

1994

Save

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



**MY LIFE IS MY MESSAGE**

*Association of Unity Churches  
Youth of Unity*

# Introduction

## Welcome Family Workshop Leaders!

Thank you for your willingness and commitment to be a Family Workshop Leader. Preparing yourself before Conference is an important step in making this experience an empowering one for both you and your workshop family. Your group will consist of about 10 Y.O.U'ers. Many Y.O.U'ers have said that their Conference family workshop time has been a very transforming experience for them.

### Purpose:

The purpose of a workshop family is to provide a small group environment in which participants can explore the theme, play, share, experience, and practice Truth principles in an atmosphere of love, respect, acceptance, safety, trust, openness, and fun.

### Preparation:

Please practice often, before your arrival, leading and giving *clear* directions for *all* activities before leading them with the group.

Read through this material and make it "feel" comfortable for you to present to a group. Spend some time in prayer, reflection, and meditation preparing for this facilitation. *Remember*: It is important that you do not read this material to your group. Rather, use it as framework for an interactive session that involves everyone.

### Regarding your input:

It is suggested that the leader begin sharing discussions by answering first, to model directions for the activity. Remember, though, that the leader will usually set the tone. . .if you wish a brief sharing, you would model by answering with a one-word, or short answer. Or if a longer discussion seems appropriate, share a longer response. It is important that the leader not "control" group responses by offering very "opinionated" responses, and, in some instances, it might be better for the leader to share last, making certain not to give the "accepted and correct" answer.

It is very important to stress that there are no "right or wrong" answers or responses.

### Option to Pass:

It is important for group members to be encouraged to respond and express and participate and to choose not to if they so desire at that moment. Allow them to be comfortable with not responding, and check back with someone who has passed to ask if they have anything to add to the discussion.

### Validation:

The group leader plays a vital role in encouraging young people to feel good about themselves. Sincere praise of individuals and the group as a whole can be very affirming and make a valuable contribution to the feelings of worth and belongingness.

## Guidelines for Family Workshop Leaders

### A Group Leader . . .

- . . . facilitates an environment of fun, sharing, safe touch, prayer, and self-exploration.
- . . . encourages the **TOTAL** acceptance and belongingness of **EACH** individual.
- . . . takes time to prepare the environment: seating arrangements, visual aids, music, and rapport.
- . . . practices giving directions to all activities prior to conference.
- . . . learns and uses the names of the group members.
- . . . remembers that the group interaction is more important than the activities themselves and is flexible, allowing more time for an activity in which the group is greatly involved and less time if there is no interest.
- . . . remembers that each person has the "option 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 or "act as the teacher."
- . . . is comfortable with "think time" and silence after asking the group questions (allows time for reflection after asking a discussion question.)
- . . . considers the needs of the group as a whole by facilitating everyone's participation, gently but firmly encouraging "monopolizers or ramblers" to share at a later time (i.e., "I would like to hear more about that. . . can we get together at free time?" or "This last ten minutes will be reserved for those who haven't had a chance to share," etc.)
- . . . is aware of the time allotted for each workshop ending each session in time to attend the other conference activities.
- . . . is non-judgmental, respectful, and accepting of **ALL** group members as equals, honoring all 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 about. . ." "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!**

## Upon Arrival:

When you arrive at Conference ask at the registration desk for the location of your family meeting place. You will want to go see it before 5:00 p.m. We will have a meeting to help clarify any questions you may have about the material and to provide you with the supplies that will be needed for family activities.

**Please be at the Rowley meeting room (below the Whispering Pines Chapel) promptly at 6:00 p.m. for our first meeting.**

Additional optional support meetings for Family Workshop Leaders will be scheduled throughout the week to process and evaluate the material and family sessions.

Your area may be outdoors; if so, you will want to be sure to find a covered location for your family time in the event of inclement weather. You will need to set up your family workshop area prior to each family session.

## You will need to bring:

Your wonderful prepared self!

A portable cassette player (with extra batteries).

Mellow and lively cassette music.

A camera for group photo.

A watch with a second hand.

Magazines with colorful pictures (needed for 12 Powers activity in Family Workshop Session #4.)

A mirror, large enough to see your whole face.

*(All other materials will be provided, including a list of the names of the Y.O.U'ers in your workshop family. Samples of handouts are included at the back of the workshop material. Please note that "handout" does not necessarily mean that each person in the group will receive their own copy. Handouts that are needed for each person will be provided.)*

## Workshop Family Times for the Week:

Session 1:	Saturday--8:00 - 9:30 p.m.
Session 2:	Sunday--10:00 a.m. - 12:00 noon
Session 3:	Sunday--7:30 - 9:30 p.m.
Session 4:	Monday--9:45 - 11:30 a.m.
Session 5:	Monday--6:30 - 8:00 p.m.
Session 6:	Tuesday--10:00 a.m. - 12:00 noon
Session 7:	Wednesday--1:45 - 3:15 p.m.
Session 8:	Thursday--10:00 a.m. - 12:00 noon
Session 9:	Friday--9:15 - 11:15 a.m.

With blessings and love,

Debbi Knowles in Alohaland

**Active Spirituality. . .**  
***My Life Is My Message***

The overall theme of this material is that we create our own reality. Each of the daily themes represents a way that we can actively practice our spirituality such that our lives are changed in positive ways. We start by focussing on our inner relationship with God and move toward expressing the outer manifestation of our Christ nature in our everyday lives. The way we walk, talk, eat, sleep, and interact with others sends out our message. By being aware of the moment to moment activities, we realize that our life is our message.

Each day we will have a theme, an affirmation, and word for the day.

<u>Day</u>	<u>Theme</u>	<u>Affirmation</u>	<u>Word</u>
Saturday	Prepare	<i>It is natural for me to expect my good.</i>	Trust
Sunday	Relationship w/God	<i>I accept myself as I AM.</i>	God
Monday	Law of Mind Action	<i>My thoughts are prayers.</i>	Think
Tuesday	Prayer & Meditation	<i>I am guided by Spirit within me as I grow and change.</i>	Pray/ Meditate
Wednesday	Being	<i>It all begins with me.</i>	Be
Thursday	Putting It into Action	<i>My life is my message.</i>	Action
Friday	Ready to Serve	<i>I am now empowered to serve.</i>	Ready

(With the supplies that will be provided, you will find each affirmation and word for the day printed for you to display in your family workshop area.)

**Note:**

As a family workshop leader it is important to help make the connection between the theme of the day and the daily activities and your family workshop.

**'94 Y.O.U. Conference Workshop Family Material**  
**Theme: Active Spirituality. . ."My Life is my Message"**

**Saturday Evening**

**Family Workshop Session 1**

**8:00-9:30 p.m.**

**Following:** Opening mixers in Kiva (workshop leaders will be introduced.)

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**Theme:** Prepare

**Affirmation:** *"It is natural for me to expect my good."*

**Word:** TRUST

The purpose of this family workshop session is to  
begin the experience of learning to trust each other.

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**Activities:**

- |                           |         |
|---------------------------|---------|
| 1. Opening Prayer         | 5 min.  |
| 2. Get Acquainted         | 15 min. |
| 3. Name Game              | 10 min. |
| 4. Family Agreements      | 10 min. |
| 5. "Love Notes" Mailboxes | 25 min. |
| 6. Shoulder Rub           | 5 min.  |
| 7. Conference Wish List   | 10 min. |
| 8. Closing Prayer         | 10 min. |

**Materials:**

1. Cassette player and music
2. Two balls of yarn
3. Scissors
4. Newsprint paper, two sheets
5. Felt-tipped marker
6. "Commitment" handout (H-1), one only
7. "Risk" handout (H-2), one only
8. Pens, pencils, colored markers
9. Large manila envelopes, one per person
10. Small slips of paper

**Room Preparation:**

For this first family meeting you will have already prepared your space to be a welcoming environment (i.e., chairs in a circle, music playing, materials ready, etc.). You may want to arrive ahead of time for each family session to prepare the space.

As Y.O.U'ers enter "your place," hand them the ball of yarn and scissors and ask them to cut a piece of the yarn any length they desire and hold onto it until after the opening prayer.

**Display the Affirmation and the Word for the day.**

Begin and end each session with prayer. Leader may choose to lead this first prayer, but should encourage each participant to take a turn leading a prayer during the week.

*Example:* Father/Mother God, thank you for bringing us all here safely to this wonderful Conference experience. We are now open and receptive to having this week be a fun-filled empowering experience. We are here by Divine appointment and we are grateful for this opportunity to know you, ourselves, and each other better. (You may add any type of positive, thanksgiving thoughts you may have.) Amen.

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## Get Acquainted

15 min.

**Materials:** Yarn

**Directions:**

Welcome everyone to the family group. Have each person hold their yarn. Begin sharing about yourself: your name, where you are from (church, chapter, state, etc.), what made you want to come to Conference this year, your hobbies, family information, etc. As you share, begin winding the yarn around your finger and share with the group until there is no more yarn to wrap around your finger. (Make one wrap around finger for each separate statement.) Have the person to your left begin to share. Have that person share as the leader did, until their piece of yarn runs out. Then have the next person to the left share. . .and so on. . .until everyone in the circle has shared.

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## Name Game

10 min.

**Materials:** Yarn

**Directions:**

Have the group stand in a circle. Have someone begin by holding the ball of yarn and stating his/her name and who their favorite (hero-type) person is and what quality they both have in common. When that person is through sharing, have them hold the strand of yarn and throw the ball of yarn to someone else in the group. This works best if one rolls off several yards of yarn before tossing it.

*Example:* "My name is Sarah. My special person is my older brother and the quality we have in common is that we are both generous and giving of ourselves. "

Now Sarah holds onto her section of yarn and throws the ball of yarn to the next person in the group. When the next person is through sharing, he/she holds onto his/her section of yarn and tosses the ball to another person in the group. When everyone has shared, you should have formed a "spider web" of positive qualities.

Still holding onto the "web," go around the circle and have each person say their quality out loud. Point out that it took each person in the circle to form this web and how the web reflects how we are all connected.

**Materials:** Felt-tipped marker, newsprint paper, "Commitment " handout (H-1)

**Preparation:** Place newsprint on wall (if no wall, place in center of circle on the floor). Two volunteers needed.

**Directions:**

Have a volunteer from the group be "secretary." Ask another volunteer to read the "Commitment" handout (H-1). Have the secretary write "FAMILY AGREEMENTS" on top of the sheet of newsprint paper.

Ask the group what agreements are important to them while they are in this family at Conference. What would they each agree to and be committed to for the week?

*Examples:* Starting and ending on time, no cross-talk, listening when someone other than you is talking, what is said here stays here, etc.)

When the group feels that the agreements are complete, have each family group member sign her/his name on the paper. Display this where it is visible to everyone in the group.

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**"Love Notes" Mailboxes**

**25 min.**

**Purpose:** To encourage ongoing appreciation of each other and to encourage looking for the good in everyone.

**Materials:** Manila envelopes, pens, pencils, markers, small slips of paper.

**Preparation:** Soft music playing.

**Directions:**

Give each person a manila envelope and have the drawing pens available. Explain that each person is to decorate their envelope as their own personal mailbox. Put on soft music as they are drawing.

Give each person at least ten small pieces of paper. Explain that from now to the end of the week, every time they see or hear a person in their family say or do something positive, or notice something that they appreciate about a person, they are to write it down and put it in that person's mailbox.

Take a few minutes right now, and have each person write a love note to each person in the family group. They can write about something "positive" that they have noticed about that person during this first family workshop time.

Explain that there will be time for this activity during each family session. By the end of the week each person will have an envelope with many love/appreciation notes in them to take home with them after Conference. Encourage EVERYONE to participate daily.



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**Shoulder Rub**

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**5 min.**

**Purpose:** To provide the opportunity for safe touch and to support the bonding process.

**Preparation:** This activity may be combined with the Conference Wish List activity that follows.

**Directions:**

Form a circle and rub the shoulders of the person to your left. After a few minutes, turn around and rub the shoulders, back, and neck of the person to your right.

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**Conference Wish List**

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**10 min.**

**Materials:** Newsprint paper, markers, "Risk" handout (H-2)

**Preparation:** Place newsprint on wall (or floor in center of the circle). One volunteer needed.

**Directions:**

Read the "Risk" handout (H-2) and display it near newsprint. Pause for a moment of quiet reflection.

Ask the group how many are at Conference for the first time? What made them excited about coming to Conference? What makes Conference so special? What have been some of their best experiences at previous Conferences.

Ask the group to state what they would like to get out of Conference this week. Have a volunteer "secretary" record their desires and wishes on the newsprint. When completed, create a positive statement out of the ideas on the newsprint. (If your area permits, keep this posted on the wall all week.)

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**Closing Prayer**

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**10 min.**

Remind the group that we will be having opening and closing prayers at each family session. Ask them to please let you know ahead of time if they would like to lead the prayer.

**Suggested Closing:**

"Thank You, Father/Mother God for this family and for this opportunity to get to know You and each other better. We are grateful for the experiences that we have had and for what we have shared with each other tonight. We each have brought special gifts to this family. We give thanks, knowing that this will be a week of growth and change." With their eyes still closed and holding hands, go around the circle and have each person say out loud, the special quality that they have brought to the group. Give thanks as you are guided, and close with "Amen."

Remind the group of the next family meeting time. (Also please remind them to be sure to bring their love offerings with them when they leave their rooms Sunday morning. We need about \$10,000 to cover the expenses of our International delegates this year). . . Give hugs all around!

**Group Movement:** Have your group move directly to Kiva for Vespers, to begin at 9:45 p.m.

**Sunday Morning    Family Workshop Session 2    10:00 a.m.-12:00 noon**

**Following:**    Celebration with Reverend Jim Rosemergy

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**Theme:**        Relationship with God

**Affirmation:**    *"I accept myself as I AM."*

**Word:**         GOD

The purpose of this family workshop session is to  
touch the divinity within and allow it to express from the inner to the outer.

