

**Youth of Unity  
International Conference  
1997**

**BECOME**



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## TIPS FOR WORKSHOP LEADERS:

1. **TAKE TIME TO BE CENTERED.** Spend time in meditation to connect with the God of your being and be open to your inner wisdom and peace. When you are centered, it is easier for your group to be centered and follow your lead. Remember to **BREATHE!**
2. **FOCUS THE GROUP:** Always start by centering and connecting the group with an *OPENING MEDITATION* even if we are late. Use the one provided or create your own. Do not struggle to talk over anyone. Ask for attention when you need it. **YOU**ers don't intend to be disruptive, but need gentle reminders of agreements. Be aware that giggling may be the expression of some discomfort with what is happening...rather than disrespect. Rather than react, tell them that sometimes when we are uncomfortable with an activity, we tend to giggle. Have them take a deep breath, allow them to fully participate because the group is here to love and support them.
3. **SET THE TONE** for each activity. If it is light, keep it light. If it is a quiet, thoughtful, or heart level experience, set the tone to be a loving, sacred one. You do this by your example, your words, perhaps by lowering the lights and putting on meditation music.
4. **BE PREPARED:** Set up the room and materials before the workshop. Reread the materials for that workshop.
5. **LET THE GROUP DO THE DISCUSSION:** You may need to become comfortable with waiting for a response...be ok with silence. Your group may need to think a minute before responding to a question. Don't be too quick to move on. Discussion means more than one answer. Wait for several people to respond.
6. **KEEP IT MOVING:** Avoid dragging out activities as this creates boredom and encourages lack of focus, rather move quickly to the next activity or question. (especially be aware of this when pairs share time)
7. **TIME:** Make notes in the margins as to how much **time** you want to spend on an activity in order to finish each workshop...then you can decide where you might go faster or take more time before you get caught up in the middle of the workshop.
8. **ENCOURAGE EVERYONE TO PARTICIPATE:** Allow for right to pass but be aware of tendency for 2 or 3 to dominate the discussion...ask to hear from someone who has not shared...reminding them that each person is important.
9. **CLOSING:** Always take time for a closing circle even if running late and you cannot do the closing provided...do a short prayer, a group hug or something for closure.
10. **BE AT THE FAMILY GROUP LEADER MEETING, Monday (28th) at 4:00 p.m., in AC2.**

## WORKSHOP I — Monday 8:30-9:30 p.m.

**THEME:** *Planting the Seed*

### Following: Opening

**CONCEPT:** Looking at a seed and seeing the potential in it as we see the potential of the seed of divinity in each of us. Seeing now as a starting point for the potential of Conference week.

#### SCRIPTURE:

"A sower went out to sow his seed: and as he sowed some fell by the path and was trampled on, and the birds of the air devoured it. And some fell upon the rock; and as soon as it sprung up, it withered away, because it lacked moisture. And some fell among thorns; and the thorns sprang up with it, and choked it. And others fell on good ground, and sprang up, and bore fruit a hundred fold... (Later Jesus explained the parable.) Now the parable is this: the seed is the word of God ('the word of God is the sum total of God's creative power' —Charles Fillmore) The ones on the path are those who have heard; then the devil ('the devil is a state of consciousness or thoughts which oppose the divine' —Charles Fillmore) comes and takes away the word from their hearts, so that they may not believe and be saved. The ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe only for a while and in a time of testing fall away. As for what fell among the thorns, these are the ones who hear; but as they go on their way they are choked by the cares and riches and pleasures of life and their fruit does not mature. But that on the good ground are they, which in an honest and good heart having heard the word, keep it, and bring forth fruit with patience."

—Luke 8:5-8;11-15

**OTHER QUOTE:** Charles Fillmore: "Your body is the soil in which God's life is planted."  
"The seeds Jesus Christ atoms are here everywhere."

—from *Jesus Christ Heals*

#### OBJECTIVES:

1. To become comfortable with the group
2. To establish group agreements
3. To get to know each other's name
4. To introduce the theme of Conference and theme of the day

#### OUTLINE:

| Activity                  | Purpose                                  | Est. Time |
|---------------------------|--|-----------|
| 1. Opening Prayer         | to center the group                      | 5 min.    |
| 2. Introductions          | to get to know each other                | 10 min.   |
| 3. Name Games             | to learn each others names in a fun way  | 10 min.   |
| 4. Agreements             | to create a safe space                   | 10 min.   |
| 5. Introduce theme; Seeds | to introduce Conference and daily themes | 20 min.   |
| 6. Closing circle         | to bond group                            | 5 min.    |

#### MATERIALS:

newsprint, markers, masking tape  
flower seed for each person

**PREPARATION:** tape paper to wall for agreements; you may want to ask for volunteers to sign up for opening prayer for the rest of the week...give them the theme for that day to use.

