◆ Who are you?
I am a brother.
 - ◆ Who are you?
I am an uncle.
 - ◆ Who are you?
I am spirit.
4. When the exercise is finished, ask them to share how they felt.

Activity #4

**I Am More Than I Ever
Dreamed**

Christ portrait lasting 30 min.

Materials:

Bell, several sheets of large construction paper, glue, felt pens, crayons, colored pencils, clay

Preparation:

Have the art supplies laid out and soft music playing when they return from the walk.

Directions:

1. Let the youth know that they are going to be making a portrait of their own inner Christ.
2. In a few moments, they will:
 - a. put on the masks they made the previous day,
 - b. go off by themselves (outdoors) and
 - c. collect anything from nature they feel represents their Christ self (for use in their art project).

They are to walk in silence and allow spirit to guide them to the right items (leaves, a petal off of a flower, a chip of wood).

*Note: Remind them that they are welcome to remove a small petal or leaf off a plant but they are **NOT** to compromise the health of the plant in any way.*

They are to stay within hearing distance because at the end of 10 - minutes you will ring the bell for their return.

3. While the youth are on their silent walk, lay out the art supplies, turn on some music, and then, join them outside.
4. At the end of ten minutes, ring the bell and make sure everyone returns.
5. Show them the art supplies and let them know that for the next fifteen minutes they are to make a portrait of their inner Christ.
6. Give a five-minute signal so that everyone has a chance to finish the project.
7. One by one, have each person remove their mask and reveal the portrait of their inner Christ.
8. Display the masks and portraits side by side in a prominent place.

Activity #5

**I Am Remembering
the Christ**

Egg Exercise lasting ten minutes

Materials:

Uncooked eggs in the shell. One for each person.

Preparation:

Keep eggs cool until it is time to disburse.

Directions:

1. Before disbursing the eggs, let the youth know that:

"It can be very difficult to remember the Christ within on a moment by moment basis. In fact, it seems that most of the spiritual work we do is learning to consistently remember who we really are – the Christ."

2. Let them know that there is a very effective tool for remembering how precious the Christ is in our lives.

"For the next twenty four hours, you are going to carry a reminder of the Christ with you at all times. No matter where you go, whether it is to the bathroom, to a dance, dinner, or bed, you are to carry the Christ with you."

"During the night, the Christ must be within arms reach of where you sleep. When you use the shower, the Christ must, again, be within reach. If someone asks you where your Christ is, you must be able to immediately show it to him or her. At no time are you to leave your Christ unattended."

3. Disburse the eggs.
4. Let them know the eggs are raw and that you prefer they remain intact until the conclusion of the exercise.
5. Let them know that they are free to decorate or protect their Christ in any way they deem necessary.
6. Ask them to bring their Christ (egg) self to the next family session.
7. Select an egg for yourself and answer any questions the youth might have about the procedure.

Activity #6

My Thoughts are Prayers

Journal writing lasting 5 minutes

Materials:

Journals and a pen or pencil for each participant. Eight and a half-inch card stock (7 sheets).

Preparation:

Have the day's affirmations posted on the card stock in bold lettering. Have soft music playing in the background.

Directions:

- (1) Pass out the journals. Let the participants know that this is where they will keep a record of any insights they have had about themselves during today's family time. In addition, they will record the day's affirmations in their journals.

Note: Let them know that they do not have to write about their insights. It is entirely optional. But, they must remain quiet and respectful while others are writing. You might suggest that if they don't wish to write, they might try drawing a picture of the day's insights.

- (2) Have them write the following affirmations in their books.

I am fully present

I am creative

I am a mystery

**I am more
than I ever dreamed**

**I am remembering
the Christ**

My thoughts are prayers

I salute the divine

Activity #7

I Salute the Divine

Closing Body Prayer - 15 min.

Materials:

Soft music

Preparation:

Be able to demonstrate the following Chi Gong exercises. Have soft music playing in the background.

Directions:

1. Remind them of the previous (3) body prayers by demonstrating them. Let them know that you will be adding two more. Demonstrate the following body prayer:

Body position:

Standing with arms relaxed at sides and one foot at least 1 ft. in front of the other with your weight on the forward leg and your forward knee slightly bent. Back leg should be straight.

First movement:

Swing your right arm forward at the same time you swing your left arm back. Reverse the movement (left arm forward and right arm back). Continue swinging your arms back and forth until your body is entirely relaxed and tingling.

2. Demonstrate second body prayer.

Body position:

Standing tall with feet shoulder width apart and arms resting relaxed at your sides.

First movement:

Bring the palms of your hands together in front of you like a prayer. Slowly breathe in and out.

Second movement:

Breathe in while you raise your arms above your head with your palms still touching.

Third movement:

When your arms are fully extended above your head, allow your palms to gently move apart. Bend your arms back over the top of your head while bending your back at the same time. Rest there for a few seconds. Breathe out.

