



International Youth of Unity Conference 2006  
Family Group Material

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*Connected in Christ we truly unity (IS THIS THE WORD  
OR IS IT UNITE) in love as Spirit.*

2006 International Y.O.U. Vision Statement

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Dear Family Group Leaders and Support Sponsors,

Blessings! Thank you so much for volunteering to share your wisdom and leadership. You will be leading a group consisting of about a dozen individuals. Leading each group will be teams of two Y.O.U.ers and one Support Sponsor.

The material enclosed is to be used for the family group sessions scheduled during Conference. **Please read over the material at least twice prior to arriving at Conference.** When you read over the material take notes on any questions that you have about the material so that you can ask at the **Family Group Leader meeting** that will be taking place before Opening on the first day of Conference. Enclosed in this package you will find the names of your Co-Leader and Support Sponsor. We strongly encourage you to contact them before Conference to discuss the material.

Please be prepared for each session; communicate with your Co-Leader and Support Sponsor. The better prepared you are as a team, the better the Family Group will go. Also, because every group is different, trust yourself to know when and where to be flexible in order to allow for the needs of your group. You are highly creative and talented— please feel free to add your own touches, words and experiences when it is appropriate.

The purpose of Family Groups is to provide a safe place for discovery, sharing, and introspection of spiritual foundations. **Family groups are built upon trust, which is modeled by the Family Group Leaders.** Family time is a unique opportunity to promote self-esteem and leadership and to recognize individual divinity.

The role of the Family Leader is that of a facilitator. You are there to help your family process, not to do the work for the group. **Sometimes struggling through an experience is the most important part of a lesson.** Sharing by all members is important. Try not to let a session become dominated by one person. The suggested questions are there to serve as a starting point rather than to control the discussion. They can also help to refocus the group if someone is dominating the discussion.

The Support Sponsor in your group has agreed to serve as your resource and they are an excellent one. We recommend that you spend some time with your Support Sponsor reviewing and discussing the material and any areas needing clarification.

Remind the group to start on time and to end on time. In consideration of the limited time you will have, please invite everyone to make their bathroom trips between activities.

Please take the time to look at the List of Materials. Noted on this page are some materials that the International Team would like you to bring to Conference. Also, when receiving your Family Group Bags at Conference, you should use this page to assure that you have all of the materials you need.

The International Team would like to express our heartfelt thanks to you for sharing your talent to make this a meaningful event for everyone involved. Family groups are the heart and soul of Conference; we are blessed to have such amazing, able and willing individuals aiding us in the manifestation of Conference 2006. Namaste.

The 2005-2006 International Youth of Unity Team

Cassandra, Kaitlyn, Jessica, Margarita, and Rebecca

## **Tips for Family Group Leaders**

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

**Focus on the Group-** Always start by centering and connecting the group with an opening prayer even if you are late in starting. Use the one 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, taking three deep breaths as a group and remember to breathe yourself. When you are centered, your group will be centered.

**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. When you need quiet, it may be helpful to lower the lights or put on soft music.

**Be Prepared-** Read and understand the material before you begin the Family Group Time. Set up the room and materials before the workshops. Clarify any questions about the material during the Family Group Leader Meeting. If you need further assistance during the week please seek out the HS support for Family Group material.

**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! Be willing to wait for answers. Discussion means more than one answer and that 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 encourages lack of focus.

**Time-** Check the timing in your workshop material before you begin each session. Take the time to see how you think it will work. Watch the time during the workshop. Be willing to stop an activity if the next one needs to start. You may find some places that you want to change or skip an activity. Do this at your discretion while honoring the input of the International Team and the overall goal of the material.

**Encourage Everyone to Participate-** Allow for the right to pass but be aware of the tendency of some to dominate and some to always hold back. Remind everyone that each person and all opinions are important.

**Closing-** Always take time for a Closing Circle even when running late. Do a short prayer, a Yay God or a group hug as long as you do something that acknowledges the end of the time spent together.

## **Tips for Support Sponsors**

Be familiar with the Tips for Family Group Leaders. Know what they are trying to accomplish as leaders in the family group.

Know the material so that you can help if needed.

Talk to the Leaders before and after each session in order to remain in touch as a team.

Ask the Leaders how they feel the session went. Ask if they have any questions for you or if they have any activity that they think they might need help leading.

If you have *suggestions*, talk to the Family Group Leaders about them. Offer what you see and let them decide to use the feedback or not to use it.

If the group is really off focus for some reason, gently bring it back to focus.

It is not necessary for you to take control.

Be a part of the group. Answer questions and do activities as a member of the group.

If you really have a problem with something that the Family Group Leaders are doing, talk to them *after the session*. See if you can understand what the leader was trying to accomplish by what they were doing. If there seems to be a real problem that is unsolvable, please ask the Leaders to talk to a Conference Support Team with you.

“Remain aware: Stay conscious of your consciousness.”

~H. Sam Coombs

Adapted from materials written by Lisa Yelenick

## **List of Materials: (New List Needed)**

- Materials to Bring with You to Conference
  - Watch/Clock
  - Small Altar, could include the following
    - Altar cloth
    - Items that have spiritual importance to you
    - Coins
    - *Daily Word*
    - Jolly Ranchers (They add color and are great snacks!)
  - CD Player
  - Meditation Music
  - Pillow/Blanket for Octopus Massage
  
- Materials in Family Group Bag
  - 1 Large Sheet
  - 1 Pad of Large Sheets of Paper
  - Markers
  - Masking Tape
  - Handouts #1 through #4
    - Hand Out #1 (FG #1 Planning Packet)
    - Hand Out #2 (FG #4 Leadership Quiz)
    - Hand Out #3 (FG #6 Poem)
    - Hand Out #4 (FG #7 Skit Worksheet)
  - Crayons
  - Mandala Designs
  - Blank Paper
  - Pens/Pencils
  - Newspaper
  - Bandanas
  - Maps
  - Compasses
  - Magnets
  - Conference CD
  - Note Cards
  - Kleenex

**Family Group #1**  
**Tuesday, July 17<sup>th</sup> 9:00-10:00 p.m.**  
**1 hr.**

Following: Evening Celebration

**Objective-**To provide the Family Group with activities to become connected, and comfortable with each other as a group.

**Activities-**

- |                            |            |
|----------------------------|------------|
| 1. Opening Prayer          | 2 minutes  |
| 2. Scripture, Quote        | 2 minutes  |
| 3. Interview               | 10 minutes |
| 4. Group Juggle            | 5 minutes  |
| 5. Heart Warmers           | 15 minutes |
| 6. Family group agreements | 5 minutes  |
| 7. A touch of our own      | 10 minutes |
| 8. Discuss the theme       | 10 minutes |
| 9. Closing Prayer          | 1 minutes  |

**Materials-** A ball, conference t-shirts, fabric paint, a sharpie, a balloon, a piece of paper, markers, a big piece of paper, tape. Interview sheets, Pens/pencils, stopwatch, index cards.

**Preparation-** Communicate with your fellow family group leaders.

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### 1. OPENING PRAYER ~ 2 MINUTES

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**Purpose:** To allow Family Group members to become centered and open to their new surrounding.

**Materials:** None

**Preparation:** None

FG Leader- Read the opening prayer or ask if anyone feels moved to read the prayer provided or to say their own prayer.

Lets take a deep breath into our heart space, becoming closer and more connected with self and spirit through community. Sweet divine spirit thank you for our safe wonderful journey to this conference of community and opportunity. We are open to the love in which we will experience here and are ready to embrace the changes necessary for us to realize the power of I AM. AMEN!

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### 2. SCRIPTURE, QUOTE ~ 2 MINUTES

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**Purpose:** To provide the Family Group members with the knowledge that they can live the power of I am

**Materials:** None

**Preparation:** None

FG Leader- Ask for 3 volunteers to read that they may do so.

Scripture- And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, what is his name? What shall I say unto them?

And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you. Exodus 3.14

Quote- "Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well." Mahatma Gandhi

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### 3. INTERVIEWS ~ 10 MINUTES

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**Purpose:** To have the members become acquainted and to become bonded so that they can move forth with the family group material.

**Materials:** Interview sheet, pens/pencils

**Preparation:** None

FG Leader- To get to know each other, we will interview each other and present the results to the group. Select as a partner someone you know the least. Use the interview guide and take about 2 minutes a person.

- What's your favorite color?

