



ASSOCIATION OF UNITY CHURCHES

P.O. Box 610

Lee's Summit, MO 64063

1996

Curriculum Resource

Save

**Y.O.U. Conference  
Workshop Family Material**

**come Home**

written by:  
**Linda Michael**

*Association of Unity Churches  
Youth of Unity*

# **COME HOME Y.O.U. 1996 Conference**

## **Introduction**

### **Guidelines for Family Workshop Leaders**

#### **SESSION ONE**

**I welcome the call to COME HOME to my divinity.**

#### **SESSION TWO**

**I joyfully return to love by expressing the highest love in and through me, and by choosing loving, nurturing people to be my friends.**

#### **SESSION THREE**

**I joyously celebrate the wonderful divinity in my vibrant life.**

#### **SESSION FOUR**

**I AM a child of love, and in forgiveness, I release all negative thoughts and actions unlike love. I choose constructive thoughts, words, and actions.**

#### **SESSION FIVE**

**I come home to the love and acceptance waiting for me, and I give love and acceptance from my heart.**

#### **SESSION SIX**

**My divinity is the light of the world. By COMING HOME to my true Self, God flows freely through me.**

#### **SESSION SEVEN**

**Wherever I AM God is, and as I remember this, I help create a lavish, peaceful and loving world.**

#### **SESSION EIGHT**

**There is nothing left to say. I have been prepared, empowered and loved. I choose to live my divinity RIGHT NOW!**

## **Handouts**

# Table of Contents

## July 29 - August 4, 1996

Monday, July 29                    8:20 pm - 9:30 pm

**WELCOME HOME**

*"...where your (home) treasure is, there your heart is also."--Matt. 6:21*

Tuesday, July 30                    10:30 am - 12:30 pm

**RETURN TO LOVE**

*"He arose and came (home) to his father."--Luke 15:20*

Wednesday, July 31                    10:15 am - 12:30 pm

**CELEBRATE (THE GOD STUFF)**

*COME HOME..."to the knowing that Christ within (each other) is greater than he that is in the world.--1John 4:4*

Thursday, August 1                    1:45 pm - 3:15 pm

**CLEANING HOUSE**

*"I am the Light of the world; s/he who 'COMES HOME' to me will not walk in darkness; but will have the light of life." --John 8:12*

Thursday, August 1                    6:30 pm - 8:30 pm

**CLEANING HOUSE (Continued)**

**--HEART TALK**

*"If any man would COME HOME to me, let him deny himself. . .What good is it for us to gain the whold world and lose or forfeit our very self." --Luke 9:23 & Mt. 16:26*

Friday, August 2                    10:15 am - 12:30 pm

**THERE'S NO PLACE LIKE HOME**

*"I COME HOME unto me, all ye that labor and are heavy laden, and I will give you rest. . . Learn from me. . for my yoke is easy, and my burden is light"--Mt. 11:28-30*

Saturday, August 3                    1:45 pm - 3:00 pm

**OH, THE PLACES YOU'LL GO**

*"I press toward the mark of the high calling of god...to those things, which you have both learned, and received, and heard, and seen...,do: and the God of peace shall be with you."--Phil. 3:14 & 4:9*

Sunday, August 4                    8:30 am - 9:15 am

*"To you has been given the secret of 'COME HOME' --to the Kingdom of God."--Mark 4:11*

# Introduction

## 1996 Youth of Unity Conference Family Materials

### Theme: COME HOME

Dear Leaders of the Family Workshops!

*"...I urge you to live a life worthy of the calling you have received."* --Ephesians 4:1. (Here at '96 Conference, if not before, now you may hear it with ears that hear.) Your commitment to be a Family Workshop Leader is a divine calling to COME HOME through a commitment involving prayer and preparation before conference. Being a Family leader offers the fringe benefit of great fulfillment in facilitating an environment for a group of 10-13 YOUers to experience belonging, bonding and unfolding. Many YOUers who have attended conferences before have stated the workshop family time is usually a highly transforming experience for them. **THANK YOU FAMILY WORKSHOP LEADER.**

### CONCEPT:

The experience that the International Team tied with **THE INTERNATIONAL YOUTH OF UNITY '96 CONFERENCE** theme is so simple and still very beautiful. **COME HOME** teaches that we as co-creators with God have the ability to carry our support, love, and peace with us in our hearts. **COME HOME** is about taking all the facts, truths and wonderful lessons we know and bringing them to our center where they can work for us. It's about simple everyday miracles that we only need to see, and it teaches us to remember that there is someplace safe and special for all of us. **COME HOME** is about practical Christianity. As we **come home** to the God within us, we learn of our innate divinity to be the best we can be. We share our love with the world and we are blessed in every aspect of our lives. **YOUTH OF UNITY, Sponsors, Children of Light, your home is heaven...HOME--is within everyone of us; a place, a conscious sphere of mind, having all the attractions described or imagined as belonging to heaven.**--Charles Fillmore KTL pg. 176

### PURPOSE:

**YOUTH OF UNITY 1996 CONFERENCE** will provide: 1) a safe, gentle, loving environment in which participants will unveil the idea of **COME HOME** to the indwelling divinity through the tools of prayer, Scripture, practicing the Presence, remembering who they are, acknowledging their child-like innocence, listening, loving, and understanding that spiritual growth is an ongoing process; 2) a small group environment in which participants can share, play, experience and practice Truth principles in an atmosphere of commitment, respect, acceptance, empowerment, openness, and fun.

### WORKING WITH THE YOUers:

In keeping with the daily themes and purposes of the week, it is asked that you closely follow the materials and activities contained in this workbook. Your adherence to the materials is important to build the spiritual consciousness of your family. Several activities are included for each lesson and are timed for each workshop. It is asked that you remind your family that we have **COME HOME** to Conference '96 to grow spiritually in our **family times**, and that there will be plenty of time for social and free time activities throughout the Conference week. **THANK YOU, family leader, for remembering the purpose of the workshop family.**

“Volunteering answers” from teens is too threatening at times, especially to the ones you’d like to have share more. For best results in getting all teens to share, go around the circle (starting on your left representing the heart) always allowing a person the right to pass. State: “I will start first then we’ll go around the circle. The above action on your part as leader respects each YOUer and involves everyone, not just the willing talkers.”

#### PREPARATION:

Please practice leading and giving CLEAR directions to ALL activities before leading them with the group. Thank you for your sincere and prayerful preparation for Conference and for thinking through these materials to unfold your own clarity, and conscious realization. These will give depth and life to the Principle you will be presenting. It is important for you to know that you may put the Principle and what is being said in your own words and understanding, but adhere to the materials, and be completely familiar with it so that you can facilitate an interactive sharing that involves everyone. “I, if I be lifted up, will draw all [people] unto to me.”--John 12:32. Your leadership IS important.

The handouts and materials will be provided for your workshop. Listed below are any extras you are to bring. It is important that you arrive ahead of each family workshop session to prepare your materials and welcome your group. Please plan to **arrive early** for the **5:00 PM Adult Meeting/Dinner in the Garden Room Unity Inn** to find your workshop space and check that your supplies are complete.

Workshop family support meetings for leaders will be scheduled throughout the week to process and evaluate the material and the family sessions.

**You will need to bring:** 15 small treasures representing “home” to you (they will be returned to you)  
A cassette player (with extra batteries)  
Lively and mellow music of your choice (no voice)  
Camera for family photo  
Your prepared, open, empowering, flexible, fun-loving self

#### Workshop family times:

SESSION 1	Mon.	8:20 PM - 9:30 PM	SESSION 5	Thurs.	6:30 PM - 8:30 PM
SESSION 2	Tues.	10:30 AM - 12:30 PM	SESSION 6	Fri.	10:30 AM - 12:30 PM
SESSION 3	Wed.	10:15 AM - 12:30 PM	SESSION 7	Sat.	1:45 PM - 3:00 PM
SESSION 4	Thur.	1:45 PM - 3:15 PM	SESSION 8	Sun.	8:15 AM - 9:00 AM

#### FAMILY WORKSHOP LEADERS MEETING:

**MONDAY 4:00 - 5:00 PM • AC2**

**Thank you for being at this meeting.**

See you soon, Grace and Peace,

Linda Michael (615) 355-6766

[linda.michael@nashville.com](mailto:linda.michael@nashville.com)

(please call or e-mail if you have questions)

# GUIDELINES for FAMILY WORKSHOP LEADERS

## A Family Leader--

- facilitates an environment of sincerity, fun sharing, appropriate touch, prayer and self-exploration.
- encourages the TOTAL acceptance and belonging of EACH individual.
- takes time to prepare the environment: seating arrangement, visual aids, music, and rapport.
- practices giving directions to all activities prior to conference.
- learns names of the group members.
- remembers that the group interaction is important.
- allows more time for an activity in which the group is greatly involved.
- remembers that each person has the "right to pass" if they do not wish to share.
- remembers that the leader is also the learner and is careful to share honestly, but not to monopolize.
- is comfortable with "think time" and silence after asking the group questions...(allows time for reflection after asking a discussion question.)
- encourages everyone's participation and gently but firmly guides "monopolizers or ramblers" to share at a later time (e.g. "I would like to hear more about that ...can we get together at free time?")
- is aware of the time allotted for each workshop ending each session in time to attend the other activities.
- is non-judgmental, respectful and accepting of ALL group members and their responses...there are NO wrong or right answers.
- processes individual discoveries following an activity or exercise. Processing is: thinking back on a learning experience to glean all the available value, learning and insights from the activity. The leader poses such questions as, "How was this for you?...I wonder who felt...What are some things you noticed out...What did you notice going on...etc.) Questions are provided under the DISCUSSION section for certain activities to help stimulate discussion toward the purpose of the activity.
- has fun, with a sense of **HUMOR**...and enthusiasm!

**'96 Y.O.U. Conference Workshop Family Material**  
**Theme: COME HOME**

**Monday Evening - July 29                      Family Workshop 1                      8:20-9:30 p.m.**

**FOLLOWING:**     The Opening in Activities Center (Workshop leaders will be introduced at that time)

**CONCEPT:**     **WELCOME HOME**

**SCRIPTURE:**     "...where your home/treasure is, there your heart is also."--Matthew 6:21  
and "...behold, I make all things new"--Rev. 21: 5

**AFFIRMATION:**   "I welcome the call to come home to my indwelling divinity."

**ACTIVITIES:**

1. Treasures from home	Get acquainted	3 min.
2. Ball web	Get acquainted/belongingness	10 min.
3. Opening prayer	Affirmation/scripture	10 min.
4. Home covenant agreements	Leader introduction, family agreements	10 min.
5. Treasure sharing	Group introductions/self-sharing	20 min.
6. Electric hand squeeze	Individual commitment to Conference	10 min.
7. Closing	Closing prayer and affirmation	5 min.

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. Bag of treasures brought from leader's home
2. Ball of yarn
3. Poster board
4. Mellow music
5. Masking tape
6. Affirmation banners

**ROOM PREPARATION:**

Family leader, arrive ahead of time for each session to prepare a welcoming environment.

---

## Activity # 1

### Treasures From Home

**To get acquainted**

**3 min.**

**Materials:** One bag of treasures from family workshop leader's home, cassette and soft music

**Preparation:** Lay out leader's treasures from home in a small circle on floor.

**Directions:**

1. Leader: As group enters workshop area soft music is playing. Invite each to survey the "treasures" that are spread on the floor. Ask each to select the "treasure" that most reminds them of themselves or of home. If they have something from home, let that "treasure" be sufficient.
2. Have group temporarily place the treasure in a special place in the room until later so they will have their hands empty for the next activity.
3. After selecting and storing their objects, have group form a standing circle. Proceed to next activity with the yarn.

---

## Activity # 2

### Ball/Yarn Web

**To get acquainted/Prayer/Belongingness**

**10 min.**

**Materials:** 1 ball of yarn (large enough to go around circle two times)

**Preparation:** Music playing softly in background (optional), everyone remains standing in circle.

Leader has a ball of yarn in hand. Explain directions.

---

**Directions:** (Objective: Family will form a connected circle of string resembling a spider web.)

*Leader: as in all activities, practice leading this before conference.*

1. Leader: After everyone has selected a "treasure" (Activity #1), have everyone stand in a circle. Leader will hold the ball of yarn, and unwind enough string to reach across the circle.
2. When each person receives the yarn ball, they will choose someone (not a person that is standing next to them on either side) they do not know, and ask that person's name. Person with the ball says their own name, then calls new person's name saying "MY NAME IS \_\_\_\_ . I AM TOSSING THE BALL TO \_\_\_\_ . WELCOME HOME." After unwinding enough string to allow the ball to be tossed, toss the ball of yarn to the new person. When the ball is tossed, each new person holds on to the string at the point where they received it. A beautifully shaped web pattern will form. (Repeat around circle)
3. Model by beginning. . .ask the name of someone he (for easier reading from this point we will use he) doesn't know, and toss the yarn ball to them, saying as ball is being tossed, "Hi, my name is \_\_\_\_, (holding the string at the end point). I am tossing the ball to \_\_\_\_ . WELCOME HOME!" (The more said the sillier it gets. Laughter and joy are being created. This also relieves any tension upon meeting for the first time.)
4. After the yarn has been thrown to every person, **PROCESS** the activity with the group. Stay standing with the web pattern.



**Suggestions:** This group has created a special pattern as we do in each of our homes...the pattern depends on each person within it as a vital point. If just one of us were not here tonight, or in our families at home, the pattern itself would be quite different. Each one of us is important to the unique energy of our family at home *and* you are just as important to the unique energy of the family group we will form this week.

5. What else do they notice about this web that is like their connection to home? Keep asking until everyone has had a chance to share what they notice. (Just listen, there are no right or wrong answers.)

6. Keep the web just as it is. Now we will do the same thing --toss the ball and hold onto both ends, but this time we will be sure to toss it to someone new, and NOT one next to us. (Leader, this is mainly for fun) This time say, "Hi (other person's name), I AM home and my name is \_\_. (Have each share something exciting about themselves.) I am tossing the ball to (give name of person the ball is being tossed to).

7. Ask for more input—this time keep it light.

**Suggestions:** A. What did they notice this time that was not noticed before?

B. Do you know each other a little better from this activity?

Move right into the next activity. . .