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## **ACTIVITY 1: OPENING PRAYER (5 min.)**

**PURPOSE:** To center and connect the group

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Ask everyone to hold hands (in circle) as you open with a prayer to relax, center and connect the group. Take enough time to settle them into being here—letting go of the events of the day, becoming fully present to the group and open to the experience. You may want to ask for volunteers to sign up for opening prayer for the rest of the week. (write their name by each day in the materials)...give them the theme for that day and the concept so they can plan to use it.

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## **ACTIVITY 2: INTRODUCTIONS: (10 min.)**

**PURPOSE:** To get to know each other

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**MATERIALS:** none

**PREPARATION:** none

**DIRECTIONS:**

1. Workshop leaders introduce yourself and tell how it feels to be a workshop leader
2. Help first timers to Conference feel welcome
3. Go around the circle and have each person tell
  - a. Name
  - b. Where from and how long in YOU?
  - c. Finish the statement: "My favorite plant is... and why I am like it" (in one sentence.)

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## **ACTIVITY 3: Name Games (10 min.)**

**PURPOSE:** To learn each others names in a fun way

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**MATERIALS:** masking tape

**PREPARATION:** none

**GAME 1: First Name Line Up**

Ask the group to line up alphabetically by first names. When they finish, have them say their names down the line to check the order.

Next have the group line up by birth date without talking. When they finish, have them say their name and birth date down the line to check the order.

**GAME 2: I have never...**

Ask the group to stand in a circle and place a piece of masking tape in front of each person's feet to mark where they are standing. One person stands in the center of the circle (Leader go first to model). The person in the middle makes a true statement of something they have never done but they think others have done.

**For example:** I have never been to Disney World  
I have never dyed my hair.  
I have never worn ear rings.  
I have never been roller blading.

Then everyone in the circle who **HAS** done the stated thing must scramble, and find a new place to stand, changing places with someone else who **HAS** done it. The people who have never done it stay in their places. The leader in the center tries to jump into someone's empty space. The masking tape will show where the empty spaces are. Whoever is left without a space then goes to the center of the circle and makes an "I have never" statement. Stop the activity before it gets too old. (5 or 6 times)

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## ACTIVITY 4: AGREEMENTS (10 min.)

(Talk about the purpose of group agreements)

**PURPOSE:** To establish guidelines for being together in a safe environment for the rest of Conference.

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**MATERIALS:** newsprint, markers, masking tape

**PREPARATION:** set up by talking about "creating a safe space"

### DIRECTIONS:

Explain that the importance of having agreements is to make the family a safe place to be and to be able to share ourselves...then brainstorm agreements on the newsprint on the wall. When the group has completed their list, ask for a show of hands or some commitment (fingerprints, signatures, draw around each others hands and sign own) to be sure everyone agrees. Be sure to include:

1. Be on time—someone being late affects the whole group
2. Be willing to participate in all activities—risk if necessary
3. No put downs/criticism/sarcasm/interrupting
4. Give loving attention to each person sharing
5. NO right or wrong answers
6. What is said stays within the group (Leader: explain the exception to this is being legally required to report abuse.)
7. Right to pass

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## ACTIVITY 5: INTRODUCE THEME: SEEDS (20 min.)

**PURPOSE:** To work with today's theme and the theme of Conference

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**MATERIALS:** seed of a flower

**PREPARATION:** none

### DIRECTIONS:

Give each person a seed and ask them to contemplate the potential within the seed. Pause a minute, then ask:

1. What is the potential within the seed you are holding?
2. How is this seed like the Christ seed in you?
3. Read the following parable of Jesus:

"A sower went out to sow his seed: and as he sowed, some fell by the path and it was trampled on, and the birds of the air devoured it. And some fell upon the rock; and as soon as it sprung up, it withered away, because it lacked moisture. And some fell among thorns; and the thorns sprang up with it, and choked it. And other fell on good ground, and sprang up, and bore fruit a hundred fold... (Later Jesus explained the parable.) Now the parable is this: The seed is the word of God ('the word of God is the sum total of God's creative power' according to Charles Fillmore) The ones on the path are those who have heard; then the devil comes ( according to Charles Fillmore 'the devil is a state of consciousness or thoughts which oppose the divine') and takes away the word from their hearts, so that they may not believe and be saved. The ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe only for a while and in a time of testing fall away. As for what fell among the thorns, these are the ones who hear; but as they go on their way they are choked by the cares and riches and pleasures of life and their fruit does not mature. But that on the good ground are they, which in an honest and good heart having heard the word, keep it, and bring forth fruit with patience."