- Find three things you and your partner has in common.
- What's your favorite season?
- Describe for your partner the first job you ever held.
- If you were an animal what would you be?
- What would you do if you won the lottery?
- What is your favorite food?
- What is your favorite thing about unity?

You will get 2 minutes per person, afterwards you will introduce your partner to the group, you don't have to give the answer to each question but what stands out most to you.

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#### **4. GROUP JUGGLE ~ 5 MINUTES**

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**Purpose:** To introduce the members of the family group and get everyone familiar with each other.

**Materials:** A ball

**Preparation:** None

FG Leader- Go around the circle and have everyone say their name, and their feelings at this moment.

#### **The game is called group juggle**

##### **This is the instructions to group juggle**

- Arrange everyone in a circle, not too close, but yet not too far away from one another
- Include yourself in the circle
- Explain that you are going to throw a ball to someone - pick someone out & ask them what their name is, then say
- "Hi **(blank)**, my name is **(blank)**...here you go!"
- **(Blank)** then says  
"Thank you **(blank)**", then **(blank)** picks someone and says  
"Hi **(blank)**, my name is **(blank)**...here you go!" [Throw the ball].... they say  
"Thank you, **(blank)** and on you go."
- Once everyone has gone, do the 2<sup>nd</sup> round

##### **2nd round of group juggling**

- Try it again making sure you use the same order, and using everyone's names. Remember to say the name of the person you are throwing the ball to, and thank the person, by name, for throwing it to you,
- This round will be tricky everyone will be challenged to remember who they threw it to the first time, and the names of the two people in the group! Make

sure to take it slow, try to help everyone out, so that each person can successfully remember everyone's name.

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## 5. HEART WARMER ~ 15 MINUTES

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**Purpose:** To allow the family group members to get to know each other, and to have a more bonded family group.

**Materials:** Piece's of paper, tape,

**Preparation:** Communicate with your family group and decide which heart warmers you would like to do. If you have time you may do all of the heart warmers.

FG Leader- Be aware of time try to do at least one or two games if you have time at the end you can come back and do another game if time permits.

### ***Hammer or nail***

**Purpose:** To allow the family group members to become more open and connected as a group.

**Materials:** Tape

**Preparation:** Tape a big circle on the ground "big enough so that everyone can stand in the circle and be able to move around in it"

FG Leader- This activity is meant as an exercise in abstract thinking. Use your imagination. Think of yourself in non-concrete terms. Pick the term that best describes you.

"Family group leader" will blurt out one of the examples below. If the family group members feel the first term describes them, they remain in the circle, if they feel the second term describes them they jump out of the circle.

Example: HAMMER OR NAIL

The Family group members that feel a hammer describes them best remain in the circle. Those that feel a nail describes them best jump out of the circle.

After they have picked which term describes them best, ask the family group members to give a short description of why they picked that term.

Hammer or nail

Racket or ball

Child or old man

Picasso or DaVinci

Jeans or a suit

Egg white or egg yolk

Sun or moon

Cube or ball

Present or future

Rock group or string quartet

Yes or no

Mountain or valley

Physical or mental

Pencil or pen

Teacher or student

Question or answer

Green or blue

Leather or tweed jacket

Leaf or wind

Pencil or eraser

Earthquake or typhoon

Tortoise or hare

City or country

Dictionary or novel

Pen or pencil

Agape or Eros

Cat or mouse

TV or Radio

Present or Future

### **Animal scramble**

**Purpose:** To provide the family group members with the ability to interact and get to know each other.

**Materials:** Pieces of papers with animals names on them

**Preparation:** Have delegates choose a slip of paper with an animal on it. Tell them to keep it a secret.

I do not clearly understand the instructions. The hint of danger part is confusing. I would need more instruction as how to use this part.

**FG Leader-** Instruct the group that they will need to find their group of same animals. They can not talk. They must use the sound that their animal makes to locate their group members. Once two of the same kind has found each other, they stay together to find more. Continue until all of the like animals have created one big group.

Use Animal Scramble, but add a hint of danger by planting a couple of danger animals who if incorrectly approached can take you out of the game (snake, lion, tiger, etc). The last survivor of non-dangerous animals is winner (Non-dangerous animals need to gather say 4 of a kind to be safe in a pack; they can even fake being a dangerous animal but cannot take out anyone - someone catches onto this and the fun begins!)

### **All my neighbors**

**Purpose:** To allow the family group members to become comfortable with each other.

**Materials-**Index cards

**Preparation:** None

**FG Leader-** Ask participants to form a shoulder-to-shoulder standing circle and then have each person take a step back. Give each participant a place an index card which they should place at their feet.

Family group leader stand in the middle of the circle

**READ-** "This activity is similar to the game of musical chairs that you played as a child. As you'll notice, there is one less place than people in the group. That's why I'm in the center of the circle. So, I'll begin in the center of the circle, but my task is to try and find a place on the outside of the circle and have someone else end up without a place. The way I'm going to do that is to make a statement that is TRUE for me. For example, if I am wearing tennis shoes, I might say 'All my neighbors who are wearing tennis shoes.' If that statement is also true for you, then you must come off your place and find another spot in the circle. I could also say something like 'All my neighbors who love to swim,' and if that's true for you on the outside of the circle, you must move and find a new place. You may not move immediately to your right or left and you may not move off your space and return to it in the same round. Let's do this safely. No running. No body-checking, kicking or pinching.

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## **6. FAMILY GROUP AGREEMENTS ~ 5 MINUTES**

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**Purpose:** To make a community in which the Family Group feels open and able to communicate fully.

**Materials:** Markers, big piece of paper, tape.

**Preparation:** Be familiar with what is on the covenant sheets.

FG Leader- Read:

Group agreements are a way to insure that everyone feels safe, loved, and respected during their time in the family groups. Everyone should realize that family group agreements are sacred and are a way to trust and get to know each other on a deeper spiritual level.

Ask if anyone feels like writing down the group agreements. If not write down the group agreements on a large piece of paper. Once everyone has agreed to the group agreements set forth by the group, get everyone to sign the poster, and hang the poster in the room so that everyone can be aware of the group agreements daily.

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## 7. A TOUCH OF OUR OWN ~ 10 MINUTES

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**Purpose:** To provide the Family Group members with a consciousness of the world and while they are connected to the world they can change the world one hand at a time.

**Materials:** Your conference t-shirts and fabric paint. Paper towels

**Preparation:** Explain- we are trying to connect the conference body by putting your handprint under the world "your hand is holding up the world" you will be letting the shirts dry in the room and before the group photo you will pick up your shirt. This is a way to show that we all have a small part in how the world turns out and that we have the power to impact the world in many different ways.

FG Leader- Read:

Options

1. You can either put your own handprint on your own t-shirt

**If you pick this option**

(Pick the color that calls out to you, and then figure out where you would like your handprint to be under the world. Put the fabric paint all over your hand and place your hand in the spot you have decided under the world, after you have put your handprint on the t-shirt wash your hands. Then place your shirt in a designated area of the room to let your t-shirt dry.)

2. You can switch your t-shirts among the group and have someone else put their handprint on your t-shirt (This is a way to show that we all have a small part in how the world turns out and that we have the power to impact the world in many different ways, and that everyone "realizing the power I AM" in connected unity can affect the world.)

**If you pick this option**

(Ask the person who's t-shirt you have to pick the color that calls out to them, and ask them to pick out where they want your handprint to be under the world. Put the fabric paint all over your hand and place your hand in the spot they have decided under the world, after you have put your handprint on the t-shirt wash your hands. Then place your shirt in a designated area of the room to let your t-shirt dry)

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## 8. DISCUSS THE THEME ~ 10 MINUTES

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**Purpose:** To discuss conference and what you think it means to you and how it can relate to your life.

**Materials:** None

**Preparation:** None

FG Leader- Propose the questions below to the group, and ask the group to answer .

- What does the theme of conference mean to you?
- What comes into your mind when you here the theme?
- In what ways do you feel you need to work on realizing the power I AM?
- How do you think the theme will affect your life?
- How do you think the theme will affect the world?
- What do you think your power is?
- How do you feel the theme applies to your life?
- Do you think you will be able to "realize the power I AM" when you leave conference?

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## 9. CLOSING PRAYER ~ 1 MINUTES

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**Purpose:** To end in a connected way through spirit before the group heads off to the next activity.