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**Activities:**

- |  |         |
|--|---------|
| 1. Opening Prayer                            | 5 min.  |
| 2. Welcome/Getting Re-Acquainted             | 10 min. |
| 3. Speaker Impact Sharing                    | 10 min. |
| 4. Loving Self                               | 20 min. |
| 5. Trust Activity: Cradle                    | 20 min. |
| 6. Trinity                                   | 20 min. |
| 7. Partner Trust Walk }<br>with Meditation } | 25 min. |
| 8. Mailbox Notes                             | 5 min.  |
| 9. Closing Prayer                            | 5 min.  |

**Materials:**

1. "Getting To Know Me" handout (H-3), one per person
2. "Trinity" handout (H-4), one only
3. Cassette player and music
4. Newsprint paper, one sheet
5. Paper, 8 1/2 X 11
6. Pens, pencils, markers
7. Small slips of paper

**Room Preparation:**

**Display the Affirmation and the Word for the day.**

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**Opening Prayer****5 min.**

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If no one has volunteered to lead the prayer, leader may do so. The prayer is to focus on thoughts of being centered in God. If someone *has* volunteered to lead prayer, be sure to share the following quotes with him/her.

**Today's thoughts:**

"God is absolute good, everywhere present." This is true because God is Spirit. Jesus said, "God is spirit, and those who worship him must worship in spirit and truth." (John 4:24)

"God is unlimited, perfect and eternal. Because God is Omnipresence, God is present everywhere in both space and time. Therefore, wherever and whenever we are, God is. . ."

--from *Keys to the Kingdom*

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**Welcome/Getting Re-Acquainted****10 min.**

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Have the group sit in a circle. Welcome everyone back to the family group. Tell the group your name again and what chapter you are from. Then say: "If there is an animal that describes how I'm feeling right now, it would be. . ." And then act out that animal and explain why you are feeling that way.

Now go around the circle. Have each person express their own animal action and feeling, and then have them repeat the animal action/feeling of the person before them. Continue until everyone has had a turn.

**Example:** "I'm Mark and I feel like a monkey. I just feel like playing around and have fun." (He now makes a monkey action.) Next person. . ."I'm Jane and I feel like a lion. I feel very strong right now." (She now makes a lion action, and then says, "He's Mark and he feels like playing.") **Note:** when repeating the person before you, repeat the feeling not the animal. Don't say, "He's Mark and he's a monkey." Say, "He's Mark and he feels like playing."

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**Speaker Impact Sharing****10 min.**

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Give the group a few moments to reflect on the morning speaker, Reverend Jim Rosemergy. Ask the group to summarize what Jim's talk was about. What do you remember? What stands out? Did his talk create any questions or thoughts for you? Would anyone like to share their thoughts and feelings about the celebration this morning? (Use your own judgment about this exercise and be sure to keep the group focused.)

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## Loving Self

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20 min.

**Purpose:** To know ourselves and each other a little better and to practice really listening to others.

**Materials:** "Getting To Know Me" handout (H-3)

### Part I: Directions:

Have the group form pairs. Encourage them to pick someone they do not know as their partner. Have each pair decide which one of them will be "A" and which one will be "B."

Ask the "B's" to start. The "B" person will look directly at the "A" person and for two minutes will ask, "Who are you?" over and over again, each time give the "A" person enough time to respond quickly with one word or a short phrase. *Example:* "I am a girl; I am a student; I am a good listener"; etc. Remind the group to respond about themselves with positive comments only. If the "A" person has no response, instruct the "B" person to continue asking "Who are you?" every ten seconds anyway.

After two minutes, instruct the group to switch. Now "A's" ask the "B's," "Who are you?" and the "B's" give them short responses for about two minutes.

### Discussion:

Return to the group setting. Use the following questions (or your own) to stimulate discussion: What answers came up that surprised you? How did you feel about giving your answers out loud? Were you concerned what other people would think of you? How did that affect your answers? Did your answers reflect what you "do" rather than who you ARE?

### Part II: Directions:

Pass out the "Getting to Know Me" handout (H-3). Have the group pair up again with the same partners. This time have the "A's" go first. Have the "A's" read and complete each sentence. Switch. "B's" read and complete each sentence.

Now return to a circle and have each person share with the group three things from the list that they think best describes their partner, based on what they know of him/her so far from this exercise. Have the sharing continue until everyone has had a turn.

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## Trust Activity: Cradle

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20 min.

**Purpose:** To create a relationship of trust and bonding with the group.

**Materials:** Cassette player and soft music.

**Preparation:** It is important that you study the directions carefully. If possible, try this activity out before coming to Conference.

### Directions:

There should be soft music playing to set the mood. Emphasize that SILENCE IS VERY IMPORTANT DURING THIS ACTIVITY. Someone who wants to be lifted and rocked stands in the center of the circle, folding and interlocking his/her arms across the chest with eyes closed. Someone small stands behind the person, and stronger people stand on either side. Everyone moves up to the person in the center, gently placing their hands on the person and holding this position for a while. Together say: " \_\_ (name) \_\_, we accept you as the beautiful child of God that you are."

Then, slowly, the group tips the person backwards, shifting their hands under the person's body until the body is being supported in a horizontal position in the air. The smaller person directly behind the person being rocked cradles the head; the stronger persons on each side support the chest and back, while others hold up the hips and legs. Try to achieve complete and comfortable support and keep the whole body fairly straight and level; don't let one part of the body hang down or dangle.

Then begin to rock back and forth slowly or around a small circle. Supporters should not move their feet, moving as if rocking a baby. Humming may be incorporated into the rocking. After a time, very slowly, lower the person to the floor, gradually reducing the rocking distance as the person nears the floor. When the person reaches floor level, there will be almost no rocking movement. Also, as they near the floor, have the supporters move their hands toward the edge of the person's body so they can be pulled away easily without disturbing the person when he/she is finally resting on the floor. Have the supporters gently remove their hands and ask everyone to be quiet for a while.

Silently, another person steps to the center to be rocked. Continue until everyone has had a chance (or until time expires.)

This can be a beautiful experience of being cared for, if it is done with care and gentleness. It can be very moving for people who feel alone and distant from others.

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## Trinity Activity

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20 min.

**Purpose:** The purpose of this activity is to experience our connection to God and to each other.

**Materials:** "Trinity" handout (H-4), pens, pencils, marker, newsprint paper, 8 1/2 X 11 paper

**Preparation:** You will want to be familiar with the concepts and ideas discussed in this activity.

### Directions:

**READ:** "The religious terms for the Trinity are Father, Son, and Holy Spirit. The metaphysical terms are Mind, Idea, and Expression.

"Father is the source, origin, essence, root, creator of all. Son is that which proceeds from, is begotten of the Father, like Him in nature, and essentially all that the Father is. Holy Spirit is God's word in movement: the working, moving, breathing, brooding of Spirit, made known to man through revelation, inspiration and guidance. The Holy Spirit is the Comforter who will bring all things to their remembrance."

--from *The Revealing Word* by Charles Fillmore

Draw a large triangle on a sheet of newsprint paper. You will be following the diagram of the "Trinity Triangle" handout (H-4), drawing it step by step. Ask the group to draw triangles on their paper also, copying your drawing step by step.

Now, with the above paragraph in mind, write FATHER at the top of the triangle. Under the word Father, write the words MIND and BE, and ask the group to take a moment to think of who and what they want to BE, keeping in mind that Father is the Source, the Origin, Mind, Creator of all. Have them list three things that they want to BE.

Next, go to the bottom left corner of the triangle and write the word SON. Under the word SON, write IDEA and HAVE. Take a moment to reflect and then list the three IDEAS they'll need to HAVE in order to become who they want to BE (anything at all). Ask them what positive IDEAS will help create what they want to BE.

Now, in the bottom right corner, write the words HOLY SPIRIT. Under the words HOLY SPIRIT, write the words EXPRESSION and DO. Have the Y.O.U'ers take a moment to reflect, keeping in mind that the Holy Spirit is God's word in movement, and then have them list three active EXPRESSIONS that will result from their holding divine IDEAS.

**Example:** BE: peace HAVE: loving thoughts DO: create harmonious relationships

Have each person pair off with someone who has the same size feet as they have. Pick an "A" and a "B" person. "B's" go first, sharing with their partners their list of BE, HAVE, DO and the importance of each idea. Switch and have the "A's" share their lists.

Finally, have the Y.O.U'ers focus on their lists and make up an affirmation by combining one item from BE, HAVE, and DO lists. Have them share their affirmations with their partners and have them affirm them for one another.

**Affirmation could be:** I, Mary, am a reflection of God's peace. I think peaceful thoughts and create harmonious relationships.

**Discussion:**

Ask if anyone had any insights or anything about the activity that they would like to share with the whole group.

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**Partner Trust Walk**

**25 min.**

**Purpose:** The purpose of doing another trust activity now is to feel what it is like to go from outward activities, to inward action, then back to outward expression again.

**Materials:** Cassette player and soft music.

**Directions:**

As family leader, you will want to set this walk up as a sacred experience. Make sure the directions for the walk are clear before beginning the meditation. Participants will be walking for about 10 minutes near and around your group area. This will be a trust walk. Ask the Y.O.U'ers to stay centered from the meditation and to allow their relationship with God to manifest in the walk with their partners.

Have everyone pair up with a partner. The person who is tallest will be the first to close their eyes and be led on the walk. After five minutes, the shorter of the two partners will close their eyes and allow the other to lead them on a walk.

Be sure to instruct the Y.O.U'ers that when they are the person leading, they need to give very clear directions and instructions to the person walking with eyes closed. **Example:** "Step down now, a small step. Wrap your arms around the object in front of you. Go slowly here. Take a small step to the left," etc.) In addition, be sure that each pair has a way of knowing when five minutes have passed and it is time to switch and when it is time to return to the family area. Remind them to return promptly so there is enough time for group sharing. Give them a specific time by which to return!

**Meditation:**

Begin playing soft music, and then share the following meditation very slowly. (Each ". . ." means count to five, to yourself before saying the next words.)

"Take a deep breath, hold it for a moment. . . release the breath. . . breathe in again deeply. . . hold it for a moment. . . and release. Allow your breathing to become easy in, and easy out. . . as you breathe. . . imagine a light behind your heart. . . that light is growing brighter with each breath you take. . . See that light grow brighter still. . . know that this light is the light of love. . . feel yourself becoming more loving with each breath you take. . . See that love light filling your whole body. . . You are relaxed and poised in the Mind and Heart of God. . . Now imagine a person who represents love and peace to you . . . surround this person with your light and love of God. . . See this person now filled with the light and love of God. . . Now this person gives their abundance of love and light to another person. . . and that person gives it to another. . . and that person to another person. . . until your love and light is being spread throughout the world. . . See our world as this love and light being. . . focused in God, directed by divine idea and filled with the expression of the Holy Spirit. . .

Now bring your attention back to this time and place. Feel the ground underneath you, be aware of your surroundings, and when you are ready, open your eyes, and begin your Trust Walk with your partner."

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### **Mailbox Notes**

**5 min.**

**Materials:** Small slips of paper, pens, pencils, markers

**Directions:**

Have everyone take a few minutes to write "love notes" to other family members and "deliver" them to the appropriate "mailboxes."

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### **Closing Prayer**

**5 min.**

Have the closing prayer encompass some of the experiences of this family group session. Give thanks. . . . .HUGS.

**Group Movement:** Have your group move directly to the Dining Hall for lunch, which begins at Noon.

**Following:** Speaker Reverend Greg Barrette

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**Theme:** Relationship with God

**Affirmation:** *"I accept myself as I AM."*

**Word:** GOD

The purpose of this family workshop session is to develop and express our relationship with God.

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**Activities:**

- |                           |         |
|---------------------------|---------|
| 1. Opening Prayer         | 5 min.  |
| 2. Welcome/Check-In       | 10 min. |
| 3. Speaker Impact Sharing | 10 min. |
| 4. Labels                 | 30 min. |
| 5. Centering Meditation   | 5 min.  |
| 6. Spiritual Reflection   | 30 min. |
| 7. Center of God's Love   | 20 min. |
| 8. Mailbox Notes          | 5 min.  |
| 9. Closing Prayer         | 5 min.  |

**Materials:**

1. Gummed labels
2. 3 X 5 cards, three per person
3. Pens, pencils, markers
4. Small slips of paper

**Room Preparation:**

Be certain your gummed labels have been prepared for the "Labels" activity.

**Display the Affirmation and the Word for the day.**



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**Opening Prayer**

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**5 min.**

If no one has volunteered to lead the prayer, leader may do so. If someone has volunteered to lead, ask them to have the prayer focus around the following ideas.

"Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good. God is not created in our image; we are created in the image of God, which is spiritual."

--from *Keys to the Kingdom*

"God created man in his own image." (Gen. 1:27)

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**Welcome/Check-In**

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**10 min.**

Ask how Conference is going so far. Ask if anyone has anything they would like to share. (Keep it simple.)

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**Speaker Impact Sharing**

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**10 min.**

Give the group a few moments to reflect on Reverend Greg Barrette's talk and ask the group to summarize what it was about. What do you remember? What stands out? Did his talk create any questions or thoughts for you? Would anyone like to share their thoughts and feelings? (Use your own judgment about this exercise and be sure to keep the group focused.)

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**Labels**

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**30 min.**

**Purpose:** To look beyond stereotypes and to encourage seeing God in everyone.

**Materials:** Gummed labels

**Preparation:** Before this family session, make certain your labels are prepared with the following names:

stoner	jock	geek	freak
nerd	hippie	fatso	hick
gangsta'	gay	preppie	yuppie

**Part I: Directions:**

Take the gummed labels provided and place one on each person's forehead. Be sure the group understands that no one is to tell the person what the label he/she is wearing says. Be careful as leader NOT to choose an "appropriate" label for anyone. Choose something that they probably are NOT; i.e., don't give a "fatso" label to someone who is overweight. Everyone gets a label, including the leader.

Explain that this will be a silent exercise. Everyone is to mingle around, noticing the other labels and then pair up with some silently. Have them look at their partner and the label he/she wears. Eye contact should be maintained while leader says:

"Get in touch with your thoughts and feelings. Without saying anything aloud, just think about how you might treat a person with this label. Would you avoid them? Would you speak to them? Would you try to be friends? Would you think unkind thoughts about them? Would you laugh at them? What else?"