Continue by asking:

4. What is Jesus saying about us in this story? Which of these seeds do you relate to right now?

5. Can you see more than another flower in the seed you are holding? Can you see the possibility of a whole field of flowers? Discuss what might be a "field of flowers" in our own lives? (Some possibilities to discuss are future generations; people in our lives that we influence are our fields of flowers; the world might be our field of flowers.)
6. The theme of Conference is BECOME. Tonight we plant the seed idea of BECOME in our consciousness. How does this theme relate to you? How would you like to see this seed idea grow in your own life this week?

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## ACTIVITY 6: CLOSING CIRCLE (5 min.)

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Stand in a circle with arms around each other and do a group hug. Close with prayer using the Fillmore quote, "Your body is the soil in which God's life is planted," then fuzzies all around.

**GROUP MOVEMENT:** At 9:30 begin to move to Activities Center. Activities begin at 9:45



## WORKSHOP II — Tuesday 10:45 a.m. - 12:30 p.m.

### THEME: Decide to Become

#### Following: International Officer Workshop

**CONCEPT:** Once the seed is planted, conditions need to be right for it to sprout and even then it moves through the darkness of the earth before reaching the light. This is like our inner urging and trusting in a deeper meaning for our lives...we have the choice—to decide to become. As children of God, we all have within us everything we need...we will explore our doubts and not feeling “spiritual enough.” God does not judge us, why do we judge ourselves and question our divinity? ...we can decide to accept our divinity or ignore it.

#### SCRIPTURE:

And when Jesus decided to be baptized, (Charles Fillmore says that baptism is the spiritual cleansing of the mind—the first step in the realization of Truth) as he came up from the water, the heavens opened and a voice from heaven said, “This is my beloved Son, in whom I am well pleased.”

Matthew 3:17

“Jesus...said to him, ‘Follow me.’ ” John 1:43

#### OTHER QUOTES:

“We will remain unfulfilled unless we nurture the seeds of divinity inside us.” Deepak Chopra

“There is this profound longing in us for completion—for our true nature. Longing for “satisfaction” in any experience is our homesickness for God.” Steven Levine

“Decide...” poem by Robert Muller quoted at the end of this workshop

#### OBJECTIVES:

1. To explore our inner urge to a spiritual path and our decision to become
2. To explore faith and trust needed to begin and continue the spiritual journey
3. To be aware of nurturing our seed of divinity or nurturing other seeds in us
4. To explore “I am a Child of God” at a deeper level by seeing our doubts and resistance to it
5. To follow the seed through the darkness into the light

#### OUTLINE:

| Activity                       | Purpose                                     | Est. Time |
|--------------------------------|---|-----------|
| 1. Opening prayer              | to reintroduce the seed idea                | 2 min     |
| 2. Appreciation Notes          | to introduce take home activity             | 10 min    |
| 3. Discussion: Sacred Question | to explore what started us on path          | 10 min    |
| 4. What seeds do we water?     | to increase awareness                       | 10 min    |
| 5. Shout it out!               | to clear resistance to our spiritual nature | 20 min    |
| 6. Trust lift                  | to accept self as a Child of God            | 40 min    |
| 7. Closing reading: Muller     | to provide closing thought                  | 8 min     |
| 8. Closing circle              | to close with the group                     | 5 min     |

**MATERIALS:** envelope for each person, markers, masking tape  
tape player and soft music

**PREPARATION:** have tape set up in tape player; set tone for sacred activities

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## ACTIVITY 1: OPENING PRAYER (2 min.)

**PURPOSE:** to re-introduce the seed idea

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(Or have YOUers sign up to lead the opening prayers and give them the theme)

Use the following opening prayer or something similar in your own words:

Gently close your outer eyes to shut out the extra distractions. Take a deep breath and let your mind and body be present to this place. Take another deep breath and relax. As we come together today, we are reminded of the sower who sowed his seeds and some fell on the path, some on the rocks and thorns and some on fertile ground. Every day we have an opportunity to choose what kind of seed will be inside of us. Today, is the seed of my divinity in fertile ground or somewhere else: (pause) Deepak Chopra says, *We will remain unfulfilled unless we nurture the seeds of divinity inside us.* It is my choice. God is always available to me. I can choose this day and every moment to begin again. I rest now in the love that God is and I am. Thank You Father, Mother God. Amen.

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## ACTIVITY 2: APPRECIATION NOTES (10 min.)

**PURPOSE:** To introduce a take home activity

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**MATERIALS:** envelopes for each person, markers

**PREPARATION:** none

**DIRECTIONS:**

Pass out an envelope to each person and ask them to turn it over so that the opening is showing and write their name on that side and decorate it anyway they like to personalize it. Have everyone tape their envelope to the wall with the opening showing.