---

### Activity # 3 Opening Prayer

**Affirmation/Scripture**

**10 min.**

**Materials:** Affirmation banner

**Preparation:** Invite the group to sit in circle. Place affirmation banner on wall yourself. Leader, after this evening ask for a volunteer to do it each day. Perhaps at the end of each workshop put up a new affirmation for the next day.

---

**Directions:**

1. **Leader:** The first evening read and share the affirmation and scripture. After tonight ask for a volunteer. Make the affirmation/prayer and scripture time one of the most important activities as it is in the Word that we build consciousness.

2. **OPENING PRAYER & AFFIRMATION:** Holding hands in circle, Leader leads a prayer and includes the affirmation, **I WELCOME THE CALL TO COME HOME TO MY INDWELLING DIVINITY.** Affirm the Truth that there are no accidents and that each of us in this family is here by Divine appointment and a vital part of this group and this week's experience.

3. Read the scripture: *"...where your home/treasure is, there your heart is also."* (Matthew 6:21)  
and *"...behold, I make all things new"* (Rev. 21:5)

4. **Discussion:** This could mean if our hearts or feeling nature are in one place and our body or thinking is somewhere else, we are not with our bodies. We are where our heart is. If tonight we miss being home in our own places, we are not being here right now.

5. Be sure you have the group stay with the idea of being here now.

A. Is everyone here right now? -- in both head, AND heart.

B. If someone isn't here right now, share where they are.

6. Read the scripture and ask for explanation by the group.

7. If no response (after silently counting to 15 and not looking at anyone in particular to answer the question), explain: Come Home is your theme for the '96 Conference. The scripture was picked because to the International Team the meaning is: Wherever our comfortable, safe, loving place is, there will our thoughts be also. Sometimes you want to stay in a class at school you really like. It is comfortable, something you have grown to enjoy, and you know all the kids, but must move on as you have graduated from there. Or you need to move out of your home, where you grew up and know all the neighbors, have great friends close by; or maybe a job that you have really enjoyed, but Mom or Dad gets transferred (or divorced) so you have to move on. Or perhaps you are one of the outgoing officers in your Y.O.U. chapter or region, and you must move on. It's hard to leave a comfortable place to go out into the unknown. If your "home or treasure" or thoughts are in the past, so will your heart be also. You cannot move forward if you are looking back, and not willing to let go of the past, people, places, and things. Our home/treasure must be in God so God can lead a willing mind and heart to its higher good. You trust God that all things that appear to be "changed" will be "made new," for the better, for your individual growth, and all that your life touches.

7. Before going on, check for understanding, ask if there are any further comments or questions. If not, move to next activity.

---

## Activity # 4

### Home Covenant Agreements

#### Leader Introduction/Family Agreements

10 min.

**Materials:** Home covenant poster, markers, masking tape.

**Preparation:** Volunteer to write on poster. Tape chart paper to wall.

---

**Directions:**

1. Leader: Tell a little about yourself (Y.O.U. history, hobbies, chapter, and how you feel about leading the conference family workshop). Give the workshop family agenda/housekeeping messages (number of times group will be meeting, changes in locations, what comes next, etc.).

2. "What would an ideal home or community be like if it were based on turning within and acting from our home (Christ) center?" (count to 15 silently, before answering yourself, giving Y.O.U.ers time to think) If no one volunteers, share your brief thoughts and ask again, "What would your ideal... then repeat the question letting each have a chance to answer.

**For Leader only:** Volunteering answers from teens is too threatening at times, especially the ones who seem not share much. For best results in getting *all* teens to share, go around the circle (starting on your left representing the heart) always allowing the right to pass. Stating: I will start first, then we'll go around the circle. The above action on your part as leader respects each YOUer and involves everyone, not just the willing talkers.

3. State the importance of having the "home covenant agreements" is to insure that each family member can feel heard, accepted, respected, and loved in our family workshop.

4. Ask for a volunteer to write on the poster as together the new family creates a home covenant agreement for their new home for the week. Ask them to list what they would need or want from family members of their home to help create a safe environment. (It is understood that some teens do not get the safe environment they need or want, this will help them feel safe by creating it in the Conference family).

Be sure to include:

- a. Be on time --if one person is late, it affects whole family workshop
  - b. No put downs/criticism/sarcasm/interrupting.
  - c. Giving loving attention to each person sharing, eye contact, and support.
  - d. No right or wrong answers.
  - e. Right to pass.
  - f. Confidentiality; what is said here stays in the group.
5. After each agreement is written on the poster,
- a. Ask if the group feels they can accept what has been written, or if there are changes or additions they would like to make.
  - b. Ask the family to vote, by show of hands, if they accept the agreements.
6. Ask everyone to affirm support of the covenants with their personal signature or symbol on the sheet. Ask a group member to hang it on the wall. Great work/fun! Moving right along. . .

---

## Activity # 5 Treasure Sharing

### Group Introductions/Self-sharing

20 min

**Materials:** Treasures picked in the beginning

**Preparation:** Sit together in a circle, have group pick up their "treasures."

---

**Directions:**

1. Leader: Tonight we explore the idea of spiritually coming home. This is a call or invitation to come home to that spiritual place within us where we are comforted, where we have a sense of freedom, feel renewed and restored. It is a call to return unto the True Self--the Christ. It is the Christ that draws us. The spiritual way of life has to be desired or sought before it becomes a part of our conscious life. We must be *willing* to COME HOME to our Christ/indwelling divinity.
2. Share with your family that Jesus is our teacher and Way-Shower for our COME HOME journey. He is the hero of one of the most classic journey stories ever told. He not only taught the Truth, He also demonstrated the truth in His life. This week we will explore the idea of COME HOME to our divinity through the daily themes, affirmations, prayer, scripture, remembering, celebrating, forgiving, cleansing, being, expressing and taking home the realizations we have experienced. It is important to understand that COMING HOME is an ongoing process of changes in our lives. It is not an ending, but a new beginning, every moment.
3. Have them hold their treasure in their hands reminding them that they selected the one that most reminds them of themselves or of home.
4. Start with the person on your left, go around the circle having each person tell:
  - A. Name
  - B. Where you are from (chapter & state)
  - C. How long in Y.O.U.
  - D. What one or two words describe COME HOME to you in relation to their spiritual unfoldment?
  - E. How the treasure they picked represents them.
5. Thank each participant for sharing and risking about themselves. Return treasures to leader.

---

**Activity #6**  
**Electric Hand Squeeze**

**Closing/Sharing/Prayer/Hugs**

**10 min.**

**Materials:** None

**Preparation:** Stand in circle holding hands move quickly & silently.

---

**Directions:**

Leader: While standing holding hands, ask group to close their eyes. We will all briefly share our commitment words to finish these next two statements.

This activity is to be done fairly rapidly, yet with deep thought and sincerity. Leader say one statement first. (Possibly repeat the sentences a couple of times for individuals to consider them.) I will start with my own word of commitment to complete the sentence. We will go to my left. We'll go around the circle and share each one's word. I will say the next statement and share as before.

1. I wanted to COME HOME to Conference because I was looking for \_\_\_\_\_.  
Answer may be love, forgiveness, or friends. Ask that it be a sincere answer after any "funny" answers.
2. I will give \_\_\_\_\_ to receive what I am looking for.  
Answer may be love, forgiveness, myself, or my friendship. All answers are lovingly accepted.

When each person is done with their commitment words, squeeze the person's hand on your left to let them know you are finished so the next one can begin. Commitment prayers are completed when the squeeze reaches the leader again.

**Activity #7**  
**Closing**

**Closing prayer and affirmation**

**5 min.**

Leader: When circle is completed, say a thank you prayer. Perhaps: "Thank You, Father/Mother God for answered prayer. In the name and through the power of Jesus Christ, all together we say **YEA GOD!**"

Great job, Leader! The Christ IS with you! **BE SURE THAT EVERYONE LEAVES EACH FAMILY TIME GIVING/RECEIVING A HUG.**

**Group Movement: Return to Activities Center • 9:45-10:15 = Meet the candidates and vespers**

**Tuesday, July 30**

**Family Workshop 2**

**10:30 a.m.-12:30 p.m.**

---

**FOLLOWING:** Conference photo.

**CONCEPT:** RETURN TO LOVE

**SCRIPTURE:** “. . .He arose and came (home) to the father...” --Luke 15:20

**AFFIRMATION:** “I joyfully return to love by expressing the highest love in and through me, and by choosing loving, nurturing people to be my friends.

**ACTIVITIES:**

- |                               |   |         |
|-------------------------------|---|---------|
| 1. Repeating name game        | Reconnect and relearn group names                           | 10 min. |
| 2. Opening/affirmation/prayer | Spiritually prepare us for the day                          | 5 min.  |
| 3. Prodigal Son skit          | “Remodel the Prodigal”                                      | 30 min. |
| 4. Option I or Option II      | Discussion (choice between Options I or II)                 | 20 min. |
| 5. I AM WORTHY                | Identify individual beliefs of personal worthiness          | 20 min. |
| 6. Closing comfort station    | Closing prayer/practice receiving and experience nurturing. | 30 min. |

*(Note: Some activities may take longer.)*

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. One hand mirror
2. Paper
3. Pens
4. Mellow music
5. Color markers
6. Affirmation banner
7. Eight copies of HANDOUT # 1 Skit

**ROOM PREPARATION:**

Affirmation banner on the wall, a welcoming environment with music playing.

## Activity # 1 Repeating Name Game

**Reconnect and relearn group names**

**10 min.**

**Materials:** None

**Preparation:** Group seated in circle. Group may be supportive in helping remember names. Leader could have sentence to be completed written on cut out sheets and hand to everyone. (Optional)

**Directions:**

1. Ask group members to think of where home is to them (according to what has been shared so far). Have them use one word to describe home.
2. The group members will complete this sentence: "I'm \_\_\_\_\_, from \_\_\_\_\_, and my favorite room or place in my home is \_\_\_\_\_."
3. The leader will begin, the person to the left of the leader will repeat what the leader said, adding their own name, moving around the circle with each person repeating the name and favorite room or place of the persons who have already spoken before adding their own. The last person will end giving the name and favorite room of every one in the circle before adding their own. Give them a special cheer! And one for leader for figuring this out!
4. This activity is to reconnect and relearn group names for fun. Processing is not necessary. Move right to next activity.

## Activity # 2 Today's Affirmation

**Opening: Prayer/Affirmation**

**5 min.**

**Materials:** Soft mellow music for prayer.

**Preparation:** Put affirmation on wall.

**Directions:**

1. Sit in circle.
2. Invite volunteer to open.

**Suggested prayer:**

"Father Mother God, when we come together in Your Presence, we remember that we are more than good enough. We are "a rich king's kid" inheriting the joy of health, loving relationships, abundance, and fulfillment. We are grateful that we are automatic heirs to Your Kingdom, by turning to and accepting that Truth. I accept, receive and am worthy of love, joy and all good in my life. I RETURN TO LOVE BY EXPRESSING THE HIGHEST LOVE IN AND THROUGH ME, AND BY CHOOSING LOVING, NURTURING PEOPLE TO BE MY FRIENDS. In the name and through the power of Jesus Christ. Amen.

Move directly to next activity.

## Activity #3 Prodigal Son Skit

### “Remodel the Prodigal”

30 min.

**Materials:** HANDOUT # 1, paper and pens.

**Preparation :** None.

**Directions:**

1. Leader: Read Luke 15:11-32, the Prodigal Son story..
2. Handout #1 (Prodigal Son skit). Present a simple dramatization of the Prodigal Son story. A narrator can describe most of the action and the actors only have a few lines each. Students should be to do their parts naturally and with feeling. Some thought should be given to presenting a contemporary version of the story with “surfer, Valley Girl, new waver,” or whatever is “in”.

Handout #1 A sample skit script is provided in the handouts following the Family Workshop materials.

3. Alternative: Another alternative is to have one of the students tell the story in the form of a folk tale. (E.g. Once upon a time, a long time ago there was a very wealthy man who lived on a vast estate with his two sons. They lived in the country of Judea...)

An African retelling of the Prodigal Son story can be found in *Hungry Catch the Foolish Boy* by Lorenz B. Graham, Crowell, 1993 (found in library). Because it is a picture book, it will be located in the children’s book section but the story itself is suitable for adult and teenage listeners.

*Leader: Below are Options I and II for discussing and exploring the Prodigal Son story. You are free to pick the way in which you would like to present this lesson.*

## Activity #4 Option I

### Discussion

20 min.

**Materials:** Pens and paper

**Preparation :** Divide into pairs

**Directions:**

Leader: After the skit or story, divide the group into pairs and give each pair the five questions in Handout #2. If you have more than five pairs, assign more than one group the same question.

1. Invite each pair to select a reporter who will take notes and report to the whole group. Allow each pair about 10 minutes to discuss their questions.
  - A. What does the story Jesus is teaching tell us?
  - B. In the story, the lost son involves himself in “loose living.” What do you think or feel this story says about “loose living” as a source of fulfillment?
  - C. Each of us has been both of the sons in this story.. Which son do you presently relate to more? How? What was happening in the story that you felt like the other son?
  - D. What does this story tell us about God’s love for us?
  - E. In the story it says the son “came to himself” and then returned home. When was a time you “came to yourself” and returned home to a more spiritual way of life after being in a negative or destructive pattern?

2. After the pairs have had a chance to consider responses to their statements, return to whole group and have the reporters share a synopsis of how his or her group dealt with their question. Repeat this process with all the groups.

3. Is there anyone who would like a chance to share something more about the story and how it relates to your life? (Silently and slowly count to 15 to give group think time) If no one speaks, (or when done) go on to next activity.

*Leader: The above questions may also be utilized individually instead of in pairs.  
To bring out more of the individual's feelings and thoughts as we are  
preparing for transformation this week. (See Option II)*

## Activity #4 Option II

### Discussion

20 min.

**Materials:** Pens, markers, and paper

**Preparation :** Have markers, pens, paper in circle.

#### Directions:

1. After hearing the story, invite participants to stand, close their eyes and BE the Prodigal Son as you go over what the son did in your own words. Encourage each to move in the body language of the character. Do the same with the father and the son who stayed home. Have Y.O.Uers turn in place three times between each character to move from one to the next. Allow at least two full minutes on each character for the group to get deeply into the feeling. Ask them to turn three times and be themselves again. Gently draw the group back to this room. Have them sit in a circle to process the experience.