Fourth movement:

Breathe in as you bring your body to an erect stance and breathe out as you lower your arms back into a prayer position (palms together) once more. Repeat five times.

Note: If you have enough time, you may wish to do all of the body prayers you have learned so far.

Remember that today's body prayers should be done holding a raw egg. (If this seems too difficult, you may invite them to set their egg within arms reach while they do the closing prayers.)

3. When the body prayers are complete, ask each participant to share one word that sums up their time together, or the word they want to leave with everyone for the day.

4. When you have gone around the entire circle, hugs and Namaste.

5. Remind the group that the next activity is lunch at the Unity Inn.

Note: Additional exercises are available in the appendix if more are needed. Feel free to substitute activities when necessary.

Notes:

Wake Up & Live!
Youth of Unity Conference
August 4, 1999

"Connection"

Session #4

Wednesday Afternoon

1:45 – 3:00

Activities:

1. God and I are one	Circle Prayer & Check in	10 min
2. I appreciate you	Building Connections	10 min
3. I appreciate myself	Building Connections	10 min
4. I belong to the light	Metaphysical Charades	30 min
6. My thoughts are prayers	Journal writing	5 min
7. I salute the divine	Body prayers	10 min

Materials: (Cassette recorder/taped music for all sessions)

The domed light

Journals

Affirmations

Pens and pencils

Hand-held mirror at least eight inches in diameter

1 large sheet of light-colored construction paper

Tape

A watch with a second hand or a stop watch

Room Preparation:

Display the affirmations

Have soft music playing on the recorder

Place the domed light in the center of the circle

Have the charade clues written on strips of (light-colored) construction paper and taped to the dome light

Activity #1

God and I are One

Circle Prayer & Check-in - 10 min.

Materials:

Tape player and music.

Preparation:

Have music playing as the participants enter the room.

Directions:

1. Welcome everyone to the fourth family session titled "Connection."
2. Let them know that the opening prayer will be different this morning. They will begin their time together with a circle prayer where each person adds one sentence to the prayers of the person who has gone before. Give a short demonstration:

Person #1

"Great Spirit of wisdom, we come together this morning assured of your presence in the midst of us."

Person #2

"We honor our family time as sacred."

Person #3

"We dedicate ourselves to awakening the Christ light within us."

Person #4

"We look at one another and ourselves with eyes of compassion."

Person #5

"We are willing and receptive to this day and all it holds."

Person #6

"We say "Yes" to healing and "Yes" to love."

3. When you have gone around the circle once, the last person closes the prayer.

Note: If you wish, continue around the circle until people seem ready to end the prayer. Use your discretion.

4. When the opening prayer is complete, check-in with the YOU'ers about the egg exercise. Ask them what they learned from the experience. Ask them if it was difficult. If an egg broke, ask the person how he or she felt. Have them put aside any undamaged eggs and let them know that you will release them to the elements (wash them down the sink) in a respectful manner after the session.

Activity #2

I Appreciate You

Building Connections - 10 min.

Materials:

None

Preparation:

None

Directions:

1. Have the group sit in a circle.
2. Invite one person to sit in the middle of the circle.
3. Ask each person to give **one** reason why he or she appreciates the person in the center spot. Ask them to say it directly to the person in the center.

"I appreciate you because _____."

4. Continue until everyone has had a chance to be appreciated.

Note: Remember to include yourself.

Activity #3

I Appreciate Myself

Building Connections - 10 min.

Materials:

A hand mirror

Preparation:

None

Directions:

1. Stay seated in the circle.
2. Invite one person to stand in the center of the circle.
3. Ask that person to look in the mirror and share what they love the **MOST** about themselves.

"What I love most about myself is that I am honest."

"I love the fact that I am very patient." I don't rush others and I don't rush myself."

"I love the fact that I have courage to try new things."

"I love the fact that I forgive easily."

4. When everyone has had a turn, move on to the next exercise.

Activity #4

I Belong to the Light

Metaphysical Charades - 30 min

Materials:

Dome light with strips of light-colored construction paper covering the globe. Watch with a second hand or a stop watch. Paper to keep score.

Preparation:

On each strip of construction paper, write the charade clues and then tape the strip of paper face down on the globe.

Directions:

1. Divide the group into two teams by counting off. Ask each team to sit near one another and select a team name.
2. When the teams are ready, flip a coin to see who will begin.
3. Explain the rules of the game.
 - a. The team who begins sends one of their team members to the globe light.
 - b. The team member selects one of the strips of paper, reads the paper, and then acts it out using normal charade rules.