**Materials:** None

**Preparation:** None

FG Leader- Ask if anyone feels moved to say a prayer or end with the Prayer for Protection, a group hug and a **YYYYYYYYYYYYYYYYYEAH GOD!!!**

### Prayer for Protection

**The Light of God surrounds Us  
The Love of God enfolds Us  
The Power of God protects Us  
and the Presence of God watches over Us  
Where ever we are God is! And all is well!  
Amen.**

**\*\*\*\*\*Head to Fuzzies in the Court Yard\*\*\*\*\***

**Family Group #2**  
**Tuesday July 18<sup>th</sup> 3:15-4:45 p.m.**  
**1 hr. 30 min.**

Following: Regional Business Meeting

**Objectives-** To explore the effects sound has on the body and the environment we live in.

**Activities-**

- |  |            |
|--|------------|
| 1. Opening Prayer                        | 2 minutes  |
| 2. Scripture, Quote, Denial& Affirmation | 3 minutes  |
| 3. The Power of Breath                   | 15 minutes |
| 4. Deep Listening                        | 15 minutes |
| 5. Power of Sound                        | 30 minutes |
| 6. Chant                                 | 20 minutes |
| 7. Closing Prayer                        | 5 minutes  |

**Materials-**

**Preparation-**

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## 1. OPENING PRAYER ~ 2 MINUTES

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**Purpose:** To welcome all the members of the family group with love by sharing in prayer consciousness.

**Materials:** None

**Preparation:** None

FG Leader- Read

Mother, Father, God, thank you for allowing us to experience the power of breath. We release any left over tension in our bodies to you. As we go into this family group, help us to be open to the lessons you have for us. Amen.

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## 2. SCRIPTURE, QUOTE, DENIAL & AFFIRMATION ~ 3 MINUTES

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**Purpose:** To set the intention of the Family Group

**Materials:**

**Preparation:**

FG Leader- Read or ask for volunteers to read-

Quote- "Oh Music, in your eyes we deposit our hearts and souls. Thou has taught us to see with our eyes and hear with our hearts." - Kahlil Gibran

Scripture- Sing to him a new song; play skillfully, and shout for joy. PS 33:3

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. ISA 55:12

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## 3. THE POWER OF THE BREATH ~ 5 MINUTES

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**Purpose:** To process the breathing workshop

**Material:**

**Preparation:**

FG Leader- Explain to the group that we will be processing the Breathing activity they participated in earlier that day.

Read Questions:

- What was your first impression about the breathing workshop?
- What experiences did you have during this time?
- What feelings did you have during the activity?
- How did you feel after it?
- How could you use this experience at home after conference?

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#### 4. DEEP LISTENING ~ 15 MINUTES

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**Purpose:** To become aware of the sound that is around us all the time.

**Materials:** Paper and pens

**Preparation:** Have the group get very quite and still.

FG Leader-

I invite each of you to get comfortable. Allow your mind to become aware of the sound that you hear in this room. (pause) Take a moment and list all the sounds you hear. (Pause) Now expand your awareness to include sounds from outside of the room. (Pause) Take a moment to list these sounds. (pause) Now looking at your list take a moment to become aware of the feelings and thoughts you have for the sounds you have listed. (Pause)

Read Questions:

- What was the first sound that you became aware of? What thoughts did you have about the sound?
- What did you notice as you became more aware of the sounds around you?
- What feelings did the sound bring up for you?
- What thoughts did you have as you listened to the sounds around?
- Is there anything that you noticed in this activity that you would like to share?

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#### 5. THE POWER OF SOUND ~ 30 MINUTES

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**Purpose:** To explore the effects of sound on the body

**Materials:** CD and player

**Preparation:** Play sounds

FG Leader- Play CD of different sounds after each sound pause the CD to allow delegates to write their thoughts about the sound they have heard. Do not tell the delegates what sounds they are about to hear.

Aloud: Now we are going to do an activity in which we will listen to different sounds. After each sound you will have time to write your thoughts about how the sound made you feel and what you think about when you hear that sound. Keep your writing brief by writing what comes to mind.

Sound 1 – Jet Fly-By

After you have played the sound ask the following questions and give time for reflections before moving on.

- How did this sound make you feel?
- What does it remind you of?

Sound 2 – Jetson’s doorbell

After you have played the sound ask the following questions and give time for reflections before moving on.

- How did this sound make you feel?
- What does it remind you of?

### Sound 3- Crowd in Panic

After you have played the sound ask the following questions and give time for reflections before moving on.

- How did this sound make you feel?
- What does it remind you of?

### Sound 4 – Baby Laughing

After you have played the sound ask the following questions and give time for reflections before moving on.

- How did this sound make you feel?
- What does it remind you of?

### Sound 5 – Horrible sound

After you have played the sound ask the following questions and give time for reflections before moving on.

- How did this sound make you feel?
- What does it remind you of?

### Sound 6 – Comic Caper

After you have played the sound ask the following questions and give time for reflections before moving on.

- How did this sound make you feel?
- What does it remind you of?

### Discussion

1. What sounds stood out to you?
2. How did the sounds make you feel?
3. What did the sound remind you of?
4. How does sound affect our feelings?
5. How does sound affect our environment?
6. How does sound affect our memories?
7. What types of sounds bring happiness?
8. What types of sound create negative space?
9. How can you use sound to change your mood?
10. How might you use this knowledge when you return home?

6.

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## CHANT ~ 20 MINUTES

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**Purpose:** To experience a chanting. **Does there need to be more of a purpose?**

**Materials:**

**Preparation:**

FG Leader– You will be asking the group to think of one syllable words. Some words can be two syllables. Words need to be easy so that they can chant them. You will be leading them on this chant. You will want your group to experience the chant soft, loud and normal. You may want to vary your speed as well.

FG Leader- Read

Think of a three one syllable words that expresses how you feel at this moment. Some examples of this might be love, joy, fun, and peace. (Pause) Write your three words on the piece of paper. Now we are going to share our words.

First we will chant one of your words together as a group. **Are we each chanting a different word or choosing one from the group to chant together?** Let's start off speaking our word softly then we will gradually make it louder. To signal that we are ready to stop, the chant will become very soft.

Please sit in the silence once the sound has finished. First word chant begin.

Now we are going to chant all three words at a time. We will do the same process that we used in the one word chant.

Begin three word chant. Say each word slowly then move to the next. We will begin softly. **Again, are we each chanting our own individual words or is the whole group chanting the same words? Feels a little chaotic for each person to be chanting different words – it makes it an individual exercise instead of a group one which may be what you are going for.**

**Discussion** Not sure about the questions... **What are you wanting them to get out of it? The questions seem to be mind (thinking) focused when the activity is introspective focused.**

- What did you hear the first time we chanted?
- What feelings or ideas did you have?
- What words or sounds did you hear?
- How was the one word chant different from the three word Chant?
- How did your body feel when you chanted?
- How could you use this activity when you return home

7.

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### **CLOSING PRAYER ~ 2 MINUTES**

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**Purpose:** To Bring Closure to this Family group Time

**Materials:**

**Preparation:** Ask for a volunteer to close your time together. Read the prayer provided or use one of your own.

FG Leader- Read- Sweet Divine Spirit, thank you for bringing this family together. Please help us to carry out our highest consciousness in our speech and thoughts all the time and be aware of their impact on the world.

Amen.

**\*\*\*\*\*Move To DINNER\*\*\*\*\***

**Family Group #3**  
**Tuesday July 18<sup>th</sup> 8:30-9:15 p.m.**  
**45 min**

Following: Evening Celebration

**Objectives-** To allow the group to work and connect with service.

**Activities-**

- |                         |         |
|-------------------------|---------|
| 1. Opening prayer       | 2 min.  |
| 2. Quote & Affirmation  | 2 min.  |
| 3. Giving and Receiving | 15 min. |
| 4. Washing Hands        | 24 min. |
| 5. Closing prayer       | 2 min.  |

**Materials-** Water, a bucket, a sponge, and a towel.

**Preparation-** Make sure all materials are ready and take time to center yourself in order to serve all the better.

1.

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### OPENING PRAYER ~ 2 MINUTES

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**Purpose:** To welcome all the members of the family group with love by sharing in prayer consciousness.

**Materials:** None

**Preparation:** None

FG Leader- Read

Dear Mother father God we are gathered here as peaceful and loving humans, whose purpose is to share a new experience with ourselves, others and nature. In the stillness of God's presence, we close our eyes and open our hearts to each member present. We are blessed knowing that each person within this room is a newfound source of love, and affirm that together we are both the givers and receivers of love on Earth. Amen

2.