#### 2. Discussion:

- A. Ask group to think/feel about what the prodigal son did that you related with. Then the father and the second son.
- B. Who did they relate with most?

Leader: Let the group answer individually each question—going around the group one question at a time and letting them feel and express their experiences.

#### *In place of above*

#### 1. Invite group to take paper, markers, and pens.

- A. Ask group to silently write/journal a poem, or a song, or draw-- to in some way express how they related to the characters.
- B. What came up for them?
- C. Remind them that they do not have to share their expressions, but invite them to if there is time and they want.

#### 2. Ask the group:

- A. How did moving like the characters affect you? What did you experience about the different characters in your movement?
- B. How was expressing the characters as art, music or poem for you? What more do you know of the story and the characters after these experiences?



3. If time permits, ask:

A. How is the Prodigal Son happening in the world around us?

(i.e. as seen on evening news, or in schools, or newspapers)

B. Or how do you see the story happening in the lives of people like us? (Leave the “like us” to their imaginations.)

Below are extra considerations to ask, if time permits.

A. How is this story an event in your personal life? (Give time to ponder in silence. Count to 15 slowly.) If they’d rather journal this answer, let them do so. Others may answer audibly.

B. What was your experience like being \_\_\_\_ (character they chose) in you?

C. How are all the characters getting along with one another?

D. What do you hear yourself saying or see yourself doing that tells you that (character’s name) is alive and well in you today?

## Activity #5

### I Am Worthy

Identify individual beliefs of personal worthiness

20 min.

**Materials:** Mirror, paper, pen, watch with second hand

**Preparation :** Hand out above materials or put in circle.

**Leader Note:** As the Prodigal Son was not aware of his worthiness, sometimes we, too, do not see our worthiness. We want to grab, struggle or take what has not yet been given to us by Spirit. We really do not know how to utilize and wait for lasting good, as the Prodigal Son shows us in this story. Allow this exercise to draw out the group’s/individual’s understanding of their worthiness.

#### Directions:

1. **Leader:** Give a piece of paper and pen to each person. Tell them to imagine they’ve just received notice that they have won their state’s lotto in the amount of thirty million dollars. Ask them to write in one minute the first seven things they would do after receiving this notification. Remind them to think of what they had just learned from the story.

2. **Anticipations and worthiness**—Ask how many have seven items on their list. Since they are teenagers, it is known that they haven’t played the lotto, but do they know any adults who have?

3. It has been said that not having a clear plan is a good indication that on an unconscious level there is the unconscious (or conscious) belief that the desire, or wished for situation, will *never happen*. This belief usually is an indicator that, on some level, we don’t expect our good to happen, or believe (like our Prodigal Son story) we are not worthy of higher grades, that special girl or boyfriend relationship, health, or wealth. These beliefs are reflected in thoughts or sometimes called silent self-talk, such as, “I’m not smart enough, I’m not cute/pretty/handsome/strong/old enough, I’m hard to get to know, or, I’m not worthy enough.

4. “What is some of your self-talk?” Give time to think—remember to silently count to 15

**Leader:** The lottery activity of not having an itemized list or plan for what we would do with wealth if it came our way, is an example on that some level we don’t expect it anytime soon, if at all. The same is true concerning what we attract in the way of spiritual qualities—love, understanding, wisdom, happiness, as well as material qualities.

5. Group Sharing- Ask everyone to take a moment to think of something they desire in the way of love, strength, intelligence, a relationship, a sport, hobby, school grades, family situations, career, friends or money.

6. Leader: Beginning with yourself, ask everyone to take the hand mirror as it is passed to them, and look into it to practice saying aloud the affirmation for their desire.

"I first go to God, remembering that God loves me and loves through me. In God, I \_\_\_\_\_, am worthy of \_\_\_\_\_ to make more money; to be the dancer/singer/lawyer/actress; apart from God, I can do nothing lasting."

After each person shares this affirmation, the group supports them by affirming, "You, \_\_\_\_\_, are worthy to be or have \_\_\_\_\_ (or, all good). God expresses \_\_\_\_\_ Love (or other spiritual quality that represents the outer \*"thing" the person asks for ) as you, \_\_\_\_\_.

\*Strength is the spiritual quality when asking for courage, to be strong physically; and Love is the spiritual quality when asking for family, friends, or love relationships, etc. (Keep it light)

7. Ask what they felt when they were affirmed by themselves and the group. Allow (think/feeling) time for responses.

8. Group Sharing: Just for fun, have anyone having six or seven items on their list, share them. Give them a support cheer! Invite others to write down those thoughts that come to them even now.

## Activity #6 Closing Comfort Station

Closing prayer/practice receiving and experience nurturing

30 min.

*Time may vary, don't rush*

**Materials:** Cassette recorder/soothing tape; two or three towels

**Preparation :** Be sure you have enough time for every one to receive the nurturing.

### Directions:

1. Leader: By numbers (1 & 2's) divide group into 2 - 3 groups. Number 1 group go to one side of the room, number 2 group the opposite side of the room, etc.

2. Give each group a towel to rest head on. Ask a volunteer from each group to lie face down, with other group members positioned around this person. Explain that each volunteer is now in a comfort station of nurturers, and is invited to fully experience and receive nurturing from their group members. Sometimes we find ourselves not receiving the love or other things we truly desire because of deep-seated beliefs of unworthiness.

3. Begin music for massage. Give affirmations—Before each group begins, ask the family members to place their hands about an inch from but not on the volunteer's body, and repeat after you: "We see you as a loved and worthy heir to God's Kingdom." (Group repeats.) "We see you as worthy of all good. (Group repeats) We see you allowing yourself to receive this good." (Group repeats.) "We see you welcoming this good in your life." (Group repeats.)

3. Only one person is to begin a gentle massage of their head hands, or feet only. Other group members join in, one at a time, until the entire family group is gently and appropriately massaging the volunteer. Check for understanding of directions.

4. During the massages, invite the volunteers to relax and enjoy. After about two minutes, ask the families to bring their nurturing to a gentle close and send this worthy person a silent blessing. Ask another family member to become a volunteer, and repeat the above affirmations, directions and process. Continue leading this process until all family members have the opportunity to be nurtured.

*NOTE: Encourage everyone to open themselves to this activity, but honor the option to pass.*

5. Lead closing affirmation - After the last group member has been nurtured, invite everyone to find a comfortable space for closing meditation. Begin low, soft, meditative music. Invite everyone to spend a few moments flexing and relaxing body parts that feel tight. Get in touch with their own breathing. Allow some silent time for this centering process, then read the following, pausing for reflection times:

“In silence, I remember that I am God’s beloved child, wrapped closely in unconditional love. God fills every cell of my body with power and love. I am worthy. I am worthy of all good. Not some, not a little bit, but all good. I now move past all negative, restricting thoughts. I release and let go of all limitations. I am worthy of Love. I now receive and accept the love I desire. I am worthy of perfect health. I now receive and accept the health I desire. I am worthy of fulfilling work. I now receive and accept fulfilling work. I am worthy to live comfortably and to prosper. I now receive and accept prosperity from my unlimited Source, GOD. As I feel worthy, I see the universe is more than willing to manifest my new beliefs. I accept, for I am worthy. I am worthy. I am worthy.”

Allow silent time; conclude with “Thank You, God”. Or a “YEA, GOD!”

6. HUGS to everyone upon leaving—be sure to leave no one out! GREAT job, leaders!

**Group Movement: 12:45-1:30 Lunch**



Wednesday, July 31

Family Workshop 3

10:15 a.m.-12:30 p.m.

HAPPY 60<sup>TH</sup> BIRTHDAY YOUTH OF UNITY!

**FOLLOWING:** Workshop with Cherie Larkin

**CONCEPT:** CELEBRATE (The God Stuff)

**SCRIPTURE:** Come home celebrating that Christ . . . *to the knowing that Christ within (each other) is greater than he (personality) that is in the world.*"--1 John 4:4

**AFFIRMATION:** "I joyously celebrate the wonderful divinity in my vibrant life."

**ACTIVITIES:**

1. Opening	Affirmation/scripture	5 min.
2. Jesus	A personal experience of Jesus	10 min.
3. Celebrate knot friends	Bringing friends together	25 min.
4. Processing	Focusing	15 min.
5. Meditation	Dialogue with Jesus Christ	10 min.
6. Creative expression	Expressing meditation	10 min.
7. Peace in adversity	True justice is in God	15 min.
8. Self talk	Develop Awareness of self-talk	25 min.
9. Closing	Grateful prayer/affirmation	5 min.

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. Writing paper
2. Pens
3. Markers
4. Mellow music
5. Lionel Ritchie singing *That's What Friends Are For*
6. Affirmation banners
7. Masking tape
8. Pictures of Jesus
9. One tube of bright red Lipstick
10. Handout # H-2 , H-3, H-4

**ROOM PREPARATION:**

Family leader, Lionel Ritchie tape or mellow music playing, handouts & materials, Jesus pictures and affirmation banners on the wall.

## Activity # 1 Prayer/Affirmation/Scripture

### Opening

5 min.

**Materials:** Wide variety of pictures of Jesus taped on wall, today's affirmation.

**Preparation:** Let group walk around studying the pictures. Sit in circle after welcome hugs.

#### Directions:

1. Leader: Let group look at pictures of Jesus, but invite them to sit in a circle letting them know that you will do something with the pictures after the opening prayer.

2. Ask for a volunteer to lead the prayer and scripture, or lead the opening prayer including today's theme, affirmation, and scripture yourself.

**Theme:** CELEBRATE (The GOD Stuff)

**Affirmation:** "I joyously celebrate the wonderful divinity in my vibrant life."

**Scripture:** Come home celebrating that Christ (individuality) ". . .to the knowing that Christ within (each other) is greater than he (personality) that is in the world."--1 John 4:4

#### 3. Discuss the scripture

A. What is this scripture (as presented here) saying to you?

(Give think time by counting silently to 15 and not looking at anyone in particular. Remember there are no right or wrong answers. If after 15 seconds there is no response, *share your understanding* of the scripture as it is written.)

4. What is the difference between "my" personality that is out in the world and the Christ within me? Do you see a difference?

(If after 15 seconds there is no response, share your understanding of the principle of personality and individuality without getting too heavy. For your reference, Emilie Cady's understanding is listed below.)

The words personality and individuality present distinct meanings to the trained mind, but by the untrained mind they are often used interchangeably and apart from their real meanings. Personality applies to the human part of you—the person, the external. It belongs to the region governed by the intellect. Your personality may be agreeable to disagreeable to others. When you say that you dislike anyone, you mean that you dislike his personality—that exterior something that presents itself from the outside. It is the outer, changeable man, in contradistinction to the inner or real, man. Individuality is the term used to denote the real man. The more God comes into visibility through a person the more individualized he becomes. By this I do not mean that one's individuality is greater when one is more religious. Remember, God is wisdom, intelligence, love, power. The more pronounced the manner in which any one of these qualities—or all of them—comes forth into visibility through a man, the greater his individuality.

--Emilie Cady, *A Lessons in Truth*

## Activity #2

### Jesus

#### A personal experience of Jesus

10 min.

**Materials:** Wide variety of pictures of Jesus taped on wall (or if no walls on floor in circle to be seen by group) writing paper, pens

**Preparation:** Group walk around studying the pictures.

**Directions:**

1. Leader: Invite group to study each of the pictures of Jesus, being particularly aware of their own internal responses to each picture, asking themselves, what do I feel as I look at this picture of Jesus?
2. Ask each person in the group to choose the one picture that he feels best represents Jesus to them.
3. Invite the group to write a letter to that Jesus telling Him how they feel. Ask questions if they come to mind.
4. After the letters are written, ask each person to choose the picture that most disturbed them about Jesus or perhaps left them feeling sad, uncomfortable, curious, or uninterested.
5. Invite each person to write a letter to this version of Jesus, telling Him how they feel. Again asking questions if they come to mind.
6. Give only two minutes per writing activity. If some are finished before the others they may want to imagine that they are Jesus responding to both of their letters, expressing the truth about Himself, and perhaps answering some of their questions.
7. Invite sharing of above activity. They may share as much as they are comfortable.

## Activity # 3

### Celebrate Knot Friends

#### Bringing friends together

25 min.

**Materials:** None

**Preparation:** Group stand in circle

**Directions:**

1. Leader: KNOT FRIENDS is presented here in the form of a story. Group members actually become characters in the story, determining how the story unfolds.
2. The directions are offered within the script of the story, as you read it to them you will understand. Leader may choose to stay out of the experience in order to read the script.
3. Invite the group to join in the circle and connect by holding hands. Say: The story you are about to experience, even if you have never experienced it before, you already know. If it is familiar, the hope is that you will discover that you know more about it than you think.

Chapter One: This is the beginning of our story. Observe the picture, the other characters in the story, and where you stand in the picture.

Let go of each others hands. Put both your arms shoulder high into the center of the circle. Listen carefully, take the hands of two different people, but not the hands of either of the people standing next to you. (Repeat and check for understanding.)

Observe the picture, the other characters around you, and where you are in the picture.

Chapter Two: Without letting go of hands, but allowing them to untwist to remain comfortable, unravel the knot that has been created. Be sure to remain connected. Now watch as our story unfolds.

*Leader, watch and allow the tangle to unfold for awhile.  
Then, at your discretion, invite the group to FREEZE!*

Chapter Three: Observe the picture, the other characters around you, and where you are in the picture. Begin to watch for key events or turning points as you continue to watch the story unfold.

*Leader, watch and allow the tangle to unfold for awhile.  
Again, at your discretion, invite the group to FREEZE!*

Chapter Four: Observe the picture, the other characters around you, and where you are in the picture. Continue to watch for key events or turning points as you continue unfolding the story.

*Leader, allow the tangle to continue to unfold. You may want to freeze the action a couple more times, or you may decide to "conclude the story," either because the group has untangled the knot or because it looks like the process of untangling could take longer than you have time. The purpose of this experience is NOT to become untangled, but to offer an experience of processing with friends. Some feelings that might come up for participants include frustration, doubt, anticipation, being in control, being an observer, a sense of cooperation or resistance, joy, acceptance, connectedness, or oneness. There is no right or wrong way for the story to unfold or conclude.*

*At the point you decide to allow the process to end, invite the group to FREEZE! for the last time.*

The Final Chapter: Observe the picture, the other characters around you, and where you are in the picture. This is the end of our story. . .or is it?

