

Fall Unitreat
~ 2011

Journey

of 2

lifetime



Spirit Group Material

"Journey of a Lifetime"
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Friday Night

"Past"

Total Time: 50 min

Intention: *Reflect on the good or bad that may have come to you and then move forward from it.*

Take Attendance/ Set up

Time: 5 Min. ----- 9:05 PM

Materials: Attendance sheet, pen, chairs, Angel Cards (S1), Tap Light

- Check off names on your list. Place attendance sheet in the sleeve on the door.
- Set up chairs/ Invite everyone to sit in a circle using the chairs
- Set up Tap Light & Angel Cards/ Ask everyone to choose an "Angel Job" card
- Person with **"Candle Lighting Angel"** card turns on **"Tap Light"**



Opening Prayer

Time 2 Min. ----- 9:07 PM

Materials: None



"Opening Prayer Angel" reads prayer below:

Dear Mother/ Father God, thank you for the chance to get together with our Spirit Group today, right now. We get the chance to open ourselves up to the Christ Spirit in us and in all others. Holding everyone in this room in HIGH HIGH Light. Amen

Unity Fact

Time 1 Min.----- 9:08 PM

Materials: None



Person with **"Unity Fact Angel"** card reads the verse below:

Unity Principle #1. "God is all good and active in everything, everywhere."

Two Truths & A Lie

Time 11 Min. ----- 9:19 PM

Materials: Notecards and Pens

Purpose: To get to Know one another

Introduce yourself and share some brief information about you. Welcome the members to this Spirit Group, let them know that you will be meeting 3 other times this weekend.

Ask each person to give their **Name and Chapter/Church they are from.**



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Person with “**Distribution Angel Card**” pass out **notecards and pens.**

Next tell the group you will be playing a game to get to know one and other.

Leader say: *Two truths and a lie gives you a chance to “fib” one item about yourself. On your notecard you will write (in no particular order) two truths and then one lie. Once everyone is done, they will be collected then redistribute them. As a group we will guess which is the lie is and what the truth is for everyone.*

Be sure to write clear and have your name on it somewhere and try to keep your lie a secret, we are guessing of course.

Secret Prayer Pal Explanation

Time 2 Min. ----- 9:21 PM

Materials: None Just explaining tonight!

Explain the concept of Secret Prayer Pals ☺

- **Write affirmative notes to and/or make crafts for them throughout the weekend.**
- **Pray for pal throughout weekend**
- **Craft Table** for making items for pals in Dining Hall
- **Large envelopes in mailbox** in Dining Hall. Notes & crafts can be placed there.
- **Do special things for their Secret Prayer Pal** such as asking someone to clean up for them for a meal. Or asking someone to give them a hug for you anonymously.

Introduce Mascot

Time 4 Min.----- 9:25 PM

Materials: Mascot Package

- Explain that the mascot is for everyone in the group to share and love for the weekend. He/ She can be used as an object to pass, indicating whose turn it is to talk (like the Heart in a Heart Talk)



- Have the “**Distribution Angel**” card unwrap or open the mascot package and introduce your Spirit Group Mascot. Your group can name it, if they would like.
- The Mascot should be returned to the Leader at the end of every SG session.
- Leader may take the Mascot home with them or... may choose one member of the group to give it to, to take home.

♥ Heart Agreements ♥

Time 8 Min.----- 9:33 PM

Materials: Heart Agreement (**S2**) , Pen, and Heart Stickies



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Leader: The Heart Agreements will be attached to your SG Bag and has the basics printed on it ready to save time, but the group may add to them to personalize it.

- Explain to the group that they are going to create guidelines for their time together, and that the guidelines are for each other’s comfort and to create a safe space.
- Remove Heart Agreement from the sleeve on the bag and read the Heart Agreements.
- **Explain the confidentiality means - what is said in the group, stays in the group... unless what is said is something that could cause harm to themselves of someone else.**
- Ask the group if they have anything to add or change. If so, record the changes.
- Have everyone sign the Agreements then return them back to the bag sleeve.

Leader say: *Now to re-enforce our Heart Agreements for the entire retreat, we are going to take a heart shaped sticky note and sign our names on them, then, when we return back to the Lodge we will stick them all onto the “event” heart agreements board.*

By signing your name on these sticky notes and putting it on the board you are re-giving your word that you will follow these guidelines to create a safe space for yourself and everyone else for the Unitreat.

Leader: Once they are all done you can collect them and stick them on the sleeve on the back until the SG session is over, then pass the back out before you leave for the lodge.