---

### QUOTE & AFFIRMATION ~ 2 MINUTES

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**Purpose:** To provide the group a deeper connection-introduction with service.

**Materials:** None

**Preparation:** None

FG Leader- Read or have a volunteer read-

Quote- "Now I can change the world  
With my own two hands  
Make it a better place  
With my own two hands  
Make it a kinder place  
With my own two hands  
With my own, with my own two hands  
With my own, with my own two hands..." -Ben Harper

FG Leader- State the affirmation to the group. Then have the group affirm together.

Affirmation - *I am willing to see good come to every body* (From the Twelve Powers In You)

3.

---

### GIVING AND RECEIVING ~ 15 MINUTES

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**Purpose:** Discuss the 2<sup>nd</sup> law of giving by Deepak Chopra and answer questions about this law.

**Materials:** None

**Preparation:** Have everyone make a circle and listen to the reading, to talk over it.

FG Leader- Read or have a volunteer read-

"The 2<sup>nd</sup> spiritual law of success is the law of giving. This law could also be called the law of giving and receiving, because the universe operates through dynamic exchange. Nothing is static. Your body is your dynamic and constant exchange with the body of the universe; your mind is dynamically interacting with

the mind of the cosmos; your energy is an expression of cosmic energy. What goes up must come down; what goes out must come back.

It is the intention behind your giving and receiving that is important. The intention should always be to create happiness for the giver and receiver, because happiness is life-supporting and life-sustaining and therefore generates increase.

The return is directly proportional to the giving when it is unconditional and from the heart.”

FG Leader: Discussion

- What types of things, ideas and emotions do we give and receive?
- How does intention effect giving and receiving?
- Can you tell me a time when you gave or received something with a negative exchange?
- Can you tell me a time when you gave or received something with a positive exchange?
- What examples can you think of in your life that shows an exchange of positive and negative energies with the universe? With you? With your school?
- How can this law be applied to your life?

4.

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### HAND WASHING ~ 24 MINUTES

---

**Purpose:** To purify ourselves by washing our hands.

**Materials:** Water, a bucket, a sponge and a towel.

**Preparation:** Be totally open-minded and aware of the importance of this activity; FG leader must have all the materials ready to wash everyone’s hands.

FG Leader-

It is important that your set the space for this is a sacred activity. This activity is to give each delegate an opportunity to experience service

Have family group members sit in pairs. Have the pairs choose who will be first to wash hands.

While this activity is taking place have the group sings quietly “Our thoughts are prayers”\* and “Sanctuary”\*

- How did it feel to receive your hand washing?
- How did it feel to give a hand washing?
- How was this activity like serving in your church or community?
- What is service to you?
- What do you currently do as service in your personal life? Your Church? Your Community?
- If you were planning a service event what types of experience would you plan?
- How does Unity view service?

**Songs-**

#### **Our Thoughts Are Prayers**

Our thoughts are prayers,  
And we are always praying.  
Our thoughts are prayers,  
Listening to what you’re saying.  
Seek a higher consciousness,  
A state of peacefulness,  
And know that God is always there,  
And every thought becomes a prayer.

## Sanctuary

Lord Prepare me to be a sanctuary,  
Pure and holy  
Tried and true  
With thanks giving  
I will be a living  
Sanctuary for you  
Lord, Teach the children to stop the fighting  
Start uniting  
Live as one  
Let's get together  
Love each forever  
Sanctuary for you

5.

---

### CLOSING PRAYER ~ 2 MINUTES

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**Purpose:** To bring conclusion to the lesson and share what we have learned

**Materials:** None

**Preparation:** Form a circle holding hands. If you are comfortable you may close your eyes. We will go around the circle and give one word that expresses our experience in today's Family Group.  
After everyone has shared

FG Leader- Read

Thank you God for allowing us to share in your spiritual love, and to act in service through our true Christ selves.

Amen.

**\*\*\*Move to Closing\*\*\***

**Family Group #4**  
**Wednesday July 19<sup>th</sup> 4:00-5:00 p.m.**  
**1 hr.**

Following: Free Time

**Objectives-** To develop what we achieved on service project and learn more about the power I AM.

**Activities-**

- |                        |         |
|------------------------|---------|
| 1. Opening prayer      | 2 min.  |
| 2. Quote & Affirmation | 2 min.  |
| 3. Joy song time       | 5 min.  |
| 4. Discussion          | 10 min. |
| 5. Commitment          | 15 min. |
| 6. The Tower           | 10 min. |
| 7. Sharing             | 13 min. |
| 8. Closing prayer      | 3 min.  |

**Materials-** Papers, pencils, markers, colored pencils, a lot of news paper and masking tape, Question sheets.

**Preparation-** Pre read the Family Group and prepare the material for the activities.

1.

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**OPENING PRAYER ~ 2 MINUTES**

---

**Purpose:** To come together in prayer having a center place of consciousness.

**Materials:** None

**Preparation:** None

FG Leader- Read

Sweet Divine spirit, we thank you so much for letting us help others and the nature in such a great day of service, in which we had the opportunity to experience the connection with who I really AM. We will service others today, tomorrow and forever. Thank you God, thank you God, thank you God.

2.

---

**QUOTE & AFFIRMATION ~ 2 MINUTES**

---

**Purpose:** To set the intention and to begin to focus on the spiritual content of the family group.

**Materials:** None

**Preparation:** None

FG Leader- Read or have a volunteer to read-

Quote- "The good news that we receive with an open mind and heart is that we are never stuck in one job, one place, or one situation. With God as our guide, we have choices. Divine wisdom guides us in choosing positive, life-affirming alternatives" Daily word

FG Leader or Volunteer – Read and have every one repeat the Affirmation 3 times.

Affirmation- Who I AM is whole and complete. I bring great joy into the world by being authentically Me!

3. JOY

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**SONG TIME ~ 5 MINUTES**

---

**Purpose:** To relax and provide focus for upcoming activities.

**Materials:** None

**Preparation:** None

FG Leader- Lead the group in singing the following two songs.

"Every Little Cell"\* and "How could Anyone ever tell you?"\*

**Every Little Cell**

Every little cell in my body is happy,  
Every little cell in my body is well.  
Every little cell in my body is happy,  
Every little cell in my body is well.  
I'm so glad every little cell,  
In my body is happy and well.  
I'm so glad every little cell,

In my body is happy and well.

### **How Could Anyone Ever Tell You?**

How could anyone ever tell you  
you are anything less than beautiful?  
How could anyone ever tell you  
you are anything less than whole?  
How could anyone fail to notice  
that your loving is a miracle?  
How deeply you're connected to my soul.

4.

---

### **DISCUSSION ~ 10 MINUTES**

---

**Purpose:** To share the experience that we had during the community service.

**Materials:** None

**Preparation:** have everyone sit in a comfortable space and bring focus to the activity.

FG Leader- Orderly let every one talk about their own experience and ask them to answer the following questions.

- Where did you go for the community service? And what did you do?
- What did you learn from that?
- What did you enjoy the best?
- What part of yourself did you give to the service project today?
- How does this experience reflect in your life, region, community and family?
- Which was your first impression when you got there, and what happened?
- How did you make a difference?
- What are you going to take home with you from this experience?

5.

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### **COMMITMENT ~ 15 MINUTES**

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**Purpose:** Let YOUers to use their imagination, artistic talents and to bring back with YOUers the commitment to do service projects at home. **Reword for clarity.**

**Materials:** Paper, pencils, colors.

**Preparation:** find a comfortable space where you can draw.

FG Leader- Read

We are going to do a comic about ourselves representing the service project that we did today. Divide a piece of paper in four or more parts, then close your eyes for a moment and think about the great moments that you had doing service project, focus in those moments and feelings while you did the job, and then try to express them on the paper.

On the last piece of paper, draw yourself when you return home doing service project at your community. You have 8 minutes to do this activity

You could write some words next to the paint to make it easy. Then try to find the best title for your work.

FG Leader- Once every body has finished their work in approximately 8 minutes, ask them to share what they did and what they want to say to the group answering the following questions. If someone didn't finish in that 8 minutes, they can continue drawing while other people are sharing their work.

- Share with the group the comic and explain what you had done there.
- Which is the title of your comic and why did you choose that name?
- What did you find interesting or fulfilling from this activity?
- Focusing in your last picture, what are you doing there? Who are you going to help?