## Activity # 4 Processing Celebrate Knot Friends

**Focusing**

**15 min.**

**Materials:** None

**Preparation:** Group sit in circle

**Directions:**

1. Leader: Explore the experience of the Knot Friends story by asking the following questions:
  - A. What was happening in your group's story? (Encourage the group to stick to the actual details of what happened in the now, guiding them away from how they felt or what they thought until later.)
  - B. What happened in the beginning of the story?
  - C. Who were some of the key characters from your viewpoint in the story?
  - D. What do you know about those characters?
  - E. What do you know about yourself in the story?
  - F. What were some of the key events in the story? The turning points?
  - G. What happened at the end of the story? Or was there an end?

2. Invite the group to continue exploring the experience by discussing the following questions:

- A. How is the story happening in the world? In our community? In this group?
- B. How is this story happening in your own life? (You may want to invite participants to journal about this last question for a few minutes before sharing. Reassure them that no one is required to share their writing.)

3. If the group has been sitting for some time, invite them to stand and stretch. Move to next activity.

## **Activity # 5** **Meditation**

### **Dialogue with Jesus Christ**

**10 min.**

**Materials:** None

**Preparation:** Group be in comfortable meditative, yet alert position

**Directions:**

1. Leader: Do not rush this meditation. After inviting the group to become still and relaxed, invite them to move inward to the secret place of the most high, where they can rest and reflect upon the qualities of a good friend. Pause every so often to give a time for silence. Silence is their time to be with God.

“As I name some of the qualities of a good friend, I invite you to feel each quality being reflected within you, as if a friend were standing before you, giving you that quality. For instance, a good friend is loving. Feel that experience of loving inside you. Feel the loving kindness of friendship growing inside you. . . . A good friend is fun to be with. Feel a sense of fun and joy inside. . . . Feel laughter welling up within you. . . . A good friend accepts you, even when you aren’t so much fun to be around. Feel that acceptance within you, like loving arms around you. . . . Hear an understanding voice say that is’s OK to feel whatever you are feeling. . . . . A good friend is supportive, holding in mind your greatest good. Feel the support, the desire, the excitement of knowing that you will succeed.

“Holding these qualities of a good friend in mind and heart, invite Jesus Christ to appear before you as you rest in this place of the most high. . . . Notice what Christ looks like and how He makes you feel. . . . Christ as your friend, gives you a very special gift. . . .What is it and what do you do with it? . . . . . You spend a few more moments with your special friend, Jesus Christ. Perhaps you talk or perhaps you do something else in silence. . . . .When it’s time, say good-bye to Jesus and thank Him for being with you.

“Embrace all of the feelings of friendship within you. . . .Know that they are real. Know that they exist in the spirit of the Christ within you--always there, always active, always available for the love and support you need. . . . . This is the true source of friendship, here in the Christ. . . . . It is the source of your own self-acceptance, as well as the source of your own ability to be the best friend you can be.

“Thank You, God, for my eternal friend in Christ. When you are ready, you may open your eyes.”

2. Go directly to next activity below for creative expression of their experience.



## Activity # 6

### Creative Expression

#### Expressing Meditation

10 min.

**Materials:** Paper, pen & markers, soft mellow music or Lionel Ritchie singing "That's What Friends Are For."

**Preparation:** In drawing or writing position.

**Directions:**

1. Leader: Invite the group to draw pictures of their experience with Jesus Christ or some other aspect of the experience. They may also want to dialogue on paper with Jesus Christ, perhaps about the gift or some guidance that they may be needing. Invite them to write the dialogue like a script where they talk or ask a question and Jesus Christ responds. They may want to use their dominant and non-dominant hand (the one not normally used) for this writing experience.

2. Invite the group to share their experiences, assuring them that they are not required to do so.

## Activity #7

### Peace in Adversity

#### True justice is in God

15 min.

**Materials:** Lipstick

**Preparation:** Get partners by length of hair, sit in circle as whole group.

**Directions:**

**LEADER:** Ask if anyone has ever heard the phrase "two wrongs don't make a right"? Discuss what it might mean. Ask them to give examples of times when "two wrongs" did indeed add up to greater difficulty. Ask if anyone has ever responded to the "wrong" done to them by another with a positive response instead. Point out that this isn't just something our parents tell us to make us behave in ways that are acceptable to them. There is a real spiritual law behind this advice, and that is what we are going to explore now.

1. Get in partners by same length of hair. (Constructively cheat)
2. Pass around a red lipstick and have each mark an X on their neighbor's right cheek. Discuss what it feels like to have someone "hit" you. Pass the lipstick around again and have them mark the other cheek.
3. Discussion Questions:
  - A. How much did you appreciate your partner "X"-ing your face?
  - B. What things in life do you hate "having done to you? How do you deal with these kinds of issues in your life? How do you feel when something wrong is being done to you?
  - C. Obviously, you had an impact on your partner's face when you X'd it. Was there time when you "turned the other cheek"? Share it with us. What are some other ways that your actions impact people in real life? How aware of the consequences of your actions on others are you?

**Activity # 8**  
**Self Talk (being your own friend)**

**To develop awareness of our self talk**

**25 min.**

**Materials:** Handouts #3, #4, #5; pens

**Preparation:** None

Look at meaning of Jesus' words: "Love God, love one another" as also meaning to love our divine self (or individuality) and our human self (our personality).

**Directions:**

1. Leader: Ask what is self talk. (Continuous chatter in my mind about myself)
2. Eighty-four percent of self talk is **NEGATIVE** self talk.
3. Leader: Ask everyone to close their eyes for a moment and think about how they talk to themselves?
  - A. Do you think about how smart or how dumb you are?
  - B. Do you tell yourself how beautiful/handsome, or ugly you are?
  - C. When you stand in front of a mirror, do you like what you see?
  - D. What other self-talk do you have going on?...*(pause)*...Ask yourself, Would I talk that way to a good friend?
  - E. Do I really believe those negative things about myself?
4. Most of us have habits of judgment and criticism that are hard to break—especially self-judgment and self-criticism. Criticism breaks down the inner spirit and never changes a thing. We are going to do some activities to help us change how we think about ourselves.

Pass out handouts #3, #4, #5 and pens. Read handouts out loud. Allow brief time to write for each handout then continue to next one. (Below are the handouts.) Whenever we use should we are making ourselves wrong. Either we are wrong, we were wrong, or we are going to be wrong. Write five things that you should do.

I should:                    1 . . 2 . . 3 . . 4 . . 5

(Pause while they write, then continue reading:)

Replace each should above with could. Could gives us a choice and we are never wrong.

I could: 1 . . 2 . . 3 . . 4 . . 5

Ask yourself: Why haven't I? Perhaps you don't really want to; it's not your idea; etc...Can you drop any "shoulds" from your list? Whenever you find yourself saying, should, mentally change it to could and give yourself a choice.

**NEXT**, list five things you criticize yourself for (Handout #4):

1 . . 2 . . 3 . . 4 . . 5

Leader: Isn't it amazing how long you have been picking on yourself for the same thing? And it hasn't changed anything. Criticism doesn't work! In order to grow and blossom, we need love, acceptance, and acknowledgment. We can find better ways of doing things without making the way we do it wrong. If you make a definite decision to release criticism and are consistent, you can work miracles. Give yourself one month of talking to yourself in positive ways, using affirmations. When you notice yourself becoming judgmental, repeat your favorite affirmation several times in front of a mirror. Who do you belittle? Who do you criticize?

List five names and what bugs you about them: What do you criticize them for?

1. . 2. . 3. . 4. . 5

Now take the same people and find one thing to praise about them.

When you release the need to pick on yourself, you will notice that you no longer criticize others so much. When you make it OK to be yourself, then you automatically allow others to be themselves.

List 15 positive things about yourself:

1.....15.

Leader: Was it hard to think of 15 positive things? When someone gives you a compliment, do you hear yourself saying, "Oh, no, not me. If he really knew me, he wouldn't say that." or "No, he's just saying that. It's not really true."

## Activity #9 Closing

### Grateful prayer/affirmation

5 min.

**Materials:** None

**Preparation:** Stand together in a circle holding hands.

#### Directions:

Remind everyone to have a fun and happy celebration of Youth of Unity's 60th Anniversary. Suggest they try out all of the fun activities—picnic, pool party, dance, and carnival.

Call attention to today's affirmation by repeating it once yourself audibly, then again to have the group hear it and the third time together:

"I joyously celebrate the wonderful divinity in my vibrant life."

Close with:

*Father/Mother God, we are grateful to learn of our friend in Jesus Christ, our friend in Self, and our friends around us. Help me to remember to be as great a friend as I would like in an outer friend. Today we close by going around the circle saying, I am grateful for \_\_\_\_\_. In the name and through the power of Jesus Christ. Amen.*

Give everyone a hug.

**Group Movement:** Lunch 12:30-1:30 p.m. • Group Prayer Time 1:45-2:00 p.m.

**FOLLOWING:** Group Bowl Burning Workshop, "Garbage man" and Spiritual Dance/Forgiveness  
**CONCEPT:** **CLEANING HOUSE**  
**SCRIPTURE:** *Christ...Surely you have heard of Him and were taught in him in accordance with the truth that is in Jesus...You were taught (this morning) with regard to your former way of life, to put off your old self, ...to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness...for we are all members of one body...Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." --Ephesians 4:20-24 &31,32*

**AFFIRMATION:** "I AM a child of love, and in forgiveness, I release all negative thoughts and actions unlike love. I choose constructive thoughts, words, and actions.

**ACTIVITIES:**

- |                                  |                    |         |
|----------------------------------|--------------------|---------|
| 1. Prayer/scripture              | Opening            | 5 min.  |
| 2. New beginnings letter         | Start new          | 25 min. |
| 3. Trust cradle                  | Trust in God       | 25 min. |
| 4. Belly laugh                   | Release and let go | 10 min. |
| 5. Closing circle: giving thanks | Closing            | 5 min.  |

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. Soft, lively music (no words)
2. Envelopes
3. New beginnings handout
4. Writing paper
5. Pens
6. Markers

**ROOM PREPARATION:**

Family leader arrive early to prepare welcoming environment. Have music playing, concept and affirmation banners on the wall.

**Activity #1  
Prayer/Scripture**

**Opening**

**5 min.**

**Materials:** Handout #6, paper, pens, markers and envelopes.

**Preparation:** Place supplies in the middle of circle. Sit in circle holding hands.

1. Leader: DO NOT PROCESS Burning Bowl Activity at this time. Explain to the group that the processing of the ceremony will come during and after the letter writing. Let the processing/pondering be between God and each of them for awhile. Tell the group that tonight is the HEART TALK. If there is more to talk about after today's activities in this workshop, it can be taken up this evening, during the Heart Talk. Thank them for their cooperation.

2. Leader (or volunteer): Ask the group to sit in a circle holding hands for an ALERT meditation. Invite the group to close their eyes (sitting up) as they listen, open with the Bible verse: "... *Christ . . . Surely you have heard of Him and were taught in him in accordance with the truth that is in Jesus... You were taught with regard to your former way of life, to put off your old self, ...to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness...for we are all members of one body...Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*"-- Ephesians 4:20-24 &31,32,

3. Leader (or volunteer): Continue with prayer and holding hands. Include in your prayer gratitude for speaker, singers, and the morning's experience (as it affected you) and include today's affirmation: I AM A CHILD OF LOVE AND IN FORGIVENESS, I RELEASE ALL NEGATIVE THOUGHTS AND ACTIONS UNLIKE LOVE. I CHOOSE CONSTRUCTIVE THOUGHTS, WORDS AND ACTIONS INSTEAD. Amen.

## Activity #2 New Beginnings Letter

### New beginnings

25 min.

**Materials:** Envelopes, Handout #6, writing paper, pens and markers in middle of circle.

**Preparation:** Ask each member to pick up one each of handout, paper, and pen.

1. Leader: Ask each member to pick up one each of Handout #6, paper, and pen, (\*more paper if needed). The markers will be used to create a border. Ask the group to draw or create a border around Handout #6, making the drawings small enough to write inside the sheet, yet making it their own. Have them put their name after the "Dear." Give them three minutes for addressing envelope AND the drawing activity

2. Explain, as they are drawing, in this morning's family group, they will be writing a letter to themselves—that you (as the leader) will gather them when everyone is finished, returning the self-addressed envelope to International Consultants, who will mail them to everyone in six months. This letter is a commitment action on their part to themselves and God.

3. Have them address the envelope to their home or wherever they will be in six months. (Perhaps give each family member your address to keep in contact with you.)

4. Silently thinking about what has been said, experienced, and heard this morning, in the Burning Bowl, Garbage Man, and the Spiritual Dance workshops, what new beginnings would you like to make in your life? Do not have them verbalize this at this time but continue: In the letter, you will be writing down your new beginnings. On the handout there are some suggestions, but be free to write your new beginnings your own way. Beginnings can be new attitudes, choices of actions, new friends, new ideas of career, all new ways of being.

5. Read the letter with the group. Explaining any questions that may come up.

6. Give them 15 minutes of SILENCE while they work, ponder, and write with very gentle music in the background. Please NO TALKING; this is a personal activity, and one that could be transforming.

See Handout #6 Letter:

Dear,

Today I have learned to forgive not only myself, but others with whom I have held a grudge, or unforgiveness. I have learned to be a better friend, and I know that any unforgiveness in my heart only hurts me.

Today I have discovered the following negative emotions: (i.e. jealousy, anger, fear. . .)

My negative behaviors have been: (i.e. I told my best friend to get lost and I cut him/her down.)

I choose to (my goal/new beginning in the future): (To feel loved & respected by my best friend.)

What I will do: (i.e. Tell her/him what I need. Accept the outcome.)

Date: (when I will do this--do for each new beginning) (own name) \_\_\_\_\_, I discovered . . .  
I feel . . . I am . . . I will . . .

### What I am makes a difference

*If there is light in the soul, there will be beauty in the person. If there is beauty in the person, there will be harmony in the house. If there is harmony in the house, there will be order in the nation. If there is order in the nation, there will be peace in the world. --Chinese proverb*

I am a living soul, come forth from God for the purpose--my true and only purpose on earth-- of expressing Him in His fullness. I am created in His image. I am fashioned after His likeness. All that the Creator is, that potentially I AM also. To me is given the power to express the Christ perfection. The choice of using this gift in its highest form is my own ...

