

2013 Spring Unitreat – River of Peace

Spirit Group 1 – “Peace Within”

Intention: To get to know the group and start to acknowledge my own peace within.

Friday, April 26, 2013

9:00 to 9:50 p.m. (50 min)

Materials: Angel Cards; candle; attendance sheet; pens; markers; Heart Agreements; mascot package; fish cards

Activities:

1. Attendance & Welcome	2 min	~ 9:02
2. Check-In	5 min	~ 9:07
3. Opening	10 min	~ 9:17
4. Heart Agreements	5 min	~ 9:22
5. Introduce Mascot	5 min	~ 9:27
6. Imaginary Field Trip	15 min	~ 9:42
7. Secret Prayer Pal Explanation	3 min	~ 9:45
8. Closing	5 min	~ 9:50

Please make sure you are back to the lodge by 10:00 pm.

~Approximate time activity will end

Bold Italics = what you say to the group

1. **Attendance:** (2 min) Materials: Attendance Sheet, Pen, Angel Cards, Candle (9:02p.m.)

- Please take attendance and place on the door, outside of your Spirit Group area. Thank you!
- Set up candle & Angel Cards / Ask everyone to choose and “Angel Job” card.
- Person with the Candle Lighting Angel Card turns on the candle.

Welcome to the GROUP!! We will be meeting 4 more times this weekend. (Spirit Group leaders now is a good time to introduce yourselves ☺)

2. **Check-In:** (5 min) (~9:07)

Go around the circle to the left. Have everyone share their answers as a way to get better acquainted.

- **Your name, grade, church, and how many events you’ve attended.**
- **What is your favorite pizza topping?**

3. **Opening:** (10 min) Materials: (~9:17)

*** Intention: To come into this Spirit Group session with open hearts and minds, and use these activities to create lasting connections.**

Ask the Opening Prayer Angel to read the prayer below and then invite everyone to repeat the affirmation.

Please center the family with a few deep breaths before the opening prayer.

Prayer: Sweet Spirit, thank you for the knowing that I am at the right place at the right time. I am in tune with the order of the universe and welcome peace into my life. Amen.

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Affirmation: ***“Peace starts with me.”*** (Repeat three times.)

Quote: ***“The best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart.”***

*Ask your Spirit Group to share their thoughts about how the quote ties into the theme of the day...

Discussion starters:

1. What does “They must be felt within the heart” mean?
2. How does this relate to today’s theme of “Peace Within”?
3. What are some of the most beautiful things to you?

4. Heart Agreement: (5 min) Materials: Heart agreement poster, pens, markers **(~9:22)**
****Intention: To establish guidelines for the Spirit Group in order to create a safe space for everyone to share themselves in.***

The Heart Agreement will be attached to your SG Bag and has the basics printed on it already to save time, but the group may add to and 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 sleeve on bag and read the heart agreements
- **Explain that confidentiality means - what is said stays in the group unless what is said is something that could cause harm to them or to someone else.**
- Ask the group if they have anything to add or change. If so, record the changes
- Have everyone sign the heart agreement and then return it to the sleeve on your bag

5. Introduce Mascot: (5 min) Materials: Mascot Package **(~9:27)**
****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 person with the “**Distribution Angel**” card unwrap or open the mascot package and introduce your Spirit Group Mascot. Group may choose to name the mascot.
- The Mascot should be returned to the Spirit Group Leader at the end of each meeting.
- Leader may take the group Mascot home to care for at the end of the Unitreat or they may choose to send it home with another member of the group.

6. Imaginary Field Trip (15 Min) Materials: Fish Cards and Markers **(~9:42)**

Directions:

- Pass out fish cards.
- Have the Uniteens place their fish front-side up in front of them. Place markers in center of circle and ask everyone to just leave them there for right now.
- Explain that they will be going on an Imaginary Field Trip. They will need to close their eyes and imagine or picture themselves in the story as you read it.
- Explain that at the end of the story (meditation) they should pick a marker, write their personal prayer for peace and their name on the fish. They may then decorate the fish if there is time. The fish will be placed in the dining hall during vespers so that everyone’s prayers for peace will be shared throughout

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the weekend.

Meditation (Ask everyone to close their eye and then read the following meditation slowly, pausing frequently and speaking loudly enough to be heard.)