Give the group a few moments to reflect silently and then have them mingle again and pair up with someone else. Go through some of the questions again. Continue this process until everyone has connected with five or more people. **Ask participants not to remove their labels yet.**

**Discussion:**

Form a circle and process the activity. Here are some questions you might ask: "What feelings did you have in the silent exercise? Any thoughts that surprised you? How do we tend to label other people or place them in categories? What labels do we give ourselves? Do we tend to behave like the labels we have? Did you choose your label or did it come from someone else? Do you like your label? Does it make a difference if you label yourself or if someone else labels you? Why is it sometimes difficult to look beyond the label?"

**Part II: Directions:**

In your own words, share with the group the following ideas. "In Unity we look for the good in each other, in situations, and in ourselves. Often it helps to look deeply into someone's eyes to see who they really are. . .in this way, we look beyond appearances and 'behold the Christ' within that person. As we connect with the Christ within another, love dissolves all separation--all labels and stereotypes."

Now have the group mingle again and pair up with someone. Instruct them that this time they will look beyond the label their partner is wearing and will look deeply in the eyes to see who they really are.

As the Y.O.U'ers look in each other's eyes, guide them by saying:

"See beyond what this person is wearing. . .(pause)

See beyond what they look like. . .(pause)

See beyond any ideas you may have about him/her. . .(pause)

Can you see God in this person? (pause)

Can you see love in this person? (pause)

Look deeply into their eyes and send your love to them. (pause)

Give your partner a hug."

Have the group mingle again and switch partners until everyone has connected with five or more people. Each time you will guide them through the experience.

**Discussion:**

Form a circle again. Here are some suggested questions: "How was this experience different from the first? Why is it sometimes difficult to see God in others? Is it difficult to see God in myself? How can we become more aware of God in everyone? . . .Is there something specific I can begin doing consciously that will help me look for God, or love in everyone and everything?"

## Centering Meditation

5 min

**Purpose:** To prepare the group for the activity that follows, "Spiritual Reflection."

Do this slowly. Have everyone get comfortable where they are. . . become still and focus on their heart center. . . Feel the light and love within once again. . . for a few minutes in silence. . . feel that oneness. . . that Spirit within. . . growing within. . . feel at peace. . . enjoy the silence. . . claim your good. . . feel the love within you growing. . . and take that love with you into this day. . .

Bring your attention back into this room, this place, and when you are ready, open your eyes.

## Spiritual Reflection

30 min.

**Purpose:** To focus on our oneness with God and on being a channel of God's good.

**Materials:** 3 X 5 cards, pens

**Preparation:** Give each family member three 3 X 5 cards and a pen.

### Directions:

Ask the group to imagine that God has taken on a physical body and is here right now with them. Let them know that they will now be able to ask God any questions they would like. Remind them to allow their questions to come from guidance and not from their personality. Have them write one question on each of the three cards.

Collect the cards and mix them up. Explain to the group that each one of them is going to have the opportunity to express their God-Self during this activity. Each person is going to have the opportunity to answer three questions. Remind them that when it is their turn to answer, they will want to allow the answers to come from the highest expression of themselves, the all-knowing part of themselves.

Redistribute the cards, three to a person. Ask for a volunteer to begin by reading the question on one of his/her cards. Now suggest that he/she breathe deeply and center in the heart in order to give a guided answer. Go around the room until all questions have been addressed or until time has run out.

## Center of God's Love ("Love Bombardment" w/touch)

20 min.

**Purpose:** To feel the connection of self to God and to each other.

Form a circle. Ask for a volunteer to stand in the center of the circle with his/her eyes closed. Have each member of the group place their left hand over their heart and their right hand on the person in the center. Ask the group to send loving energy and say to the person in the center, "You are God's perfect child, just the way you are." Have each person say one positive word to the person in the center. Remind the person in the middle to receive their good. Have each person take a turn being in the center of the circle, receiving the affirmation and the positive words.

**Optional:** When everyone has had a turn, ask if anyone wants to share how the experience was for them.

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**Mailbox Notes**

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**5 min.**

**Materials:** Small slips of paper, pens, pencils, markers

**Preparation:** None

**Directions:**

Have everyone take a few minutes to write "love notes" to other family members and "deliver" them to the appropriate mailboxes.

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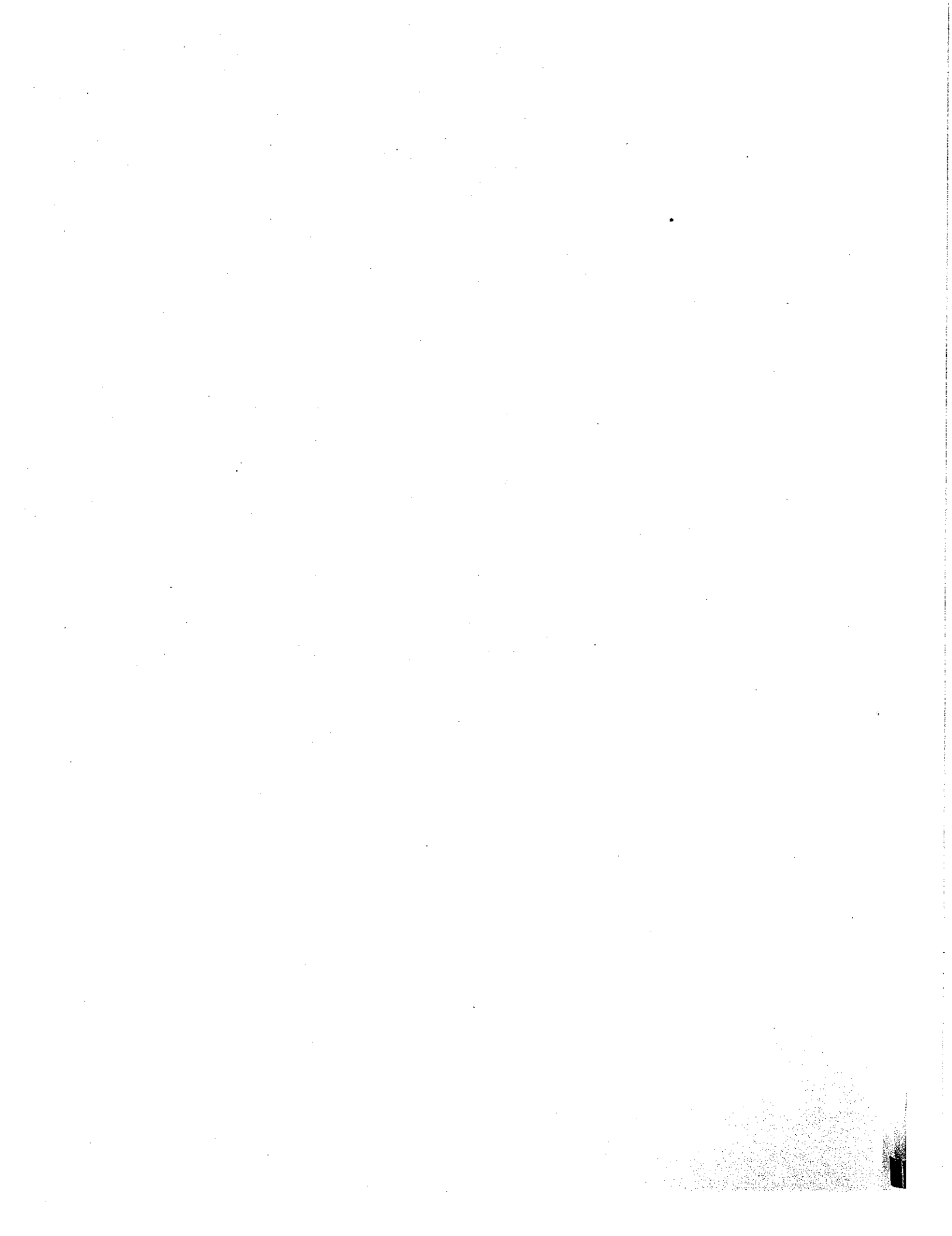
**Closing Prayer**

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**5 min.**

Have the closing prayer encompass some of the experiences of this family group session. Give thanks.  
... HUGS.

**Group Movement:** Have your group move directly to Kiva for Vespers, to begin at 9:45 p.m.



**Monday Morning**

**Family Workshop Session 4**

**9:45-11:30 a.m.**

**Following:** Speaker Reverend Greg Barrette

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**Theme:** Law of Mind Action

**Affirmation:** *"My thoughts are prayers."*

**Word:** THINK

The purpose of this family workshop session is to help us see how powerful our thoughts are, and to introduce the 12 Powers as tools that can help us hold more positive thoughts.

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**Activities:**

- |                             |         |
|-----------------------------|---------|
| 1. Opening Prayer           | 5 min.  |
| 2. Welcome/Check-In         | 10 min. |
| 3. Speaker Impact Sharing   | 10 min. |
| 4. "The Window"             | 20 min. |
| 5. Twelve Powers            | 40 min. |
| 6. Twelve Powers Meditation | 10 min. |
| 7. Mailbox Notes            | 5 min.  |
| 8. Closing Prayer           | 5 min.  |

**Materials:**

1. "Attitude" handout (H-5), one only
2. "Twelve Powers" handout (H-6), one per person (plus three)
3. Pens, pencils, markers
4. Small slips of paper

**Room Preparation:**

**Display the Affirmation and the Word for the day.**

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**Opening Prayer**

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**5 min.**

The opening prayer should focus on the ideas that follow.

"Human beings create their experience by the activity of their thinking. Everything in the manifest realm has its beginning in thought. Thoughts held in mind produce after their kind. This is the law of mind action, with it we make our own world. 'I change my thoughts, I change my world.' What we truly feel with our emotions and give power to with our thoughts is what we are really thinking."

"For as he thinketh in his heart, so is he." (Proverbs 23:7)

In other words, we experience what we give our attention to, and we become what we think we are.

-from *Keys to the Kingdom*

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**Welcome/Check-In**

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**10 min.**

Welcome group. Sing a joy song, if you want. Ask if anyone has anything to share.

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**Speaker Impact Sharing**

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**10 min.**

Ask if anyone has anything they would like to share about Greg's talk. Did it bring up any thoughts, feelings, ideas? (open sharing)

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**"The Window"**

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**20 min.**

**Purpose:** To become aware of how everyone sees the world differently and of how potent the power of imagination can be.

**Materials:** "Attitude" handout (H-5)

**Directions:**

Read the following story out loud:

There once were two men, Mr. Grant and Mr. Benson. Both were seriously ill in the same room of a very prominent hospital. The room was not very large, just big enough for the pair of them. The room had two beds, two bedside lockers, a door opening to the hall, and one window looking out on the world.

As part of Mr. Grant's treatment, he was allowed to sit up in bed for an hour in the afternoon (it had something to do with draining the fluid from his lungs). His bed was next to the window. But Mr. Benson had to spend all of his time lying flat on his back. Both of them had to be kept quiet and still, which was the reason they were in the small room by themselves. They were grateful for the peace and privacy, though. None of the bustle and noise and prying eyes of the general ward for them. Of course, one of the disadvantages of their condition was that they weren't allowed to do much: no reading, no radio, certainly no television. They just had to keep quiet and still, just the two of them.

They would talk for hours and hours. They would talk about their wives, their children, their jobs, their

homes, their hobbies, their childhoods, what they did during the war, where they'd been on vacations. They would share many, many stories. Every afternoon when Mr. Grant (the man by the window) was propped up for his hour, he would pass the time by describing what he could see outside. Mr. Benson began to live for those hours.

The window apparently overlooked a park that had a lake dotted with ducks and swans, where children tossed bread to the birds and sailed model boats, and young lovers walked hand in hand beneath the trees. There were flower gardens and beautifully manicured grass. There were games of softball, volleyball, people flying kites, having picnics, and just plain enjoying the sunny days. Just beyond the park was the city skyline. Mr. Benson would listen to all of this, enjoying every minute. He heard how children chased the birds, how a boy taught his puppy to chase a stick, how two old men laughed at their game of checkers. Mr. Benson felt he could almost see what was happening outside. Then one fine afternoon, when there was some sort of parade, the thought struck him: Why should Mr. Grant, next to the window, have all of the pleasure of seeing what was going on? Why shouldn't he get the chance? He felt ashamed of his thoughts and tried not to think like that, but the more he tried not to think about it, the worse he wanted to change. He would do anything to be by that window. In a few days, he turned sour. He should be by the window. He brooded. He couldn't sleep and grew even more seriously ill, mystifying the doctors.

One night, Mr. Grant suddenly woke up coughing and choking, and Mr. Benson awoke and stared at the ceiling. The coughing stopped as suddenly as it began. In the morning, the nurse came in and found Mr. Grant had died. They took his body quietly away with no fuss.

As soon as it seemed decent, Mr. Benson asked if he could be moved to the bed next to the window. So Mr. Benson was moved, tucked in, made comfortable and left alone to be quiet and still. The minute they were gone, he propped himself up on one elbow, painfully and laboriously, and strained as he looked out the window.

It faced a blank wall.

--adapted from a story by Mike Yaconelli

### **Discussion:**

Use the following questions as a guideline for a group discussion: What was your initial reaction to the story? What feelings did the story evoke in you? Has there been a time in your life when you used the power of imagination to help you through a rough time? What Truth principles do you see happening in this story? How does the law of mind-action apply in this story? What feelings do you think Mr. Benson had when he finally was able to look out the window? If you were Mr. Benson, how would you have applied Truth teachings to this experience? Have you ever behaved like Mr. Benson? Or Mr. Grant?

### **Closure:**

Give "Attitude" handout (H-5) to a volunteer to read out loud to the group. Ask if there is any feedback.