I am a living soul, a co-worker with Jesus Christ in creating His kingdom, sincerely,

(Name)

## Activity #3 Trust Cradle

### Trust in God

25 min.

**Materials:** Tape player with meditation music.

**Preparation:** Lower lights, set up loving, safe atmosphere.

#### Directions:

1. Leader: This is a quiet, loving exercise and each person needs the others' support.
2. Have group remove all sharp jewelry, belts or eyeglasses and form two lines facing each other.
3. Decide who will go first.
4. Each person will grasp forearms with the person directly across from them to form a line of crossed arms.
5. The group will kneel and a volunteer will lie down (not fall) upon the forearms.
6. The volunteer lays down on his back and closes his eyes and folds his arms over his chest.

7. Be sure to have someone hold the head of the volunteer being cradled so as to lovingly support it.

8. The volunteer is gently cradled and lifted from the floor with a slight rocking and cradling motion, and then lowered gently to the floor in a swinging motion.

7. Give each person an opportunity to be lifted and feel supported by the indwelling Christ present in each person.

8. Process how it was to trust (i.e. did they feel totally relaxed, etc.).

9. With each person (whether they choose to be cradled or not) lead a closing prayer affirming the strength and wisdom of each person through their indwelling Christ. Together say: "The Spirit of the Indwelling Christ guides (Name) to right choices and new beginnings. You know what to do, and you do it."

*Note to Leader: Y.O.Uers have the right to pass if they do not feel comfortable participating as the cradled volunteer.*

## **Activity #4 Belly Laugh**

**Release and let go**

**10 min.**

**Materials:**None

**Preparation:** Group lay as directed below.

### **Directions:**

1. Leader: Lay on floor so that each person's head is on someone else's belly. The first person goes, "HA" then each person adds a "Ha" each time it comes to them. If you have 11 people in your group (counting you) they should have at least 11 "Ha's" at the end of the first round. If they are not laughing fairly naturally by then, have them go around again--and again if necessary until everyone is joyfully laughing.

2. End with the song "Kum By Ya" and 2 verses, "Someone's laughing Lord...and calm down with the verse "Someone's praying Lord..." going right into the next activity which is closing prayer.

**Activity #5**  
**Closing Circle: Giving Thanks**

**To close with group**

**5 min.**

**Materials:** None

**Preparation:** Group stand in circle

**Directions:**

1. **Leader:** Be sure you have an addressed new beginnings letter from each person.
2. Remind the group that you will all be together tonight for A Heart Talk. Have them think of what they would like to share.
3. Go around the circle and ask each person to say one thing they are thankful for. Close with a prayer of thanksgiving for the opportunity to awaken to our true nature and be free. Together affirm:

**I AM A CHILD OF LOVE. IN FORGIVENESS, I RELEASE ALL NEGATIVE THOUGHTS AND ACTIONS UNLIKE LOVE. I CHOOSE CONSTRUCTIVE THOUGHTS, WORDS AND ACTIONS INSTEAD. (Hugs!!! TO EVERYONE)**

**Group Movement:** Have your group move directly to Free Time.



Thursday, August 1

Family Workshop 5

6:30-8:30 p.m.

**FOLLOWING:** Dinner  
**CONCEPT:** CLEANING HOUSE THROUGH A HEART TALK  
**OBJECTIVE:** To connect at a deeper level.  
**SCRIPTURE:** "If any man would COME HOME to me, let him deny himself. . . What good is it for us to gain the whole world and lose or forfeit our very self"  
--Luke 9:23 & Mt. 16:26  
**AFFIRMATION:** "I come home to the love and acceptance waiting for me, and I give love and acceptance from my heart."

**ACTIVITIES:**

- |                       |               |                 |
|-----------------------|---------------|-----------------|
| 1. Affirmation        | Opening       | 10 min.         |
| 2. Connecting in love | Centering     | 10 min.         |
| 3. Heart Talk         | Heart sharing | 1 hr. & 35 min. |
| 4. Closing circle     | Closing       | 5 min.          |

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. Soft, gentle music (no words)
2. Heart
3. Heart Talk Agreements

**ROOM PREP:** Family leader, Heart, music playing, affirmation banner on the wall.

**Activity #1**  
**Prayer/Affirmation/Scripture**

**Opening**

**10 min.**

**Materials:** None

**Preparation:** Sit in circle

**Directions:**

1. Leader/volunteer: Lead the prayer/affirmation and share the scripture.
2. Open with a prayer that includes tonight's affirmation: "I COME HOME to the love and acceptance waiting for me, and I give love and acceptance from my heart." Repeat two times; the third time invite the group to say it with you.
3. Read and discuss what the Bible scripture says to the group: "If any man would COME HOME to me, let him deny himself. . . What good is it for us to gain the whole world and lose or forfeit our very self"  
--Luke 9:23 & Mt. 16:26
4. Leader/volunteer: Ask the group what comes to mind when they hear the scripture? (You may want to repeat it and wait silently counting to 15) If no response, explain in your own words what the scripture means to you relating to tonight's concept.
5. When discussion is over (let it not go over 10 minutes) move to activity two.

## Activity #2 Connecting in Love

Centering/Star

10 min.

**Materials:** None

**Preparation:** At meditation have group lie in star position with feet touching in the middle of circle.

**Directions:**

1. Leader: Before lying in circle explain to the group that because they will be sitting for a long time in the Heart Talk, during the connection for the Heart Talk they will be laying in a star position in a little while.

*Be sure that every one of the agreements are mentioned. Share the one(s) not mentioned.*

*To create a healthy heart talk, it is suggested that there be*

*NO RESPONSE while the one with the Heart is talking.*

*Conference has counselors on grounds especially for those wanting and needing guidance.*

*Heart Talks are for listening.*

2. First we will go over following heart talk agreements to see if everyone understands them. (These are unchanging.) Ask if anyone knows the agreements to the Heart Talk. (Count to 15) then start with A. below if no response.

A. Only the person with the Heart talks; everyone else listens, giving complete attention and support.

B. The Heart is passed only to the left--never thrown

C. You may choose not to say anything and just pass the Heart to the next person.

D. You only talk about how you feel, not about what someone said.

E. Listen without advice, criticism, judgments.

F. Keep what is shared in confidence with this group.

G. Be considerate about how long you talk.

H. Remain for the whole talk.

I. Heart continues until it goes completely around the circle with no one sharing (unless it is necessary to set a time limit.) Be sure that EVERYONE has a chance to speak.

### 3. CONNECTING IN LOVE (DO NOT OMIT)

A. Now lie in circle with feet touching as in a star with their eyes closed--BUT FULLY AWAKE AND AWARE.

B. Leader: Guide the following meditation: Do this centering before beginning the heart talk or create your own way to connect each other in love:

"Take a deep breath and slowly let it out. . .do that again. . .and take another deep breath and let that out. . .now just listen to the silence around you. . .now listen to the sounds you hear in the room. . .Imagine something that makes you feel a lot of love. . .Bring your awareness to your heart center. . .It is here that you experience your oneness with God. . .Your heart is one with God's heart. . .As your heart beats, it is the rhythm of God's love singing to you of oneness. . .(pause). . .Now, as you breathe feel your breath moving in and out of your heart. . .watch your breathing. . .Imagine your breath coming in and out of your heart. . .Recognizing your heart to heart connection with God, begin to be aware that you are also connected with each person in the circle. . .know that this is a safe place to be. . .you are surrounded in a soft pink light. . .so safe. . .so loved. . .the pink light wraps you in love. . .the perfect love that God has for you . . .Imagine feeling that light radiate from your heart area. . .flowing up your right foot and leg. . .out your left and into the foot and leg of the person on your left. . .picture this love flowing around and around the circle and when you feel peace in the room take a deep breath. . .open your eyes when you are ready sit up.

## Activity #3 Heart Talk

Sharing self

1 hr. 35 min.

**Materials:** Heart, soft, gentle background music (no words)—OPTIONAL

**Preparation:** Sit in circle. Give everyone at least 5 minutes each their first time.

### Directions:

1. **LEADER:** Below are some suggested Heart topics which can be used as “thought prompters.”

- 1) Now that I have had four days of Conference, COME HOME means \_\_\_\_\_ to me compared to when I first arrived.
- 2) The experiences that I have had in my life that relates to COME HOME \_\_\_\_\_.
- 3) So far this week I have learned \_\_\_\_\_ and will take it home with me and live it.
- 4) I have forgiven (no names) a person, for \_\_\_\_\_ (can be a silent time-- no need to share just a time to be with others as one silently shares with God.) No longer than 1 minute.
- 5) I want to be forgiven for \_\_\_\_\_.
- 6) I love Youth of Unity for/because \_\_\_\_\_.
- 7) What I would like to talk about now that I have the heart is \_\_\_\_\_.
- 8) A prayer, affirmation, spiritual song that means so much to me is \_\_\_\_\_. Because.
- 9) Something in my life that is affecting me right now is \_\_\_\_\_.

## Activity #4 Closing Circle

Closing

5 min.

**Materials:** None

**Preparation:** Stand and stretch! Get in a circle and give each other hugs and acknowledge each other and end in a prayer of gratitude.

### Directions

1. Leader: Invite someone to close with prayer.
2. End in a “Texas Hug.” Standing in a circle. Arms around waist or shoulders, making sure that hips are touching (or whatever can touch on the side because of different heights), put right leg in circle and lean forward gently.
3. End with a YEA GOD!\*

(\*Bend knees, and lower right hands to the floor.  
Slowly bring hands up really high along with saying “Yeeeeeeaaaaaaa GOD!”)

**Group Movement:** Be at Leroy’s meditation by 8:45 p.m.

Friday, August 2

Family Workshop 6

10:30 a.m.-12:30 p.m.

**FOLLOWING:** LEROY's Workshop & God Walk  
**CONCEPT:** THERE'S NO PLACE LIKE HOME  
**SCRIPTURE:** *Come Home unto me, all ye that labor and are heavy laden, and I will give you rest. . .learn from me. . .for my yoke is easy, and my burden is light.*  
--Matthew 11:28-30

**AFFIRMATION:** "My divinity is the light of the world, by COMING HOME to my true Self, God flows freely through me."

**ACTIVITIES:**

1. Creative expression	To express walk with God / sharing	15 Min
2. Prayer/affirmation/scripture	Reconnect	10 min.
3. I Am Someone Who. . .	Self-appreciation	25 min.
4. My Best Friend	Self-awareness	25 min.
5. Partner mirrors	To affirm myself	30 min.
6. Treasure Come Home book	For keep sakes	10 min.
7. Closing		5 min.

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. Affirmation banners
2. Innerview Handout #6
3. Soft background music
4. Treasure Come Home book
5. Pens
6. Markers
7. Music of your choice

**ROOM PREPARATION:**

Family leader, music playing, affirmation banner on the wall, handout #6, and Treasure From Home books. Have pens, and markers set up in middle of circle.

**Activity # 1**  
**Creative Expression**

**To express walk with God in silence**

**15 min.**

**Materials:** Pens and paper for each person in a circle.

**Preparation:** Have group begin immediately as they come in from Leroy's Workshop and God Walk.

**Directions:**

1. Leader: This may be the only time the family group has to creatively express what they have experienced in the Silence. Invite the group to continue in Silence as they creatively express their experience of Leroy's workshop and the God Walk.

2. Invite group to write a poem, letter, story, draw, or meditate. Allow some time for those who want to share their experience and/or creative expression, after the above silence--in this 15 minutes only.

## Activity #2 Prayer/Affirmation/Scripture

### Reconnect

10 min.

**Materials:**None

**Preparation:** Open with prayer/affirmation/scripture. Sit in circle and at time called start back rub.

**Directions:**

1. Leader/volunteer: Open with prayer including the affirmation and scripture. "My divinity is the light of the world, by COMING HOME to my true self, God flows freely through me."

*Come Home unto me, all ye that labor and are heavy laden, and I will give you rest...learn from me...for my yoke is easy and my burden is light. Matthew 11:28-30*

2. Invite group to begin a sitting back rub circle as you explain below and they listen:

Leader: Today's theme is "There's No Place Like Home." There is no place like "where and who I am." The scripture is an example of discovering who we are by COMING HOME—turning to the indwelling Christ, our (work) yoke is easy—the yoke of being true to ourselves—not being anyone else or doing things because others do. Learn from me could mean to listen to the Christ/or still small voice within about how to find It and our real identity. As we learn to know who we are God does flow through us freely.

3. Ask the group to switch directions (turn and rub the back of the person behind).

4. When we arrived Monday evening we were Welcomed Home allowing others to be new with us. Tuesday, we Returned To Love taking that newness further to a level of love. Wednesday, we Celebrated the God Stuff, which was a celebration of the love we share and an outward expression of joy and laughter. Thursday, we Cleaned House. We forgave ourself and others, and took the joy and used that to look through our life. We saw where God was with us (Home), and where we abandoned our God. We've cleaned house, now we look at it (us) and see how beautiful we are. We are loved as we are—perfect and special!

5. Ask the group if they have any questions or comments about the above or perhaps they'd like to share experiences about their silent time. Wait for participation. (If none, go directly into next activity.)

## Activity #3 I Am Someone Who...

### Explore self-appreciation

25 min.

**Materials:** Handout # 7, pens.

**Preparation:**None

**Directions:**

1. Leader: Form partners by finding someone with different sized eyelashes, and be seated facing each other.

2. Give each pair Handout #7.

3. Have each person in the pair take five minutes to ask their partner any (or all) of the questions from the sheet. After five minutes per partner, ask if everyone is done, call time. Invite everyone back into the circle.

4. Discussion: Suggested questions for the entire group, following the sharing.

- A. What would happen if you did all those things on the list? Do you feel you would be self-centered? Explain.
- B. What did you notice about yourselves from answering these questions?
- C. In what way did you learn that you can respect yourselves?
- D. In what way did you learn to respect others?
- E. Do you see now that if you don't respect yourself, it is hard to respect others? Explain
- F. Explain your attitude about yourself and how that affects the way you behave toward others.

5. Thank the group for sharing, and share ways you (as leader) learned from them this activity. Move quickly on to Activity #4.