Bible Truth

Time 1 Min. ----- 9:34 PM

Materials: None

Person with “**Bible Truth Angel**” can read the scripture verse below.

“You...have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator.”-Colossians 3:9-10

Discussion Time!

Time 7 Min. ----- 9:41 PM

Materials: Only the sharing minds of everyone in the group!

Purpose: Gives everyone in the group a chance to acknowledge their past, or the past of others, by coming from an understanding place. This way it can be used in their future to help them grow.

Leader- These are just some guide questions, open up the conversation so that the Uniteens are just talking about their past.... Without feeling pressured into it.

- 1. Does anyone know why we are sitting in a circle?(say) *Because when you’re in a circle there can’t be any kind of “head,” like at the dinner table. This shows us that no one’s opinion is more important than any other.***



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- 2. Has anyone ever done something that they came to regret in the past? Ask if they are comfortable sharing.**
- 3. Why do you think that people hold on to the past so much?**
- 4. What are some ways to move forward from the past into the ever present future?**
- 5. Does anyone have any specific times where they found it hard to move on? How did you move forward? Or how could you move forward?**

*It is VERY important to make your SG space feel like a safe place to share, re-enforce confidentiality. You can share if you want to open up the comfort level.

Meditation

Time 4 Min. ----- 9:45 PM

Materials: None

Purpose: Lead up to Burning Bowl

“...” -Short pause

[Pause] - Slightly longer pause

(SAY) Look around the room...see all of the people who are here to experience this movement in energy and mind...just the same as you...getting the chance to see their past...and embracing it. Take a deep breathe in... and sigh it out... in... and out... Close your eyes, as if they were sand bags weighing them... [Pause]

Life plain and simple ... is for living... and while living you can have your ups ... and you can have your downs. [Pause] Focus on those ups... Re-live those moments, see how they worked out... See who was there... What you were doing... All of the feelings and emotions, running through your body... Hold those time that are so dear to you, close to your heart always. When times are rough be in that moment...

[Pause]

With every up...there is a down...we can let go of these by acknowledging that they have happened...and learning from them.....At this point in life you can't help but go forward... these past experiences are what make us what we are today...The mistakes... the wrongs... they make us who we are.

Hold the downs in thought for this moment... and see how you can learn from them... release them emotionally...feel them leaving your heart center...

Take a deep breathe filling your lungs to their full capacity...and controlling it...slowly and softly let it out... feel your chair under you...supporting you...feel the floor that is supporting the chair... you are completely safe... right here...right now... when you are comfortable ...you may join us back in this room...in this moment...



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snap once everyone has returned to this moment

Burning Bowl Explanation

Time 3 Min. ----- 9:48 PM

Materials: Wood & Markers

Purpose: To release those moments in life that are keeping us from moving forward.

Say: We are going to be doing a Burning Bowl Ceremony at the fire as a group, with all of the other participants of this retreat. The intention for doing a Burning Bowl is to release anything that you want to let go in your life. While writing out on your piece of wood to release you may experience denial over certain things that you might want to let go. Don't worry denial is just an emotion that fools with your head, remember it is all in your head, if you feel that you need to release anything follow your first instinct & release it.

Have the "Distribution Angel" pass out the paper (wood sheets) and pens, if they aren't already out.

SAY: During the meditation we brought to our attention the ups & the downs that may have happened in your life. During the Burning Bowl activity there isn't much that you are being told to do, except to just write/release anything that you feel needs to be released.

★ Once everyone is done pass back out the heart sticky notes. ★

Now Silently we are going to return to the lodge and take part in our Burning Bowl Ceremony. You're going walk in, again Silently! and go to the fire and release your past and whatever you put on your paper. Once you have done that, take your heart sticky note and place it on the heart agreements board.

This activity may be hard for some people so try and stay centered and respect all others by staying quiet and not talking. After your all done with that, you may take a seat and prepare for vespers.

Closing Prayer

Time 1 Min. ----- 9:49 PM

Materials: None



Have the "Closing Prayer Angel" read the prayer

Dear Sweet Spirit, you teach us in so many ways that you are always there in everything for us. Thank you for giving us the chance to see and embrace our past, and now we can



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take a step closer growing and learning, preparing for your future. May our nights be full of rich peaceful sleep. Hold us and everyone in your light. Amen

Clean UP!