- c. Each person has a three-minute time limit.
- d. The clues all pertain to conditions that block the Christ light from expressing or conditions that allow the light to shine.
- e. The presenter cannot speak.
- f. The clues will be based on books, movies, or songs. Use the ones below or have each group write the clues for the other team.
- g. Begin

Clues

Dumb & Dumber (Movie)

Pride & Prejudice (Book)

High Anxiety (Movie)

Cape Fear (Movie)

I Can't Get No Satisfaction (Song)

What Kind of Fool Am I? (Song)

You Are So Beautiful to Me (Song)

City of Angels (Movie)

Heaven Can Wait (Movie)

Deception (Book)

Liar, Liar (Movie)

Holy Ground (Song)

Life is Beautiful (Movie)

The Apostle (Movie)

Bad (Song)

Activity #5

My Thoughts are Prayers

Journal writing lasting 5 minutes

Materials:

Journals and a pen or pencil for each participant. Eight and a half-inch card stock (7 sheets).

Preparation:

Have the day's affirmations posted on the card stock in bold lettering. Have soft music playing in the background.

Directions:

1. Pass out the journals. Let the participants know that this is where they will keep a record of any insights they have had about themselves during today's family time. In addition, they will record the day's affirmations in their journals.

Note: Let them know that they do not have to write about their insights. It is entirely optional. But, they must remain quiet and respectful while others are writing. You might suggest that if they don't wish to write, they might try drawing a picture of the day's insights.

2. Have them write the following affirmations in their books.

God and I are one

I appreciate you

I appreciate myself

I belong to the light

My thoughts are prayers

I salute the divine

3. When they are finished, have them tie up their journals and turn them in to you.

Activity #6

I Salute the Divine

Closing Body Prayer - 10 min.

Materials:

Soft music

Preparation:

Be able to demonstrate the following Chi Gong exercise. Have soft music playing in the background.

Directions:

Note: This prayer should be done very slowly.

Body position:

Standing tall with arms relaxed at sides and one foot at least 1 ft. directly in front of the other, place your weight on the foot that is in the front and bend that knee. The back leg should be straight.

First movement:

With your hands in the shape of a claw, use your right hand to claw the air in front of you in one sweeping downward motion while the left arm swings backwards. Repeat with your left hand grabbing the air in a downward motion while your right hand swings back. Continue swinging your arms back and forth until your body is entirely relaxed and tingling.

Note: If you have enough time, you may wish to do all of the body prayers you have learned so far.

1. When the body prayers are complete, ask each participant to share one word that sums up their time together, or the word they want to leave with everyone for the day.
2. When you have gone around the entire circle, hugs and Namaste.
3. Remind the group that the next activity is dinner at the Unity Inn (UI).

Notes:

Wake Up & Live!
Youth of Unity Conference
August 4, 1999

“Connection”

Session #5

Wednesday Evening

7:00 – 8:45

Activities:

1. I am one with all life	Circle Prayer & Check in	10 min
2. I give and receive in love	Heart Talk	1 hour 20 min
3. My thoughts are prayers	Journal writing	5 min
4. I salute the divine	Body prayers	10 min

Materials: (Cassette recorder/taped music for all sessions)

The domed light

Journals

Affirmations

Pens and pencils

Tape

Heart pillow

Heart Talk Agreements on 11 by 17 paper

Room Preparation:

Display the affirmations

Have soft music playing on the recorder

Place the domed light in the center of the circle

Display the Heart Talk Agreements

Activity #1

I Am One with All Life

Circle Prayer & Check-in -- 10 min.

Materials:

Tape player and music.

Preparation:

Have music playing as the participants enter the room.

Directions:

1. Welcome everyone to the fifth family session titled "Connection."
2. Let them know that the opening prayer will be the same type they used during this afternoon's session. They will begin their time together with a circle prayer where each person adds one sentence to the prayers of the person who has gone before. Give a short demonstration once again if necessary:

Person #1

"We come together this morning assured of your presence in the midst of us."

Person #2

"We recognize that even though we are unique expressions of God, we are all one with the One."

Person #3

"We dedicate ourselves to awakening the Christ light within us -- today and always."

3. When you have gone around the circle once, the last person closes the prayer.

Note: If you wish, continue around the circle until people seem ready to end the prayer. Use your discretion.

4. When the opening prayer is complete, introduce the evening's "Heart Talk."

Activity #2

I Give and Receive in Love

Heart Talks - 1 hour 20 min

Materials:

Tape player and music, heart pillow, Heart Talk Agreement, and tissue.

Preparation:

Have the heart pillow in the center of the circle near the Christ light. Place the Heart Talk Agreement in a visible location.

Directions:

1. Let the group know that for the next hour and twenty minutes, they will have the opportunity to have "Heart Talks."
2. Even though most of the youth will have experienced heart talks in their own youth groups, explain the process so that everyone has the same frame of reference.
3. Sponsors should be aware of the following do's and don'ts.

DO . . .