## Activity #4 My Best Friend

### Self-awareness

**25 min.**

**Materials:** None

**Preparation:** Ask for one volunteer to sit in the circle.

#### Directions:

1. Leader: Have group stand and stretch and touch their toes, turn around couple times. Sit in a circle with one volunteer in the middle.
2. Explain the volunteer is everyone's best friend back home (or if they are here at conference with you that is great). Ask them to really pretend that the person in the middle is their best friend. You are invited to imagine that (name of person in the middle) is your best friend, and she or he does not feel really good about him/herself.
3. You have ten minutes to help your best friend feel good about himself. Think/feel a moment of how you would treat him.—to help your best friend feel good about himself. What would you say? What would you do?"
4. Go around circle, starting on left. Count to 15 silently, slowly give time for each person to think. Ask each person (one at a time) to go to the friend and help their best friend feel good about himself. How would you treat him? What would you say? What would you do? Be sure to give everyone a chance, with the right to pass, but do not hurry anyone.
5. Discussion: Go around circle starting on right. Count to 15 silently, slowly giving time to think before responding.
  - A. What was hard or easy to share with person in the middle as your best friend?
  - B. Once you really believed this person was your best friend, what was hard for you to help your friend feel good about him self? What was easy for you?
  - C. If your best friend does something you think is stupid, what are your reactions?
  - D. If you do something stupid, what way do you treat yourself?
  - E. Person in the middle, what were you experiencing as you received all this help?
  - F. Whether I feel a lack in myself or feel secure in who I am, what effect do I express to myself? My relationships?
  - G. Were you being genuine with your friend?
6. Leader: Thank the group for sharing, share ways you (as leader) have learned from them.

## Partner Mirrors

### To affirm myself

30 min.

**Materials:** Soft background music.

**Preparation:** Everyone will be standing/walking in this activity

#### Directions:

1. Leader: Ask everyone to choose someone they have not been with before as their beginning partner.
2. Looking into your partner's soul/eyes is done **IN THE SACRED SILENCE**. Please honor each other with your silence. (Ask if they understand this.)
3. Have everyone close their eyes and think of accepting themselves. Choose something from the last activity—My Best Friend—that you want, can and will do for yourself this next week. (Pause) Will you really do this for yourself? Are you worth it?  
Ask everyone to share with the group one thing they are willing to do—use I statements. (I.e., I will take time every morning to smile in the mirror and affirm: "I like myself the way I am.")
4. Leader: Lead a short centering prayer before starting mirrors and have them move into their heart space. Now invite them to stand with their partner, holding hands and looking deeply into their partner's eyes to see who they truly are. (Pause)
5. "Look into your partner's eyes (pause) and know that these eyes are your mirror as I read each affirmation. After each affirmation, we will repeat it out loud together while continuing to look into your 'mirror' partner's eyes. We will speak the affirmation two times—once for yourself and once for your partner. At the end of each affirmation, we will hold the silence for a moment, then we will change partners."
6. Notice what feelings come up for you with each affirmation. What affirmations are hardest for you to believe about yourself or to say in front of your "mirror?"

Have everyone change partners with each new affirmation.

Leader: Speak the following affirmations.

- A. I AM WILLING TO RELEASE OLD NEGATIVE MESSAGES AND BELIEFS THAT NO LONGER NOURISH ME. Take a deep breath...repeat...breathe...repeat (have everyone repeat the affirmation once for themselves and once for their partner before going on). Change partners.
- B. I LOVE ME AND I KNOW THAT I AM DOING THE BEST I CAN. (Twice—once for each partner.) Change partners.
- C. I AM PERFECT JUST AS I AM. (Twice—once for each partner. Change partners.
- D. I BECOME MORE WONDERFUL EVERY DAY. (Twice—once for each partner.) Change partners.
- E. I LOVE MY EYES, MY MOUTH, MY NOSE, MY WHOLE FACE. (Twice—once for each partner.) Change partners.
- F. I LOVE AND APPROVE OF MYSELF. (Twice—once for each partner.) Change partners.
- G. I AM SAFE TO BE ME IN ALL SITUATIONS. (Twice—once for each partner.) Change partners.
- H. I AM LOVABLE AND WORTH KNOWING. (Twice—once for each partner.) Change partners.
- I. LOVING MYSELF AND OTHERS GETS EASIER EVERY DAY. (Twice—once for each partner. Change partners.
- J. I DESERVE INNER PEACE AND I ACCEPT IT NOW. (Twice—once for each partner. Change partners.
- K. I RELEASE THE PATTERN IN MY CONSCIOUSNESS THAT IS CREATING RESISTANCE TO MY GOOD. I DESERVE TO FEEL GOOD. (Twice—once for each partner.) This one may need to be said in parts. (Do NOT change partners here.)

Next: Ask them to continue to look in the "mirror partner's" eyes in the silence. Listen to and receive these words as leader reads them:

"I AM God's beloved child; God is well pleased with who I am right now. .there is nothing I have ever done or can do that makes me unlovable . . . I am lovable. . .I am worthy. . .I am enough. . .I am more than I see. . .I am Spirit."

Smile at yourself in this beautiful mirror. Take a few moments in silence with eyes closed to accept this Truth. Leader: After a moment, repeat the last affirmation slowly to the group while eyes are closed.

While eyes are closed repeat all the affirmations (more rapidly this time) so they can listen again. After a few moments of ending silence, ask them to open their eyes.

If time permits, ask if a song came to anyone. If so, invite them to sing with the rest joining in.

Perhaps a poem, a picture or an answer came to them. Ask if they want to write or draw something to be shared in the next group meeting tomorrow, song too if time is short--always encourage creativity.

Leader: Thank the group for sharing.

## Activity # 6 Treasures From Home

**For keepsakes**

**10 min.**

**Materials:** Treasure COME HOME books, pens, markers, music of your choice playing softly so all can hear leader.

**Preparation:** Group sit in circle.

**Directions:**

1. Leader: Remind the group that we have made a HOME this week. We will want to send some treasure for our new family members to remember us by.
2. Put Treasure Come Home books in middle of the floor and ask each Y.O.Uer to choose their own.
3. Have each family member write their name, address, phone number and decorate their own books.
4. Invite them to write their personal prayer or affirmation in their books.
5. Starting this morning, they will use these books to write appreciation notes to each other the rest of the week. Please keep the books in your workshop space until Sunday, when they can each take their own "treasures" home. Please ask them to save one full page totally blank for a closing activity on Sunday. IF time permits, they can begin passing books around today for others to write notes. Use whatever time is left, saving time for closing circle and hugs.



## Activity #7 Closing

To experience holiness of NOW

5 min.

**Materials:** Soft background music.

**Preparation:** Standing in circle holding hands.

### Directions:

1. Leader: Have group stand and hold hands. Ask them to look around at each other. Feel the love that you now have for each other—more today than yesterday and less than tomorrow—but feel the love right now.

Explain the theme is COME HOME. It is NOT Coming Home, or Going Home it is COME HOME. It means NOW. In this sacred and holy moment as we love one another, we are HOME NOW.

### 2. Leader:

A. Invite them to close their eyes remembering that we are in this moment feeling this love for each other now.

B. FEEL the love energy that goes from hand to hand and heart to heart. Be so aware in this activity that you can literally FEEL the love from each other as it travels from hand to hand and heart to heart.

C. Feel this energy. Pay attention to how this energy feels in your body right now. Experience fully the feeling of touching both hands and being touched by both hands and both hearts on each side of you. This is experiencing the moment. If you realize your mind has wandered, congratulate yourself for being aware of it, and come back to experiencing the sense of touch and energy. Also, be aware that all the other families are having this same NOW experience with each other, tune into that and be ONE with the whole Conference body. . . . .

D. This family and conference has built a consciousness of love, support, and safety. Bask in that realization for a moment. Focus on the most important thing right now—GOD, each other, and self. Send through your heart loving, warm energy (while the leader says): “You are created in the image of love and you radiate strength, confidence, and peace both inside and out. Know that you are loved, for I AM (GOD) your source. As you live from the highest good in you, you can call yourselves holy beings. The energy of love and warmth that you are allowing to flow through you is GOD.”

E. Leader: For the rest of today, practice living fully in this moment. Pay attention! Remember, you and the person in front of you are the most important person right NOW. Pay attention to everything you do. Right NOW feel your feet on the floor. As you walk to lunch, be aware of your feet touching the ground. You may want to coordinate your breath with your steps. As you stand in line, watch your breath. Be conscious of the person you are talking to, the words you use, and the food you eat.

In this way we bring meditation and holiness into everyday events. Pay attention to everything you do today. Our tool today will be “Where am I?”(here). What time is it? (Now). When we live fully in the now, we can practice the presence of God in everything we touch.

I COME HOME in this moment. REPEAT together: YEA GOD! AND HUGS ALL AROUND!!!

GREAT LEADING!

**Group Movement:** Unity Village Inn for lunch • 12:30-1:30 p.m.

**Saturday, August 3**

**Family Workshop 7**

**1:45-3:00 p.m.**

**FOLLOWING:** Lunch

**CONCEPT:** OH, THE PLACES YOU'LL GO

**SCRIPTURE:** *I am the vine; you are the branches. (And the point is:) If a man remains in me and I in him, he will bear much fruit; apart from me you are nothing. ...If you remain in me and my words remain in you,"--Oh, The Places You'll Go-- because you can "ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit (that you [Y.O.U.] each have gifts/ talents and prosperity) showing yourselves to be my disciples.*

*As the Father has loved me, so I have loved you. Now remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete."*

-- John 15:5-11

**AFFIRMATION:** "Wherever I am God is, and as I remember this, I help create a lavish, peaceful, and loving world.

**ACTIVITIES:**

- |                                 |                                |         |
|---------------------------------|--------------------------------|---------|
| 1. Prayer/affirmation/scripture | Opening                        | 5 min.  |
| 2. Rite of Passage              | Come home to expressing HOME   | 35 min. |
| 3. Treasures from home          | For keepsakes (if time)        |         |
| 4. Closing                      | For closure                    | 5 min.  |
| 5. Rite of passage              | Alternative for rain (35 min.) |         |
| 6. Clean up                     |                                | 15 min. |

**MATERIALS:** (Cassette recorder/taped music for all sessions)

1. Affirmation banners
2. Affirmations bricks (HANDOUT #7)
3. Soft background music
4. Treasure Come Home book
5. Masking tape
6. Large sheets of print paper per person
7. Scissors

**ROOM PREPARATION:**

Affirmation banner on wall. Music. After meditation, group will be going out to the Bridge of Faith, Affirmation bricks for each person. Mark Welsh provides music outside.

**RAIN ACTIVITY:**

Prepare: affirmation bricks, print paper, scissors, masking tape in middle of circle, and music playing softly.

## Activity # 1 Prayer/Affirmation/Scripture

### Opening

5 min.

**Materials:** None

**Preparation:** Stand in circle for group hug to begin with. Then sit in circle for affirmation, prayers, scripture time.

**Directions:**

1. Leader/volunteer: Invite group to sit in a circle holding hands. Open with prayer including, the theme for the day, affirmation, and scripture.

2. Leader: After reading the scripture, discuss what it means to group. Start on left or with someone who rarely starts first. BIBLE Scripture:

*I am the vine; you are the branches. (And the point is:) If a man remains in me and I in him, he will bear much fruit; apart from me you are nothing. ...If you remain in me and my words remain in you,"-- Oh, The Places You'll Go--because you can "ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit (that you [Y.O.U.] each have gifts/talents and prosperity) showing yourselves to be my disciples."*

*As the Father has loved me, so I have loved you. Now remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. -- John 15:5-11*

**AFFIRMATION:** "Wherever I am God is, and as I remember this, I help create a lavish, peaceful, and loving world."

3. Thank everyone for sharing and risking. Move right into Activity #2.

## Activity #2 Rites of Passage

### Come home to expressing "home"

35 min.

**Materials:** Affirmation bricks, scissors. (See Activity 5 if it's raining.)

**Preparation:** Share below before going to Bridge of Faith.

**Directions:**

1. Leader: Today the group will be going out to the Bridge of Faith.

2. Leader: The Bridge is symbolic of being here at Conference this week and bridging the experiences you'll take home to your world.

Once we have been touched by Truth, even a tiny bit, we never go back to our old ways of thinking, feeling and expressing. Nothing is ever the same, because we are different. We are new beings in Christ. We have learned that we can be loved and accepted. We are worthy of our Son/Daughtership. So the bridge is symbolic of bridging conference with returning to our world. And "Oh, The Places You'll Go!" because of your experiences this week.

3. Leader: For some of us this may be our first, one of our middle, or our last Conference. The bridge is also symbolic of changes being made at school, home or moving from high school to college. It could mean moving on from Chapter Officer to Regional Officer or from Regional Officer to International Officer, or out of Y.O.U. all together. Whatever change you may be going through, each change is a part of your spiritual growth.

4. Leader: Is any one in this group making any of the mentioned changes? Or perhaps a different experience that has not been mentioned? What, if any, changes are you experiencing or plan to in the near future?  
LEADER: slowly count to 15 silently to self, waiting for responses. Let each share as guided. (Allow a few minutes for sharing.)

5. Leader: THANK YOU FOR SHARING. There are those changing experiences that none of us will have any clue that we will be making, but what we can know is that the change is for GOOD. Changes do not always feel good. Sometimes they do not even appear good, but they are, and that will be shown to be true at some point during or after the change. Our part is accepting the change. We make change miserable or happy as we fight or accept it. Sometimes it seems as if we are asked to give up our good, comfortable—home/place/friends, etc.—for a greater good. One thing is for certain, we do not know just HOW good God's GOOD is for us. Are you willing to take that risk toward God's Greater GOOD!? Leader: Expect a big YES! Thus the bridge and the affirmations.

6. Leader: The bridge represents the Faith, Strength, Courage and Order of Spirit, among other things, as It (God) carries us through the changes to make our lives fulfilled and full of joy. The changes are not traumatic when we know that God is with us every step of the way, and is guiding us as we ASK and "remain in God".

7. Leader: The bridge—what it represents to you—is your very own, and will also be symbolic of the Truth that you heard, lived and comprehended this week. You will be taking that NEW YOU home to your state, your house, your family, your friends, your school mates, and all that your life touches.