Time 1 Min. ----- 9:50 PM

Materials: None



- **Candle Snuffer Angel** turns off the candle
- **Angel Card Angel** collects the Angel cards and returns them in the cute little bag
- **Sacred Space Angel** cleans up the candle and puts the cards and candle in the SG bag
- **Collection Angel** collect all the pens, markers, cardboard, etc...
- Ask everyone to help clean up the area, *especially if you are in a cabin people sleep in.
- Please fold up chairs and put them back where you got them

Try to get everyone to the fire "silently" with both heart and wood by 10:00 pm...Remember Silent!!!

Place Bags on back tables by numerical order! After each Spirit Group Meeting/Session

**Sweet Spirit group Leaders... Thank you so much for coming to help put all of this magic on. We really appreciate all of the loving energy and just joy that you bring by helping and being a leader.... Thank you again,
Michael, Hannah & Eileen ☺
Hope you have a pleasant ride.**



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Saturday AM

"Present"

Total time: 1 hr. 15 Min.

Intention: *Explore the Christ Light we are creating together.*

Take Attendance/ Set up

Time: 2 Min. ----- 9:17 AM

Materials: Attendance sheet, Pens, Chair, Angel cards (S1), Candle

- Check off names on your list. Place the attendance sheet in the sleeve on the door.
- Set up chairs
- Set up Candle & Angel Cards
- Person with **"Candle Lighting Angel"** cards turns on Candle



Opening Prayer

Time: 1 Min. ----- 9:18 AM

Materials: None

"Opening Prayer Angel" reads prayer below

Loving Spirit of God, let us see the now. We are here today in this divine place to see our now, not our past, not our future, but our right now. Help us see the balance between the two to make a pleasant present for us and everyone around us. Amen

Who's Who??

Time 17 Min. ----- 9:35 AM

Materials: Blindfolds & Object to Find (Road Cone)

Purpose: Shows that there are going to be misleading obstacles, and you're going to have to look within to know which way you will go in life/ on your journey

Directions:

Split into two groups (evenly). In each group there will be one person blindfolded being led to the designated object. Then there will be one other person who will try to lead correctly the blindfolded person, while everyone else in the group is trying to mislead the blindfolded individual. The trick to this game is not let the blindfolded person know who has which role. Your group also gets to decide who has which role. The blindfolded person just has to listen and see who to believe for themselves.

Everyone in the group trying to "mislead" can say whatever they want, they don't all have to say the same thing.

No one can touch whoever is blindfolded!!



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Play until everyone gets to try each role... or until time runs out. Be sure to save time for the discussion below.

Discussion Question....

- ***What was it like being blindfolded?***
- ***What was it like to be a guide or mis-guide?***
- ***What made it hard to figure out whom to listen to?***
- ***As the blindfolded person, what kind of things were the others saying?***
- ***How did you figure out whom to listen to?***
- ***How can this be like what happens in your life?***
- ***How has this happened to you?***

Check-In

Time 4 Min. ----- 9:39 AM

Materials: Mascot (to pass around)

Go around the circle and ask each person to say their name and complete this sentence.
My name is _____ and my favorite way to be in the NOW is to _____ .

My Favorite Poptart flavor is _____ .

Unity Fact # 2

Time 1 Min. ----- 9:40 AM

Materials: None



Person with the “**Unity Fact Angel**” card reads Unity Fact below.

Unity Principle #2. “I am naturally good because God’s Divinity (the Christ) is in me and in everyone.”

Bible Truth #2

Time 1 Min. ----- 9:41 AM

Materials: None



Person with the “**Bible Truth Angel**” card read Bible Truth below

“My purpose shall stand, and I will fulfill my intention.” – Isaiah 46:10

This is about divine order, how life unfolds in divine order.

Here’s Your Sign...

Time 25 Min. ----- 10:06 AM

Materials: Printed Road Signs (S-3)

Purpose: Try and become close with the rest of your Spirit group members by together acknowledging all of the life signs around us that we commonly just brush off.



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Person with “Distribution Angel” pass out one sign to everyone in the SG

Leader Say- These are street signs, they have their standard meaning to them... Like how a STOP sign means that you need to STOP!.... well we are looking at them as if they are life signs and what they could mean. For Example- STOP....could mean... ”Stop and take a deep breath.”

(LEADER NOTE: Please refer to “samples” section for Regional Team Interpretations of the signs. They are for your reference/suggestions only)

We all have one in our hand, and are going to look at all of these signs saying what they might mean. You’re going to say what your sign is and what it could mean then everyone else will say what they think that it could mean also. (Popcorn style)

Quick Discussion Questions

- How has one of these signs shown up in your life?
- Before doing this activity did you ever look at these signs in this kind of way?
- How will you look at them now?