- ◆ Begin and end with prayer inviting God's presence into the experience.
- ◆ Read the Heart Talk Agreement.
- ◆ Pass the heart (or sacred item) clockwise. Never pass it back or throw it to another person.
- ◆ Feel free to "pass."
- ◆ Speak only for yourself.
- ◆ Share your feelings, concerns, and problems.
- ◆ Listen without comment.
- ◆ Send loving energy to the speaker and give loving energy when speaking.
- ◆ Respect one another.
- ◆ Talk about what you feel and not what you think.
- ◆ Allow time for silence.
- ◆ Continue to pass the heart until everyone has finished speaking.
- ◆ Provide closure

Don't . . .

- ◆ Break confidentiality.
 - ◆ Attack, interrupt, debate, advise, or lecture.
 - ◆ Talk about what someone said.
 - ◆ Attempt to solve problems – yours or other people's.
 - ◆ Talk about someone in the group without their prior permission.
 - ◆ Talk about members of the group who are not present.
 - ◆ Forget you are there to give and receive love.
4. Ask the youth to respond to one or all of the following in their heart talks:
- ◆ Who do you feel most connected with here at Conference, and what do you think the reason is for your connection?
 - ◆ How connected are you to yourself and how can you deepen that connection?
 - ◆ How do you connect with the Christ Presence within you?
 - ◆ Is there a relationship with which you'd like a deeper connection, and, if so, what steps will you take to make it more meaningful?

4. Have the group read the following:

Note: For the large font version, see the supplemental materials section.

Heart Talk Agreement

We agree to support each other in sharing our most intimate feelings,

knowing that the more we are open and honest, the more magnificence there is in our relationships.

We agree to listen intently with all the love and compassion that is available to us.

We will not judge or condemn, and we will create a safe and loving environment in which to share.

We respect the delicacy and privacy of that which is shared and we will never use it at a later time as a weapon.

We support each other in being all that we each desire.

We support experiencing all the love, happiness, joy, and enthusiasm that is of our choosing.

We accept this in our lives now, and so it is.

From *"Feel Alive with Love . . . Have a Heart Talk"* by Cliff Durfee

Activity #3

My Thoughts are Prayers

Journal Writing lasting 5 minutes

Materials:

Journals and a pen or pencil for each participant. Eight and a half-inch card stock (7 sheets).

Preparation:

Have the day's affirmations posted on the card stock in bold lettering. Have soft music playing in the background.

Directions:

1. Pass out the journals. Let the participants know that this is where they will keep a record of any insights they have had about themselves during today's family time. In addition, they will record the day's affirmations in their journals.

Note: Let them know that they do not have to write about their insights. It is entirely optional. But, they must remain quiet and respectful while others are writing. You might suggest that if they don't wish to write, they might try drawing a picture of the day's insights.

2. Have them write the following affirmations in their books.

I am one with all life

I give and receive
in love

My thoughts are prayers

I salute the divine

3. When they are finished, have them tie up their journals and turn them in to you.

Activity #4

I Salute the Divine

Closing Body Prayer - 10 min.

Materials:

Soft music

Preparation:

Have soft music playing in the background.

Directions:

1. Demonstrate all the previous prayers in one continuous motion. Invite the youth to practice it once with you leading, and then, do the prayers in silence. When you are finished:

Body position:

Stand in a circle.

First movement:

Place right palm facing up and left palm facing down at either side. Your palms should be placed directly over or under the palms of the people on either side of you and almost touching.

This process allows the energy that has been generated through the heart talks to connect all the participants to one another.

Second movement:

With hands still in place, invite the participants to look around the circle and send love to one another.

Third movement:

Sweep your hands down your body five or six times to ground the energy.

2. Hugs and Namaste.

3. Remind everyone that the workshop with Brandon will be held at 9:00 PM in the Activity Center (AC).

Notes:

Wake Up & Live!
Youth of Unity Conference
August 5, 1999

“Awareness”

Session #6

Thursday Morning

10:45 – 12:30

Activities:

1. I am aware	Opening game	10 min
2. I am	Prayer and Check-in	10 min
3. I am listening	Listening activity	30 min
4. Together, we can do anything	Group project	30 min
5. I am aware of you	Haiku	20 min
6. I am poetry in motion	Body prayers	5 min

Materials: (Cassette recorder/taped music for all sessions)

(2) 3 by 5 note cards

Paper plates

Eye patches that let in no light or a scarf to cover the eyes

String

Food: Peanut Butter and Jelly brought from the sponsor's home, eight to ten slices of white bread to be picked up Thursday morning

Plastic knife

Napkins

Journals, pencils

Room Preparation:

Display the affirmations

Have up-tempo music playing when people enter

Activity #1

I Am Aware

Opening Game lasting 10 minutes

Materials:

Tape player and music.

Preparation:

Have upbeat music playing when the youth enter.

