

I Make My
Own Sunshine!

Uniteen Overnight Event - 2011

Family Group 1 (8:25 – 9:25)

OPENING: 20 minutes

Supplies Needed: Leadership cards

FGL says: While I'm taking attendance, I would like each of you to choose a leadership card. Leadership cards give everyone the opportunity to contribute and participate in our family group. A-town YOU uses these every Sunday and it helps develop leadership skills and encourage people to participate who might not step forward otherwise. If the card has a leadership opportunity that you do not feel comfortable doing, you can pass and the Family Group Leader can take it on, but we encourage you to expand your geometric figure and try something new!

FGL: TAKE ATTENDANCE by calling out the names of all those in your group or by going around the circle to have each person say their name so everyone hears each person introduced in preparation for the first activity.

Opening Prayer:

FGL says: Whoever has the leadership card for opening prayer, please lead us in prayer.

Dear Mother-Father God, flowing and alive through all of us,
We affirm love and wisdom as we grow spiritually during our time together.
And all God's children said...AMEN!

Intention:

FGL says: Whoever has the Intention Leadership Card, please read the intention for Family Group one:

- **Intention: To create a foundation for our spiritual growth and to develop tools to find ways to make our own sunshine.**

Daily Word:

FGL says: Whoever has the Daily Word Leadership Card, please read the Daily Word for Family Group one:

This Daily Word is from Friday, September 23, 2011

Daily Word Leadership card holder say: Daily Word for this family group is "Understanding" I'm going to say the affirmation and then I'd like to have everyone repeat it after me:

"I continue to evolve in spiritual understanding."

Change is inevitable. Day becomes night. People and circumstances come and go. As things change, I can choose to accept, to adapt, to appreciate, but most of all, I can choose to learn and grow. Nature shows us that we die to the old and are reborn in the new. We see leaves turning color each fall, dropping from tree branches, followed by new growth each springtime. Just as in nature, we must let go of what was in order to grow anew. I am always in a state of becoming. I embrace change as it allows me to become all I evolve in spiritual understanding, I release the past and welcome the fullness of the glorious present, in whatever form it takes.

Heart Math Coherence: 10 minutes

FGL says: How many people have done Heart Coherence from Heart Math before or know what it is? (Allow time for answers.)

FGL says: Stress creates incoherence. When we feel good emotionally, we are in a high state of heart rhythm coherence and our heart waves, blood pressure and brain waves all vary together, in tune with each other. When you feel stressed or upset, practicing coherence can help bring you back to a state of calm and peace.

The Three Coherence steps:

1. Start by focusing on your heart space
2. As you focus on your heart space, imagine breathing into your heart space.
3. Think of something or someone that you appreciate and hold that feeling of appreciation. Spread that feeling of appreciation all over your body and to everyone in this room

Coherence: (FGL do this slowly so everyone can experience each step fully.)

I invite you all to close your eyes and take deep breaths...in...and out....Move that breath from your lungs to your heart space and breathe deeply....in and out....in and out....Some people find it helpful to place their hands over their hearts to focus more on that heart space.....Now, think of someone or something that you appreciate.....and hold that feeling in your heart.....spread that feeling from the top of your head...through your body.....and out through your toes.....next spread that feeling to the people next to you....then to everyone in the room....remember to keep breathing through your heart.....when you are ready, open your eyes and come back to this room.

FGL ask:

- How do you feel?
- Does anyone have questions on coherence?
- Where can you see yourself using this tool?

WRITING HEART AGREEMENTS: 10 minutes

Supplies Needed: one large rolled paper, color markers

FGL read: Heart agreements are written to make sure that each person in the Family Group is comfortable and receiving the best experience possible. Everyone contributes to the writing of the heart agreements. Allow time to let the family group members think of important agreements to ensure safety of the group. Write down the heart agreements on large paper provided, **sign**, then post them.

Some examples are:

- Right to pass
- Confidentiality
- Expand your comfort zone
- One put down = three put-ups (If you say something hurtful about yourself or others, you must follow that up with 3 good things about that person.)
- Left answers only (there are no right or wrong answers)

Hand Print activity:

Hand print: Thumb – person who most inspires me,

Finger 2- person that makes you laugh the most,

Finger 3- if you could have dinner with anyone who would it be (dead or alive),

Finger 4- person you have learned the most from,

Finger 5- Someone I can always depend on *

Palm “How do you make your own sunshine?”

These names of people that we wrote on the handprint are all people who have impacted our lives. They are people you care about and value and with these people in your life you can make your own sunshine. When we are sad or in a bad place we can think of these people and know that they are special to us. They can help us make our own sunshine by remembering good times we have had with them or something about them that makes us smile.

Share handprints

FG leaders after sharing: collect hand prints and put up in Fellowship hall for viewing.

Theme discussion: Which Unity Principle do you think the theme relates to? (Have posters for 5 principles)

Questions: Give a chance for Uniteens to answer – ask further questions if no one volunteers right away.

1. When you heard about the theme, what did you think about?

2. Does anyone have a story that happened to them that was similar to the one the skit showed us?

3. When you are upset, what do you do to feel better about the situation?

4. Think about a situation that has made you upset. Did you have a choice in how you reacted?

Explain.