PAIR SHARE: The last two questions can be a PAIR SHARE. That could help the people who have a hard time breaking into the larger group conversation. If you have enough time break them into pairs by whose birthday is closest and have them discuss the last two questions in pairs.

- How could these signs help you move past obstacles, or move forward?
- What other kinds of signs show up in our lives?

Baby If you Love Me...

Time 15 Min. ----- 10:21 AM

Materials: None Purpose: Icebreaker
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Have everyone stand around in a circle. Choose the person whose birthday month and day is closest to the current date. This person is thereby is dubbed “IT”.

Then they randomly choose one person in the circle, hereby dubbed "Baby". The objective is to make Baby laugh or smile while saying "Baby, if you love me, won't you please smile?" Whoever is “IT” must use those exact words, no exceptions. But not to worry, the person “IT” can use any technique in his/her imagination to make Baby laugh, except they just can't touch them. The options are limitless and your friends will become obnoxiously fun!



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Baby must then say in response, "Baby, I love you but I just can't smile". Again, only those words, no exceptions. (cont. on next page)

If at any time during the question or the answer Baby laughs or cracks a smile, whoever is "IT" has won and Baby is dubbed "IT". If they fail in the quest and Baby does not smile, whoever is "IT" must move on and find a new Baby to make smile.

****Explain Funshop Rotations****

Time: 3 Min. ----- 10:24 AM

Materials: Programs

- ♥ Explain that they will be attending Funshop sessions after this.
- ♥ It is important to promptly move from Funshop to Funshop.
- ♥ No one may return to cabins until "Free Time" this afternoon.
- ♥ If we are running late with Funshops then it will shorten "Free Time"
- ♥ Make sure everyone knows what team they are on, and where they have to go for their first station.
- ♥ Buddy system- to help get to the right meeting place for Funshops
- ♥ Give a copy of the rotation schedule to each member of the group.

Chain Prayer

Time: 3 Min. ----- 10:27 AM

Materials: None

Purpose: Show that everything ripples and affects whatever comes next, like dominos

SAY: We are going to have a closing prayer, a chain prayer. This is a way to show that everything affects the future, just like dominos. By the end you will have a nice long prayer, because everyone will be building off of the person ahead of them.

Anyone can start, then you go around in a "WHIP" so that everyone is a part. Once everyone has gone, close with an Amen.

Clean up

Time: 3 Min. ----- 10:30 AM

Materials: None



- **Candle Snuffer Angel** turns off Candle
- **Angel Card Angel** – collects Angel cards, and puts them in the little bag
- **Sacred Space Angel** puts away the Candle and card bag in the SG bag
- **Collection Angel** collects pens, markers, and cardboard writing boards



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- Ask everyone to help clean up the area & dispose of trash
- Please fold up the chairs and place them out of the way

Dear Spirit Group Leaders,

You are so incredibly incredible for taking the time to be with these Uniteens. We know that they are truly benefitting from your caring energy. Thank you from the bottom of our hearts. Without your willingness to lead, this event would not be possible. Michael, Hannah & Eileen ☺

you all are truly Angels



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Saturday Night

Present

Total Time: 80 min

Intention: Explore the Christ Light we are creating together.

Take Attendance/ Set up

Time: 5 Min. ----- 6:05 PM

Materials: Attendance sheet, pen, chairs, Angel Cards (S1), Tap Light

- Check off names on your list. Place attendance sheet in the sleeve on the door.
- Set up chairs/ Invite everyone to sit in a circle using the chairs
- Set up candle & Angel Cards/ Ask everyone to choose an “Angel Job” card
- Person with “Candle Lighting Angel” card turns on the candle



Opening Prayer

Time 2 Min. ----- 6:07 PM

Materials: None



“Opening Prayer Angel” reads prayer below:

Dear Amazing Creator, we are so thankful for this opportunity to express ourselves. We know that we can and will use our creative minds together to create an overflowing amount of joy. Thank you God, *Amen*

Unity Fact

Time 1 Min.----- 6:08 PM

Materials: None



Person with “Unity Fact Angel” card reads the verse below:

Unity Principle #3. “We are co-creators with God, creating reality through thoughts held in mind.”

Puzzle Activity

Time 7 Min. ----- 6:15 PM

Materials: Puzzle pieces, tape, markers, pens, pencils

Purpose: To understand how our thoughts and actions affect the future.