Directions:

1. Ask everyone to move into pairs.
2. When everyone has a partner, have the two members of the pair face one another and observe as much as they can about the other for 10 seconds.
3. When the time is up, have the members turn around and stand with their backs to one another approximately two feet apart.
4. Ask each of them to quickly change one thing about themselves (take out an earring, put shoes on opposite feet, roll up a shirtsleeve etc.). Give them ten seconds for this segment.
5. Have them turn around and see if they can identify the change.
6. Repeat two more times with different partners using the same procedure.

Activity #2

I Am

Affirmative Prayer lasting 10 min

Materials:

Tape player and music.

Preparation:

Change the music to something soft and gentle.

Directions:

1. Sit in a circle and let the youth know that today's topic focus is "Awareness." Share how the opening exercise expressed awareness of others while the next exercise focuses on inner awareness.
2. Explain that the opening prayer this morning is affirmative (meaning that each sentence begins with the words "I Am") and declares the truth about who they really are.
3. Let them know that you will invite them to sit in the silence for a few moments so their own "I Am" statements can rise from the center of their own beings. After a period of silence, you will ring a bell and the "I Am" statements will begin.

Note: Pre-select a person to begin the prayers and then move clockwise around the circle three times.

4. When each person has said three affirmative statements, ring the bell, allow a moment of silence, and then, move on to the next exercise.

Examples of Affirmative Statements

I am God's beloved

I am fearless and free

I am a child of the universe in whom there is no lack

I am loving and loved

I am wonderful, marvelous, magnificent, and filled with abundant joy

I am

I am alive, alert, awake, and enthusiastic

I am a calm center of love and light

Activity #3

I Am Listening

Listening Activity lasting 30 minutes

Materials:

(2) 5x7 note cards

Preparation:

Pre-write the same memo on each of the 3 by 5 cards

Directions:

1. Divide the group in half
2. Divide each group as following:
 - ◆ Select 1 president for each group
 - ◆ Select 1 vice president for each group
 - ◆ Select 1 executive assistant for each group
 - ◆ Select 2 team leaders for each group and title the teams (a) and (b)
 - ◆ The remaining people will be assigned to team (a) or team (b) in their own group
3. Explain that they are going to be involved in a listening exercise.

4. Ask the groups to wait patiently while you and the two presidents move out of earshot of the groups.
5. When you are out of earshot, hand each of the two presidents a 5x7 card with the following:

MEMO

Tomorrow, we will begin our new clothing policy. For the first time in school history, all students will be allowed to come to school dressed in the following ways:

- ◆ You may wear men's or women's clothes no matter which gender you are.
- ◆ Bare feet, hiking boots, and slippers are completely acceptable.
- ◆ If you wish to expose your belly, you must have a ring in your navel.

In addition:

- ◆ Dredlocks are now required.
- ◆ All people with brown eyes will have to wear gold jewelry.
- ◆ All people with blue eyes must only wear silver jewelry.
- ◆ Green-eyed people cannot wear jewelry at all.

We sincerely hope this new policy will meet with your approval. If not, you may meet with the principle tomorrow morning at 9:00 AM.

6. Have them read the information. When they are ready, have them ask their own vice president to join them out of earshot of the rest of the group.

Each president should ask his or her vice president to listen carefully while the president reads the MEMO aloud.

When the MEMO has been read, the president asks the vice president if he or she has understood the memo. If the answer is "Yes," proceed. If the answer is "no," the president may read the MEMO once more (for a total of 2 times only).

7. Without the written memo, the vice-president then relays the information from memory to the executive assistant out of earshot of the other participants.

The executive assistant relays the MEMO information to his or her 2 team leaders out of earshot of the remaining group members.

Finally, the two team leaders go to their team members and relay the information from the memo.

Note: The only people who are allowed to see the actual MEMO are the two presidents. All the rest must use their memorization and listening skills.

8. Have the team members share the memo with everyone in their group and check for accuracy.
9. Discuss in the large group.

Activity #4

Together, We Can do Anything

Group Project lasting 30 min

Materials:

Eye patches that let in no light or scarf tied around the head covering the eyes, string, list of instructions, food, paper plates, utensils, napkins

Preparation:

Have food laid out on the table or floor
Each group receives:

2 slices of white bread
A small (plastic) jar of jelly
A small (plastic) jar of peanut butter
A paper plate
A plastic knife

Directions:

1. Divide the teens into groups of three.
2. Let each group decide who will have their eyes covered, who will have their arms tied behind their backs, and who will give directions.
3. When the decision has been made in each group, have them
 - a. Help the person put on the eye cover.

- b. Secure both hands behind the back of one of the group members with string.
 - c. Move to an area at least ten feet away from the food area.
4. When everyone is in place, let the youth know that they will be working on a group project. When you give the signal, each team will be making a peanut butter and jelly sandwich. But, there's a catch.
 - a. The people who are blind must deliver the food from the food area to the group (one item at a time).
 - b. The people who have their hands tied behind their backs must make the sandwiches.
 - c. The people who are left, read the instructions and help direct the other participants.