Close your eyes and relax. Focus on your breathing and with your inner eyes, watch your breath as it moves in and out of you... As you continue to focus on your breath, you find yourself in beautiful meadow.... The air is fresh and feels very comfortable.... You begin to walk through the meadow noticing the beautiful wildflowers and the many colorful birds flitting about....

Soon you come to the river... There is a boat there sitting along the shore. On the seat is a note with your name on it. You pick it up and inside you read, "We're glad you've arrived. We've been waiting for you. Please take this boat for a little trip." The note disappears with sparkly glitter in the air... It seems like magic! You decide to take a ride, so you push the boat into the water and climb in. It begins slowly moving by itself ... slowly... and gently... You feel happy, safe and secure and you wonder where you are going...

As you float along, a big brightly colored fish pokes it's head out of the water.

The fish seems to be looking at you as he jumps... in... and out of the water. It is very peaceful here...floating on the river, watching the fish jumping in... and out of the water. As you breathe in ...and out, the fish jumps in ..and out of the water to the rhythm of your breath....

As you watch, you notice that the fish seem to be looking at you. His eyes are peaceful,... gentle and loving.

Though he does not speak, you hear his thoughts... He says hello and asks you to follow him along the River of Peace!" Your boat starts gently moving again down the river... following the beautiful fish with the peaceful eyes.

As you float along, you feel the flow of the water beneath you. You realize that when you allow yourself to go with the flow, things are so much easier. Allow the water to move you gently down the river.

In your mind you hear the fish speaking... "The journey is just beginning. Go with the flow. Remember ... River of Peace."

Relax and let go. Allow the boat to gently float you down the River of Peace. In your mind the fish continues to speak. It tells you to keep thinking these thoughts:

I am safe. (pause)I am calm. (pause)I am at peace. (pause)I am going with the flow."

You realize now that you're not in the same place or time as when you began. The world is different here. You know it has changed, but not how. The fish appears again and he says, "You are now in a world of peace

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and harmony.”

You watch in amazement at the peace and harmony that exists here. People are so kind and loving here. People and animals interact peacefully with one another. Everyone is glowing with peace & Light. You feel completely surrounded by a feeling of peace and harmony.

This place exists now. It exists in you and in everyone. This is our world with everyone centered and acting from a place of love. You wish very much to bring this place back with you, up the river and to this time and place...

The fish reappears, jumping in and out of the water again. You hear him speak in your mind... This place is real... Your thoughts and prayers make peace real in your life. Listen now in the silence for your special prayer... your prayer that makes peace real... your prayer that affirms peace in your life and in the world.

[PAUSE – several moments of silence]

The words flow into you like a river... You know what the prayer is to be... Your boat begins to move gently upstream... Somehow it moves without struggle against the current ... It moves gently above the river... above the current.

Gently, you feel yourself returning to this time and this place, bringing with you that feeling of peace and harmony. As you begin to feel the chair beneath you, the air around you, gently open your eyes and focus on the fish card in front of you. Take a marker and write your prayer on the fish.

Activity:

- Allow some time for everyone to write their prayers. Those who finish first can begin to decorate the fish.

Discussion (If time permits):

(They can continue decorating during discussion as long as they participate)

- What was this experience like?
How did you feel? What were you able to see? What did you hear?
- Please share your prayer with us.

7. Secret Prayer Pal (3 min)

(~9:45)

Explain the concept of the Secret Prayer Pal.

- Make sure each person knows who they have as a Secret Prayer Pal. *(If they don't explain how to find them on the back of their name tag)*
- Write affirmative notes to and/or make craft items for your pal throughout the weekend.
- Pray for your pal throughout the weekend.
- Craft Table for making items for pal in the Dining Hall.
- Large Envelope in a mailbox in the Dining Hall. Notes and crafts can be place there.
- Do special things for your pal such as asking someone else to clear their space at the table for them or asking someone to give them a hug from you.

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7. **Closing** (3 min) (~9:50)

Ask the Closing Prayer Angel to read the closing prayer

Closing Prayer Loving Spirit, we know that you are present in all people, all things and all situations. We know that you are present within each of us as the Christ center of our beings. We lovingly affirm that You are the One presence and One power in our lives and in the universe, and all things contribute to our peace. Amen.

Clean up materials. Bring your Spirit Group bag back to the Dining Hall with you

Spirit Group bags should be lined up in numerical order in the Dining Hall after each Spirit Group meeting.