- Purpose:** To familiarize the group with the Twelve Powers and to enliven the activity of those powers by creating affirmations with them.
- Materials:** "Twelve Powers" handout (H-6), pens, pencils, magazine photos
- Preparation:** Study the descriptions of the powers listed below before this family session. (If you have a copy of *The Twelve Powers of Man*, you may wish to glance through it in order to refresh your own understanding of Mr. Fillmore's ideas.)

(The following list is not to be read, but to be used as a reference for yourself during this activity.)

- Faith:** Faith is my ability to say "yes" to God and to good. (Location: pineal gland, top-center of head.)
- Strength:** Strength is my ability to be still, to stick with divine ideas. It is my patience, tolerance, and balance. (Location: lower back.)
- Judgment /Wisdom:** Judgment is my ability to discern, evaluate and make decisions. (Location: between heart and solar plexus.)
- Love** Love harmonizes. Love is my ability to desire that only good come to all. (Location: heart.)
- Power:** Power is my ability to change and build consciousness, to choose my thoughts and feelings (Location: throat).
- Imagination:** Imagination is my ability to give shape and form to unformed mental energy. It is my ability to see beyond appearances. (Location: forehead).
- Understanding:** Understanding is my ability to know that God stands under all things. It is my knowing how to accomplish and knowing with my heart. (Location: head).
- Will:** Will is my ability to be willing toward God. Will is always seeking the good for all and is my directive power that determines character formation. (Location: top of forehead.)
- Order** Order is my ability to keep God first in my continuous development. It promotes harmony in my body, mind, and affairs. (Location: solar plexus.)
- Zeal:** Zeal is my ability to move forward. It is my enthusiasm and joy. (Location: back of head.)
- Renunciation:** Renunciation is my ability to say no to that which is untrue and undesirable. It helps me to eliminate errors and expand good and to let go. (Location: base of the spine.)
- Life:** Life is my ability to mend, restore, and draw upon the living Christ for all life functions. (Location: genitals.)

**Part I: Directions:**

Begin by reading the following excerpt from *The Twelve Powers of Man* by Charles Fillmore:

"Jesus prophesied the advent of the race of men who would sit with Him on twelve thrones, judging the twelve tribes of Israel. The book, *The Twelve Powers of Man*, explains this meaning of this mystical reference, what and where the twelve thrones are, and what attainments (qualities) are necessary by man before he can follow Jesus in this phase of his regeneration."

Distribute a copy of the "Twelve Powers" handout (H-6) to each member of the group. Ask the Y.O.U'ers to write down what each power means to them. (Give them five minutes or so.)

When everyone is ready, go down the list. For each power, have two or three people volunteer to share their ideas about that power. Acknowledge the thought that went into their answers and help them to come as close as possible to the ideas on your "master list." Spend no more than a minute on each power.

**Part II: Directions:**

Now have the group split into three smaller groups. Give each group one "Twelve Powers" handout (H-6) and ask them to come up with an affirmation for at least six of the powers (more if they have time). You may want to assign four of the powers to each group so that all twelve are covered. After five minutes, have a spokesperson from each group share the affirmations they created. Again, as the Group Leader, you will want to refer to your "master list" and comment accordingly.

**Part III: Directions:**

Distribute magazines/photos to each group and have them find pictures that they think illustrate the Twelve Powers (one picture for each power). Return to the larger group and have each group share their pictures.

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**Twelve Powers Meditation**

**10 min.**

Allow one minute for group to become centered on their breathing. Have them breathe in through the nose and out through the mouth. You may want to have the group silently count as they breathe in and out, which will encourage them to breathe in and out for the same amount of time.

Once the group is centered, begin:

"Within each one of us, there are twelve powers that we can access at any time we so choose. Let's begin now by envisioning the Christ Light (the sum of all colors) flowing, pouring into you from the top of your head. As it enters the top of your head and flows into the center of your brain, the light slowly turns darker and darker into a royal blue light which causes you to have increasing Faith in the healing power of this Christ Light. The blue becomes lighter and lighter blue until it becomes like the sky on a clear day. Still in your head, you feel your power of Imagination begin to grow just as it would if you were to stare up at the sky. Imagine that the light shifts to the right half of your brain. As it does, the sky blue fades and a golden light begins to grow until you are completely surrounded with this light of Spiritual Understanding. You feel ready to let this light flow through you, and you remember once more how Spirit works through you as a channel, and that you are as God created you.

"The light now shifts to the left half of your brain. As the light shifts, it becomes lighter and lighter until it is almost silvery, and you feel the Will of God working through you. You feel that this Will has been made clear through your power of Understanding. With the silver Will of God pouring through you, you feel so clear about your purpose that your light moves toward the back of your upper neck and begins to take on the orange-ish glow of Zeal. The more orange your light becomes, the more your excitement grows, for you are discovering your spiritual path. This power of Zeal is what will keep you always hungry for Spirit to play a greater role in your everyday life.

"At last you hunger for some way to express your excitement and your light moves to your throat. As the light turns royal purple, hear yourself expressing your spirit to all who come in contact with you. Feel the joy that comes in and expresses your vision and message. There are no barriers in Spirit

and you express the spirit in you freely. As you express yourself to the fellow children of the World, you cannot help but feel an unconditional Love for yourself and those around you. As you feel this love, your light moves from your throat into your heart where it turns to pink. Concentrate on the affection you feel for others. As the light moves slowly down, you feel it center right below your rib cage. Acting through love, you feel your life is directed by God's Judgment in all things. Your light begins to turn from pink to yellow. As you let the yellow light grow, you feel God's Wisdom working through you. You recognize this guidance and give thanks for it. Your light continues down into your navel where it grows darker and darker until eventually it turns to olive green. This olive green light spreads throughout your body, restoring Order to all parts of your being. Feel your body in tune with the harmony of the universal melody.

"Having tapped into your power of Order, you feel Strength building in your lower back. This Strength takes on the form of a spring green light. As this light spreads throughout your body, feel it stronger than ever before. Feel it in your arms and back, and in your legs, and feel this Strength growing. You also feel Strength in all that you stand for, in your mind, and in your spirit. You are now in touch with your Strength in eliminating any unwanted thoughts, any unwanted feelings, or concepts. As you become aware of this strength, move your light down to your Elimination organs. There it turns a russet color, and your body releases all that is unwanted. . .(pause). (When you feel as though the group has released all, then continue.)

"At last your body is cleansed and you feel the creative energy of Life radiate red from your generative organs to all parts of your body. You feel glad to be alive, and you feel refreshed as though you have just had a very soothing nap. Thank Spirit for the gift of of these Twelve Powers, and commit to always remember these aspects of yourself." (Have the group focus on breathing again and ask them to bring their attention back to this place.)

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### Mailbox Notes

5 min.

**Materials:** Small slips of paper, pens, pencils, markers.

Remind the group to write "love notes" for their family.

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### Closing Prayer

5 min.

Remind your group that they are to come directly from dinner to this evening's family session, and that they are expected to be on time (6:30 p.m.).

Ask if anyone would like to lead the closing prayer, giving thanks and referring to the insights, gifts, etc., from this family time. HUGS!!

**Group Movement:** Your family should remain in a group and move quickly and directly to the playing field behind Kiva, where the Conference Photo is scheduled for 11:40 a.m.

**Following:** Dinner

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**Theme:** Law of Mind Action

**Affirmation:** *"My thoughts are prayers."*

**Word:** THINK

The purpose of this family workshop session is to help us get more honest with ourselves and others, and to learn to watch our thoughts and see how they become our reality. We will practice sowing the seeds of positive thoughts.

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**Activities:**

- |                              |         |
|------------------------------|---------|
| 1. Opening Prayer            | 5 min.  |
| 2. Welcome/Check-In          | 5 min.  |
| 3. Mirror Reflections of God | 25 min. |
| 4. Want Ads                  | 20 min. |
| 5. Massage Meditation        | 25 min. |
| 6. Mailbox Notes             | 5 min.  |
| 7. Closing Prayer            | 5 min.  |

**Materials:**

1. Hand mirror
2. 8 1/2 X 11 paper
3. Pens, pencils, markers
4. Small slips of paper
5. Cassette player and music

**Room Preparation:**

**Display the Affirmation and the Word for the day.**

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**Opening Prayer****5 min.**

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Ask for a volunteer to lead an opening prayer incorporating today's theme. Share the following quote as part of the prayer.

"Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things." (Philippians 4:8)

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**Welcome/Check-In****5 min.**

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Ask how everyone is doing, and how Conference is going for them so far. Ask if anyone has anything to share.

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**Mirror Reflections of God****25 min.**

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**Purpose:** To become aware of the thoughts that we think of daily and to know that we have the power to change what we think.

**Materials:** Hand mirror, paper, pens

**Preparation:** You may want to draw a diagram of how the group will move so that everyone has a clear picture. To increase clarity, you may want to put a stack of paper by the "recorder's" position (see directions below).

**Part I: Directions:**

Have the group sit in a semicircle. Ask for a volunteer to sit in front of the semicircle with his/her back to the group. Give the mirror to the volunteer and ask him/her to look at him/herself and smile. Now ask the volunteer to speak to the mirror image and say three positive things that he/she sees about him/herself in the mirror. Ask them to speak loud enough for the rest of the group to hear, and instruct them to personalize the statements; i.e., "Susan, I like your hair. Susan, I like your great smile. Susan, I like your freckles."

The person sitting at the far right of the semicircle will be the "recorder" and will write down the three things said by the volunteer. (Be sure the volunteer's name is recorded.)

When the person with the mirror is through sharing, have everyone move one place to the left in the semicircle. The person at the far left will now move to the front position to hold the mirror and smile. He/she will now say three positive things that he/she sees about him/herself in the mirror out loud to the group, and the person on the far right of the semicircle is now the "recorder." (This should be the person who just finished sharing.) The new "recorder" will now write down the three positive statements that the center person is sharing. Continue until everyone has had the mirror and everyone has been the "recorder."

**Discussion:**

Return the group to a full circle and have some sharing time about what this experience was like. Was it hard to see any good? What happened when you had to declare your good out loud? How was it for you waiting for your turn? (Add any other questions that come to mind that are appropriate for discussion).

**Part II: Directions:**

Distribute to each person the positive statements that were recorded for them. Have them now make the three statements into three personal affirmations. **Example:** Affirmations based on the statements from the earlier example would be: "I, Susan, have a great smile." "My freckles are little joy dots on my face." "My hair is a healthy reflection of me." When they have written their affirmations, have them put their affirmations in their own personal mailboxes. Point out that we have just put the law of mind action to work.

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**Want Ads**

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**20 min**

**Purpose:** To demonstrate the law of mind action as it relates to friendship, i.e., "To have a friend, you must be a friend."

**Materials:** Paper, pens

**Part I: Directions:**

Instruct the group that they will be writing a Want Ad "advertising" for the ideal friend. Some questions they might consider while composing the ad are, "What kind of person do I want to attract from the universe?" "What qualities do I think are important for my friends to have?" etc. After five minutes, ask if anyone would like to read their ad aloud.

**Part II: Directions:**

Now have each person write an ad about themselves, describing all the good qualities they feel they possess. After about five minutes, collect the ads they have written about themselves (NOT the ads for the ideal friend), shuffle, and redistribute the ads randomly. Have each person read aloud the ad they received, and see if the group can identify who wrote it.

**Questions for discussion:** What was it like to write your ad? What was it like to hear your ad read aloud? Do any other thoughts or feelings come to mind? Which ad was easier to write and why? Were there any similarities between the two ads?

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**Massage Meditation**

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**25 min.**

**Purpose:** To experience the physical effects of receiving loving thoughts from others.

**Materials:** Cassette player, music

**Preparation:** Put on soft music to create the atmosphere of sacred time.

**Directions:**

Have the group form two smaller groups. Ask for a volunteer from each group to lay face down on the floor. Have everyone focus their love and positive energy to the people in the center of the groups. Have the people in the center, get comfortable, take a deep breath, relax, and receive. Each person in the group will now gently massage the person in the center (for approximately three minutes each). At the end of the massage, have each person, one at a time, say one positive quality that they have noticed about the person getting the massage. Bless the person receiving the massage. Ask for another volunteer to be massaged. Continue this activity until everyone has had a massage.

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**Mailbox Notes**

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**5 min.**

**Materials:** Small slips of paper, pens, pencils, markers.

Remind everyone to write "love notes" for family members.

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**Closing Prayer**

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**5 min.**

Ask if anyone would like to lead the closing prayer. Give thanks. HUGS!!

**Group Movement:** Your group should move directly to Kiva for Karl's concert, to begin at 8:15 p.m.

**Tuesday Morning Family Workshop Session 6 10:00 a.m.-12:00 noon**

**Following:** Speaker Rev. Greg Barrette

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**Theme:** Prayer and Meditation

**Affirmation:** *"I am guided by spirit within me as I grow and change."*

**Word:** PRAY/MEDITATE

The purpose of this family workshop session is to  
"remember" our connection with God.

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**Activities:**

- |  |         |
|--|---------|
| 1. Opening Prayer                          | 5 min.  |
| 2. Welcome/Check-In/Speaker Impact Sharing | 10 min. |
| 3. Prayer Survey                           | 15 min. |
| 4. Different Ways to Pray                  | 15 min. |
| 5. Practicing Positive Prayer              | 15 min. |
| 6. A Closer Walk with God                  | 50 min. |
| 7. Mailbox Notes                           | 5 min.  |
| 8. Closing Prayer Panel                    | 5 min.  |

**Materials:**

1. "Prayer Survey" handout (H-7), one per person
2. "Many Prayers" handout (H-8), one per person
3. "Practicing Positive Prayer" handout (H-9), one per person
4. "A Closer Walk with God" handout (H-10), one per person
5. "Prayer for Protection" cards, one per person
6. Pens, pencils, markers
7. Small slips of paper

**Room Preparation:**

You will want to have stones ready with which to make a circle for when the group returns from "A Closer Walk with God."

**Display the Affirmation and the Word for the day.**



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**Opening Prayer****5 min.**

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Have the group close their eyes and become still. Read the following quotes:

We all have direct access through the Father in us--the central "I" of our being--to the great whole of life, love, wisdom, power, which is God. What we now want to know is how to receive more from the fountainhead and to make more and more of God (which is but another name for All-Good) manifest in our daily life.