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## 6. THE

### TOWER ~ 10 MINUTES

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**Purpose:** Continue with the commitment to do service project at home and to make them see that as a team you could do something incredible and fun working together.

**Materials:** News Papers (a lot of it) and Masking Tape.

**Preparation:** Divide the group in three.

FG Leader- Read

You have to build a newspaper tower just using masking tape and your imagination; you have five minutes to do it. The highest, strongest and artistically tower, will be the winner. You are going to be the jury and each person can share which they like best and why.

Once every body has finished this, ask some question like: **Might want to ask what it was like to work together, how does working together create a stronger team, vision, etc...**

- How did you feel building your tower?
- What does this mean symbolically (the tower)?
- At the end of the 5 minutes did you feel like if you wanted to continue doing it or maybe improving your tower?
- Can you realize the similarity with service project?
- Do you think you can make a tower at home with service project? Which are going to be the difficulties and how you are going to solve them during the process?

FG Leader- Read

When someone has the possibility to help other people the reward is huge, is like see people grow as a strong and beautiful tower. And this is what you do here you are part of this people, of this world. You are the one who can make a lot of changes and helping other people is the best way to do it. So can every one give me your commitment that you are going home to build this tower in your community by doing service project? Because I do!!!! So every one say a YYYYYYAAAAYYYYYY God with me..... YYYYYYAAAAYYYYYY GOD!!!!

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## 7.

### SHARING ~ 13 MINUTES

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**Purpose:** To share experiences that FG members do for others and for themselves.

**Materials:** None.

**Preparation:** Have the Family Group members find a partner with whom they are going to work. And each pair could go to any place over the room.

FG Leader- Read

This is a very personal activity; you have all the right to pass a question if you don't want to share it, although sharing will deepen your experience.

FG Leader- Have each pair ask each other the following questions. Once one finishes answering the first question the other goes and share the same question until both have shared all the questions below.

- What is the nicest thing that you have done for someone else?
- What is the nicest thing somebody has ever done for you?
- What is the nicest thing that you have done for yourself?
- Which can be the nicest thing that you could do for someone else and you haven't done it yet?

**8.**

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**CLOSING PRAYER ~ 3 MINUTES**

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**Purpose:** Inner the experience that we got during the conference and close in a focused loving way.

**Materials:** None.

**Preparation:** Form a circle

FG Leader- Read or ask if anyone feels moved to read the prayer provided or to say their own prayer.

"Now matter what may appear to be going on around me, I am calm and serene within as I remain centered in an awareness of God's absolute peace" Daily Word

Thank you God, Namasté

FG Leader- If you feel moved to share Fuzzies in your Family Group will be a great time to do it.

**\*\*\*\* Move to Dinner\*\*\*\***

**Family Group #5**  
**Thursday, July 20<sup>th</sup> 2006**  
**10:15-12:00pm**  
**1 hr. 45 min.**

Following:

**Objectives-** To let go of any assumed helplessness we have in our reality, and see points of empowerment within ourselves.

To recognize that we can fulfill our own needs, others needs [explain how we can fill another's need?](#), and accomplish a sense of purpose.

**Activities-**

- |                             |            |
|-----------------------------|------------|
| 1. Opening prayer           | 2 minutes  |
| 2. Quote                    | 5 minutes  |
| <b>Synergy Circle</b>       |            |
| 3. Discussion of Intention  | 20 minutes |
| 4. Envisioning the group    | 10 minutes |
| 5. In the circle            | 1 hour     |
| 6. Prayer out of the circle | 2 minutes  |

**Materials-** A candle & a cloth

**Preparation-** Fully read all activities beforehand.

1.

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### OPENING PRAYER ~ 2 MINUTES

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**Purpose:** To center and focus the group.

**Materials:** None

**Preparation:** None

FG Leader- Have someone in the group volunteer to lead the opening prayer. They can use the one provided or say one of their own;

Take a deep breath, sigh it out~ Mother, father, holy spirit, We come into this space with open minds, and open hearts. We offer our energy to this space, knowing this is where we are meant to be, right now. We give freely and abundantly, knowing that our Christ light expression is loved, accepted, and returned in the same measure. So it is, Namaste.

2.

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### QUOTE ~ 3 MINUTES

---

**Purpose:** To enter a thoughtful consciousness.

**Materials:** None

**Preparation:** None

FG Leader-

'Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.'

--Ralph Waldo Emerson

- What does this quote mean to you?

### SYNERGY CIRCLE

3.

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#### Discussion of Intention ~ 20 minutes

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**Purpose:** To have the group set clear goals.

**Materials:** A candle & a cloth

**Preparation:** Request that everyone be in a clear circle.

Note to FG Leader- Pose these questions to the group; give time for questions and answers to sink in. Don't feel pressured to get through all the questions. If you feel your group is in the right and perfect space, you can move forward at any time.

FG Leader: Read

This is an opportunity for each of you to truly express, share and affirm who you are in the world. And to create space for what you will be and where you are going. By sharing in who you are, you

are creating a better understanding of the connection you have to each other, and to the energy you effect in the collective consciousness.

This can be a very sacred activity. You will not only have the chance to share who you are and what you will be, but also to receive insight into the world around you, though the people sitting in this circle.

This can be an eye opening process, where you can affirm the energy that you are, simply be stating it as so.

Right now is a time to discuss what you want to gain as a result of this process.

This is a good opportunity for you to share with the group how best they can support you, what you would like to come to see clearer, or what you would like to feel about yourself.

The word Synergy means; the interaction of elements that combine to produce a total effect that is greater then the sum of individual elements.

Use the following questions to guide your group in creating what your group wants from this experience. You may use all or none of these questions.

- What does the words **Synergy Circle** means to you?
- What do you want this experience to provide for you?
- What do you want this experience to provide for the rest of the group?
- What do you want the group to do for each other?
- What do you want to happen after this experience is over?
- What if this experience succeeds beyond your expectations, what does that look like?

FG Leader: Read

(At this point bring out the candle and the cloth and set them in the middle of the circle.)

Each person to take one item of their own, (This can be a ring a hair bow, a shoe ect.) and place it on the cloth in the middle of the circle.

You are going to enter into meditation, and when you come out you will be in the synergy. The FG leader will lead you in an opening, and then you are free to share openly, without fear.

If you would like to share, you should choose an item from the cloth, making sure it's not your own item, and hold it while you are speaking. When you are finished, you will place the item back, and the next person can choose an item. Only one item is to be removed from the cloth at a time. And only the person who has chosen an item may speak. This is to hold the sacred respect for the circle, and also for the speaker.

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#### 4. ENVISIONING THE GROUP ~ 10 MINUTES

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**Purpose:** To set the tone of energy entering the circle

**Materials:** A candle & a cloth

**Preparation:** Pre-read the meditation beforehand.

FG Leader- Note; Read the meditation slowly. Be sure to wait for 5 seconds as you are breathing in and out. This is important in centering, and can help the group as they move into this meditation. Once you are into the meditation be sure to wait 30 seconds at each (pause) so as to give the group time to process the words as you are going along.

## **Synergy Meditation Into The Circle**

Sit with your back straight. Your eyes open. Look at the people sitting around you. Take in there energy. Stare into each person eyes. Take a deep breath, allowing yourself to breath in that collective oneness. Breath out all nervousness. Take another deep Breath, take in oneness, breath out fear. Breath in, (pause) Breath out, breath in, (pause) breath out, breath in, (pause) breath out. As you take slow deep calm breaths, continue to take in the energy around you.