Instructions

Have the readers from each team stand near the instructions written below and say to the blindfolded participant:

- ◆ Please go to the food area and pick up two slices of bread that you will find in a baggy. When you have the bread take it back to our area. If you listen to my voice, I will direct you.
- ◆ When the bread is where it should be, go back and pick up the jar of jelly and return it to the person who will be making the sandwich.

Note: The people with their hands behind their backs can participate in giving directions.

- ◆ When the jar of jelly is in place, return to the food area, pick up the jar of peanut butter and deliver it to the person making the sandwich.
- ◆ When the peanut butter is in place, return to the food area, get a plastic knife and a paper plate and deliver it to the appropriate place.

Note: Remember to do all the activities as quickly as possible because of the time-limit.

- ◆ The people with their arms tied behind their backs must make the sandwich starting with one slice of bread, followed by the jelly, the peanut butter, and then, the other slice of bread.
 - ◆ Have them cut the bread into three even sections.
 - ◆ When they are finished, everyone can eat what they have created.
5. While they are eating, ask them:
- a. What were the challenges of the exercise?
 - b. Did they learn anything interesting about themselves or the people with whom they were working?
 - c. What would they do differently in the future?

Activity #5

I Am Aware of You

Haiku lasting -- 20 min

Materials:

Journals, pencils

Preparation:

Hand out the journals and pencils

Directions:

1. Let the YOU'ers know that for their journal entry today, they are all going to write a Haiku poem. Discuss that this is **not** an optional writing exercise. (You may wish to give them the option of writing in teams of no more than three people but individually is preferable).
2. Explain that Haiku is an ancient poetry form in Japan. Haiku Poetry:
 - a. Must have only three lines total
 - b. The first line must have exactly seven syllables
 - c. The second line must have exactly five syllables
 - d. And the final line must have exactly seven syllables.

Haiku Examples

#1

No one stands alone
Each one has a friend right here
You and I are one

#2

Your heart may be sad
But my heart is calling you
Rise, beloved, rise

#3

You are amazing
Beauty beyond all compare
Reflected for all

3. When everyone understands how to write the Haiku, ask them to write their poems as a statement of love for the other family members.
4. When they are finished, have them read the poems aloud.

Activity #6

I Am Poetry in Motion

Closing Body Prayer - 5 min.

Materials:

Soft music

Preparation:

None

Directions:

1. If there is time after reading the Haiku, ask the family members to find a partner, walk to a quiet place nearby, and perform all of the body prayers facing one another. Remind them that the prayers should be done silently and reverently.
2. When the prayers are finished, let them know that they will be moving to the Unity Inn for lunch.
(Graduating YOU'er luncheon)

Wake Up & Live!
Youth of Unity Conference
August 6, 1999

"Choices"

Session #7

Friday Morning

8:15 – 9:15

Activities:

- | | | |
|-------------------------|---------------------------|--------|
| 1. I make wise choices | Story and meditation | 10 min |
| 2. I choose love | Seeing people differently | 20 min |
| 3. I choose forgiveness | Gender exercise | 30 min |

Materials: (Cassette recorder/taped music for all sessions)

Scratch paper and pencils

Room Preparation:

Display the affirmations

Have music playing when people enter

Activity #1

I Make Wise Choices

Opening Story & Meditation 10 min

Materials:

Tape player and music.

Preparation:

Have gentle music playing when people enter the room.

Directions:

1. Let the youth know that this morning's family gathering time is called "choices."
2. Share with them the true story of Victor Frankl (the author of the book "Man's Search for Meaning" and a survivor of the Auschwitz Concentration camp).

During Victor Frankl's confinement in the concentration camps, he observed many atrocities but he also noticed men and women finding tremendous meaning in the midst of great horror.

Even though some people were starving, they shared their food with those around them. Even though some people had lost all of their family members to the gas chambers, they still found the inner strength to comfort others. Even

though some people were extremely ill, they reached out in compassion.

Victor Frankl said of this phenomenon,

"Perhaps, our last and greatest freedom [even when standing in the midst of a concentration camp] is the ability to choose how we will respond to any given situation."

3. Remind them (and yourself) that no matter what challenges we face, we have the ability to choose how we will respond.
4. Invite them to find a comfortable position and move into a time of meditation.
5. In your meditation time,
 - (a) Ask them to visualize a challenge that they might be having in their life.
 - (b) Invite them to look at how they've been feeling about the challenge.
 - (c) When they have had enough time to experience their feelings, encourage them to choose a new response. You can say:

"No matter what difficulty you may be facing in your life, you can choose love anyway. You can choose hope anyway. You can choose peace anyway. You can choose joy instead of sorrow, faith over fear, and forgiveness over bitterness."