**Do NOT write notes now... (this is a full workshop)**

During the week they will write an appreciation note to each person in the family and put them in that person's envelope. Remind them to write loving, uplifting notes to each other that will be a remembrance of Conference when they go home. Encourage them to write notes whenever they have time throughout the week. The envelopes will be taken home at the end of the week.

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## ACTIVITY 3: DISCUSSION: SACRED QUESTION (10 min.)

**Purpose:** To explore what started us on a spiritual path

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**Materials:** none

**Preparation:** none

**Directions: Input and discussion**

We always have a choice — we decide if we will explore our spirituality or ignore it. Everyone who has come to Conference has tremendous seeds of faith already that have drawn you to this place...at some level you are being called out to seek something greater...Often we become interested in spirituality because of *someone we admire*, or because of a *sacred question* that urges us on. It could be "Who am I" or "What is *really* important in this life" or "How can I make a difference?"

1. Is anyone willing to share what seems to keep them looking for something greater in their life? What motivates you to study the deeper things of Spirit?
2. We are always deciding something. Right now we have the choice to participate fully in this family, in Conference or not. Check inside yourself and see if you are willing to push your comfort zone and fully participate in this Conference.

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## ACTIVITY 4: WHAT SEEDS DO WE WATER? (10 min.)

**PURPOSE:** To become aware of the seeds in us that we water...and what to do.

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**MATERIALS:** none

**PREPARATION:** none

**DIRECTIONS:**

Read the following quote by Thich Nhat Hanh from "Touching Peace":

"...Traditional texts describe consciousness as a field or plot of land where every kind of seed can be planted—seeds of suffering, happiness, joy, sorrow, fear, anger, and hope, etc.... We may be in the habit of manifesting seeds of anger, sorrow and fear in our consciousness; while seeds of joy, happiness, and peace may not sprout up much. To recognize the most wholesome seeds whenever possible (will) help them grow stronger. During each moment that we are aware of (focus on) something peaceful and beautiful, we water seeds of peace and beauty in us, and beautiful flowers bloom in our consciousness. The length of time we water a seed determines the strength of that seed."

**PROCESS:**

1. What are some seeds you have been watering in your consciousness?
2. What do you need in order to nurture your seed of divinity?
3. What are we to do with our unwholesome seeds? It doesn't make us bad or unspiritual to have these feelings. Truth teaches us NOT to resist or push away our unwholesome seeds when they arise....anger, sorrow, will arise and we need to learn to let these feelings be "ok." To "let go" may better be said as "let be." To resist, avoid, or push away such feelings will suppress them and make them stronger later...Thich Nhat Hanh tells us that "practicing" our anger by acting on it in anyway also makes it stronger. When we notice anger coming up, can we simply acknowledge it and let it be there without pushing it away or acting on it? It doesn't make us "bad" or "unspiritual" to have these feelings...and when we don't put energy into them nor attach our I AM to them, they will gradually dissolve. Awareness heals.

Next, we are going to do an activity to recognize some of our resistance and release the energy around it.

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## ACTIVITY 5: SHOUT IT OUT! (20 min.)

**PURPOSE:** To recognize and begin to clear resistance to our spiritual nature.

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**MATERIALS:** none

**PREPARATION:** none

**PART 1**

**DIRECTIONS:**

Close your eyes and listen to these words: Read the scripture:

And when Jesus decided to be baptized, as he came up from the water, the heavens opened and a voice from heaven said, This is my beloved Son, in whom I am well pleased (Matthew 3:16-17). (Charles Fillmore says that baptism is the spiritual cleansing of the mind—the first step in the realization of Truth). Ask yourself silently, Do you know in your heart that you are a son or daughter of God in whom God is well pleased? (*pause*) How does it make you feel to know that you are as holy as Jesus was? Do you have any doubts come up in your mind? Can you believe that God or a higher power is pleased with you? Gently open your eyes.

**LEADER ROLE MODEL:** Give an example of your own of doubts that might come up.... maybe you can't feel holy because you haven't forgiven someone...or you just don't feel spiritual enough. Perhaps, you get angry sometimes...and that makes you feel unspiritual! Let the group give some more examples of doubts they feel. What gets in the way of your feeling holy? Remember, feelings are always true and accepted as is. (No discussion or advice.)

## PART 2

### NEXT: SHOUT IT OUT!

(Leader Note: It may be fun if other families are close by to coordinate this activity and let several families form a circle and shout together...or you may need to go to a hallway or someplace nearby where you won't disturb others.)

#### Directions:

Have everyone stand in a circle and have in mind some doubts they have about being a child of God or being holy. Say, we are going to release some energy around our doubts. Everyone is going to SHOUT OUT at the same time all the things they think keeps them from feeling holy...keep shouting as many things as you can think of and repeat each one as many times as you want...everyone will shout out their own thoughts and we will not be listening to each other. This may seem silly but just have fun with it and be loud! Keep shouting until you feel a release.