**From – Notice...to the (pause) below ----- It seems like you are asking them to consider a lot of ideas here. You may be trying to create a feeling of connection with one another but be careful about using too many words without a pause. You began in the last paragraph by centering them – you want that feeling of peacefulness to continue and not send them back into their heads. (People who are THINKERS by nature may get caught in thinking about all the questions instead of experiencing the meditation.) I would insert more pauses or use less words.**

Notice all the similarities you have with the people in this room, your fingers, your toes, your ears, and your eyes. Notice the variety, the differences, but know it's all the same. Feel your mind begin to ponder deeper. What else do you have in common? What do you share among you? Maybe you're afraid to fail, or maybe you're afraid to succeed. Maybe your mom shaped who you are, or maybe your greatest desire is to run away. You consider the person next to you, or across from you, maybe they have the same dreams, the same fears, or the knowledge you wish to acquire. Maybe they are here in this space at the perfect time to receive the perfect expression of who you are. Maybe they want to share that with you. All you have to do is reach out. All you have to do is share. You are linked in mind, accept the energy. Receive the collective energy, receive the knowledge that you are all one. Feel your energy begin to try and link with the rest of the energy in the room. You want to know what's here; you want to share your expression of self. (pause)

**Why do you want them to focus on this? Why not focus on going deeper instead of struggling?**

Now feel your eyes begin close, you feel some invisible entity pulling you back into your mind. You want to share, and express yourself, but you feel some force is holding you in. Pulling you away from this space, this moment of now. You are pulled down inside yourself, Now you are all alone. Feel your body get heavier with this negative energy holding you in. Feel your mind begin to struggle against the negative. The more you struggle, the heavier you feel your body become. You Fight harder. You start to become tired from the struggle, you are now so weighed down inside yourself you feel helpless to control it. (Pause)

Then stop (pause) and smile. You relax, you know how to get out. You've known all along. You never had to fight, just let go. You turn to the entity holding you in your mind, (pause) and smile at your reflection. See your reflection smile back. (pause) Wave at your reflection, (pause) and watch your reflection wave back. Laugh at yourself. Realizing the entity holding you in was you all along. You feel yourself become light, as you realize you can let go whenever you want. You know that it's time. You are safe and you are loved and you are fully aware in this moment.....When you are ready open your eyes and Let Go. Namaste

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## 5. IN THE CIRCLE ~ 1 HOUR

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**Purpose:** Creating a space of sharing oneness

**Materials:** none

**Preparation:** None

FG Leader- Read

**(Note: Use the questions as a starting place for your group. Depending on your group you may use all or none of the questions below. It is recommended that your group start with one of the suggested questions. Remind everyone that this is a time of sharing that should focus on the positive. If your group strays into a negative place you can re focus your group by asking one of the questions below or one of your own. )**

- What power do you have in your world?
- What do you do when you feel powerless in your world?
- How can you use the five principles to create something different in your world?
- How do your words and actions affect your world?
- Who are you?
- How do you recognize the power of I AM?
- Where are you? Spiritually, emotionally, collectively.
- How are you effecting the direction of your life at home?
- How do you recognize the power of I AM?
- How are things changing for you today?

6.

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## PRAYER OUT OF THE CIRCLE ~2 MINUTES

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**Purpose:** To close the space with positive affirmation, and collective oneness.

**Materials:** None

**Preparation:** None

FG Leader- Sweet divine spirit, Thank you so much for this perfect opportunity to truly express who we really are. We are so blessed to honor each person in this room, knowing they are the holy and perfect expression of God's love. We leave this space today fully recognizing all that we are, and all that we share. Going forth to share that perfection with the rest of the world. Thank you God.

**Family Group #6**  
**Monday, July 17<sup>th</sup> 6:30-7:45 p.m.**  
**1 hr. 15 min.**

Following: Dinner

**Objective-** Process toning workshop, explore energy and vibration and experience the Divine love within each other!!

**Activities-**

- |   |            |
|---|------------|
| 1. Opening Prayer                         | 2 minutes  |
| 2. Scripture, Quote, Denial & Affirmation | 2 minutes  |
| 3. Toning Processing                      | 10 minutes |
| 4. Energy exchange                        | 30 minutes |
| 5. Jabberwalky                            | 20 minutes |
| 6. Meditation                             | 10 minutes |
| 7. Closing Prayer                         | 1 minutes  |

**Materials-** Circus CD

**Preparation-** Arrive early so that you can hold your Family group space in peaceful prayer. You may want to create a unique altar for this family group time or play peaceful relaxing music for the delegates.

1.

---

**OPENING PRAYER ~ 2 MINUTES**

---

**Purpose:** To connect your group in Prayer Consciousness

**Materials:** None

**Preparation:**

FG Leader- Read or ask for a volunteer to read.

Sweet Divine Spirit, Thank you for bringing us here together to grow in our own spirituality, and to share the divine love, which we are all apart of. Amen.

2.

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**SCRIPTURE & QUOTE ~ 2 MINUTES**

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**Purpose:** To focus the group on the intention of this Family group.

**Materials:** None

**Preparation:** None

FG Leader- Read or ask for volunteers to read-

Quote:

On love: Like sheaves of corn he gathers you unto himself. He threshes you to make you naked. He sifts you to free you from your husks. He grinds you to whiteness. He kneads you until you are pliant; and then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast.

All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart.

- Kahlil Gibran

Scripture:

Be strengthened with might through his Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted in love may know the love of Christ; that you may be filled with all the fullness of God. With one another, in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit. One God and Father of all, through all, and in you all.

3.

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**TONING ~ 10 MINUTES**

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**Purpose:** To process the toning experience

**Material:** None

**Preparation:** Leaders of the group need to be prepared to move into the next activity.

FG Leader- Explain to the group that you will be processing the Toning experience from earlier in the day.

## Discussion

- What was the toning activity like for you?
- How did you feel when the toning first started? (uneasy, scared, confused, ect)
- What kind of energy or intention do you feel you walk in with?
- Did you feel different at the end and how so?
- How did it feel to sit in the circle?
- How do you feel your energy was affected or affected the rest of your body?

4.

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### ENERGY EXCHANGE ~ 30 MINUTES

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**Purpose:** To explore and experience a shift in energy

**Material:** None

**Preparation:** Family group leaders will need to coordinate this before hand!!!!!!

FG Leader- Whoever is leading the previous activity will act as if they are going on to the next activity. I.e., 'Ok, let's refocus our discussion circle' the other group leader will interrupt and state in an irritated way that they need to speak to the leaders in the hall for a moment. The Family group leaders and sponsor will head out, with a 'here we go again' look on your faces. You are to not let on to the other delegates or sponsor what is going on. (don't leave the FG material book out!)

The goal here is to create some tense and confused energy. Wait outside the door at least 3-5 minutes. If you can manage to do it convincingly you can make it sound as if voices are being raised, (without specific words being heard). You may even start to open the door and one of you said wait, I don't think we're though.

When you re-enter the room don't answer any possible questions from the family, just force a smile and return to the circle. Then start on these questions:

- How do you feel right now?
- Did you feel a shift in the energy when we left?
- Did the energy change while we were gone?
- Before you arrived for this group, we created a peaceful energy in the space, could you feel a difference?
- Did you feel that you had no control over the situation?
- Do you think that if given another chance you could choose the energy created in the room?
- Can you think of a moment when you felt the energy change and if so could you use that knowledge to help you control your energy better?

5.

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### JABBERWALKY ACTIVITY ~ 20 MINUTES

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**Purpose:** To explore and experience a shift in energy

**Material:** CD music

**Preparation:** Jabberwalky is a chance to dramatize emotions thought sound and movement. After explaining the game, play music

### FG Leader-

Form 2 lines on opposite side of the room. One line will be the 'big' line and the other the 'little' line. The Family group leader will call out an emotion to be expressed. The head of the big line will begin walking toward the center of the room expressing an emotion in an extreme way. The head of the little line will walk toward the center expressing the same emotion as small as possible. Delegates can make noises and movements but no actual words. (or offensive gestures). When they meet in the middle they will slowly and naturally trade intensities, (the little will become big, and the big little) and walk to the line opposite where they started. When they have reached the end of the line, the leader will announce an emotion for the next group.

List of possible emotions: melancholy, crazy, thoughtful, joy, faith, hope, giddy, excitement, playful, disdain, bitter, resentful, stressed, boredom, fearful, impatience, anger, happiness, embarrassment, rage, anxiety.

### **Discussion**

1. What did you think about this activity?
2. How did it feel to express emotions in a big way?
3. How did it feel to express emotion in a small way?
4. How did the energy feel when you shifted from sizes of expression?
5. Did the energy shift in the room? Explain?
6. How did the expression of emotions affect the energy in the room?
7. Were some emotions harder to express than others? Explain.
8. How does our emotions affect the energy of a group?
9. How do our emotions affect how we experience our lives?

6.

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### **MEDITATION ~ 10 MINUTES**

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**Purpose:** To refocus the energy to create a settled energy.

**Materials:** None

**Preparation:** None

### FG Leader-

Meditation:

Everyone please find your own space. Stand in that space as we begin this meditation. Close your outer eyes. Cup your hands together. Between your palms, create a small ball of energy, no larger than a bouncy ball. This energy is warm and playful. It bounces around in your hand. The ball of energy gets larger and larger. As the ball gets larger, you start to move your hands slowly further from one another. As you do this you notice that you can still feel the warmth. You concentrate your energy on the ball of light and expand it. The ball of energy is now the size of a softball. You play with it, moving it from hand to hand. As we play music feel free to interact with the ball of energy, play with it and dance with it as you expand it.