Say: *This spirit group will now be solving a puzzle. The Distribution Angel will spread the puzzle pieces out on the floor. Together, the spirit group has to discover what it says. Here’s a twist, no talking. The only time your aloud to talk is when you have solved it and then you say the words out loud and all together. We will have a discussion after wards.*



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In the end the puzzle should say: "*what we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow.*" -Buddha

Discussion

Time 10 Min. ----- 6:25 PM

Materials: None

(All questions do not need to be asked unless nobody is answering them.)

Questions (popcorn style):

- *Did you have fun solving the puzzle?*
- *How did not talking help you or hinder you? And why?*
- *What does the quote mean to you?*
- *How do you think simply thinking something can change reality?*
- *How can other's thoughts influence you?*

Secret Pal Gifts

Time 12 Min.----- 6:37 PM

Materials: Key Chains Kits (S-4), markers & small envelopes

Have the Distribution Angel pass out Key chains kits and a small envelope to everyone.

Say: *These are key chains for your Secret Pal. We are going to spend some time right now creating a design or affirmation on the key chain for our Pal. When you are done, place it in the envelop and write YOUR OWN NAME on the envelope. Then give the envelope to one of the Co-Leaders and we will keep it in the Spirit Group Bag for you until tomorrow morning. During our last session together tomorrow morning you will have an opportunity to give this gift to your Pal and let them know who you are.*



Bible Truth

Time 3 Min. ----- 6:40 PM

Materials: None

Person with "**Bible Truth Angel**" can read the scripture verse below.

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?"
1 Corinthians 3:16"

Ask your Spirit Group their thoughts on the truth and how it relates to the 3rd Unity principle ("We are co-creators with God, creating reality through thoughts held in mind.")



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Skits

Time 25 Min. ----- 7:05 PM

Materials: Your object to use (Objects will be marked Skit Object)

Purpose: To share your Christ within...without!

Explain the Skits

- Create a Skit that’s around 3 min. long
- Has to be about a journey/part of your journey
- Must use your object as a main tool in the Skit(**will be in your be delivered while going around checking attendance, this way it will be a surprise to all**)
- **MUST** have fun with it! Be creative :)

Games

Time 10 Min. ----- 7:15 PM

Materials: none

Purpose: Loosen our souls for the fantastic night ahead!

Games: Pick or have your Spirit Group pick a game to play from the list below or one you know YOU has used in the past. [See pg. 19/20 for game instructions]

- Line up
- Human Knot
- Grab the Finger
- Pass right left game
- *any that you can think of as well, Spirit group leaders*

Review/ explanation for Skit & Fuzzies tonight Time 3 Min. ----- 7:18

Materials: Your object to use

Purpose: to understand what is happening tonight.

Make sure your Spirit Group understands what they are doing in their Skit. Go over it so everyone is comfortable with it.

Explanation of Fuzzies: ***Fuzzies are an amazing thing. They are a simple gesture that can brighten a person’s day. Receiving one can make you feel warm and “fuzzy” and giving one makes you feel giving and more open to that person. Tonight after vespers we are going to hug as many people as we can. In YOU we give fuzzies constantly and it is a moving experience to receive so much love all at once. Don’t be afraid to give people you don’t know a fuzzy, everyone here is giving from a Christ centered love that is set for the***



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greatest intentions. Also, this time of fuzzies will be completely silent. When it is time to go back to our cabins there will be the sound of chimes. [Explain Namaste option below] [If a teen is uncomfortable with being hugged teach them to put their hands together and to say “Namaste” and that will signal the hugger that they would prefer to recognize their Christ light without touching.]

Closing Prayer

Time 1 Min. ----- 7:19 PM

Materials: None



Have the “Closing Prayer Angel” read the prayer

Dear Sweet Spirit, You are here within us. We feel you now, inside our hearts, and emanating all around us. We are so thankful for everyone here and there contribution to making this event a miraculous experience. Thank you God, Amen.

Clean UP!

Time 1 Min. ----- 7:20 PM

Materials: None



- **Candle Snuffer Angel** turns of the Candle
- **Angel Card Angel** collects the Angel cards and return them in the cute little bag
- **Sacred Space Angel** cleans up the candle and puts the cards and candle in the SG bag
- **Collection Angel** collect all the pens, markers, cardboard, etc...
- Ask everyone to help clean up the area, *especially if you are in a cabin people sleep in.
- Please fold up chairs and put them back where you got them

Place Bags on back tables by numerical order! After each Spirit Group Meetings/Session

Spirit Group Leaders, You are an inspiration to these kids and we are so happy to have you be here for them! We love you, bless you, and appreciate you SSSSOOOooo MUCH!!!!
Michael Hannah & Eileen ☺