Spirit Group Leaders -

Thank you for stepping up and becoming a leader for the weekend. You are so appreciated and loved. Thank you!!

Love & Light

Tyler, Diane & Eileen

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Spirit Group Session 2 – “Finding Peace Everywhere”

Intention: To learn to effectively and peacefully communicate with others.

Saturday, April 26, 2013

9:00 to 10:20 a.m. (80 min)

Angel Cards; candle; attendance sheet; pens; blank paper; crayons

1. Attendance	2 min	~ 9:02 a.m.
2. Check-In	8 min	~ 9:10 a.m.
3. Opening	10 min	~ 9:20 a.m.
4. View From The Window	15 min	~ 9:35 a.m.
5. Two Streams	15 min	~ 9:50 a.m.
6. Birthday Time Line	20 min	~ 10:10 a.m.
7. Centering Meditation	5 min	~ 10:15 a.m.
8. Explain Team Work & Funshops	3 min	~10:18 a.m.
9. Closing	2 min	~ 10:20 a.m.

~Approximate time activity will end

Bold Italics = What you say to the group

1. Attendance: (2 min) Materials: Attendance Sheet, Pen; Candle (~9:02a.m.)

- Please take attendance and place on the door, outside of your Spirit Group area. Thank you!
- Set up candle & Angel Cards / Ask everyone to choose and “Angel Job” card.
- Person with the Candle Lighting Angel Card turns on the candle.

2. Check-In: (8 min) (~9:10)

Go quickly around the circle to the left.

-In one word how are you feeling this morning?

-Who is someone you truly admire (you can know them personally, or not)?

-If you could go anywhere in the world, where would you travel to?

3. Opening: (10 min) (~9:20)

**** Intention: To center ourselves and open our hearts to Spirits loving energy.***

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.

****Please center the group with a few deep breaths before the opening prayer.****

Prayer: “Sweet Spirit, thank you for this day, these friends, and your love. We begin today recognizing the many magnificent things in this life and in ourselves as we see your light everywhere. We are so grateful for your presence. Amen.”

Affirmation: “I send peace from myself to the world!” (repeat three times enthusiastically)

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Quote: “World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion.” -Dalai Lama

*Ask your Spirit Group to share their thoughts about how the quote may tie into the theme of the day...
Discussion starters:

1. What does inner peace mean to you?
2. How important do you believe human compassion is, and when have you used it in your life?
3. What does peace mean to you and can you find it everywhere like the daily them suggest?

4. View From The Window (15 min) Materials: paper and pens (~9:35)
****Intention: To show that we each have a unique perspective of life and to examine what happens when people experience things differently.***

Directions: pass out the paper and pens and have everyone go look out the **same** window.

Say: *In one sentence write what you see outside.*

Once everyone is finished writing have them come back from the window and go around in circle having everyone read their sentence.

Discussion:

- How did your view differ from others?
- Can you accept someone else’s view as right?
- Can all perspectives be right?
- How is this like the world being one family yet having different points of view?
- How can we experience peace and harmony with others even when our feelings or beliefs or views may be different? (*One answer might be to recognize and honor the Christ in one another or allowing others to have their own feelings and not needing to be “right”.*)

5. Two Streams (15 min) One crayon and piece of paper for each pair. (~9:50)
****Intention: to connect with each other. (This is a silent activity)***

Say: *One way we can create peace is to become more understanding of other people’s feelings and points of view. When we truly listen to others and respect how they feel and what they believe we can become like two streams flowing together.*

Directions: Explain that this will be a silent activity and have the group form into pairs. (You will need to partner with someone if there is an uneven number) Have the **Distribution Angel** pass out one crayon and one piece of paper to each pair. (Each pair should have only one crayon and piece of paper between them) Next have the pairs grasp the crayon together so that both partners have it held firmly in their fingers. When you give the signal, they are to draw a picture without any discussion. There is no talking beforehand to plan and none during the experience. They must both hold the crayon at all times. Partners should proceed until they are finished with their picture.

Discussion:

- How difficult was this?
- How did you communicate?
- Any broken crayons?

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- When did you realize you were making a picture of something?
- What did you draw?
- Were you able to experience communion with each other? Become one?
- How is this like something that happens in the world?
- How is this like the many ways that people practice spirituality?
- How can clear communication make a difference in our lives? And in the world?
- What might help us to communicate with one another more clearly?
- What might help us to create a common picture of peace in the world?