Pause for 2- 3 minutes. See how big the ball can get as you send it your energy.

Pause 2-3 minutes. Now all of the energy created in this room is so big that it merges together, as we all hold the intention of the energy. We expand it together until it fills the room.

Now we will send this healing, loving energy out into the world, to anyone who needs this energy.

7.

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**CLOSING PRAYER ~ 1 MINUTE**

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**Purpose:** To bring closure to the family group time

**Materials:** None

**Preparation:** None

FG Leader- Read- Closing Prayer: 1 min

We are going to do a Popcorn prayer. Everyone who wishes to participate can say a few words about their time together. When each person has finished they will squeeze the person to their left's hand to pass the prayer along.

**\*\*\*\*\* Move to Spirit Share \*\*\*\*\***

**Family Group #7**  
**Friday, July 21<sup>st</sup> 2006**  
**1:15-2:30pm**  
**1 hr. 15 min.**

Following: **XXXX**

**Objective-** To challenge the group, and reinforce the power of 'I AM' within their world.  
To bring down the any personal 'fences' and limiting thoughts they may have created for themselves.

**Activities-**

- |                   |            |
|-------------------|------------|
| 1. Opening Prayer | 2 minutes  |
| 2. Quote          | 3 minutes  |
| 3. Shape it       | 20 minutes |
| 4. Mood Swing     | 20 minutes |
| 5. Fences         | 15 minutes |
| 6. Meditation     | 10 minutes |
| 7. Closing prayer | 2 minutes  |

**Materials-** A ball of yarn, pens, paper, worksheets, cd boom box, cd provided,

**Preparation-** Pre-read all materials.

1.

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### OPENING PRAYER ~ 2 MINUTES

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**Purpose:** To center the group.

**Materials:** None.

**Preparation:** None.

FG Leader-

Have someone in the group volunteer to say an opening prayer. They can use the one provided or say one of their own.

Mother Father Holy Spirit, Today I see myself coming into all new surroundings. Dissolved are all old and crystallized ideas. With each minute, with each moment my old limitations become more unlike reality. Today I choose to see myself free from all limiting thoughts. I see my world in a new light! Thank you God! Namaste

2.

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### SCRIPTURE, QUOTE, DENIAL & AFFIRMATION ~ 3 MINUTES

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**Purpose:** To affirm the presence of I AM, and to become clear of purpose

**Materials:** None

**Preparation:** None

FG Leader- "Be careful what you set your heart upon, for you will surely have it."  
--Ralph Waldo Emerson

Ask the group to think about this quote, you will come back to them later on.

3.

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### SHAPE IT ~ 20 MINUTES

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**Purpose:** To recognize the creative community of I AM.

**Materials:** A ball of yarn

**Preparation:** Create an open space, clear of all objects. (i.e desks, chairs, personal belongings ect.)

FG Leader-

This activity will create a space for the group to understand how they effect the outcome of all situations simply by being present with their energy. That whatever you choose to contribute directly affects you, and also everyone you come into contact with. I AM is about recognizing the power you have in your life, but also the way you will contribute to the effect of others.

Get a long piece of yarn, and tie it together at the ends. Have the group hold the yarn with both hands as though they were holding an oar. (Both hands in front of them, palms facing down.) The object of the game is to make a perfect square with the yarn by cooperative efforts without speaking. After the game lead the group in the following discussion;

- How did you feel working as a group?
- How did you manage working together?
- Do you think it would have been easier working alone? Why Or why not?
- What do you feel you would have learned working alone vs. working as a group?
- Do you feel you impacted the outcome of the game? Why or why not.
- How is this game like your life?
- How do you think this cooperative game relates to the self power in your life?

4.

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#### MOOD SWING ~ 20 MINUTES

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**Purpose:** To remind the group that sometimes you don't have to say anything to share your energy with the rest of the world. You are always in direct effect of how your reality is shaped.

**Materials:** None

**Preparation:** None

FG Leader-

Grab a partner and sit across from them. Person one is going to sit and smile at person two for two minutes. Person two is going to frown at person one for that same time. When the time is up, switch roles, then re-circle and discuss;

- How did you feel smiling?
- How did you feel frowning?
- Was it harder to be one or the other? why?
- Did you feel the emotion you were trying to portray?
- How did you feel instantly switching roles?
- Did your partner's emotion affect you? How?
- What were you holding in your mind while portraying your smile/frown?
- Can a smile or a frown effect the way you feel?
- How do you carry the vision of self in a smile?
- How do you think this exercise could be reflected in your life?

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**FENCES ~ 15 MINUTES**


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**Purpose:** To become fully aware and accountable for our words and how they effect the movement of our lives, and the lives of those around us.

**Materials:** pens, paper

**Preparation:** None

FG Leader- Hand out worksheets and pens. Read the following quotes out loud.

"Be careful what you set your heart upon, for you will surely have it."

-Ralph Waldo Emerson

"He who builds himself a fence, fences out more then he fences in."

-Turkish Proverbs

Spend a few minute writing about what these quotes mean to you, some of the fences you have created in your lives, and how they are affecting you negativity or positively.

Re-circle and pose the following questions:

- What are some of your personal fences?
- Where do fences come from?
- How do you believe fences affect you?
- How do you think your views of the world effect the people you come into contact with?
- What have you set your heart on? Have you received it?
- How do you believe that setting your heart on something effects the way you live your life?
- How do we change fences/or hearts spaces?
- How do you think you could make active changes in your reality, based on these quotes?

Ask everyone to hang onto their writing to remind them of the actions, and reactions they alone have on their life, and the world around them.

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**MEDITATION ~ 10 MINUTES**


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**Purpose:** To create a centeredness, and focus. A time for processing.

**Materials:** Cd Boom box, cd provided

**Preparation:** set up the cd

FG Leader-

I invite you to close your outer eyes. Find a quite place within your mind, and settle down there. Make yourself comfortable, and relax. Let your body become aware of nothing outside yourself. Feel solitude. Feel the heart energy in the room, and relax.....I invite you to listen to words in the music. Let them flow into you heart. And beat within your soul. (Turn on cd)

**Divine Emotion** Elaine Silver

**Lyrics**

My heart is open. My thoughts can heal, Divine emotion is what I feel. I hear the beating of the scared drum. Pulsing repeating, my will be done. I live with wonder on this planet earth  
The spell I'm under is the universe. I trust the union of the heart and mind holy communion in space and time. I live with wonder on this planet earth. The spell I'm under is the universe. My heart is open. My thoughts can heal, Divine emotion is what I feel.

**Song How could anyone** Elaine Silver

**Lyrics**

How could anyone ever tell you, you were anything less than beautiful, How could ever tell you you were less than whole How could anyone fail to notice, that your loving is a miracle. How deeply you're connected to my soul.

Now that you have heard this prayer, this beating on heart space, you know that you are loved, you are divinely perfect. You are divinely whole. How deeply you're connected to my soul. When you are ready, I invite back into this space, and when you are ready, open your eyes.

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**7.**

**CLOSING PRAYER ~ 2 MINUTES**

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**Purpose:** To close the group, and reaffirm the purpose of self and connection.

**Materials:** None

**Preparation:** None

FG Leader-

Have everyone stand in a circle and finish this statement "I Am...."(example; I am funny, I am a great dancer, etc), then read the following prayer.

Mother, father, God, Thank you for the divine presents in this room. For the love that we express and the knowledge we choose to accept in every moment from each other. We go forward knowing that we are powerful beings, creating all that we are and all that we will be. And so it is!

**\*\*\*\*\*Move To ?????\*\*\*\*\***

**Family Group #8**  
**Saturday, July 22 9:00- 10:30am**  
**1 Hour 15 min**

Following: Breakfast

**Objective-**To allow the family group to process the week and to provide them with the closure, and to know that they can realize now the power I am through self and spirit.