**Leader:** You begin the shouting and also be a coach encouraging them to keep shouting very loud...continue for several minutes. Then have everyone shout out—"I am a child of God" several times until they can do it with conviction!

## PART 3:

### CHECK IT OUT!

#### Directions:

Ask everyone to sit and close their eyes again...have them repeat to themselves: "I am holy. I am a child of God in whom God is well pleased." See if it feels more acceptable...Repeat it several times. Are you willing to decide to open to your seed of divinity? In our next activity, you will have an experience much like the flower seed as it opens to the light...

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## ACTIVITY 6: TRUST LIFT and AFFIRMATION (40 min.)

**Purpose:** To experience trust being lifted  
just as the plant pushes through the darkness toward the light.  
(3-4 min./person includes change time of 1 min.—about 40 min.)

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**MATERIALS:** tape player, soft music

**PREPARATION:** set a sacred tone with music, low lights and explanation that this is a loving, caring experience with APPROPRIATE. gentle touch.

**SET UP:** As the seed begins to open, it is in darkness in the earth, but it pushes through the darkness toward the light...in this activity we will do the same...

#### DIRECTIONS for lifting safely:

This can be a beautiful experience of being cared for as God cares for us, if it is done silently and lovingly. This is a silent activity — use signals for each move. Keep the group together. Have the group form two lines facing each other. One person lays down between the two lines on his/her back with eyes closed and arms crossed over their chest. The others position themselves kneeling at the head, the sides, and the legs. (Be sure to bend at the knees so you can lift with your legs rather than bend over and lift with your back.) Smaller people should be at the head and legs. Stronger people should be at the sides.

#### Begin by:

Everyone rests their hands on the person lying down and in silence breathes together and centers for a moment. Then one person takes the lead and begins a light massage with the others joining in and copying the leader's massage techniques—circular, lightly tapping, etc. This allows time for the person being lifted to relax and trust.

**LEADER GUIDE:** Say this or something similar to each person being lifted, "Close your eyes and see yourself being lifted through the darkness to the light...just as the seed is sprouting...moving toward its potential...so you move toward your divine potential. Feel the trust needed to move toward your spiritual potential." (Be sure to use the following affirmation for each person.)

**LIFT AND AFFIRM:** ( over the head)

After about a minute, group members place their hands under the person lying down (Be sure to reach well under the person so they are secure.) The person being lifted needs to stay relaxed while keeping his body straight. At a nod from the group leader, the group begins to slowly lift the person, first waist high, then when ready lift person, being sure he/she is kept level (with some people being taller than others). While the person is high up, have the group affirm together for each one,

***YOU ARE A CHILD OF GOD IN WHOM GOD IS WELL PLEASED.***

After a moment, begin lowering the person, gently placing them on the ground. Have everyone remove their hands and remain quiet for a moment.

Allow everyone who would like to take a turn and be affirmed.

**LEADER:** For those who are not comfortable being lifted, ask if there is an alternative trust activity they would be willing to do...perhaps a massage lying on the floor (imagining moving toward the light) and giving them the above affirmation. Another possibility is to let them be cradled by leaning back in one person's arms (several could do this at the same time) while you guide the experience.

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## **ACTIVITY 7: CLOSING READING (8 min.)**

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**TRY THIS:** Ask everyone to sit and ask someone to read the following poem by Robert Muller our keynote speaker later in the week...ask a second person to read it again softly and slowly. (It is often effective to have one be a girl and the other be a guy.) If they need to focus, have them close their eyes.

### **Decide to Open Yourself**

To God  
To the Universe  
To humanity  
To all your brethren and sisters  
To your inner self.

Open your mind  
Open your heart  
Open your soul  
Open all your being and senses  
To the greatness of Creation  
To the beauty of our Earth  
To the potential of the human race  
To the infinity of your inner self

And you will become the Universe  
You will become Creation  
You will become the Earth  
You will become humanity  
You will become infinity

And you will be at long last be your real,  
divine,  
stupendous self.

Robert Muller

## ACTIVITY 8: CLOSING CIRCLE (5 MIN.)

Stand in a circle. Go around saying one word that expresses your readiness to decide right now to be open to your divinity. Close with a short prayer reminding them that they are a Child of God, reminding them of their divinity.

**GROUP MOVEMENT:** Lunch at 12:30

## WORKSHOP III - Wednesday 10:30 a.m. - 12:30 p.m.

### THEME: Grow

#### Following: Group Workshop

**CONCEPT:** It is time for the seed to really grow. We look at what brought us to this point in our lives, *without judgment*, bless everything for what we have learned and open to new growth.

**SCRIPTURE:**

"And we know that all things work together for good..." Romans 8:28.