--from *Lessons in Truth* by H. Emilie Cady

Myrtle Fillmore wrote: "Set aside regular periods every day for prayer. Use words of Truth during your silence periods. As you change your thinking and bring it into line with Truth principles, a transformation will take place in your consciousness. Your mind will become keen, awake, alert, and illumined and your body temple will be filled with new life. You will be inspired with practical ideas that will enable you to succeed in a larger way.

--from *Myrtle Fillmore, Mother of Unity* by T. Witherspoon

Allow for a few moments of silence to let these ideas sink in.

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**Welcome/Check-In/ Speaker Impact Sharing****10 min.**

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Welcome everyone back to the family. Explain that this morning's family time will be the only family meeting for today, so the group will want to make the most of their time together. Ask if anyone has any burning issues they want to share with the group. Briefly summarize Greg Barrette's talk, and ask if anyone has anything they would like to share about what Greg had to say.

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**Prayer Survey****15 min.**

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**Purpose:** To become aware of our individual beliefs about God and prayer.

**Materials:** "Prayer Survey" handout (H-7), pens

**Directions:**

Pass out the "Prayer Survey" handout (H-7), one for each participant. Give the group about a minute to fill in their answers. Then have the group split into three smaller groups for discussion. After about five minutes, return to the larger group and discuss:

1. Did anyone find out anything new about their beliefs about God and prayer?
2. Is there anything about your beliefs that you would want to change if you could?

Acknowledge the value of gaining new insight into our beliefs, and move on to the next activity.

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## Different Ways to Pray

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15 min.

**Purpose:** To examine the effectiveness of the ways that we pray.

**Materials:** "Many Prayers" handout (H-8)

### Part I: Directions:

Sit in a circle. Distribute the "Many Prayers" handout (H-8), one per person. Go around the circle and have six people read one prayer each (the top part of the handout).

### Discussion:

Possible questions: Has anyone ever prayed like this? How often have you had prayers like these answered? How does praying like this make you feel about God? How does praying like this make you feel about yourself?

### Part II: Directions:

Now go around the circle and have one person read one prayer each from the bottom half of the handout until all the prayers have been read.

### Discussion:

Do you feel these are more empowering statements than the first prayers we read? How does praying like this make you feel about yourself? How does praying like this make you feel about God?

Acknowledge the power of affirmative prayer and move on to the next activity.

---

## Practicing Positive Prayer

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15 min.

**Purpose:** To put what we've been discussing into action.

**Materials:** "Practicing Positive Prayer" handout (H-9)

### Directions:

Pass out the "Practicing Positive Prayer" handout (H-9), one per person. Instruct the group that they are to write down the one most important thing they would like to pray about for each person listed. Make sure they also write down the name of the person for whom they are praying. Let them know they will have about five minutes to complete this.

When everyone has finished writing their requests, call their attention again to the lower half of the "Many Prayers" handout (H-8). Instruct the group that they will have about five minutes to pray over the list they have made, and encourage them to use the positive prayer method as a model. Suggest to them that they may want to write down some of their prayers.

### Discussion:

After about five minutes, close with a brief discussion time. Possible questions: How do you feel about this experience of putting positive prayer to work? Do you think you might continue to use prayer in your life in this way? What are some areas of your life where you might try using prayer now?

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## **A Closer Walk With God**

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**40 min.**

**Purpose:** To assist the participants in being able to find their center, as well as enhance their sense of being connected with themselves, the earth and world around them.

**Materials:** "A Closer Walk With God" handout (H-10), cassette player and music.

**Directions:**

Pass out "A Closer Walk With God" handout (H-10), one for each person. Tell the group they have thirty minutes to complete this walk, and that they are to meet back here in thirty minutes. Emphasize that they will want to take the walk by themselves and in silence for it to be most effective.

**Meditation:**

Ask everyone to close their eyes and become still. Share the following centering meditation with the group (slowly).

"Begin to bring your awareness to your breathing. As you breathe in, breathe in the presence of God and release all concerns to God. . .with each breath you become closer to God. As you breathe in, feel yourself breathing in the love and peace of God. Feel this presence moving throughout your whole being. . .visualize yourself radiating the love of God. Now visualize this love growing and filling the entire Conference and everybody at Conference. . .and see it continuing to grow to fill every aspect of the world. . .every aspect of the world is filled with God's love. (Take a few moments of silence). As you go out, see God in every aspect of life. See God in the sun, the earth, the sky, trees, and flowers. Let every step be of God. . .as you go on your walk with God, be conscious of seeing and being with God in every moment.

**\*\*Note to family group leader:** Come back from you walk at least five minutes before everyone else returns. Prepare a circle out of stones in the center of the area where the group sits. Have soft music playing.

As each person returns to the group, instruct them to place their object in the center of the circle of stones, and to sit quietly, forming a circle around the stones. Encourage them to be still and to maintain the peaceful feeling in the room.

**Sharing:**

As soon as everyone has placed their object inside the circle and been seated, say to the group: "Know that each one of us has brought a part of our closeness with God into our circle. We are blessed with energy, love, and light."

Go around the circle and have each person share about their object and what gift they have brought into the circle.

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## **Mailbox Notes**

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**5 min.**

**Materials:** Small slips of paper, pens, pencils, markers.

Have everyone write prayer notes to each family member and place them in the mailboxes.

## Closing Prayer Panel

5 min.

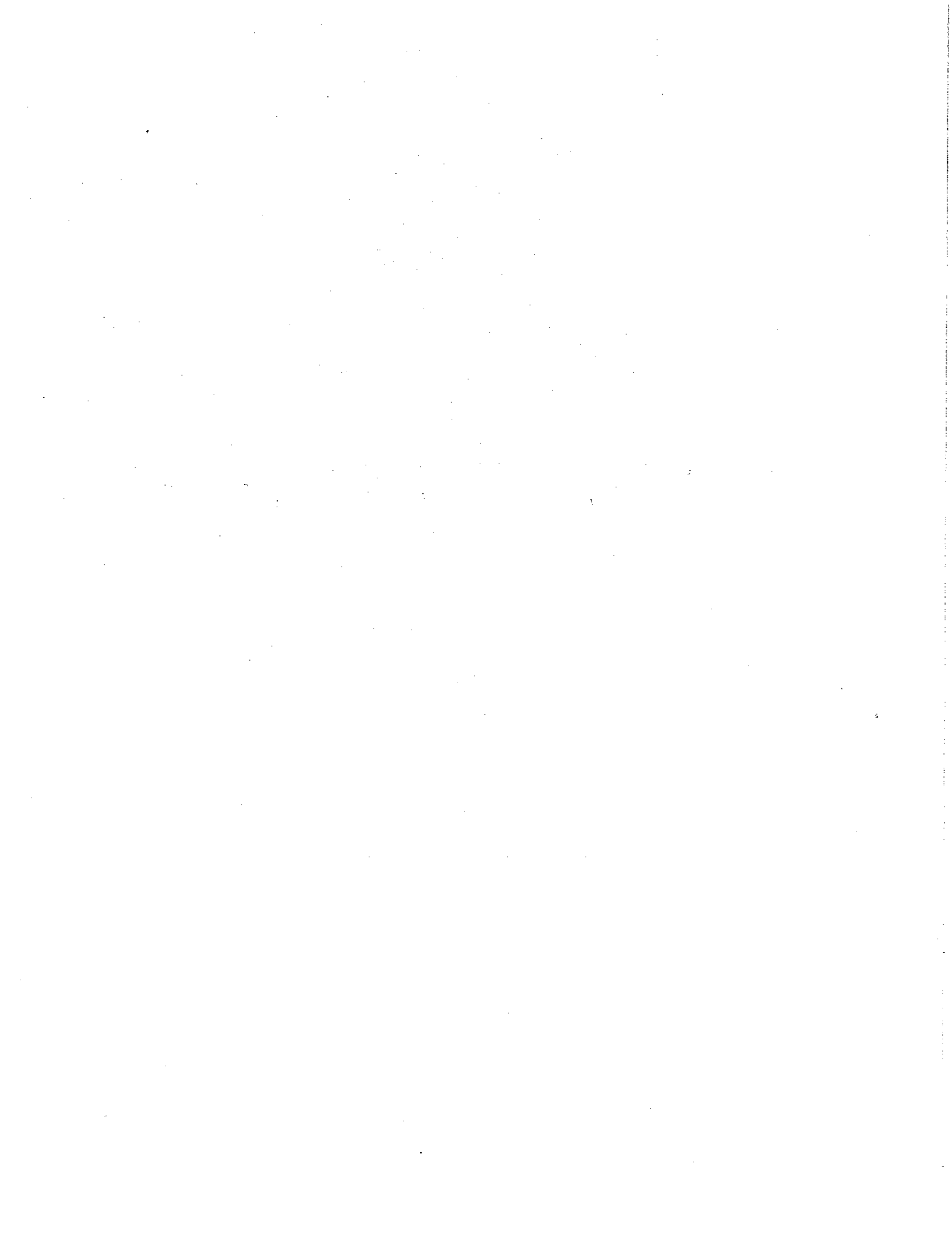
**Materials:** "Prayer for Protection" cards

**Directions:**

Have the group form a circle and hold hands. Explain that each person will now have the opportunity to contribute to the closing prayer. Let them know that it is okay if anyone chooses to pass. Whether they choose to pray or choose to pass, they should signal when it is the next person's turn by squeezing the hand of the person to their left.

Now ask everyone to close their eyes, take three deep breaths and go to a quiet place within themselves. Begin the prayer panel by praying out loud about whatever subject seems appropriate. Include thanksgiving prayers for the honor of being together as a family group and for the experiences of the past two hours. When you are through, squeeze the hand of the person on your left. After each person has had a chance to pray out loud, pause a moment and then pass the "Prayer for Protection" cards around the circle. When everyone has their own card, say the "Prayer for Protection" together and close with Amen.

**Group Movement:** Your family should move directly to lunch in the Dining Hall, to begin at Noon.



**Wednesday Afternoon      Family Workshop Session 7      1:45-3:15 p.m.**

**Following:**    Speaker Rev. Mary Omwake

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**Theme:**        Being

**Affirmation:** *"It all begins with me."*

**Word:**         BE

The purpose of this family workshop session is to  
affirm that doing is secondary to being.

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**Activities:**

- |                           |         |
|---------------------------|---------|
| 1. Opening Prayer         | 5 min.  |
| 2. Speaker Impact Sharing | 10 min. |
| 3. Heart Talk             | 55 min. |
| 4. Mailbox Notes          | 5 min.  |
| 5. Hug Meditation         | 10 min. |
| 6. Closing Prayer         | 5 min.  |

**Materials:**

1. Heart (or some "focus object") to pass for heart talk
2. Small slips of paper
3. Pens, markers

**Room Preparation:**

**Display the Affirmation and the Word for the day.**

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**Opening Prayer****5 min.**

Ask for a volunteer to read the following quote and then to lead an opening prayer which incorporates today's affirmation, "It all begins with me."

Doing is secondary to being. When we are conscious of the truth, it will radiate from us and accomplish the works without our ever running to and fro.

--from *Lessons in Truth* by Emilie Cady

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**Speaker Impact Sharing****10 min.**

Ask what thoughts and/or feelings anyone might like to share about Mary Omwake's talk.

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**Heart Talk****55 min.**

**Purpose:** To reach a higher understanding of who we are, and to explore today's idea that, "It all begins with me."

**Materials:** Heart (or "focus object") for passing.

**Directions:**

Although many Y.O.U'ers will have participated in a Heart Talk before, it is always good to go over the guidelines before beginning. You may wish to read the following purpose statement: "A Heart Talk is a way for you to experience pure communication. It also brings you to new levels of awareness, heightens feelings, creates more compassion, and stimulates the experience of love," by Cliff Durfee.

Let the group know that a heart talk is a sharing time with special group agreements in addition to those already agreed on by the family. Ask for a volunteer to read the following agreement aloud: (You may wish to write them out ahead of time on a separate piece of paper so that they may be passed around the circle --six people reading one agreement each.)

**Heart Talk Agreements**

1. The person with the Heart (heart object) is the only one who should be talking.
2. The group gives their focus and loving attention to the person who is sharing.
3. Handle the Heart (heart object) gently; do not toss or throw it.
4. No cross-talk or giving opinions or advice to the person who is sharing.
5. What is said here, stays here.
6. Continue around the circle to the left until no one has anything more to share (or until time is called).

### **Centering:**

After everyone understands the Heart Talk agreements, move into the Heart Talk time with a time of centering. Have everyone hold hands and close their eyes. Invite them to release all outer distractions and to experience the love and safety of being together. Ask them to feel the love radiating from the center of their hearts and to see that love flowing out from them into the circle out through the left hand, in through the right hand. After a few minutes, when you feel peace in the room, have the group breathe deeply, open their eyes and let go of hands.

### **Suggested Heart Talk Topics:**

"Is what you're feeling on the inside consistent with what you're expressing to the outer world?"

"How do you 'walk your talk'? What do you do to maintain your focus on living your outer life consistently with your inner life? What are the goals you use to live a life that is in balance?"

"How can you apply the thought 'It all begins with me' to specific situations in your life?"

Continue to pass the Heart (heart object) around until everyone has had an opportunity to share about a topic or until everyone passes. If there is time go on to the next suggested topic (or one of your own choosing that you feel enhances today's theme.)

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### **Mailbox Notes**

**5 min.**

**Materials:** Small slips of paper

**Preparation:** None

### **Directions:**

Have the group write heartfelt love notes to family members and place the notes in the appropriate mailboxes.

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### **Hug Meditation**

**10 min.**

**Purpose:** To provide closure for Heart Talk, and to experience the divinity of another person and my oneness with them.

**Preparation:** Be sure to allow enough time for this closure.

### **Directions:**

This meditation should be read slowly, to last the full minutes of time allowed.