Closing prayer Leadership Card holder say:

I invite you all to take a deep breath in and let it out.... Dear loving presence within us all, we are glad that we have the chance to grow together as a family group. We all know that your light burns within us all and it guides us to make our right and perfect sunshine. And all God's children said... Amen

Gruzzie!!

Family Group 2 (8:55 – 10:25)

FGL: TAKE ATTENDANCE by calling out the names of all in your group or by going around the circle to have each person say their name. Pass around leadership cards.

Opening Prayer Leadership card holder say:

I invite you all to close your outer eyes and open your inner eyes. Dear living, loving, laughing spirit alive within me. We thank you for a wonderful experience we have had so far. We thank you for the many more experiences we will enjoy during the rest of this event. And all God's children said... Amen

Intention:

FGL says: Whoever has the Intention leadership card, please read the Intention for FG #2

Intention: To understand that we can create awesome things in our lives by thinking about positive things and affirming what we want so we always make our own sunshine!

Daily Word:

FGL says: Whoever has the Daily Word leadership card, please read the affirmation and Daily Word.

This Daily Word was from Friday, July 1, 2011

Affirmation: With determination and faith, I create a life I love. (Have Family Group repeat together.)

What is my intention today? What do I want to feel and experience over the next 24 hours? As I begin to probe these questions, I connect with Spirit in oneness and gratitude. I visualize the day ahead- who will I see and what qualities will I take? Then I consider what attitude I will hold. Will I be patient, adventurous, loving? Life is made up of the choices I make, the love I give and receive, and the faith I hold every moment of every day. If I have been waiting for "someday" to come, I stop waiting and make the decision to live fully and freely right now. I set the intention to live a life I love- and I start today.

Joy songs: Giggalow, slow song (I am remembering who I am)

Read Principle 5:

If you Really knew me game...

If you really knew me...If you really, really knew me...If you really, really, really knew me, you'd know I want to create _____ in my life. (three rounds)

What do you want to create in my life? What would make a big difference in your life if you had this? Make this something you really want!

Treasure Maps:

Plan to create – how am I going to make this happen in my life? Think about what feelings you would have when this happens. Who are you going to celebrate with? Visualize!

Pass out thick 8 x 11.5 paper

Create a visual + feelings. Use magazines to find a picture to cut out and glue on. Add things we are grateful for and an affirmation that helps us create this.

Meditation reference to Lily's mediation earlier.

Share maps

FG leader say: whoever has the closing prayer leadership card, please read the closing prayer:

I invite you all to take a deep breath in and let it out.... I invite you to take another deep breath and sigh it out.... Dear Mother Father God, The love of God expressing in me radiates to all the individuals in my life; experiencing my sunshine and sharing it with others. And all God's children said ...Amen.

Agenda:

Thursday:

3:00- YOU call time (except Rebecca)

Put together FG bags,

Markers

Colored paper for hand print

Template for hand print

Magazines

Thicker paper

Glue sticks

Heart agreement paper from YOU room large sticky note paper

SCISSORS

cut out emotion papers and attach on glo sticks,

finish template for shirts

Make FG lists

Set up registration table in foyer

Game area in fellowship hall

FG 1 & 2 in designated rooms. (put up signs)

List of DoUPs

Set up t-shirt area in Fellowship hall

6:30 – Registration - Foyer, put up sleeping bags, play games with Rebecca in Fellowship Hall (What games? Ninja, fruit basket mix up, rock paper scissors)

7:00 – Opening ceremony – skit intro “I make my own sunshine”

*A-town Trust agreements – everyone reads in turn

Boundaries

Joy songs (Juicy Moose and Boom-chicca-boom, “I make my own sunshine”)

Every step I take is the right one

Every move I make is the right one

Life will keep a goin' if I just keep a knowin'

I'm always on the bright side, the sunny light side

Sunshine, I'm always in sunshine, I make my own sunshine, ah-oo

Getting to know you ice breaker – whole group Name Game with bean bag/stuffed animal

2 rules to this game: 1. You have to say: here you go _____ (the person's name) and they say "thank you _____ (that person's name) and everyone has to have a turn. Let's practice.

7:45 – interactive activity: t-shirts design (set up table in Fellowship Hall)

8:15 – bathroom/water break

8:25 – 9:25 FG 1

9:30 – Large group activity - Light of the world (need basket for glow wrapped glow sticks)

10: 00 – Vespers

I am Opening, Roots, closing prayer, demo fuzzies.

10:15 – 10:30 – Fuzzies – demo fuzzies and explain: Sam explain Hallie and Lily will demo

10: 30 ready for bed

11:00 lights out

Friday:

(7:00 prep breakfast) eggs, french toast, sausage, plates, silverware, tables, napkins, cups

7:45-8:15 breakfast (teach meal blessings - Superman) _____

8:20 –8:40 Announcements & Large group, Joy Songs (Pepe and Fish Song, Sanctuary)

Friday: Theme – put it in action Unity principal #5

8:40-8:50 Coherence, Deep breathing & Meditation - what do I want to create in my life?

8:55-10:25 FG2

10:30-11:30 DoUps – The ones we want the most to the ones we want the least with the one we want them to leave with. Rebecca and Sam explain, Hallie and Lily demo

11:35-12 Closing Blessings categories: _____