6. **Birthday Time Line** (20 min) (~10:10)

****Intention: To understand the role of non-verbal communication as a group in a conflict situation.***

Say: Research indicates that about 80% of our communication is non-verbal. Being able to communicate effectively and peacefully includes both verbal and non-verbal interaction. We just experienced what it was like to communicate with no words with one other person, now we are going to experience what it is like to interact without words in a group.

Directions: Explain to the group that they are to arrange themselves in a line according to the month and day (not the year) of their birthdays...but they must do this without talking, writing, or using any props. You can also tell the group where January and December should start and end in the line. Once the group believes they have accomplished the task have them raise their hands. Then go ahead and go down the line to see if they are in the correct order.

Discussion:

- How did you find your place in line?
- Was this difficult? Why or why not?
- What did you do when you tried to communicate with someone who was using a different system of communicating?
- Did you find yourself getting stressed out or frustrated?
- Share a time where you tried to communicate with someone but were misunderstood? How did that feel? How did you respond?
- How does this experience relate to managing conflicts?
- Can we always manage conflicts peacefully if we choose to?
- What are some ways you manage conflicts peacefully in your life?

7. **Short Centering/Meditation** (5min) (~10:15)

****intention: to learn a new way/option of meditating. Also to help center yourself before we go to funshops.***

Meditation: (First please have everyone close their eyes and relax, explain that this is a Buddhist form of centering)

Lets all close our eyes and begin to relax and focus our energy on our breathing

Breathing in...I know I am breathing in.

Breathing out...I know I am breathing out.

Breathing in...I am calm.

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Breathing out...I am at peace.

Breathing in...I am happy.

Breathing out...I smile.

Breathing in... I am calm.

Breathing out... I share that calm with the world.

Breathing in...I am at peace

Breathing out...I share that peace with the world.

Breathing in...I am happy

Breathing out...I share that happy with the world.

Breathing in...I smile.

Breathing out...I share that smile with the world.

And now take another relaxing deep breath in...and sigh it out. When you are ready please open your eyes and come back into the room.

8. **Explain Teamwork & Funshop Rotations:** (3min) Materials: Funshop Rotation Schedule (~10:18)

Funshop Rotations:

- (Explain to your group that they will be attending Funshops after this.
- Make sure each person knows what their Team Color is and where to go
- It is very important to be prompt when moving from one Funshop to the next.
- No one may return to their cabins until “Free Time” this afternoon.
- If we are late getting to Funshops and fall behind, it will shorten our free time.
- Be sure each person knows what team they are on and where that team is meeting
- Make sure each person has a buddy or adult to help get to the correct meeting place.
- Make sure each group has a copy of the rotation schedule with them.

9. **Closing:** (2min) (~10:20)

(Please ask the Closing Prayer Angel to say the closing prayer)

Prayer: Loving Spirit, we know that you are present in all people, all things and all situations. We know that you are present within each of us as the Christ center of our beings. We lovingly affirm that You are the One presence and One power in our lives and in the universe, and all things contribute to our peace. Amen.

Clean up materials. Bring your Spirit Group bag back to the Dining Hall with you

Spirit Group bags should be lined up in numerical order in the Dining Hall after each Spirit Group meeting.

Wonderful Spirit Group Facilitators,

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Thank you for channeling your divine love and energy to the Uniteens. We are so appreciative that you have chosen to let your Spirit shine in this way.

Love & Light,

Tyler, Diane & Eileen.

Spirit Group Session 3 – “Finding Peace Everywhere”

Intention: To accept that we are all Gods Children

Saturday, April 26, 2013

6:25 to 7:25 p.m. (60 min)

Materials: Angel Cards; candle; Attendance sheet, Markers, beads and keychain kit.

Activities:

Attendance	2 min	~ 6:27 p.m.
Opening	8 min	~ 6:35
Check-in	8 min	~ 6:43
Four-Floor Formula	10 min	~ 6:53
Secret Prayer Pal Gift	10 min	~ 7:03
Skit	20 min	~ 7:23
6. Closing	2 min	~ 7:25

Please make sure you are back to the lodge by 7:30

~Approximate time activity will end

Bold Italics = What you say to the group

- 1. Attendance: (2 min)** Materials: Attendance Sheet, Pen **(~6:27)**
 - Please take attendance and place on the door, outside of your Spirit Group area. Thank you!
 - Set up candle & Angel Cards / Ask everyone to choose and “Angel Job” card.
 - Person with the Candle Lighting Angel Card turns on the candle.