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Sunday Morning

“Future”

Total Time: 50 min

Intention: *Embrace the oncoming traffic!*

Take Attendance/ Set up

Time: 5 Min. ----- 9:05 AM

Materials: Attendance sheet, pen, chairs, Angel Cards (S1), Tap Light

- Check off names on your list. Place attendance sheet in the sleeve on the door.
- Set up chairs/ Invite everyone to sit in a circle using the chairs
- Set up candle & Angel Cards/ Ask everyone to choose an “Angel Job” card
- Person with **“Candle Lighting Angel”** card lights the candle



Opening Prayer

Time 2 Min. ----- 9:07 AM

Materials: None



“Opening Prayer Angel” reads prayer below:

Dear Great Creator, this weekend has brought a great amount of knowledge for our souls to digest. We are looking forward to sharing this knowledge with the world. We also affirm that it will be used constantly along our journey. In your love we pray, Amen.

Unity Fact

Time 1 Min.----- 9:08 AM

Materials: None



Person with **“Unity Fact Angel”** card reads the verse below:

Unity Principle #5. “Through thoughts, words and actions, we live in the truth we know”

Evaluations

Time 5 Min.----- 9:13 AM

Materials: Evaluations, Pens & Large Envelope



Distribution Angel: Passes out one evaluation sheet to each person.

Explain that the evaluations are anonymous but they may share their name if they wish. Once the evaluation is complete each person should place their own evaluation in the envelope. When all of the evaluations have been turned in, please seal the envelope and place it in the SG bag to be turned in at the Dining Hall.



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Affirmation

Time 5 Min. ----- 9:18 AM

Materials: Love Note notebooks, pens

Purpose: to create an affirmation for your journey

"Distribution Angel" Hands out Love Note Notebooks

Explain what an affirmation is and how that helps us to "live the Truth we know"

We are now going to create an affirmation. These affirmations should be personal to you. Affirmations are a statement with an intention in mind. For example, if I wanted to get better grades I would say "I know that I am doing great in school and I will have better grades because of it. There are no "I hopes" or "I probably wills" in affirmations. I am going to achieve this. Now take some time to think of an affirmation for you and then write it on the front of your notebook. You can use it when you are having trouble deciding what to do in life or what's right or wrong.

 **Love Notes** 

Time 20 Min.----- 9:38 AM

Materials: Love Note Notebooks, Pens & Markers

Leaders Say: *We are now going to write Love Notes. These are letters or Notes that you write to each person in the Spirit Group. We write these to let the person you're writing to know how they have impacted you or how things about them you really enjoy. In very simple terms, a Love note shows your Love towards them. We are going to start by passing our love notes to the left and start with the one you receive. Once you have your love note we are done. Do Not read your love note until after the retreat.*

Love Note Meditation

Time 4 Min.----- 9:42 AM

Materials: A calming voice ☺

Leader ask everyone to center themselves and find a comfortable position

Say: *Let's start by taking a deep breath in... and out...feel the floor on your feet...the chair you may be sitting in...the energy of everyone around you...as you connect to your center notice a pulse of energy inside you...it starts from your stomach....and out all the way to your hair, toes, and fingers.....breathe in...and out... in... out...find a place you are comfortable in...imagine it...your room, your living room, a friend's house, a certain forest or garden....see it clearly all around you...you notice that in front of*



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you this space opens up...the opening shows a long dirt path trailing far away...you can see that it splits off at points and twists and turns in unfamiliar ways...at first you are hesitant, afraid of its ominous look...but then you see some friends next to you...from your Uniteen Group....next to them is your spirit group...they are all there to help you along this path....and then you remember this retreat and all of the lessons you now know about following your path...as you take your first steps onto this new path your steps are of confidence and happiness...[long pause] as you prepare to return to this place remember that you are always in charge of what happens along your journey, and you are never alone in it either...

Secret Prayer Pal Activity

Time 6 Min.----- 9:48 AM

Materials: Small envelopes with key chains in them and large envelopes from the Dining Hall Mailboxes

Have Distribution Angels pass out envelopes with Secret Prayer Pal Gift to the Uniteens who created them. Then ask everyone to give their gift and hug to the their Secret Prayer Pal.

Have Distribution Angels pass out the large envelopes from the Dining Hall all weekend.

Closing Prayer

Time 1 Min. ----- 9:49 PM

Materials: None



Have the “**Closing Prayer Angel**” read the prayer

Dear Beautiful Spirit, we are leaving this place with a smile on our faces and a great intention to uphold. We know that we have a fantastic journey ahead of us and we are so thankful for this chance to understand it more. thank you God, Amen

Clean UP!