8. Leader: Preparation for group to go to bridge, AS THEY LISTEN group could be gently massaging in a circle.

In the scripture it was shared, *...if a man remains in God and I in him, he will bear much fruit.* Meaning: God is the Source of your joy and supply. Although, people, ideas and opportunities are all channels of your supply, God is the Source, because God creates those ideas and opportunities. *The Law of Mind Action* states: "Thoughts held in mind produce after their kind" (Charles Fillmore). These thoughts held in mind can, by our choice, either be constructive to us and others or destructive. The important point is, for God to help attract the appropriate people and circumstances to us to help expedite those constructive and lasting ideas and opportunities through which your good can come into existence, we need to remember *...if a man remains in God.* If we do not remain in God and God's Words, our seeming good will not last. Like the Prodigal son's inheritance. (Leader: Be open for input, but do not ask for any at this time.)

9. Leader: Give Y.O.U'ers Handout #7 with affirmations. Read them together. Answer any questions or concerns the group may have. There are blank "bricks" to create your own affirmations.

Affirmation #1: "I open my mind to receive by going to God with the intention to want to KNOW GOD."

A statement you will want to use often to help you identify with the source of your good is this one:

Affirmation #2: "I do not depend upon persons or conditions for my good. God is the Source of my supply and God provides His own amazing channels of Good to me now."

10. Leader say the above affirmation: THEN GIVE, There are three kinds of giving. The first kind of giving is Give to God, financially. Wherever you receive your spiritual upliftment. Giving is the first quality to be unfolded in your character on the road to enlightenment. It would appear that most of life is based on getting,

but to succeed in GIVING is the key. Give first to God. "Honor the Lord with thy substance, and with the first fruits of all thine increase. So shall your barns (homes) be filled with plenty, and your vats (cups) shall overflow with new wine." (New life). --Proverbs 3:9,10

By first sharing with God, you prove that you believe God is the Source of your supply. This keeps you in touch with universal source of abundance.

11. Leader: Second kind of giving: Give to yourself. All progress begins with self improvement. You must first give your attention to improvement and development of yourself before you can possibly give help to others. You have to have something to give. The something you give to yourself might be big or small, tangible or intangible. But give to yourself right away. (Something you want and now have the resources to give yourself—love, peace, education, etc.)

12. Leader: After giving to God and to yourself, the third kind of giving is to give something to someone else, and BLESS whatever you give. Bless the person, or persons to whom you gave it. Then release both the gift and the receiver. When you are not sure what to give others, affirm:

Affirmation #3: I give UNDER divine direction. Then watch as the hunches and ideas flow to you from the Holy Spirit. You'll be shown what, to whom, and where to give.

Affirmation #4: Christ is the vine and God is the gardener. God cuts off every branch in me (every negative thought/feeling/unused talent) that bears no fruit, while every branch (talent, high Truth thought in me) that does bear fruit, God prunes (makes even better) so that it will be even more fruitful.

Affirmation #5: "Because of my experiences of Truth, love, joy, and spiritual friendships this week, I am made new. I shall remember this always, and turn Godward (within)."

Affirmation #6: "I will remember always: no branch (person) can bear fruit by itself; it must remain in the vine (Christ). Neither can I bear fruit (successful life) unless I remain in Christ—the awareness of my divinity."

Affirmation #7: "As I remain in Christ and abide in Truth, I can ask for whatever I want, and it will be given to me and mine. This is to my Father's glory, that I bear much fruit."

Affirmation #8: "I have not chosen Christ, but Christ has chosen me and appointed me to go and bear fruit—fruit that will last."

Affirmation #9: "Being at Conference this week, I have learned to love and to accept love. Now I go live Christ love."

Affirmation #10: "No longer do I denigrate my body, mind, and soul for I am God's holy child. I live my holiness."

Affirmation #11: "I can no longer pretend that I do not know who I am. I am responsible for my every action as a child of God."

14. Leader: In a moment, I will lead you in a meditation regarding our passage over the bridge.

Ask group to bring their affirmations outside to the Bridge of Faith. As we walk SILENTLY toward the bridge, read to yourself the affirmations you have chosen one at a time. When we get to the bridge, 4 people at a time will walk over the bridge behind 4 other people, silently reading again the affirmations you have chosen. There will be one affirmation that is suggested to read at beginning of bridge, again at the top of the bridge and at the end of the bridge. This affirmation is called the "MAIN AFFIRMATION." Mark will be singing the main affirmation as a chant when you get by the bridge.

15. Leader read the "main affirmation" now with the group. Invite them to think about the affirmation, and any others before just saying them. Ask the group to really think and feel what they are saying. This affirmation will change their lives for the better, even better than the good they now have.

"Christ in me now frees me from all resentment or attachment toward or from people, places, or things of the past or present. I manifest my true place with the true people and with the true prosperity now."

Now invite the group to say the above affirmation with you. (Break the affirmation up into small phrases.)

16. Leader: Ask if there are any questions.

17. Leader: (You may want to have group stand and stretch before the below meditation/instruction experience.) Share: we are going to do a meditation/instruction preparing us for our walk over the bridge and change in living/consciousness. Invite them to relax, in a comfortable but awake and alert state honoring and opening up to that Indwelling Christ Presence. Invite them to center on God as you lead them.

**MEDITATION:** (Leader explain that this is as much an instruction as a meditation, but still lead it with their eyes closed as the instruction will be remembered on an inner level) (Have soft gentle music going in the background--make sure they can hear you as you lead) Each . . . is a pause, please give the group time in between to listen within.

"In this alert yet, relaxed position, turn all your attention and energy toward the word GOD. See the Word GOD in large gold letters right in front of you. (Leader gently say, GOD). Then silence. . . then again gently say, GOD. Silence. . . Many of the blessing you want most are within your reach. . .no matter what our ages or income. . .By your acts of giving, you open the way to attract the blessings you desire. . .These blessings have probably been waiting to reach you, but they were blocked by your own lack of giving. . . There was no free channel through which they could pass. Remember GOD can only give to us what God can give through us. First give to God, then self then give to humankind as God directs.

"As we walk up the first half of the (through imagination) (or if going outside --the real) bridge today we will think on this truth of giving and Its 3 kinds of giving. . .

"At the top of the bridge (either literally or imagination) and as we descend the bridge we will ponder receiving. After you give to God, yourself, and others, then get ready to receive. . . You get ready to receive by preparing to receive. . . The universal Law is giving and receiving. . . You can give up any false ideas you may have had about receiving. . . Your receiving does not stop anyone else's receiving. . . We live in a lavish universe, and there is plenty for all. . . After preparing to receive, you are then ready to speak the word of receiving. I will say it once then invite you to SILENTLY say it with me from within. I AM RECEIVING. I AM RECEIVING NOW. I AM RECEIVING ALL THE WEALTH, HEALTH AND JOY THAT THE UNIVERSE HAS FOR ME NOW. I will repeat that and silently repeat it with me.

"I AM RECEIVING. I AM RECEIVING NOW. I AM RECEIVING ALL THE WEALTH, HEALTH AND JOY THAT THE UNIVERSE HAS FOR ME NOW. (Leader adds, not repeat:

"ALL THAT IS MINE BY DIVINE RIGHT NOW COMES TO ME SPEEDILY, RICHLY, FREELY. I AM RECEIVING NOW.

"Releasing is the final step. . . Students of prosperity need to know when to release the inner work they have done, then relax, so that outer results can come. . . After speaking the word of receiving for a period, such as we will do today, then declare that you have received, and release it. . . Assume that greater good is already yours, since you have claimed it on the inner plane as visible results in right appropriate form under divine timing. . . When you have reached this point of release, declare: 'It is finished. It is done. I give thanks that I have received, and that my good appears in rich appropriate form under divine timing. . . As you then relax and let go, move on to the next thing in your life you need to do i.e. home work, clean your room, etc. This process can open the way for unlimited results. . . .

"You may have many gifts which you may not have received because you were unaware you had them. One of the greatest gift is that of release. The act of release is one of the most effective ways to open your mind to receive. The act of release frees you from tightness, tension, or grasping. . . . The reason that release (one of the 12 powers--elimination) is such a priceless gift is this: The function of release is two (2) fold: 1st it eliminates error from our life. 2nd it expands your good. Elimination from your life is always an indication that something better is on the way. . . . You need never be fearful of letting go. Or seeming failure. . . That which still belongs to you is never lost through the act of release. . . . Instead, your expanded good is much freer to move into your life. . . . THE CHRIST MIND ALWAYS KNOWS WHAT TO RELEASE IN MY LIFE. . . . So often we try to force new good into our lives when we have not yet made room to receive it. Release helps us to turn loose the old to make way for the new. . . . The MAIN AFFIRMATION that you will say as you descend the bridge (as you descend the imaginary bridge) is: CHRIST IN ME NOW FREES ME FROM ALL RESENTMENT OR ATTACHMENT TOWARD OR FROM PEOPLE, PLACES OR THINGS OF THE PAST OR PRESENT. I MANIFEST MY TRUE PLACE WITH THE TRUE PEOPLE AND WITH THE TRUE PROSPERITY NOW.

"In the Name and through the power of Jesus Christ--and so it is--AMEN."

19. Leader: Invite the group to slowly return to this room, and open their eyes. If the group gave you their affirmation (they created themselves) return the affirmations they had given to you for the meditation. Invite the group to go by fours and remind them that this is a silent activity. Remind them to take their affirmations to silently read and ponder on, as they walk., and the main one to read as suggested earlier. Have them return to you as a family group upon going over the bridge. Everyone is to go over the bridge.

20. Check time: If group would like to write in the Treasure books invite the group to return to the room for remaining time. Make time for closure. If choice is to stay outside ASK:

- A. What did you experience (feel/think) reading the affirmations and going over the bridge?
- B. What was experienced, what was hard, what was easy.
- C. What do I really want to change in my life?
- D. What steps am I willing to take in order to bring that change about? (Remind them we are not here to change others, only ourself.)

### **Activity #3**

## **Treasures From Home**

### **Keepsakes**

**Materials:** "Treasure Come Home" books, pens

**Preparation:** Handout the "Treasures from Home" books,

**Directions:**

1. Leader: Give out "Treasure Come Home" books. Invite everyone to share each others book to write in. If group would like, journal about the bridge experience in their own book.
2. Check time, excluding five minutes for closing, the remaining time is for writing in the books.
3. Call time for closing. Remind Y.O.Uers their Treasure Come Home books will be used for closing on Sunday morning. Please save one page totally blank for this activities.

## Activity # 4 Closing

**For closure**

**5 min.**

**Materials:** None

**Preparation:** Stand in circle for closing prayer and group hug

**Directions:**

1. Leader/volunteer: Do a prayer in a circle giving thanks for what was learned and experienced (give specific things learned) today and using the conference affirmation: WHEREVER I AM GOD IS, AND AS I REMEMBER THIS, I HELP CREATE A LAVISH, PEACEFUL AND LOVING WORLD. And so it is!  
AMEN

And all God's children say, "AMEN!" Give hugs to everyone!!!

Note to Leader: Please clean up and pick up everything in your family meeting space at the close of today's session (we have to clear the area for the Village Chapel Sunday school classes). Leave all materials in your bag at your meeting space as you will need pens, markers, and Treasure Come Home books for Sunday's closing activity.

## RAIN ACTIVITY ONLY

### Activity # 5 Rites of Passage

**Come Home to expressing "home"**

**35 min.**

**Materials:** Print paper for everyone, masking tape, affirmation bricks--either pre-cut or have group cut ones they choose, scissors.

**Preparation:** Have materials ready in middle of the circle.

**Directions:**

1. Leader: With paper and tape, group creates their own bridge. Group will tape the affirmations bricks to their bridge—symbolic of the new life the group wants to build when re-entering their "world." Extra "bricks" are for creating their own affirmations.

2. Leader: The Bridge of Faith is symbolic of bridging being here at Conference this week and taking your experiences home to your world. Whether we build our bridge or walk over the Bridge of Faith the meaning for our souls will be the same.

Once we have been touched by truth, even a tiny bit, we never go back to our old ways of thinking, feeling and expressing. Nothing is ever the same. Because we are different. We are new beings in Christ. We have learned that we can be loved and accepted. We are worthy of our Son/Daughtership. So the bridge is symbolic of bridging conference with returning to our outer world. And "Oh, The Places You'll Go!" because of your experiences this week.

3. Leader continue: For some of us this may be our first, one of our middle, or our last Conference. The bridge is also symbolic of these and other changes being made at school, home or moving from high school to college. It could mean moving on from Chapter Officer to Regional Officer or from Regional Officer to International Officer, or out of Y.O.U. all together. Whatever change you may be going through, each change is a part of your spiritual growth.



4. Leader ask: Is any one in this group making any of the mentioned changes? Or perhaps a different experience that has not been mentioned? What, if any, changes are you experiencing or plan to in the near future? LEADER: slowly count to 15 silently to self, waiting for responses. Let each share as guided.

5. Leader: THANK YOU FOR SHARING.

Leader: There are those changing experiences that none of us will have "any clue" that we will be making. But what we can know is that the change is for GOOD. Changes do not always "feel" good. Sometimes they do not even appear good, but they are, and will be shown that to be true at some point during or after the change. Our part is accepting the change. We make change miserable or happy as we fight or accept. Sometimes it seems as if we are asked to give up our good, comfortable home/place/friends, etc., for a greater good. One thing is for certain, we do not know just HOW good God's GOOD is for us. Are you willing to take that risk toward God's Greater GOOD!? Leader: Expect a big YES! Thus the bridge and the affirmations.

6. Leader continue: The bridge represents the Faith, Strength, Courage and Order of Spirit, among other things, as It (God) carries us through the changes to make our lives fulfilled and full of joy. The changes are not traumatic when we know that God is with us every step of the way, and is guiding us as we ASK and "remain in God".

7. Leader continue: The bridge--what it represents to you-- is your very own, and will also be symbolic of the truth that you heard, lived and comprehended this week. You will be taking that NEW YOU home to your state, your house, your family, your friends, your co-workers, and all life that your life touches.

8. LEADER: you may want to build your bridge with them or have one made as a model, but certainly not the only way to build it. . SHARE: There is absolutely no right or wrong way of building your bridge. It is not going to be judged. It is suggested that you spend little time being concerned with building the outer bridge and more energy spent pondering (reflecting on) ways you will live what you have learned as you build your bridge. Have fun building inwardly and outwardly. You will notice the Affirmation Bricks that are to be taped along your bridge. There are some all ready made up for you and blank ones for your own creative Affirmation.

9. LEADER: Below is to be shared in preparation for building bridges, invite the group, AS THEY LISTEN, (LEADER TALK ONLY) to start on their bridges. Waiting to pick any of the Affirmations until after you have read them, and group are clear on their meanings. Give group about 15 minutes total for choosing affirmations and building their bridges.