"We know that with God all things are possible (Romans 8:28). As for me and all the conditions of my life, I choose God above all else. And so it is. Amen"

Activity #2

I Choose Love

Seeing people differently 20 min

Materials:

Tape player and music. Scratch paper and pencils.

Preparation:

Have soft music playing.

Directions:

1. Hand out slips of scratch paper and pencils and ask them to think of one person with whom they have had a challenge. When they have the person's name in mind, ask them to write the sentence,

"The thing I dislike the most about

(Name) _____ are:

2. When they have written the sentence, ask them to write a list of things they dislike about that person for the next three to five minutes.
3. Next, ask them to turn the paper over (or give them another sheet), and write the sentence,

"The things I love most about

(Name) _____ are:

4. Give them three to five minutes to write their responses and then divide them into groups of three.
5. When everyone is in their group, let them know that they are going to read their papers starting with "The things I dislike about _____" and ending with "The things I love about _____."

But . . . there's a catch.

- a. Instead of using the name of the person with whom they have the challenge, they are to use "I statements."
"I dislike it when I am (rude)."
"I dislike it when I am (arrogant)."
"I dislike it when I am (silly)."
- b. For each dislike item on the list, they are to say,
"I love it when I am (kind)."
"I love it when I am (talented)."
"I love it when I am (generous)."
- c. For each love statement on the list they are to say,
"I love it when I am (kind)."
"I love it when I am (talented)."
"I love it when I am (generous)."
- d. Each person in the threesome should stand and make both the dislike and love statements. When the person is finished, the next person can begin. The other people are to listen respectfully but not comment on what is being said.
- e. When all the groups are finished, return to the large group and discuss how the exercise made people feel.

Activity #3

I Choose Forgiveness

Gender exercise -- 20 min

Materials:

Tape player and music. Scratch paper and pencils.

Preparation:

Have gentle music playing.

Directions:

1. Divide the family group into male and female.
2. Ask the females to form a circle in an area away from the males. Ask the males to do the same.
3. When they are in their circles, Ask them to discuss with their own gender, the things they most want the other gender to know about them.

The females might say:

"I want males to understand how much it hurts when they treat me like I'm just a body."

"I want males to understand how their aggression scares me."

"I want males to understand that I don't want to call God "He."

The males might say:

"I want females to understand that they don't have to pretend they are less strong or intelligent than me."

"I want females to understand that I don't like to always be the one to pay for dates."

"I want females to know that whining really bothers me."

4. Let them discuss for ten minutes. When ten minutes is up, have the two groups face one another (Males on one side, females on the other).

Ask the females to begin. Anyone from the female group can share with the males what they really want them to know. Let the females share for three minutes while the males remain silent.

When the females are finished, ask them to stand and spontaneously make the sound of women (No coaching is necessary. They might wail, shout, hoot). The men are to listen with their eyes closed.

When the females are finished, the males should say, *"Will you forgive me?"* Those females who are ready, should answer, *"Yes."*

5. Repeat the exact same process (including the spontaneous sounds of men at the end of their sharing time and the request for forgiveness).
6. When the entire process is complete, Give hugs.

7. Remind the group that their next activity is a 9:30 morning celebration in the Activity Center.

Note: the nature of the last exercise can bring up deep feelings for the participants. Stay available for anyone that needs to process their feelings.

Wake Up & Live!
Youth of Unity Conference
August 7, 1999

“Create Your Reign of Unity Now”

Session #8

Saturday Morning

8:15 – 10:15

Activities:

- | | | |
|---------------------------------------|--------------------------------|--------|
| 1. I am free and unlimited | Opening prayer/sharing | 15 min |
| 2. I am creating a New World | Visions for the new Millennium | 30 min |
| 3. I am creating a reign of Unity now | Family Vision Statement | 60 min |
| 4. Our thoughts are prayers | Journal Writing | 5 min |
| 5. I salute the divine | Body prayers and closing | 10 min |

Materials: (Cassette recorder/taped music for all sessions)

Scratch paper and pencils

Room Preparation:

Display the affirmations

Have music playing when people enter

Activity #1

I Am Free and Unlimited

Opening Prayer and Sharing 15 min

Materials:

Tape player and music. Dome light in the center of the room covered with black strips of paper.

Preparation:

Have gentle music playing when people enter the room.

Directions:

1. Let the youth know that the final family gathering time is called "Create your reign of Unity now."
2. Discuss how this week has been about unmasking the Christ so that each person may "Wake up and [fully] live!" Let them know that in this final gathering time, they will have the opportunity to let go of those things that prevent them from living the life of their dreams.
3. Begin with prayer. You may want to say . . .