Time 1 Min. ----- 9:50 PM

Materials: None



- **Candle Snuffer Angel** turns of the candle
- **Angel Card Angel** collects the Angel cards and return them in the cute little bag
- **Sacred Space Angel** cleans up the candle and puts the cards and candle in the SG bag



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- **Collection Angel** collect all the pens, markers, cardboard, etc...
- Ask everyone to help clean up the area, *especially if you are in a cabin people sleep in.



CHAIRS:

IF YOU ARE MEETING IN A CABIN, YOU WILL NEED TO HAVE EACH PERSON BRING A CHAIR BACK WITH THEM TO THE DINING HALL. THERE WILL BE A WAGON NEAR THE DINING HALL FOR TURNING IN THE CHAIRS.

IF YOU ARE MEETING IN THE DINING HALL YOU MAY LEAVE THE CHAIRS WHERE THEY ARE.



SG BAGS:

Be sure all personal items are removed from your Spirit Group Bag and turn in the bag to Staff at the Dining Hall

**Spirit Group Leaders, you are a truly unique team of people. We are so happy that you agreed to come here and help us put on this awesome event. It would not have been the same without each and every one of you here.
Thank You So Much!
Michael Hannah & Eileen ☺**



"Journey of a Lifetime"
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Games From Spirit Group Session 3- Saturday PM

LINE UP

This game is good if you need a quick 5 minute icebreaker or time filler. It works best for groups of 10 or more people. **AND IT IS COMPLETELY SILENT, STARTING NOWWWW!**

A group thinks of a criteria of some sort and the group must line up in order of that criteria. For example, if the criteria is birthdays, the group must assemble themselves so someone born in January is up one end, and someone in December up the other end (and with everyone else in between ordered neatly!) You must pick the topic in silence and find a way to communicate with the entire group silently. You may say aloud who will pick the criteria (read examples below) Remember **SILENCE!!!**

Other ideas for criteria are:

- height
- age
- shoe size
- hair length
- hair colour (ie. darkest - lightest)
- distance they are from home
- etc

HUMAN KNOT

Everyone stands in a close circle - puts both hands out - and randomly grabs hold of someone else's hand, creating a massive knot!

Without letting go of hands, the group should try to untangle itself...

GRAB THE FINGER

Get everyone to stand in a circle, with their arms out to either side. Tell people to put their left hand palm up, and right finger pointing down (touching the person next to them's outstretched palm).

When you say the word "GO", people need to do two things:

1. Grab the person's finger in your left hand
2. Prevent your right finger from being grabbed



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If your finger is grabbed, you are out, and you sit on the sidelines. The game continues until there is a winner.

The key to this game is adding a bit of drama and suspense around when you say "Go". e.g. count down, add a big delay, etc. You can do it a few times before it gets old :)

Pass right left game...

Materials: A marker or pen from Spirit Group Bag

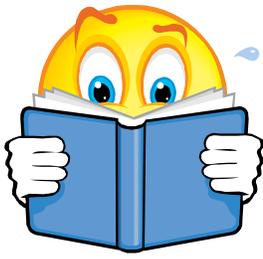
Directions: *Have everyone in the group get into a circle, I will read a story about the Wright family. As I read this you will take the marker/ pen in your hand and pass it to the right when the story says right, and left when the story say left. Have fun and listen close...*

*** SG leader... they are marked for your convenience***

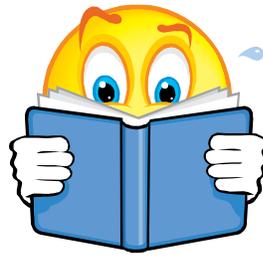
Story:

One day the Wright family decided to take a vacation. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda Wright would be the one left at home. Of course this made Aunt Linda Wright so mad that she left the house immediately yelling "It will be a right cold day before I return". The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright and Shelly Wright and got in the car and left. Unfortunately, as they turned out of the driveway someone had left a trash can in the street so they had to turn right around and stop the car. They told Tommy Wright to get out of the car and move the trash can so they could get going. Tommy took so long that they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things that they might have left undone. No need to worry now, they were off on a right fine vacation. When they arrived at the gas station, Father Wright put gas in the car and then discovered that he had left his wallet at home. So Timmy Wright ran home to get the money that was left behind. After Timmy had left, Susan Wright started to feel sick. She left the car saying that she had to throw up. This of course got Mother Wright's attention and she left the car in a hurry. Shelly Wright wanted to watch Susan get sick, so she left the car too. Father Wright was left with Tommy Wright who was playing a game in the backseat. With all of this going on Father Wright decided that this was not the right time to take a vacation, so he gathered up all of the family and left the gas station as quickly as he could. When he arrived home, he turned left into the driveway and said "I wish the Wright family had never left the house today! Right?"