"Find a partner and hold their hands, looking deep into their eyes. Holding them in the light of pure love and acceptance, silently ask yourself. . . Have I held any judgments or ideas about this person? How are they like me? . . . How are they my reflection? . . . Now continue to look a little deeper, really beholding the Divinity of this fellow being. . . . How am I one with this being? . . . How is this person an expression of God? . . . Now close your eyes and begin to breathe deeply into your heart center. . . . feeling your heart becoming more open and receptive. . . . Feel this light energy from your heart expanding until your whole being is filled with the energy from your heart. . . . You are a being of love and you express love in all that you say and do. . . .



"Now begin to give your partner a hug, and feel this energy from your heart move through your arms and hands and out through your fingertips and have it join with your partner. . . Now see the two heart lights becoming one and merging into complete spiritual union. . . letting go of any illusion of separation. . . Now see this light growing and expanding to include every being in the room. . . . . Feel it growing and expanding to include everyone here at Conference. . . See it continue to grow until the whole planet is filled and connected with this same loving light . . . . Become aware of your breathing and begin to breathe in and out. . . . . Breathe in this unity of being . . . . . (leader, have about one minute of silence here). . . . Now holding hands again. . . look deep into your partner's eyes. . . Behold this person as an expression of God. . . . . See them as ONE with you. . . . Take a deep breath and bring your attention back to here and now."

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**Closing Prayer**

**5 min.**

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Ask for a volunteer to close this family time with prayer.

**Group Movement:** Before sending the group out to free time, remind them that the cookout will begin at 5:00 p.m. in the Cookout Shelter, and will be immediately followed by the dance at 6:30 in Kiva.

**Thursday Morning Family Workshop Session 8 10:00 a.m.-12:00 noon**

**Following:** International Workshop

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**Theme:** Putting It Into Action

**Affirmation:** *"My life is my message."*

**Word:** ACTION

The purpose of this family workshop session is to learn more about practicing spirituality in daily life and to realize that "my life is my message."

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**Activities:**

- |  |         |
|--|---------|
| 1. Welcome/Laughter                          | 5 min.  |
| 2. Opening Prayer                            | 5 min.  |
| 3. Speaker Impact Sharing                    | 10 min. |
| 4. Role Playing                              | 30 min. |
| 5. Denials and Affirmations                  | 20 min. |
| 6. Personal Checklist                        | 20 min. |
| 7. What's Important to Me                    | 20 min. |
| 8. Mailbox Notes                             | 5 min.  |
| 9. Closing Prayer/Blessing of the Candidates | 5 min.  |

**Materials:**

1. "Role Playing Slips" handout (H-11), cut into strips
2. "Personal Checklist" handout (H-12), one per person
3. "What's Important To Me" handout (H-13), one per person
4. Pens, pencils, markers
5. Small slips of paper

**Room Preparation:**

**Display the Affirmation and the Word for the day.**

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**Welcome/Laughter****5 min**

Welcome everyone to the session. Now sit for a moment and then just start laughing by making one HA sound, followed by two HA HA's, then three HA, HA, HA's. Before long, the whole group is laughing.

(If this seems difficult, before the workshop starts ask another group member to be in on the laugh, and have them start laughing when you begin laughing. You will have a partner in laughter.)

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**Opening Prayer****5 min.**

Have a family member lead an opening prayer which includes the following ideas:

"Whether you say you can or you can't, you're right." -- Henry Ford

"I accept and love my life exactly as it is now."

"I choose what I really want in life and take action on it now."

The opening prayer should also include a prayer of knowing that elections will produce the right and perfect persons to fill the positions for the International Team.

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**Speaker Impact Sharing****10 min.**

Ask what thoughts and/or feelings anyone might like to share about the workshop just presented by the International Team.

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**Role Playing****30 min.**

**Purpose:** To practically apply Truth principles to daily situations.

**Materials:** "Role Playing Slips" handout (H-11)

**Preparation:** Cut handout (H-11) into strips before the session begins.

**Directions:**

Have everyone pair up with someone whose hair color is different from theirs. Place the "Role Playing Slips" in the center of the space (or in a hat to pass, if one is available). Have the first pair draw a slip and role-play the example in two ways: First, acting out what their initial reaction to the situation might be, and Second, acting out how they might respond if they took a moment to focus on what the most positive and harmonious response to the situation might be. Encourage them to act out the first reaction quickly after reading the slip, and be sure they take a moment to consider before acting out the more positive response. Have the next pair select a slip and do the role-playing. Continue until each pair has had at least one chance to select a slip and act it out.

**Discussion:**

After everyone has had a turn (or after all the slips are gone), gather together for sharing. Ask whether there were any scenes which especially brought up thoughts or feelings. Ask if there are any scenes to which they would have responded differently. Keep the discussion focussed as much as possible around today's idea, "My life is my message."

**Purpose:** To provide the tools for releasing negative thoughts and creating what we want.

**Part I: Directions:**

Have the group seated in a circle. Open this activity by saying a few words about Unity's use of denials and affirmation, including a clear definition of what each one is. For example:

**Denials** are statements of Truth which begin the mental process of erasing false beliefs or attitudes from consciousness.

**Affirmations** are positive statements/declarations through which we claim the Truth about who we are as spiritual beings. Affirmations do not make something true, but rather prepare us to believe more fully what already is true.

Now instruct the group to reflect a moment and to think about something that has been bothering them or about some negative way that they tend to think about themselves. Have them pair up with the person next to them in the circle. Explain that they will be sharing their negative thoughts and then will make up a denial and an affirmation to use whenever they might have that thought again. Give them an example, such as:

**Negative Belief:** People don't like me as much as they like him/her.

**Denial:** The fear of not being liked has no power over me.

**Affirmation:** I am a likeable, lovable child of God.

- OR -

**Negative Belief:** I am dumb.

**Denial:** There is no Truth in this belief.

**Affirmation:** I am created in God's image, and so I have the wisdom of God available to me.

**Part II: Directions:**

Now break the group into two smaller groups. Read one of the negative beliefs from the following list (or make up some of your own):

1. "Boy, I'm ugly. No wonder I never have a date on Saturday night."
2. "I'll never pass this class. It's all 'over my head,' and I just can't get it."
3. "I don't have any friends. I guess I'm not enough fun to be popular."
4. "The coach wants me to try out for the team, but everyone else is so much better than me, I know I won't make it."

Have one group make up a denial to erase this negative thought, and have the other group make up an affirmation. Read another statement from the above list, but reverse the jobs for the two groups (the "affirmation-creators" now create a denial and vice versa). Continue through all of the above statements, if there is time. If needed, leave some time for discussion and/or questions.

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**Personal Checklist**

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**20 min.**

**Purpose:** To increase awareness of how we do (or do not) walk our talk.

**Materials:** "Personal Checklist" handout (H-12), pens

**Directions:**

Pass out the "Personal Checklist" handout (H-12) and give the group about ten minutes to finish filling them out. (This is a list of some challenge spots that teens may have difficulty sharing about. It is important for them to work on their own while completing this handout, and to make their own decisions about their behavior.)

Now have everyone pair up with someone whose birthdate is close to theirs. Have them take turns sharing their challenge list with their partners. Emphasize that it is most important for them to share their "I CAN," "I WILL," "I AM" statements, rather than dwelling on the challenges. Suggest that each person affirm their partner in what he/she desires for him/herself.

Now have each person think of a color. Suggest to them that each time they think about or see that color, they remember their partner and take a moment to hold their partner in prayer.

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**What's Important To Me**

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**20 min.**

**Purpose:** To explore "the messages" that we live and to strengthen the commitment to living an active spirituality.

**Materials:** "What's Important To Me" handout (H-13), pens

**Directions:**

Pass out handout H-13, one per person. Allow ten minutes for writing and then open the group to discussion.

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**Mailbox Notes**

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**5 min.**

Have each person write a note for each of the others in the group. Suggest that today's notes focus on positive actions they have seen expressed by each family member.

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**Closing Prayer**

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**5 min.**

Have a volunteer close this family session, giving thanks for the time together and for the experiences shared. Also pray for the International candidates and the upcoming election.

**Group Movement:** Your group should move directly to lunch in the Dining Hall, to begin at Noon.

**Friday Morning      Family Workshop Session 9      9:15 a.m.-11:15 a.m.**

**Following:**    Opening

**Theme:**        Ready to serve

**Affirmation:** *"I am now empowered to serve."*

**Word:**         READY

The purpose of this family workshop session is to prepare to leave  
Conference with the consciousness that as we serve others, we serve the world.

**Activities:**

- |  |       |         |
|--|-------|---------|
| 1. Evaluations   | 10    | 15 min. |
| 2. Meditation  | 5     | 10 min. |
| 3. Sharing Time  | 15    | 30 min. |
| 4. Love Line   | 15    | 30 min. |
| 5. Completion Time: Address Exchange/<br>Mailbox Notes/Family Photos | 15    | 30 min. |
| 6. Closing Prayer  | 5     | 5 min.  |
|  | <hr/> | 65      |
|  |       | 1 hr    |

**Materials:**

1. "Evaluation" handout (H-14)
2. Pens, pencils, markers
3. Paper, 8 1/2 X 11
4. Small slips of paper
5. Cassette player and music
6. Camera

**Room Preparation:**

**Display the Affirmation and the Word for the day.**

**Evaluations**

**15 min.**

**Materials:** "Evaluations" handout (H-14), pens, cassette player and music

**Preparation:** Have music playing.

**Directions:**

As family members arrive, give each one an "Evaluation" handout (H-14). Ask them to complete these thoughtfully and quietly.

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**Meditation**

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**10 min.**

**Purpose:** To become aware of how we can serve in our everyday lives by doing simple things that mean a lot.

**Directions:**

Share the following meditation very slowly.

"Begin to center yourself by becoming aware of your breathing. . . Just breathe into the heart, feeling your heart become more open and radiant. . . As you breathe, let yourself smile, smiling with the peace and love of God. With your smile, you spread peace and love to the world. . . God is the source, you are a channel. Spirit is moving through you now as divine love and peace. . . You are serving God in every moment as you do everything in remembrance of the God within your heart. Every moment is a chance to know God. . . continuing to consciously breathe, ask God these questions, 'How can I serve?' . . . 'How can I spread peace and love in each moment?' . . . 'What simple thing can I do to accomplish the things I want in life?' . . . (Allow for a couple of minutes of silence.) Just pose these as questions and let the answers come at the right time. Now, see yourself going back to the world filled with God's peace and love. . . See yourself taking back everything that you learned at Conference. . . You are being given the opportunity to bring the kingdom of heaven into every aspect of your world."

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**Sharing Time**

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**30 min.**

**Purpose:** To provide the opportunity to see how the Conference experience can be integrated into daily life.

**Directions:**

Have a sharing time. Ask the group to share what their feelings are about going home. . . what Conference was like for them. . . what they got out of Conference this week. . . what will they take back with them to their chapter/home/college? Suggest that as a way of closure, they may each want to share a prayer of thanksgiving from their hearts.

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**Love Line**

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**30 min.**

**Purpose:** To affirm, appreciate, and love one another as we prepare to leave Conference.

**Materials:** Cassette player and music.

**Directions:**

Set the tone of silence and play quiet music. Everyone stands in one line, side by side (shoulder to shoulder). Beginning at one end, the first person turns to face the person beside him. This person closes his eyes and is moved gently down the line while each person gives him a hug and whispers gentle loving words in his ear. . . he/she then joins the line at the other end. The person being moved down the line remains silent and receives. Now the next person at the beginning of the line starts to move immediately, NOT waiting for the first person to complete the line. . . then the third, etc., to keep it moving. Each person thus has a chance to give to and receive from everyone.

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**Completion Time**

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**30 min.**

**Materials:** Pens, 8 1/2 X 11 paper, small slips of paper, camera

**Directions:**

Sit in a circle. Pass out paper and pens. Have each person write their name, address, and phone number (if they wish) on the top of their piece of paper. Have everyone pass their paper to the left, and have the group write their information again. Continue until each person has the sheet with their own name at the top.

Next pass out small slips of paper and allow the group to complete any "love notes" they want to send. When everyone is finished, distribute the full mailboxes to the family members to whom they belong. Suggest that the group wait until they get home before opening their envelopes.

If you brought your camera, take a group photo. You can mail copies to the group using your address list, so be sure you can read it!

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**Closing Prayer**

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**5 min.**

Listen to your heart for just the right closing prayer. You may wish to incorporate the following poem.

**We Learn What We Live**

If we live with criticism, we learn to condemn.

If we live with hostility, we learn to fight.

If we live with ridicule, we learn to be shy.

If we live with shame, we learn to feel guilty.

If we live with tolerance, we learn to be patient.

If we live with encouragement, we learn confidence.

If we live with praise, we learn to appreciate.

If we live with fairness, we learn justice.

If we live with security, we learn to have faith.

If we live with approval, we learn to like ourselves.

If we live with acceptance and friendship, we learn to find love in the world.