"And Jesus said, 'Neither do I condemn you...'" John 8:11

**OTHER QUOTE:**

**OBJECTIVES:**

1. To see where we have been and where we are now
2. To share at a deeper level
3. To practice non-judgment
4. To bless the past and open to new growth

**OUTLINE:**

| Activity   | Purpose                                 | Est. Time |
|--|---|-----------|
| 1. Opening prayer  | to center and connect the family        | 2 min     |
| 2. Life map  | to see what brought us here             | 30 min    |
| 3. Prep for Heart Talk   | to create a safe space                  | 10 min    |
| 4. Heart Talk<br>topic: "What have I learned or<br>What I feel about where I am and<br>where I want to go" | to share at a deeper level              | 60 min    |
| 5. Belly laugh   | to raise the energy of the group        | 5 min     |
| 6. Optional notes  | (if extra time - write notes to family) | —         |
| 7. Closing   | to remember to practice nonjudgment     | 5 min     |

**MATERIALS:**

large paper (11x17), markers, crayons, pens  
hearts, centering meditation

**PREPARATION:** set the tone of the group / do opening centering/connecting after the activity and before the heart talk.

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## ACTIVITY 1: OPENING PRAYER (2 min)

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### Leader:

Have someone open with a short prayer to connect and center the family group. Include daily concept of growing — seeing our past without judgment and opening to grow.

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## ACTIVITY 2: LIFE MAP (30 min)

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**Purpose: To see what brought us to this place in our lives and bless it.  
To set up the heart talk experience.**

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**MATERIALS:** large paper (11x17), pens, markers or crayons

**PREPARATION:** none

### DIRECTIONS:

Pass out paper and markers/pens to everyone. Ask them to close their eyes and think back over their life up to the present and ask:

“What have been the key events and experiences in my life?” For instance, remember any events around my birth or the birth of a brother or sister...maybe when I first started school...significant events in my family or with friends...how about when I went to middle school or started high school?

Recall the experiences and the *feelings* associated with them. Then draw a time-line or a map and allow symbols or words or colors to represent key events. Begin with your birth and end with right now. Allow yourself to reflect on:

“Where am I in my life right now” and how that feels.

Then allow symbols or phrases that arise to be included on your map. When you have some impressions, open your eyes and begin your life map. You may use another sheet of paper to draw or write about any strong impressions that come.

Give them 10 or 15 minutes to finish.

### PROCESSING YOUR MAP (10 min) (NO discussion)

Read the following questions and let them reflect silently:

1. Look at your map and see how you were brought to the present...to this place in time.
2. As you look at your map, see if you can see the events without judging them good or bad, but as a process that has somehow brought you here to Conference.
3. As you look at your map, reflect on what you have learned from each of the experiences represented..... (give them time to reflect)
4. Read the scripture: “And we know that all things work together for good...” Romans 8:28. Can you see how all things have worked together for good to bring you to this point of spiritual awareness? Silently bless each event on your map and give thanks for being here now. (Pause for them to bless the events).
5. As we prepare to begin our heart talk, see if there is something that you have learned that you would like to share with the group.

---

## ACTIVITY 3: PREPARATION FOR HEART TALK (10 min)

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**PURPOSE: Create a safe, loving, connected space**

---

### CENTERING PRAYER:

Always do centering activity (below) before starting a heart talk after reviewing Heart Talk Agreements—(remember many people need to hear these).



## HEART TALK AGREEMENTS

1. Go over following heart talk agreements and check to see if everyone agrees. *(these are unchanging)*
  - a. Only the person with the Heart talks; everyone else listens, giving complete attention and support. There is no response.
  - b. The Heart is passed only to the left—never back or thrown.
  - c. You may choose not to say anything and just pass the Heart to the next person.
  - d. You only talk about how you feel, not about what someone said.
  - e. Listen without advise, criticism, judgments.
  - f. Keep what is shared in confidence (exception: legal reporting of child abuse)
  - g. Be considerate about how long you talk.
  - h. Remain for the whole talk.
  - i. Leader shares first.
  - j. Heart continues until it goes completely around the circle with no one sharing (unless it is necessary to set a time limit.)
2. Have group holding hands with their eyes closed, and do the following centering exercise:

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

---

## ACTIVITY 4: HEART TALK (60 min)

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### Heart talk topic:

What have I learned or What do I feel right now about where I am and where I want to go?

---

## ACTIVITY 5: Belly Laugh (5 min)

---

**PURPOSE:** to uplift the energy of group and get them ready to go out

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**MATERIALS:** none

**PREPARATION:** none

### DIRECTIONS:

Have group lie down zigzag fashion with heads on each others bellies... the person on the bottom says, “Ha .. Ha ...Ha” and begins the group laughing as bellies bounce. May need to tell a joke to begin.