**Opening
Prayer
Angel**



**Closing
Prayer
Angel**



**Distribution
Angel**



**Collection
Angel**



**Sacred Space
Angel**



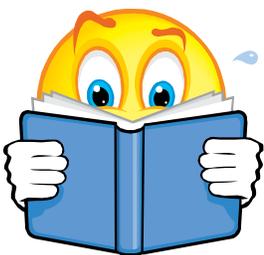
**Candle
Lighting
Angel**



**Candle
Snuffing
Angel**



**Bible
Truth
Angel**



**Unity
Fact
Angel**

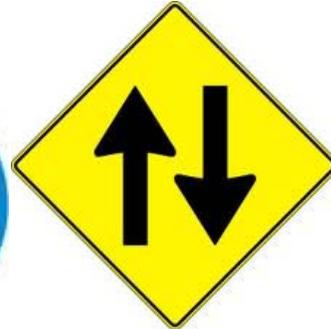
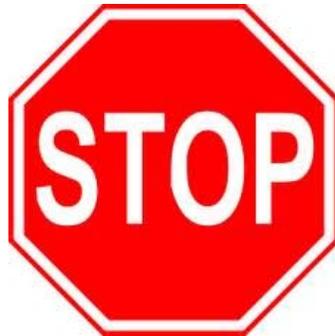


**Time
Angel**

Spirit Group Heart Agreement

1. Be on time (if one person is late, it affects the entire Group)
2. Be willing to participate in all activities
3. No put-downs (3 put-ups for each put-down)
4. Give loving attention to each person
5. Focus during meditation (or remain quiet)
6. No right or wrong answers
7. Right to pass
8. Touch only those things that belong to us or are given to us
9. What is said in the group stays in the group except . . . ↓
10. Leader is required to report anything that might cause harm to the Uniteen or another person.

These are samples only. There will be a card for each sign with your Spirit Group Bag at the retreat.



The Regional Teams interpretations of the signs... These are just our opinions' your opinion is just as important * These are just in case someone gets stuck, or if they need an example to understand where to start.*

DO NOT ENTER sign: *The regional team thought... Something has happened in your life and you're not supposed to take part.*

STOP sign: *The regional team thought... You need to take a minute to reflect on your life and breathe*

YIELD sign: *The regional team thought... Just slow down and enjoy what is happening now and not focus on what will be happening up ahead.*

FORK IN THE ROAD sign: *The regional team thought... Choices come up and they might be difficult but you can work through them.*

NO U-TURNS sign: *The regional team thought... Keep moving forward you can make it through anything you set your mind to.*

ONE WAY ROAD: *The regional team thought... Life is a journey in order to continue on your path you must put one foot in front of the other and don't worry about the past only the beautiful now.*

SLIPPERY ROAD : *The regional team thought... It can be an obstacle that requires caution, also to slow down and looking out for yourself.*

TURNS AHEAD: *The regional team thought... Things could be changing at a fast pace.*

TWO WAY TRAFFIC: *The regional team thought... Look at what is going on from another perspective.*

ROUGH ROAD: *The regional team thought... Keep a wary eye out and pay attention to what is going on around you.*

WRONG WAY: *The regional team thought... The way you are doing things now is nothing but harmful for you, and should consider changing your ways.*

MERGE AHEAD: *The regional team thought... What you're doing now could lead you to another desire.*

NO PARKING: *The regional team thought... You shouldn't stop now, you're on a roll.*

WELCOME TO TEXAS: *The regional team thought... Welcome to a new part in life, ORRR... everything is bigger than you think you just need to be awoken up to it.*

WARNING CONSTRUCTION AHEAD: *The regional team thought... Things may seem wrong for you but they are actually the same as before, just they are getting a new look to them.*

KEY CHAIN KITS FOR SECRET PRAYER PAL ACTIVITY



Uniteens will write their **OWN NAME** on an envelope to store this gift until Sunday morning. On Sunday morning, the SG Co-Leader(s) return the envelope to the Uniteen who created it. The Uniteen then takes the keychain out of the envelope and delivers it to their Secret Prayer Pal.