--adapted from Dorothy Law Nolte

**Group Movement:** Your group should move directly to the Closing Ceremonies in Kiva Hall, to begin at 11:30 a.m.



# Samples of Handouts



## **Commitment**

**Until one is committed**

**there is hesitancy, the chance to draw back,  
always ineffectiveness.**

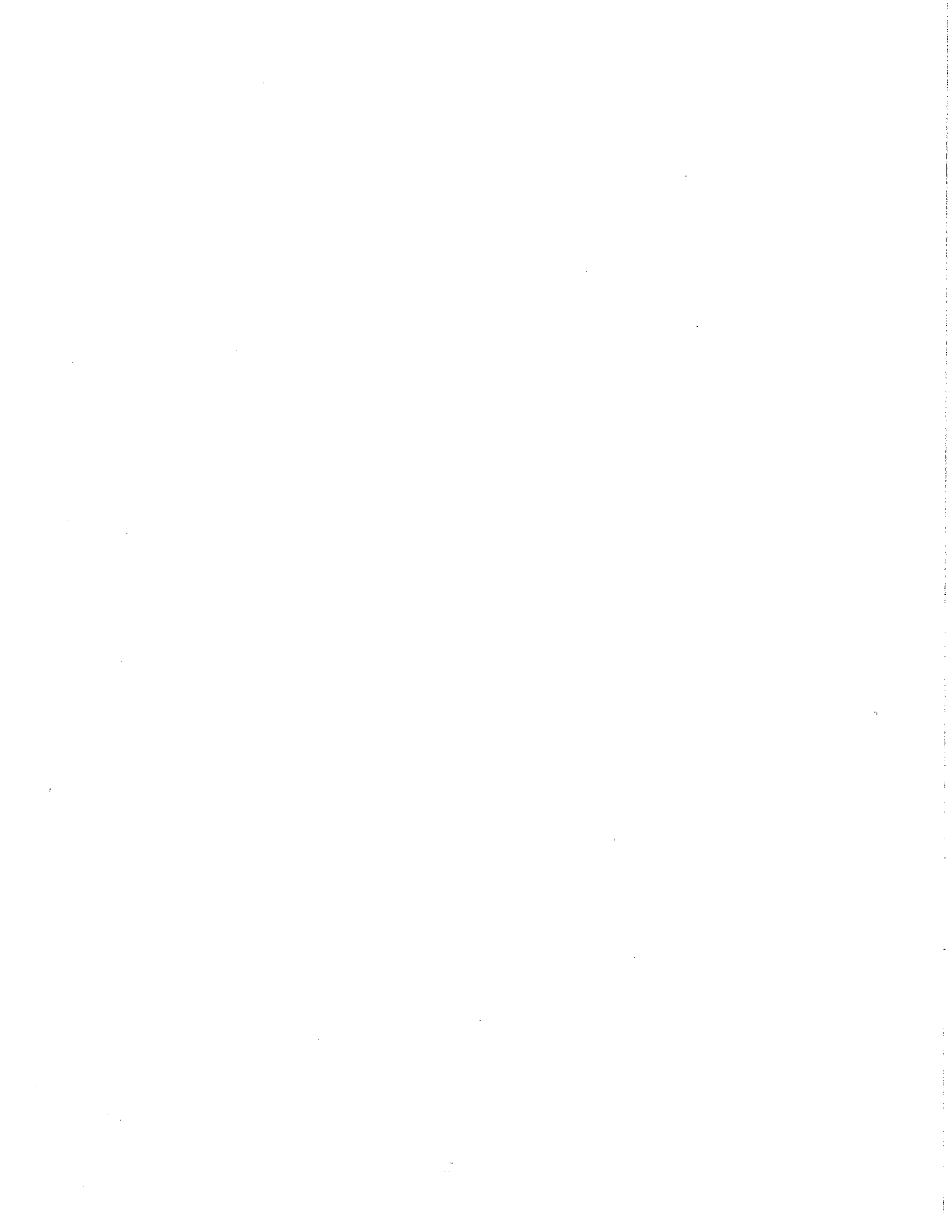
**Concerning all acts of initiative (and creation), there is one elementary truth,  
the ignorance of which kills countless ideas and  
splendid plans;  
that the moment one definitely commits oneself,  
then Providence moves too.**

**All sorts of things occur to help one that  
would never otherwise have occurred.**

**A whole stream of events issues from the decision,  
raising in one's favor all manner of  
unforeseen incidents and meetings,  
and material assistance,  
which no person could have dreamt would have  
come their way.**

**--author unknown**

**Thank you for your level of commitment to yourself  
as a workshop family leader and to our Youth of Unity.**



## Risk

And then the day came  
when the risk to remain  
tight in a bud  
was more painful  
than the risk it took  
to blossom.

--author unknown



# Getting to Know Me

I wish I were. . .

I wish I were not. . .

I fear most. . .

I wish I had. . .

I wish I had not. . .

If I were President, I would. . .

The happiest day of my life was. . .

If I could start this year over, I would. . .

My favorite place is. . .

If I had \$100 I would. . .

I would like to tell my best friend. . .

I wish my parents would. . .

I wish my parents would not. . .

One thing that always makes me mad is. . .

I always laugh when. . .

I came to Y.O.U. because. . .

I'd like to become. . .

My favorite thing to do is. . .

If I had a million dollars, I'd. . .

I would like to. . .

I'm happiest when I am. . .

My favorite place to be alone is. . .

Today I'm feeling. . .





**FATHER**

**MIND**

**BE**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**HOLY  
SPIRIT**

**EXPRESSION**

**DO**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**SON**

**IDEA**

**HAVE**

1. \_\_\_\_\_

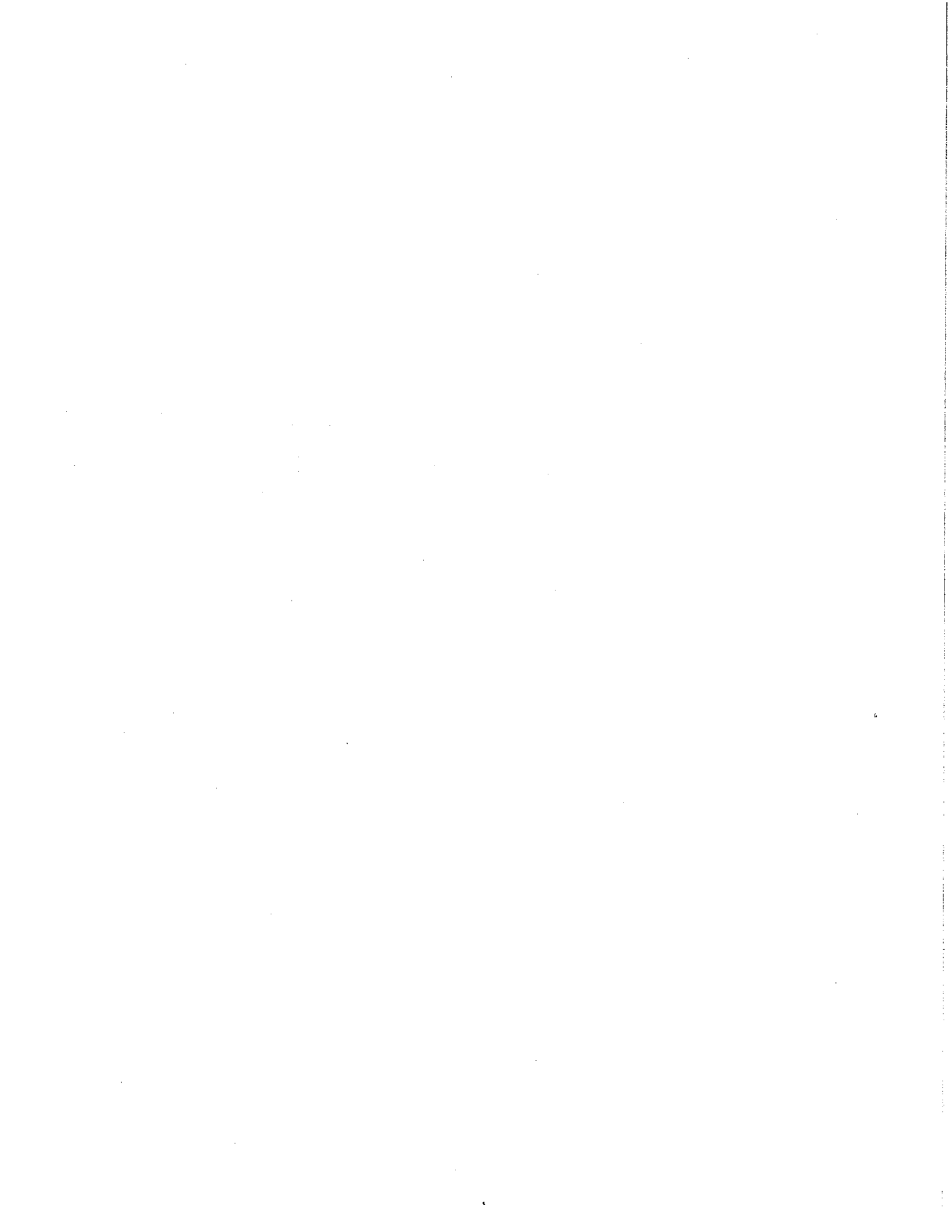
2. \_\_\_\_\_

3. \_\_\_\_\_



# Attitude

The longer I live, the more I realize the impact of attitude on my life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what others think or say or do. It is significantly more important than appearance, giftedness, or skill. It will make or break a person, a home, a church, an organization. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play the one string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. . . we are in charge of our attitudes!



# Twelve Powers

## Meaning/Affirmation

Faith

---

Strength

---

Judgment/Wisdom

---

Love

---

Power

---

Imagination

---

Understanding

---

Will

---

Order

---

Zeal

---

Renunciation

---

Life

---



# Prayer Survey

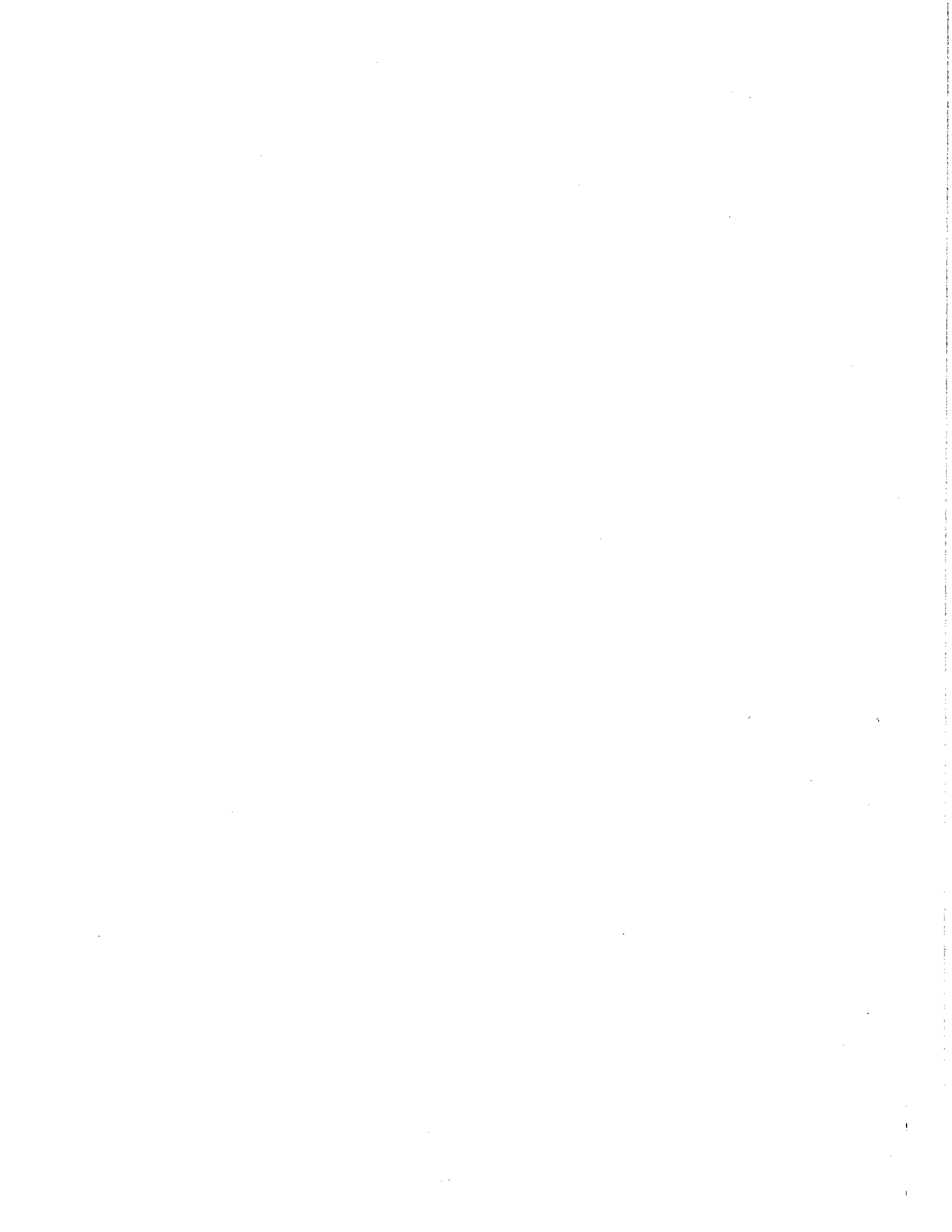
**Directions:**

Put an X under the number that applies to you. (There are no right or wrong answers.)

	1	2	3	4	5	6	7	8	9	10	
I believe beyond a shadow of a doubt that God answers prayer.	-	-	-	-	-	-	-	-	-	-	I believe there is a God, but I question whether He is personally interested in humankind.
I don't always know how God answers prayers, but I always have faith He will.	-	-	-	-	-	-	-	-	-	-	If I don't see an obvious answer, I begin to wonder if God answers at all.
I often praise and thank God.	-	-	-	-	-	-	-	-	-	-	I treat God like Santa Claus. Give me this; give me that.
When God answers a prayer my faith is strengthened.	-	-	-	-	-	-	-	-	-	-	"Answered prayer" is just a coincidence.
If my prayers are not answered as soon as I'd like, I accept God's timing without reservation.	-	-	-	-	-	-	-	-	-	-	I prayed once, and God never answered, so I don't pray any more.
I find myself praying several times daily.	-	-	-	-	-	-	-	-	-	-	Days go by, and I never pray.
I feel comfortable praying in public as well as alone.	-	-	-	-	-	-	-	-	-	-	I feel uncomfortable leading a prayer.

Sharing your answers with the other people in your group:

1. Did anyone answer any of the questions exactly as you did?
2. Did anyone answer any of the questions exactly opposite from how you answered?
3. Are there more differences or more similarities among the answers in your group?





# Many Prayers

God. . .if you could just save me this one time, I'll never go out again on my boy/girlfriend.

God. . .I know I don't deserve this, but if you could see that I get this part-time job, I'll read the Bible every day for a year.

All right, God. . . You must be angry with me. Please stop punishing me for saying those things to my friend.

God. . .I've had it with You. I don't believe You're ever there. . .If You were, why would You let this happen?

God. . .I need to win the lottery. If I win, I promise I'll give 10% to charity.