---

## OPTIONAL ACTIVITY 6: APPRECIATION NOTES

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Write appreciation notes for family members and put them in the envelopes if your heart talk ends early and there is extra time or choose activities from the appendix.

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## ACTIVITY 7: CLOSING CIRCLE: (5 min)

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**Leader:**

Re-emphasize before or during closing prayer that Jesus did not judge us and neither should we judge ourselves...judging creates limits...Jesus said, "neither do I condemn you..." for anything you may have done...go and change your ways. If there is time go around and let them give prayer requests and give support to each request.

Remind them to practice non-judgment with everyone today.

**Group movement:** Lunch at 12:30

## WORKSHOP IV — Thursday 10:45 a.m. - 12:30 p.m.

### THEME: Shine

#### Following: God Walk

**CONCEPT:** Taking time to go within (love God) in order to express in the outer (love one another) ("Shine") Jesus set the example of going apart (to the mountain —higher consciousness) then he came down to be in the world...also, Jesus taught joy..."that my joy may be in you and that your joy may be complete." Let your light SHINE today expressing as joy.

#### SCRIPTURE:

Jesus said unto him, "Thou shalt love the Lord thy God with all thy heart and with all thy soul and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself."  
--Matthew 22:37-39

"Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."  
--Matthew 5:14-16

"He (God) is not far from each one of us. For in Him we live and move and have our being." --Acts 17:27-28

"And He withdrew Himself into the wilderness and prayed." --Luke 5:16

"I have said these things to you that my joy may be in you and that your joy may be complete" --John 15:11

#### OBJECTIVES:

1. To experience God's energy through silence, nature, joining
2. To continue working with the idea of the sprouting seed — BECOME
3. To incorporate Unity principles and teachings of Jesus
4. To be aware of the interconnectedness of all life
5. To take peace and optimistic mind set (joy) into lives...practice joy
6. To affirm each other with appreciation notes

#### OUTLINE:

| Activity                       | Purpose                               | Est. Time |
|--------------------------------|---------------------------------------|-----------|
| 1. Creative expression         | to express experience of God Walk     | 15 min    |
| 2. Opening prayer              | to connect the group                  | 5 min     |
| 3. Processing the God Walk     | to integrate God Walk into experience | 20 min    |
| 4. Sharing creative expression | to share spiritual experience         | 10 min    |
| 5. Eye to eye connection       | to be aware of inter connectedness    | 15 min    |
| 6. Appreciation notes          | to appreciate each other              | 15 min    |
| 7. Joy                         | to express child-like joy             | 10 min    |
| 8. Closing circle              | to close with group                   | 10 min    |

**MATERIALS:** newsprint, markers, masking tape, scissors, paper, pens, lots of creative/craft materials

**PREPARATION:** come in from God Walk early and set up creative materials, play quiet music.

Put instructions on the wall. Encourage silence to continue as they enter.

---

## **ACTIVITY 1: Creative Expression (15 min)**

**Purpose: To express experience of God Walk**

---

### **NOTE TO LEADERS:**

The International Team will send everyone out on a God Walk and they will return to your family in silence...return early and have your space ready.

**MATERIALS:** paper, pens, markers, craft items

**PREPARATION:** return early, put out materials, encourage silence

### **DIRECTIONS:**

As your group returns, have them begin creative expression activity maintaining silence.

They can draw, write, meditate, etc...in silence...to express their connection with nature, with God, with silence, with themselves or whatever.

---

## **ACTIVITY 2: OPENING PRAYER (5 min)**

Have someone lead a short prayer to connect and center the group. Use the concept of the day: going within to connect with God and then expressing in the outer (Shine).

---

## **ACTIVITY 3: PROCESSING GOD WALK (20 min)**

**PURPOSE: To integrate the God Walk into our experience**

---

**MATERIALS:** newsprint, markers, masking tape, tape player, mellow music

**PREPARATION:** tape newsprint to wall

### **DISCUSSION:**

1. What did you learn about yourself during the silence?
2. When do you or what makes you feel close to God or a higher power?
3. Brainstorm on chart paper: God is.... (put any words that come to mind—no editing)  
Unity teaches us that God is a loving energy, present everywhere. This energy can be seen, felt, experienced, heard, touched, tasted, and smelled. God is not limited to a flesh and blood body like we have. Jesus called this energy the Holy Spirit. God is everywhere present...in God we "live, move and have our being."
4. Have you ever experienced the energy that is God? How?
5. Jesus said unto him, "Thou shalt love the Lord thy God with all thy heart and with all thy soul and with all thy mind. This is the first and great commandment. (This represents going within) And the second is like unto it, Thou shalt love thy neighbor as thyself. (This represents expressing—or shining—in the outer.) How does going apart and going within help the way you express in the world? Can you give any examples from your own life?"