**Activities-**

- |    |   |            |
|----|---|------------|
| 1. | Opening prayer                                  | 2 minutes  |
| 2. | Scripture, quote                                | 2 minutes  |
| 3. | Discussion/ reflecting the week and the lessons | 15 minutes |
| 4. | Letter to yourself                              | 12 minutes |
| 5. | Meditation                                      | 12 minutes |
| 6. | Evaluations                                     | 10 minutes |
| 7. | Family group angel wash/ massage                | 20 minutes |
| 8. | Goodbye, fuzzies, pictures                      | 17 minutes |

**Materials-** Pens/ pencils, discussion worksheet, paper, envelopes, CD player, CD Leroy "second sight", yarn, evaluations, scissors

**Preparation-** Remember that you have the meditation and the angel wash so be conscious of time when doing the discussion and the letter to yourself, you don't want to rush the angel wash or the meditation. You want to take your time and relax with the meditation, and you want to make sure you get to everyone in the angel wash.

1.

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### OPENING PRAYER ~ 2 MINUTES

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**Purpose:** To begin Family Group in a peaceful calm setting.

**Materials:** None

**Preparation:** None

FG Leader: Read or ask if anyone feels moved to read.

Dear Mother-Father, God we thank you for this amazing week of opportunity of realizing the power of self and spirit. We are blessed to have been able to support each other on our journey into the realization of the power of who we are and the power we share with the world. Thank you God AMEN!

2.

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### SCRIPTURE & QUOTE ~ 2 MINUTES

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**Purpose:** To provide the Family Group with the knowledge that they will need to be able to put the ideas presented during conference into effect on their journey home and in their life.

**Materials:** None

**Preparation:** None

FG Leader- Read or ask if anyone feels moved to read.

**Scripture:** "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6 NIV

**Quote:** "The universe is change; our life is what our thoughts make it." Marcus Aurelius Antoninus

3.

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### DISCUSSION/REFLECTING THE WEEK & THE LESSONS ~ 15 MINUTES

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**Purpose:** To discuss, and reflect on the lessons presented and the conference week as a whole.

**Materials:** Pens/pencils, discussion worksheet.

**Preparation:** Come together.

FG Leader- Read the questions given below aloud to the Family Group. This is a way to reflect through discussion, so allow people time to discuss and give them time to reflect internally, thoughts may change, discoveries may be unraveled, understandings may come out. If the group seems to be done with a question propose another question. Provide the group with pens/pencils, and the discussion worksheets "these notes will be used in the next activity."

1. On the first day you were asked what comes to your mind when you hear the theme, realize the power I AM, do you still feel the same way or have your thoughts changed?
2. If it has changed what kind of changes have led you to your new understanding of the theme?
3. How do you feel the theme applies to your life?
4. Has the theme impacted you in some way? If it has, in what way has it impacted you?
5. If the theme has not impacted you, why do you think the it did not impact you?

6. Are you thinking of any obstacle or situations you have to face/come to terms with when you get home?
7. How can you take what you have learned this week and apply it once you get home?
8. Do you think it is going to be difficult for you to take conference home with you and start living the power, I AM?
9. Just like at rally people have conference highs, do you think you will be able to take what you learned here at conference and apply it into your life and stick with it for **a long period of time**?
10. Do you feel like there is a difference between life at conference and life at home?
11. If there is a difference what is the difference, and what can you do mentally and physically to help you live the power I AM?

4.

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#### LETTER TO YOURSELF ~ 12 MINUTES

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**Purpose:**

**Materials:** Paper, pens/pencils, envelops.

**Preparation:** Have the materials ready.

FG Leader- Read

This activity is a build up from the last activity. It is a way to remind yourself of everything you have learned this week at conference. We will be writing letters to ourselves. When you are writing your letter remember you are writing to yourself so you may be candid and write from your heart. Write about any lessons/experiences this week that have had an impacted on you. Would you have learned them without coming to conference? Keep your letter positive, write how amazing you are, the qualities that you see deep within yourself. When you are done place your letter in the envelope, put your address on the front of the envelope in the send to spot and the return spot, and seal it. This letter will be mailed to you on later date.

5.

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#### MEDITATION ~ 12 MINUTES

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**Purpose:** To allow the family group to end in a connected loving way

**Materials:** CD player, Leroy cd "second sight" (provided)

**Preparation:** Get the CD player ready with the CD in it and ready to play track number two,

FG Leader- Read the following meditation it is an intro to Leroy's song "We are the Light" (track 2) the song is part of the meditation once the song is over pause the cd and read the ending of the meditation.

Get still, find a position that is relaxing and you will be comfortable in.... Take a deep breath into your heart space.... Feel that breath empowering you.... With every breath you take see the breath as light shared with the universe.... See that light growing inside of your heart..... See the light growing into the power that you are, and spreading into the person next to you.... see the light of your power spreading into the whole group.... See the light of your power spreading to the whole conference body ..... See the light of your power spreading to the whole world allowing the world to realize the power you are.... Take a deep breath in, focusing on the world and realizing the power you are....

**START THE CD when "track two" is done pause the cd**

Take a deep breath into being the light and sharing your power with the world... See your light of power absorbing into each and every person in the world.... Letting your power stick deep down into the core of their being.... See everyone's light powers sticking deep down into you realizing that you now have everyone's power and the power of your own... with all of these powers you are now able to go out into the world and be the power that you are. See the light dimming but still staying strong within your heart.... Take one last deep breath and focus on the light of your power bringing you back to the group.

Discussion

**CHANGE THE QUESTIONS**

- How did the meditation make you feel?
- Could you see the light?
- What did your light look like?
- Could you feel your light?
- Could you feel the power of the light traveling throughout the whole world?

6.

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**EVALUATIONS ~ 10 MINUTES**

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**Purpose:** To give conference team feedback.

**Materials:** Evaluations, pens.

**Preparation:** None

FG Leaders- Hand out conference evaluations and ask each delegate to answer the questions honestly and mindfully.

7.

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**FAMILY GROUP ANGEL WASH/MASSAGE ~ 20 MINUTES**

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**Purpose:** To give the group closure as a tight bonded circle of trust and love.

**Materials:** None

**Preparation:** Stand in a circle

FG Leader-

**PRESS PLAY ON THE CD PLAYER**

Get everyone to stand in a circle. The person to your left will stand in the middle of the circle and you will massage that persons shoulders while everyone says loving respectful things to the person, (in the center of the circle). When everyone has said what they wished to say to the person (in the middle of the circle), then the person in the middle of the circle becomes the massager and the person to their left is now in the center of the circle, and is now getting loving respectful things said to them while getting a massage.

(This continues until all people in the family group have gone)

8.

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**GOODBYE, PICTURES, FUZZIES ~ 17 MINUTES**

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**Purpose:** To say goodbye in a loving respectful honoring Christ light way.

**Materials:** Yarn (a camera if people in the family group have brought a camera)

**Preparation:** None

FG Leader- Read

Fuzzies/goodbye- each person takes a few strands of yarn enough to fuzzie each Person. You will tie a strand of yarn to someone in a respectful place I.E their wrist their hair their Belt loops etc. You then after fuzzing a person will give them a respectful goodbye hug

Pictures- after fuzzies and goodbyes take a photo to remember the last family group. With the fuzzies on everyone, it will help everyone to remember the special group In which they took a part in.

**\*\*\*\*\*Move to the closing circle\*\*\*\*\***

## **Family Group Handouts Appendix**

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**Family Group #2**  
**Handout #2**

**GIVING AND RECEIVING**

“The 2<sup>nd</sup> spiritual law of success is the law of giving. This law could also be called the law of giving and receiving, because the universe operates through dynamic exchange. Nothing is static. Your body is your dynamic and constant exchange with the body of the universe; your mind is dynamically interacting with the mind of the cosmos; your energy is an expression of cosmic energy. What goes up must come down; what goes out must come back.

It is the intention behind your giving and receiving that is important. The intention should always be to create happiness for the giver and receiver, because happiness is life-supporting and life-sustaining and therefore generates increase.

The return is directly proportional to the giving when it is unconditional and from the heart.”

**Family Group #7**  
**Handout #3**

## **Fences Worksheet**

"He who builds himself a fence, fences out more than he fences in."

-Turkish Proverbs

**1. What does this quote mean to you?**

**2. How does this quote relate to your life?**

**3. Where did the fence in your life come from?**

**4. What fences do you see around you?**

**5. How does your fences effect other?**

"Be careful what you set your heart upon, for you will surely have it."  
-Ralph Waldo Emerson

**6. What does this quote mean to you?**

**7. How does this quote relate to the theme of conference?**

**8. How does setting your heart on something effect the outcome?**

**10. How do you think you could make active changes in your reality, based on these quotes?**