

EarthCare (Teens): Power

Power Points for Facilitators & Teen Leaders:

- God is all good and active in everything, everywhere.
- I create my experiences by what I choose to think and what I feel and believe.
- I do my best by living the Truth I know. I make a difference!
- Classroom facilitators are here to draw out our youth, teens lead the direction of our conversations and facilitators are guides along the way.

Opening Prayer / Inspiration Reading

“Blessed be the works of your hands,
O Holy One.
Blessed be these hands that have touched life.
Blessed be these hands that have nurtured creativity.
Blessed be these hands that have held pain.
Blessed be these hands that have embraced passion.
Blessed be these hands that have tended gardens.
Blessed be these hands that have closed in anger.
Blessed be these hands that have planted new seeds.
Blessed be these hands that have harvested ripe fields.
Blessed be these hands that have cleaned, washed, mopped, scrubbed.
Blessed be these hands that have become knotty with age.
Blessed be these hands that are wrinkled and scarred from doing justice.
Blessed be these hands that have reached out and been received.
Blessed be these hands that hold the promise of the future.
Blessed be the works of your holy hands,
O Holy One.”
Diann Neu

Opening Affirmation

I am the perfect vision of my spiritual nature

Check In

If you had a super power and it can be anything, how would you use your superpower to heal and or care for our planet. For example if I were a shapeshifter, and I saw a bee that was hungry I would turn myself into fresh and yellow dandelion, or hummingbird that needed sweetness I might turn myself into a honeysuckle.

Joy Song

Sanctuary

Lord prepare me,
To be a Sanctuary
Pure and holy,
Tried and true.

With thanksgiving,
I'll be a living
Sanctuary,
For you.

Lord teach the children
To stop the fighting,
Start uniting,
Live as one

Let's get together
Love each forever
Sanctuary
For You

Lesson – POWER

Quote – “The Earth does not belong to us. We belong to the Earth.” – Chief Seattle

Scripture – “All authority in heaven and on earth has been given to me.” – Mathew 28:18

(NOTE for leader – if time allows you may want to share what you feel when you read the quote and scripture)

How do we use Power? This is Spiritual Authority. Some call this word dominion. This means we have what we need when we need it and we know we have it and we act as the expert. Power is how we inspire and we be.

Share ideas on how to express and stand in your power. Think about conversations and actions you use in caring for our Earth. Sometimes we express and live in our power and it is not popular. What we suggest to do is not the status quo. SO, why might expressing power be important? Why might it be important when it is not the popular view and others do not agree?

Begin a dialogue with I AM. What does it feel like to affirm how you will express power? Maybe even express what it feels like when what you imagine power in tending to our earth looks like has become the reality? Describe the feeling of authority, of being all that you are, the expert in you, in your power, what is it like? How does it feel?

For instance imagine a field where animals are running free and they have no fears of the woods being taken from them for human consumption, where human visit and just experience as the brothers and

sisters in sentient life do. Imagine the power which is expressing through you to bring this to the out picture in your community. What it feels like, what it looks like.

Let's challenge ourselves, what is a symbol which represents power for you? Can you see how you might use this symbol this week to stay the course in our earthcare journey, to practice being in your authority, knowing even as you are learning, you are the expert?

Meditation/ Centering/ Mindful Moment

Begin by sitting in a comfortable position with head bent slightly forward. With your hands face up and in your lap, with your eyes closed, take a moment to check-in with each part of your body. Settling your feet into the earth, feel the weight of your legs, the seat beneath you, the heartbeat in your chest, your upper back, both your shoulders, your neck as you tilt from side to side, the weight of your arms. Relaxing into your breath. Aware of your breathing. Observe your breath. (pause) Is it shallow or deep, quick or slow? Are you breathing through your mouth or your nose? (pause) Gently close your mouth and begin to breathe in your nose and out through your mouth. Knowing all tempos are good!

Keep breathing, in and out, in and out. As you continue to you slightly open your eyes. You begin to look around and see yourself as not in the room rather part of the room. Into deep relaxation as you breathe in and you breathe out. In and out. (pause)

Closing your eyes again. Breathing deeply, in and hold, out and hold. In hold for four, out hold for four. In and out. (pause) As this is your last deep breath, you become still. Allowing the warmth of Spirit to surround you. Feeling the heat and the vibration of the ground which supports you. Feeling the air and the particles of energy which surround your body. Where the air becomes the breath of life wrapping itself around you. You continue to focus on your breathing, observing your natural breath. The breathing is not heavy and it is fluid. You are not speeding it up or slowing it down. You are just going deeper into stillness. Breathing in and Breathing out you rest. One with the space and time about you. (1 min of silence). In and out, in and out. Taking a breath in, start to wiggle your fingers and toes, gradually followed by your ankles and wrists. Lifting your legs and arms up and down a little and moving your head side to side. When you feel ready move a little more, and then open your eyes slowly. Take your time, stretch and move to your feet when you are ready. Knowing it is good.

Creative Experience

paper and pen/ markers

In the center of your paper write your name. First pass your paper to the person to the left and you will continue to do this until the paper return to you. Each person is invited to share an expression of power they see in the person's name whom is on the paper. When you get your paper back with your name you will turn it upside and on another paper write 5 attributes in which you stand in your power to care for the earth. Then turn your paper over which you received back and relish of who you are and all that you will be as you care for our planet ☺

“When you are describing, a shape, or sound, or tint; Don't state the matter plainly, but put in a hint; and learn to look at all things, with a sort of mental squint.” – Lewis Carroll

Blessings & Closing Prayer/ Inspiration Reading

Moving forward into to this week, we pray for spiritual vision so that we may formulate plans and follow through with appropriate action in tending to our beloved home. We understand ourselves, others and the important roles we have in blessing one another, our planet and our universe. Thank you God, AMEN!!!

5 Basic Unity Principles

God is all good and active in everything, everywhere.

I am naturally good because God's Divinity is in me and in everyone.

I create my experiences by what I choose to think and what I feel and believe.

Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

I do and give my best.