Thank you God for this precious week and the deep connection we have with one another. We know that you have been doing a mighty work in the hearts of each of us. We are healing, we are loving more deeply and freely, and we are so very

grateful. We consecrate and dedicate this time together to you, to our Way Shower, Jesus Christ, and to the Christ presence that shines in our own minds and hearts. Amen

4. Sit in a circle and have each person walk to the center, and say:

I choose to wake up and live!

I let go of _____

And I claim _____

The group responds by saying,

(Name) _____,

You are completely free and unlimited. We love you. We bless you. And we behold the Christ in you.

5. You may choose to sing the song, "I am free, I am unlimited" at the completion of this exercise. If not, move on to the next activity.

Activity #2

I Am Creating a New World

Visions for the Millennium 30 min

Materials:

Scratch paper and pencils.

Preparation:

None

Directions:

1. Divide the members into groups of three.
2. Each group has ten minutes to brainstorm a vision for a new world. They are to think about things like:
 - ◆ What they would change about our current existence
 - ◆ How people would communicate or interact with one another
 - ◆ What things would be the most important
 - ◆ How they would want government, politics, schools to be operated

3. After ten minutes, ring the bell or chime and have them move back into the large group. Each group should give a short (2-3 min) presentation about their vision for a new world.
4. When the presentations are finished, let them know that your family group is going to be writing a vision for the new Millennium to be presented at the closing ceremonies.
5. Begin the next exercise.

Activity #3

I Am Creating a Reign of Unity Now

Visions for the Millennium - 60 min

Materials:

Flip chart, felt pen, scratch paper, and pencils.

Preparation:

Have the flip chart in a prominent location. Pass out the scratch paper and pencils.

Directions:

1. Brainstorm words that pertain to the creation of a new world order.

For example:

Authentic
Loving
Compassionate
Generous
Creative
Non-competitive
Friendly
Safe

2. When the words are exhausted, ask each person to write down his or her five favorite words without discussing them with anyone else.

3. Invite each person to walk to the flip chart and place tick marks next to their top five choices.

Note: Remind them not to allow themselves to be influenced by what someone else has ticked off. The choices each of them make are important for creating a world-view.

4. When all the marks have been made, select the top five and write them on another piece of paper large enough for everyone to see.
5. Divide the group into pairs and ask each pair to use the five words in a vision statement. Give suggestions as to how this is done.

If the words selected are:

Harmony, violence-free,
compassionate, non-competitive,
and loving, they might write:

I choose to live in a world where compassion is the most sought after value. The people of this world love one another so much that they would die themselves before they would allow another to be harmed. In this world, there is enough for everyone. No one needs to compete to have food or to be accepted. The people of this world compete only with themselves . . .

6. Give each pair at least ten minutes to write their statements. Ring the chime or bell when the time is finished. Invite them back into the larger circle.

7. Write the statements from each group on the flip chart paper. (Or have them do it themselves while they are working in the pairs.)
8. Again, ask each person to select his or her favorite statements. This time, though, have them select only three.
9. One at a time, ask each person to place a tick mark next to his or her three favorite statements.
10. When the favorite statements have been chosen, ask if there is anyone who objects to the selections. If there is, give that person(s) the opportunity to speak. If people all agree, change the statement to comply with the suggestion. If people do not agree, continue the discussion until everyone has had a chance to give voice to what they want.
11. Work on consensus.

Ask the group to make a decision about the vision statement.

- ◆ If they agree completely with the statement have them give a thumbs-up sign.
- ◆ If they don't completely agree with everything but can live with the statements, have them give a thumb to the side signal.

- ◆ If they disagree and cannot live with the results, have them give a thumbs-down sign. If this is the case, discussion needs to continue until they can agree for the most part.

12. When the process is finished, write the completed statement on a piece of paper.

13. Decide which person will read the statement during the closing ceremonies. It is acceptable to draw the name out of a hat or to hold a vote. The person selected needs to be prepared to speak during the closing ceremonies.

Activity #4

My thoughts are prayers

Journal writing lasting 5 min

Materials:

Journals and pencils

Preparation:

None

Directions:

1. Hand out the journals and invite each person to write the days affirmations and the vision statement for their family group.
2. Remind them to keep their journals with them. They may want other YOU'ers to write their names and addresses in the journal.

I am free and unlimited

I am creating a New
World

I am creating a reign of
Unity now

Our thoughts are prayers

I salute the divine

Activity #5

I Salute the Divine

Closing body prayers & Hugs 10 min

Materials:

Soft music

Preparation:

None

Directions:

1. Do all the body prayers one more time and remind the group that they will be doing them with all the rest of the convention participants during the closing ceremonies.
2. Acknowledge the gifts you have shared during the week by going around the circle one person at a time and inviting them to share one (short) sentence about their experience together.
3. Give hugs, and remind the youth that the next activity is at 10:30 in the Activity Center (AC).