Please God. . .Forgive me for all those things I did.

---

God. . .thank You for blessing this situation to its perfect good.

Thank You for creating me.

I remember who I am, and I am confident.

I give with joy and I am prospered in all ways. Thank You, God.

I continually attract friends that are supportive and fun to be with. Thank You, God.

All is well and I am inspired with new ideas.

I am blessed in every way.

I see John healed and whole in His own perfect time.

Peace is with me now. Thank You, God.

Every little cell in my body is healthy. Thank You, God.



# Practicing Positive Prayer

**My parents:**

**Myself:**

**An adult I care about:**

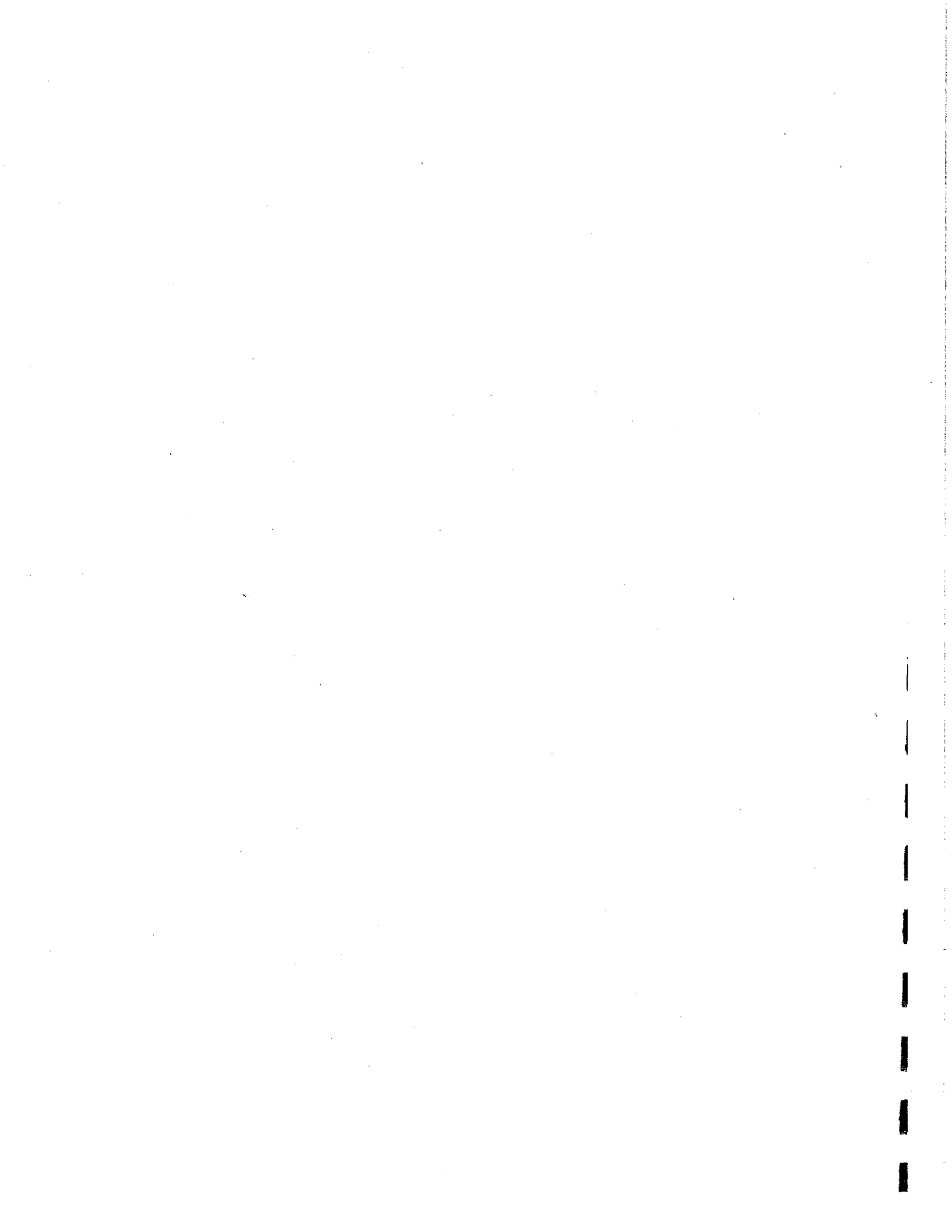
**My best friend:**

**A person I care  
about who is in trouble:**

**One of my teachers:**

**A relative:**

**Family group member:**



# A Closer Walk With God

Before you begin the activities outlined in this script, please take a moment to silently affirm:

*Father/Mother God, I desire a closer walk with you.*

The following walk is to be taken alone so one might realize there is no aloneness. Walk away from your starting point and away from your family group. After walking about 50 yards, stop and look around you.

Notice what is far away and what is close to you. Look up at the sky and down at the earth you are standing on. Take note of things at an intermediate distance. What are your feelings? What impresses you most about the surroundings?

Before continuing your walk, declare:

*Father/Mother God, I am surrounded by your presence.*

Slowly begin to walk in the direction that feels best for you. Feel the earth beneath your feet. What is its texture? Is it easy to walk on? What effect does the weather have upon you? Is the sun warm on your skin? Does the unseen air that surrounds you make itself known to you? Breathe deeply. Sense the air passing through your lips or nostrils.

Before resuming the closer walk, affirm:

*Father/Mother God, I feel your presence.*

Walk quickly for 50 feet. Pause for a moment and jog for 50 feet. Pause again and rest. When you are ready, move forward as if you are a leaf driven by the wind. Be the leaf and sense the strength and support of Spirit. Discover God's plan for you.

Rest from your turning and moving, but let your mind be compelled by what you cannot see. Without breaking the flow, observe and perhaps record any thoughts or feelings that seem important.

Before continuing the closer walk with God, affirm:

*The wisdom and direction of the light God is directs my path.*

Continue your walk with God and let your powers of observation sense the many sounds around you. Listen to the sounds of your walking. Stop and listen to the sounds your walking has masked. Walk again. What sounds can be heard above the sound of your walking? Pause again and listen for the wind or faint sounds in the distance. What sounds originate nearby and which have distant sources? Which sounds are pleasing and contribute to your peace? Are there sounds which are disturbing?

Prepare to walk again, but first speak silently these words:

*Father/Mother God, I am open and receptive to your still small voice.*

Continue walking, but as you do look for a place apart where you can sit and be still for a time. Let yourself be naturally drawn to this place and sit in silence with your senses attuned to your surroundings. Describe your outer surroundings. Do they relate to the kingdom in you? What are your current thoughts? What are you feeling? Have your feelings or thoughts changed since the beginning of your walk? If so, how?

Speak what is most natural for you now:

*Father/Mother God, I have found you in stillness and in rest.*

When you feel guided, rise and proceed at a leisurely pace. Amble rather than walk and become sensitive to any fragrances in the air. Now pick something up and place it in your hand and feel its texture. Bring this object back with you.

Before continuing the journey, speak these words:

*Father/Mother God, I feel you in everything I touch.*

Now begin to return to your family workshop group. Do not speak. As you walk, pause and touch as many things as you can. Touch the grass. Walk barefoot if you like. Is the grass warm/cool to the touch? Hug a tree. Hug a person.

Let love empower you. God is with you, an ever-constant companion, a part of everything and everyone. As you continue to return to your workshop family, notice the new vision you have of the world and yourself. New portals have opened to you. Your heart is pure and you see God.

Just before you enter your "place," affirm:

*Father/Mother God, I am the love you are.*



you exactly where to put each light, each strand of tinsel, and each ornament.

---

You are the coach of an all-state team. The captain of the team tells you he/she can't come to the pregame practice because he/she is going to church camp.

---

You are coming home from the prom, agreeing to be home by 2:00 a.m. At 3:30 a.m. you wake up where you are and it is NOT your house! You go home to find your parents waiting.

---

You've got a great idea about a project in history class, but the teacher tells you you're wrong.

---

You have cleaned your room for the first time in months, and you forgot to vacuum the living room and empty the dishwasher as your mom asked you to do before she got home. Mom's home!

---

Your aunt comes to visit for three weeks and is staying in your room. One day you come into your room and find your aunt going through your drawers. She says she's interested in finding out more about young people today.

---

You are nice to the class "geek" one day, and now he/she thinks you're in love with him/her.

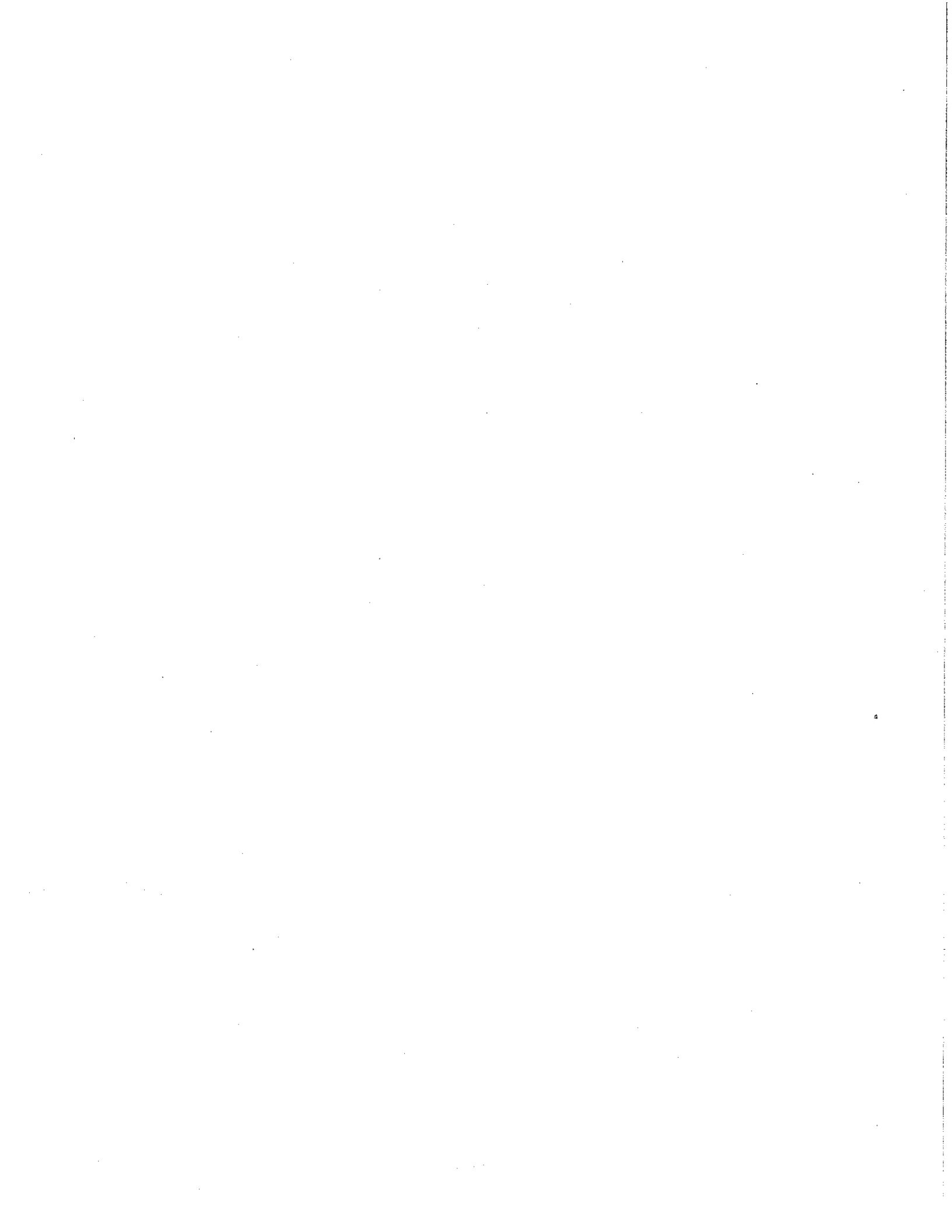
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You meet someone at the mall, are attracted to him/her and decide to call him/her. That person says that he/she is busy tonight. Later, that person comes to your door to pick up your roommate.

---

You don't have a driver's license yet, but your parents have a "hot" car. Your friend who has a license comes over and you go for a joyride. The insurance company wants to know the details of the accident from your parents.

---





# Personal Checklist

Listed below are common challenges we may have. Are they problems for you? Be honest with yourself. Put an "X" to indicate where you are with your "challenge."

Big Challenge

Sort of A Challenge

Not A Challenge

0

50

100

**Cheating** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Stealing** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Smoking** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Drinking** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Drugs** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Sexual Behavior** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Language** .....

When it comes to this: I CAN, I WILL, I AM. . .

**Eating** .....

When it comes to this: I CAN, I WILL, I AM. . .

**TV/Video** .....

When it comes to this: I CAN, I WILL, I AM. . .



# What's Important To Me?

A. List three things you're committed to:

1.

2.

3.

B. If my life is my message, what has my message been up until now?

C. If my life is my message, what do I want my message to be from now on?

D. What actions am I taking and/or going to take, to be and stay committed and to live my message?

1.

2.

3.



# Youth of Unity Conference '94

## Evaluation

Please complete this form in your Family Group and leave with your leader. Your evaluation is an important and valued instrument which helps us to better serve you.

OUR CONFERENCE OBJECTIVE was to provide you with information and experiences which would help you understand and incorporate into your daily life the basic universal principles of ONENESS WITH GOD, LAW OF MIND ACTION, PRAYER AND MEDITATION, BEING, and ACTIVE SPIRITUALITY. On the scale below mark the degree to which you understand and can now use these principles in your life daily.

0%

50%

100%

Please complete the following sentences. Use the back of this page or additional pages if needed.

THE MOST MEANINGFUL PART OF CONFERENCE FOR ME WAS . . .

I LEAST ENJOYED . . .

MY SUGGESTIONS FOR IMPROVING CONFERENCE FOR 1995 ARE . . .

I SUGGEST THE FOLLOWING THEMES, SPEAKERS, MUSICIANS FOR 1995 . . .