- 2. Opening: (8 min)** **(~6:35)**

Intention: To center ourselves so that we may be able to better connect with spirit and all those around us.
*Please center the Spirit Group with a few deep breaths before the opening prayer and ask if anyone from the group would like to read the opening prayer. *

Opening Prayer: ***“Thank you Great Spirit for all of the activities of this day and for this evening as we prepare to share with one another. We share this and all things in your name and power. And so it is”***

Affirmation: ***“I accept peace and love into my life!!*** (Repeat thrice enthusiastically!!)

Bible Quote: But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; Matthew 5:44 (KJV)

*Ask your group to share their thoughts about how the Bible quote ties into the theme of the day and the

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intention of this spirit group meeting (“To accept that we are all Gods children”).

Discussion starters:

1. Do you think its possible to love your enemy or someone who has hurt you?
2. Is it hard for you to forgive someone? How do you?
3. Would you want someone to forgive you if you made a mistake?

3. **Check-In:** (8 min) (6:43)

Go around the circle asking the questions.

- What was your favorite funshop? Why?**
- What is your favorite pizza topping?**

4. **Four-Floor Formula** (10 min) (6:53)

Leader Say:

In our bible passage, Jesus gives us a four-step formula for being a peacemaker and finding peace with our enemies or during conflicts. We are to Love, bless, do good to and pray for our enemies or problems. The following meditation will help us to use this formula to resolve conflicts.

- Ask each person to think of one “enemy” they would like to forgive or a “conflict” they would like to release. Have them choose something “small” to begin with.
- Stress that we are not talking about abuse of any kind. It is NEVER ok to be abused. We are talking about everyday conflicts, relationships, school problems, our bodies, etc. There is no need to share this list it is just for them as we prepare for a meditation.
- Ask them to use this prayer time to work with that particular “conflict”:

Meditation (from I of the Storm for Teens. Jane Simmons)

Let’s take this formula into our hearts as we go into prayer. Let’s close our eyes, become centered and breathe. Breathe into your heart. . . and as you do, feel the love within you begin to expand. . . With each breath, feelings of love and appreciation grow and radiate until your heart is filled with the healing power of love. Continue to breathe into the heart and let the love fill your body as we let the words of Jesus fill our souls.

LOVE YOUR ENEMIES. Imagine you are in front of an elevator, on the first floor. When the elevator reaches its final destination on the fourth floor, you will see the person or situation in a new light. But you must be willing to enter through the doors. That is the first step, willingness to accept and embrace this situation... Ask yourself, “Am I willing to embrace this person or situation? Am I willing to see this differently? Am I willing to use this challenge for my healing?... If you answer yes, then enter the elevator and look at the numbers. Push the button for the second floor...

BLESS THOSE THAT CURSE YOU. Breathe into your heart . . . This is a journey of the heart. . . The heart understands this wisdom. So stay focused in the loving energy within your heart. Ask your heart how this can be a blessing? What inner wisdom do I need to access in order to see that this is FOR me, and not against me? Am I willing to see this as a blessing instead of a curse? What is this mirroring for me that I need to see

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in order to transform myself and my world? . . . Breathe into your heart as we reach the second floor. . . We are half way to the top . . . Let's move now to number three...

DO GOOD TO THOSE THAT HATE YOU. . . Breathe into those words. . . This makes perfect sense to your heart . . . The heart knows that no one and nothing can be against you . . . as we are all one.

Ask yourself, "How can I make the difference? What action can I take that will change this situation . . . that will bring about healing? What is the loving thing to do? . . . Am I willing to be the force for change . . . to be the one who makes the difference?"

When the answer is yes, we are ready to head to the top... We move up to the fourth floor.

PRAY FOR THOSE WHO HURT YOU. Keep the person or situation in your heart now and breathe that loving energy into them. Jesus said to pray for those who use you and hurt you. . . This may not be easy . . . But you are called to walk this path. In your heart is all the strength you need to heal this. All the strength you need to change an enemy into a friend . . .

Let's enter the Silence together as we continue breathing into the heart and feel love and appreciation filling us.