In the Scripture it was shared, "...if a man remains in God and I in him, he will bear much fruit." Meaning: God is the Source of your joy therefore supply. Although, people, ideas and opportunities are all channels of your supply, God is the Source, because God creates those ideas and opportunities. Through the Law of Mind action--"Thoughts held (pondered) in mind (not just repeated) produce after their kind." (Charles Fillmore) These thoughts held in mind, by our choice, can either be constructive to self and others or destructive. The important point is-- for God to help attract the appropriate people and circumstances to you to help expedite those constructive and lasting ideas and opportunities through which your good can come into existence, we need to remember "...if a man remains in God." If we do not remain in God and God's Words, our seeming good will not last. Like the Prodigal sons inheritance. (Leader: Be open for input, but do not ask for any at this time.)

10. Leader: (Read from Activity 2 above starting with Affirmation #1)  
Handout to the group Handout #9 with affirmations. Read them together. Answer any questions or concerns the group may have. There are blank "bricks" to create your own affirmations.

11. Leader: When you get to Affirmation #14, Have the whole group share their chosen affirmations. There

will be one affirmation that is suggested to read (during Meditation) at beginning of "imagination" bridge, again at the top of the bridge and at the end of the bridge. This affirmation is called the "MAIN AFFIRMATION".

Leader: When you get to #15 (below)

12 through 14 are in Handout #7

15. Leader read the "main affirmation" now with the group. Invite them to think about the affirmation, and any others before just saying them. Ask that the group really think and feel what they are saying. This affirmation will change their lives for the better even better than the good they now have.

**"CHRIST IN ME NOW FREES ME FROM ALL RESENTMENT OR ATTACHMENT TOWARD OR FROM PEOPLE, PLACES OR THINGS OF THE PAST OR PRESENT. I MANIFEST MY TRUE PLACE WITH THE TRUE PEOPLE AND WITH THE TRUE PROSPERITY NOW."**

Now invite the group (that choose to) to say the above affirmation with you.

16. Leader: Ask if there are any questions.

17. LEADER: (You may want to have group stand and stretch before the meditation/instruction experience.)

18. LEADER: As each show & share their bridge, invite individuals to hold the bridges in front of them, and give you any personally written affirmations that you may read during the meditation. (Thank the individual for sharing their affirmation.)

Share: that we are going to do a meditation/instruction preparing us for our "imagination" walk over the bridge and change in living/consciousness. Invite them to relax, in a comfortable but awake and alert state honoring and opening up to that Indwelling Christ Presence. Invite them to center on God as you lead them.

GO TO : (See and read Meditation/instruction in Activity #2)

19. Leader: When meditation is over, give the group back the affirmations they had given to you for the meditation. Tell group they can now tape the "bricks" to their Bridge.

20. Discuss:

- A. What did you experience (feel/think) reading the affirmations and going over the "imaginary" bridge?
- B. What was experienced, what was hard, what was easy.
- C. What would you really want to change in your life?
- D. What steps are you willing to take in order to bring that change about? (Reminding that we are not here to change others, only self.)

21. Leader: Go to Activity.

Affirmation #1

**"I OPEN MY MIND TO RECEIVE BY GOING TO GOD WITH THE INTENTION TO WANT TO KNOW GOD.**

Sunday, August 4

Family Workshop 8

8:15-9:00 p.m.

**FOLLOWING:** Breakfast

**CONCEPT:** THERE'S NOTHING LEFT TO SAY, IT'S ALL UP TO YOU,  
JUST DO IT!

Youth of Unity, Children of Light, your HOME is heaven. . . here and now...take it to your world. "The Kingdom of God is within you. . . Heaven is everywhere present. . . It is the orderly, lawful adjustment of God's kingdom in (the sense) man's mind. . . it is the Christ Consciousness, the realm of divine ideas, a state of consciousness in harmony with thoughts of God. Heaven is within everyone of us; a place, a conscious sphere of mind, having all the attractions described or imagined as belonging to heaven." Charles Fillmore KTL p 176

*I realize that faith in Spirit and the ultimate dominance of the good in me will restore me to the heavenly consciousness from which I descended.*

*I affirm: Heaven within is one perfect harmonious life, substance and intelligence, and I rejoice*  
--Charles Fillmore KTL pp 176-177

**SCRIPTURE:** "Jesus Christ says to us *My prayer is. . . that all of them may be one, Father, just as you are in me and I am in you. May they also be in us. . . I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me. . . Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me. . . I have made you known to them, . . . in order that the love you have for me may be in them and that I myself may be in them.* --John 17: 20-26.

**AFFIRMATION:** "There is nothing left to say. I have been prepared, empowered and loved. I choose to live my divinity, right now!

**ACTIVITIES:**

- |  |                        |         |
|--|------------------------|---------|
| 1. Prayer/affirmations/scripture<br>*group photos (see directions) | Opening                | 10 min. |
| 2. Fuzzy hand empowerment circle                                   | To recognize blessings | 15 min. |
| 3. Treasures from home   | For keepsakes          | 10 min. |
| 4. Connection of love  | Family closure         | 5 min.  |

**MATERIALS:** (Cassette recorder/taped music for all sessions)  
Camera, affirmation banners, masking tape, Treasure Come Home book.

**ROOM PREPARATION:**

Have soft music playing in background, hang affirmation banner, everyone's Treasure Come Home book close by, but not out until time for them.

## Activity #1 Prayer/Affirmation/Scripture

### Opening

10 min.

**Materials:** Cameras, affirmation, scripture and volunteer

**Preparation:** None.

**Directions:**

1. Leader/volunteer: Invite group to hold hands while sitting in circle. Open with prayer including the theme for the day, affirmation, and scripture.

Theme: There's nothing left to say, it's all up to you, just do it!

Affirmation: "There is nothing left to say. I have been prepared, empowered, and loved. I choose to live my divinity, right now!

2. Bible scripture: Jesus Christ says to us *My prayer is . . . that all of them may be one, Father, just as you are in me and I am in you. May they also be in us. . . I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me. . . Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me. . . I have made you known to them, . . . in order that the love you have for me may be in them and that I myself may be in them.* --John 17: 20-26

3. After reading, discuss what the Scripture means to the group.

A. What does this say to each one personally?

B. What does this mean as a whole?

C. In what ways will you take conference home with you?

4. Have one person take family pictures with everyone's cameras. Move quickly into Activity #2.

## Activity #2

### Fuzzy Handprint Empowerment Circle

#### To recognize blessings

15 min.

**Materials:** Treasure Come Home books, marker, and pens.

**Preparation:** None.

**Directions:**

1. Leader: Give each person their Treasure Come Home book. Ask Y.O.Uers to open to a blank page.

2. Find a partner and ask them to trace the outline of their own hand onto the blank page in their own Treasure Come Home book.

3. Print their name above the outline of their hand.

4. Form a sitting circle.

5. Place the Treasure Come Home book open on the floor in front of them.
6. Leaving their book behind, move one space to the right. They are now seated in front of someone else's book/handprint.
7. On the other's handprint write and finish the following statement: "One gift I see you bringing to this planet is..."
8. When they have finished the statement, move one space to the right and answer the statement on the next person's handprint page.
9. Continue around the circle, until they have written on each person's handprint page.
10. When everyone has moved back in front of their own handprint again, ask them to sit quietly in the circle for a moment as they read their blessing statements.
11. Leader: Lead the group in today's affirmation: "There is nothing left to say. I have been prepared, empowered, and love. I choose to live my divinity, right now!"

### **Activity # 3**

#### **Treasures From Home**

**For keepsakes**

**10 min.**

**Materials:** Treasure Come Home books, pens.

**Preparation:** Sit in circle.

**Directions:**

1. LEADER: Give the Y.O.Uers ten minutes to write any remaining blessings in their "Treasure Come Home books.

### **Activity #4**

#### **Connection of Love**

**Family Closing**

**5 min.**

**Materials:** None

**Preparation:** Standing circle

**Directions:**

1. Leader: Call group into a standing closing circle.
2. Have them stand hip to hip. Have each person stick their right hand into the circle, one at a time; one palm up, next person's palm down, so that a stack of alternating hands is formed in the center.
3. Have each person take a moment to think of one quality they have added to the connection of love to the group. (Example: inspiration, creativity, honesty, willingness, etc.)
4. Lead a closing prayer to affirm that each person was a vital link to this family of love, and has brought a special blessing by being here. See each person having a love-filled, healthy, prosperous fall.

**Affirm together:**

**"I am rich when I can see my blessings and share them with my world. There is nothing left to say. I have been prepared, empowered, and loved. I choose to live my divinity, right now!"**

**5. Wish everyone a wonderful trip home.**

**Group Movement: Go directly to the Activities Center for Morning Celebration • 9:15 a.m.**

## Handout #1

# Prodigal Son Skit

### Characters:

Father

Prodigal Son

Older Brother

Servant

Citizens of the far country (3)

Narrator

**Narrator:** A long time ago there lived a very wealthy farmer who had two sons. Their farm was large and they had many servants and much live stock.

**Father:** (speaking to his eldest son) We have a fine life here. We are blessed with all that we need and more.

**Narrator:** But the younger son was not happy living with his father. He did not see or appreciate all that he had.

**Prodigal Son:** Father, I want my share of the inheritance now, so I may go and make my own way in the world.

**Father:** I'm sorry to see you leave, but I can see this is what you believe you must do. You may have your share of my property.

**Narrator:** Not long after that, the younger son gathered together all he had and journeyed to a far country where he squandered his money. He surrounded himself with friends who cared only about his status and his wealth. He lived beyond his means, buying expensive clothes and throwing lavish parties.

(Scene: **Prodigal Son** and friends having a party)

**Citizens (1):** (To **Prodigal son**) What a wonderful party.

**Citizens (2):** Yeah, it's really good to be your friend and enjoy the best things in life with you. You're the finest host in the whole city.

**Prodigal Son:** I just do it because I want my good friends to enjoy the best.

**Narrator:** In time the young man's wealth was gone and so were his friends. It just so happened that a famine arose in that land. The young man couldn't find work and he had to go hungry.

(Scene: **Prodigal Son** begging for a hand out from his former friends.)

**Prodigal Son:** I'm a little short on money right now, could you help me out?

**Citizens (1):** I wish I could help you out but I don't have any to spare right now.

**Prodigal Son:** How about you?

**Citizens (2):** I'm sorry, I've got an appointment right now and I'm late. Let's talk about this another time.

## Handout #3

### Should/Could: Self-talk

Whenever we use "should" we are making ourselves "wrong." Either we are wrong, we were wrong, or we are going to be wrong. Write five things that you "should" do.

I SHOULD...

- 1.
- 2.
- 3.
- 4.
- 5.

Replace each "should" above with "could." "Could" gives us a choice and we re never wrong.

I COULD...

- 1.
- 2.
- 3.
- 4.
- 5.

Next, ask yourself: "Why haven't I?" --perhaps you don't really want to; it's not your idea; etc...Can you drop any "shoulds" from your list? Whenever you find yourself saying, "should" mentally change it to "could" and give yourself a choice.



## Handout #4

### Self-Talk: Criticism

List five things you criticize yourself for:

- 1.
- 2.
- 3.
- 4.
- 5.

Who do you belittle? Who do you criticize?

List five names and what "bugs" you about them: What do you criticize them for?

- 1.
- 2.
- 3.
- 4.
- 5.

Now take the same people and find one thing to praise about them.

- 1.
- 2.
- 3.
- 4.
- 5.

## Handout #5

### Self-talk: Positive Self-talk

List 15 positive things about yourself:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

## Handout #6

**I AM A CHILD OF LOVE, AND IN FORGIVENESS, I RELEASE ALL NEGATIVE THOUGHTS AND ACTIONS UNLIKE LOVE, AND I CHOOSE CONSTRUCTIVE THOUGHTS, WORDS AND ACTIONS INSTEAD.**

Dear,

Today I have learned to forgive not only myself, but others with whom I have held a grudge, or unforgiveness. I have learned to be a better friend, and I know that any unforgiveness in my heart only hurts me. Today I have discovered the following negative emotions: (i.e. jealousy, etc.,) (write several if you have several)

**My negative behavior has been:** (i.e. I told my best friend to get lost and I put him/her down.)

**I choose to** (my goal/new beginning in the future): (To feel loved & respected by myself, my best friend, parents, siblings.)

**What I will do:** (i.e. Tell her/him what I need. Accept the outcome.) **Date:** (when I will do this--do for each new beginning)

(own name: ) \_\_\_\_\_, I discovered . . .

**I feel . . .**

**I am . . .**

**I will . . .**

**What I am makes a difference,**

“If there is light in (my) soul, there will be beauty in (me). If there is beauty in (me), there will be harmony in the house. If there is harmony in (my) house, there will be order in the nation. If there is order in the nation, there will be peace in the world. --Chinese proverb

I am a living soul, come forth from God for the purpose--my true and only purpose on earth-- of expressing Him in His fullness. I am created in His image. I am fashioned after His likeness. All that the Creator is, that potentially I AM also. To me is given the power to express the Christ perfection. The choice of using this gift in its highest form is my own ...

I am a living soul, a co-worker with Jesus Christ creating His kingdom, sincerely,

Signed: \_\_\_\_\_

## Handout #7

# I SEE MYSELF AS. . . . .

ARE YOU SOMEONE WHO.....

Would send back an order of bad food or eat it anyway?

Would confront an employer who treated you poorly, or just quit the job?

Believes you are deserving of respectful treatment from anyone?

Believes you deserve to buy and wear new clothes?

When looking at a menu, looks at what you want first, rather than what it costs?

Takes time to play on a regular basis.

Would participate in sex if you really didn't want to, to please someone else?

Would have 4 children if your husband/wife wanted them, even if you didn't?

Would allow some one to verbally abuse you?

Would allow some one to physically abuse you?

Sometimes puts yourself down verbally?

Feel that you owe it to others to do things they want you to?

Says 10 positive and good things to your self each day?

Can speak up in a classroom or on a committee when you feel strongly about something?

Would speak up if someone you loaned money to did not mention it in a long while?

Eats a balanced diet most of the time.

Participates in a physical activity or exercise on a daily basis?

Has a dream and believes you can achieve it?

Has clear values about many issues?