[Silence]

We have reached the top floor . . . the doors open and we find ourselves in a beautiful room. The walls are glass and we can see through them for miles and miles. The view is so different up here. Feel the freedom and lightness within you as you change your world . . . You have the power to turn any enemy into a blessing through the Presence of Spirit. You have the power to feel the peace within you . . . to share the peace within and find the peace in all people . . . all situations.

Refreshed and renewed by this experience, we now prepare to return our attention to this room, to this time and this place. We know now that we can return to this space anytime we need to experience peace during a conflict. When you are ready, please open your eyes and return to this time and this space.

5. Secret Prayer Pal (10 min) Materials: Prayer bead keychain kits, beads, pens, tags (~7:03)

Activity:

**Intention: Remembering that our greatest gift to others is recognizing their Christ light, we are going to spend some time creating a gift for our Secret Prayer Pals*

- Have the **Distribution Angel** pass out the kits.
- Then, as the leader, spread out the beads in the center.
- Explain that they should choose four beads for their prayer bead keychain; one to represent each of the four steps in the **Four-Step Formula for peacemaking; love, bless others, do good, and pray.**
- With the four beads and the keychain kit, they should create a prayer bead keychain for their secret prayer pal.
- They should each attach a tag to the keychain with a personal message or affirmation. It can be as simple as "peace", "love", "you are loved", etc.

6. Skit (20 Min) Materials: None (~7:23)

Directions :

1. The rest of your time in Spirit Group will be spent preparing a skit or song. The skits or songs will be

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presented at the Evening Celebration in the dining hall.

2. Your skit or song can be no longer than 2 minutes and everyone (including adults) must take part. You must use the prop in some way for your skit.
3. The theme of your skit or song should relate to our theme, “River of Peace.”

7. Closing: (2 min)

(~7:25)

Ask the Closing Prayer Angel to read the closing prayer

Closing Prayer: *“Sweet Spirit we thank you as we rise to our higher calling to create peace through authentic empowerment, conscious evolution and unbound spirit. And so it is, Amen.”*

Clean up materials. Bring your Spirit Group bag back to the Dining Hall with you

**Spirit Group bags should be lined up in numerical order
in the Dining Hall after each Spirit Group meeting.**

Fantastic Spirit Group Leaders-

We are so grateful for your willingness to serve our amazing region. You help to make this event possible, wonderful and powerful! Thank you!

Love & Light,

Tyler, Diane & Eileen

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Spirit Group Session 4: “Let Your Christ Light Shine”

Intention: To continue the cycle of peace within ourselves and others and to say goodbye.

Sunday, April 27, 2013

9:00 -9:50 a.m. (50 min)

Materials: Angel Cards; candle; Attendance sheet, paper plates (for love notes), Pens, Secret Prayer Pal bags & mailbox envelopes

Activities:

1. Attendance	2 min	~ 9:02 a.m.
2. Check-In	8 min	~ 9:10
3. Opening	8 min	~ 9:18
4. Evaluation Sheets	5 min	~ 9:23
5. Secret Prayer Pal	5 min	~ 9:28
6. Love Notes	20 min	~ 9:48
7. Closing	2 min	~ 9:50

Please make sure you are back to the lodge by 9:50

~Approximate time activity will end

Bold Italics = What you say to the group

1. Attendance: (2 min) Materials: Attendance Sheet, Pen **(~9:02 a.m.)**

- Please take attendance and place on the door, outside of your Spirit Group area. Thank you!
- Set up candle & Angel Cards / Ask everyone to choose and “Angel Job” card.
- Person with the Candle Lighting Angel Card turns on the candle.

2. Check - In: (8 min) **(~9:10)**

Go around the circle to the left in a whip format.

- What has been your favorite part of this weekend?***
- What is one lesson you will take home with you?***
- What is your favorite song?***

3. Opening: (8 min) **(~9:18)**

****Intention: to attain focus while centering our minds and spirits.***

Ask the Opening Prayer Angel to read the prayer, affirmation, and quote.

****Please center the group with a few deep breaths before the opening prayer.****

Opening Prayer: “Divine Wisdom thank you for allowing us to embrace every single aspects of ourselves. We have faith that once we allow our light to shine, others will follow. Thank you for all the wonders around us that you provide. And so it is. Amen.

Affirmation: “I can!

(Repeat three times enthusiastically!! It’s the last one!!)

Quote: “We cannot light another’s path without brightening our own.” –Ben Sweetland

****Ask the group if they have any thoughts on how the Quote ties into the theme for the day.***

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Discussion starters:

1. Do you agree with this quote?
2. How do you let your Christ Light shine?
3. How have you helped someone to lighten their path?

4. Evaluation Sheets (5 min) Materials: Evaluation Sheets, envelopes, & pens (~9:23)

Say: All evaluations are lovingly read and considered. Although it is not always possible to implement all ideas & requests; each are honored and appreciated.

- **Distribution Angel** passes out Evaluation Sheets & Pens
- Please have each person in your group including you complete an evaluation form
- Place the envelope in the center of your circle. Have each person place their evaluation in the envelope as they are completed.
- Seal the envelope and place in your SG bag to be turned in to the Unitreat Staff at the Dining Hall.

5. Secret Prayer Pal (5 min) Materials: Secret Prayer Pal Bags & Mailbox Envelopes (~9:28)

- **Distribution Angel** passes out the Secret Prayer Pal envelopes.
- Tell everyone it is now time to reveal themselves to their Secret Prayer Pal. They should open the bag and give their gifts and letter to their pal. If their pal is willing they may also give them a hug.
- **Pass** out Mailbox Envelopes and suggest that they open these later; at home or on the ride home

6. Love Notes: (23 min) Materials: Love Note Booklets, pens (~9:48)

*** Intention: To tell your family how much you love them.**

Say: Each person here has been a special pal to us this weekend. Let's include all of our Spirit Group members in our next activity and take their essence home with us. Let's all pray for each other with this special prayer activity and commit to be prayer pals with all our spirit group members as we return home from this weekend.

- Explain that the love note activity is a quiet activity and that we will begin this activity with a special meditation.
- Explain that they should write a positive, personal statement to each spirit group member on one another's paper plate.
- Ask them to make this something special for each person to take home, read later, and be uplifted!
- (Example: you are a kind person, you are easy to talk to, your smile lights up the room, I affirm your special prayer request of) When they are done they should place it back in the center of the circle.
- If you are in Y.O.U., explain how important this activity is to you in Y.O.U. and how much you appreciate it.
- **Distribution Angel** passes out paper plates for love notes.
- Have them write their own name on the front and then place in middle of the circle.
- Begin the meditation

LOVE NOTE MEDITATION:

"Now bring your attention to the area in the center of your chest. This is the energy center for the Power of Love. As you focus your attention there begin to feel the energy. It feels like a warm glowing energy ball.

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As you breathe, notice that the energy ball is growing. It is growing so large that it is surrounding your entire body. Just feel the pulsing presence of this power of Love.

This feeling is so powerful now you feel like you must release some of it. Watch as it grows to encompass the room. Feel yourself giving it away to all the other people in your group. Imagine that this beautiful ball of energy is dividing into more balls of energy and you are sending one to each member of the group.

As you do this notice that the feeling does not really grow any smaller. In fact it grows even larger. The more you give it away, the more it enters into your essence. As you love, so are you loved.

Let's just sit in the silence for a moment and feel the Power of Love.

And now, I invite you to return to this place, this room, coming back, fully present, bringing the Power of Love with you. And when you are ready, gently open your eyes. You may begin writing your love notes now.

- Once the meditation is complete, each person picks up their blank paper plate from the center. Now hand your paper plate to the person to your left. Each person writes a message and then passes the note on to the person on the left.
- Take some time to create your message for each person but also be conscious of the time and do not allow too many of them to pile up waiting for you.

7. **Closing** (2 min) (9:50)

Please ask for a volunteer to start the closing prayer

Closing Prayer: *“Loving Spirit, once again we acknowledge your presence here and within each one of us. We thank you for the experiences of this weekend, for new friends and old. As we prepare to return home, we will carry with us the knowledge that peace truly exists everywhere. We commit ourselves to finding that peace in our lives and in the world. And so it is.”*

Clean up materials. Bring your Spirit Group bag back to the Dining Hall with you

Spirit Group bags should be lined up in numerical order in the Dining Hall after each Spirit Group meeting

Dearest Family Facilitators,

Thank you so much for your willingness to step up and be such a vital part of this weekend. You have brought such wonderful energy and love to our Uniteens that will forever be remembered. You have impacted many lives by simply being your unique and loving self and volunteering to be a spirit group leader. Thank you, thank you, thank you!!

Love & Light,
Tyler, Diane & Eileen