---

## **ACTIVITY 4: SHARING CREATIVE EXPRESSION (10 min) (Optional)**

**Purpose:** Sharing our spiritual experiences

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**MATERIALS:** each person's creative expression

**PREPARATION:** none

**DIRECTIONS:**

Go around the circle and ask each person to share their creative expression. Remember they have a right to pass.

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## **ACTIVITY 5: EYE TO EYE CONNECTION (15 min)**

**Purpose:** To express in the outer; to be aware of our inter-connectedness—  
that I am an aspect of you and you are an aspect of me.

---

**MATERIALS:** none

**PREPARATION:** get into pairs

**LEADERS:** Guide this activity telling them when to change partners.

**DIRECTIONS:** ("..." means a short pause.)

Ask everyone to find a partner and stand facing each other. Then ask everyone to *close their eyes* and reflect on a time in nature—it may be this God Walk or another time they felt close to nature. Say, "We can learn so much from nature and from being alone in nature. As you reflect on nature, begin to focus on a flower, or a blade of grass or a tree or some growing plant that you are drawn to...now become aware of everything that brought this flower or plant into being...be aware that everything that nurtures it will become an aspect of it...see that the sun is a part of it...and the rain...the wind...the earth...and other plants and animals that nourish the earth...in this one flower or leaf or blade of grass, get in touch with everything that is a part of it...realize the whole universe is here in this single flower...And now silently open your eyes and look into the eyes of your partner...realize here too, that we are both made of the same things...a part of the same universe...that the seed of divinity is in both of us...that I am a part of you and you are a part of me...we are both made in the image and likeness of divine spirit...we are children of God together...now give your partner a hug and silently move to another partner...(give them time to pair up)...silently say to yourself, "I am a part of you and you are a part of me...created in the image"...give this person a hug and silently move to another partner...(give them time to move)...repeat the affirmation again silently...continue to each person in the group... form a circle and sit down for the next activity.

---

## **ACTIVITY 6: APPRECIATION NOTES (15 MIN)**

**PURPOSE:** to continue appreciating each other

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**MATERIALS:** pens, paper

**DIRECTIONS:**

While feeling this connection, allow some time to write appreciation notes to family members for the envelopes. Stop with time for some fun games and closing.

---

## ACTIVITY 7: JOY (10 min)

**PURPOSE:** to express as child-like joy

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**MATERIALS:** possibly ball made of large wad of paper wrapped in masking tape

**PREPARATION:** none

**INPUT:**

Jesus said we should become like children. He taught us to be joyful.

"I have said these things to you that my joy may be in you and that your joy may be complete." John 15:11 So today we will practice joy...by going back to some of our childhood games...(You may ask for suggestions from the group.) These would be fun to do outside.

**GAMES:**

**1. ABC Ball Toss (large paper ball wrapped in masking tape)**

Stand in a circle with some space between and volley the ball back and forth around the circle. With each completed volley, say a letter of the alphabet...begin A and continue to Z. If the ball is dropped to the ground, the group must start over with "A" The goal is to get all the way through the alphabet.

**2. Duck, Duck, Goose**

Sit in a circle with one person walking around the outside touching each person saying, "Duck, duck..." until he says "goose" The person named "goose" must get up and race around the circle to tag the person before they can get back to the vacated space and sit down. This can be a rowdy game...be sure objects are out of the way...you may want to require "walking fast only."

---

## ACTIVITY 8: CLOSING CIRCLE (10 min)

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Bring the group into a closing circle. Go around the circle and let each person complete the following statement: "One thing that brings me joy is...." Finish with a prayer of thanksgiving for the opportunity to experience God in the silence, nature, and in our joy.

**GROUP MOVEMENT:** Lunch at 12:30

**WORKSHOP V- Friday 10:15 a.m. -12:00 noon**  
**THEME: Life's Miracle**

**Following: Communion Ceremony**

**CONCEPT:** Looking at the miracles in our lives and touching our dreams by experiencing our Christ...our greatness.

**SCRIPTURE:**

"Christ in you, the hope of glory" --Colossians 1:27

"But with God all things are possible." --Matthew 19:26

"But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance."  
--Galatians 5:22-23

**OTHER QUOTES:**

"There are only two ways that you can live. One is as if nothing is a miracle. The other is as if everything is a miracle. I believe in the latter." --Albert Einstein

"Who we wish we were is so much smaller than who we really are...If you made up the most remarkable composite of who you think you are, it wouldn't even be close...to the truth." --Steven Levine

"When a good idea is entrusted to you, don't be too hasty in sharing it with others. Hold it in your mind and heart for awhile...Any plant to be strong and healthy must have a good root system, anchored firmly in the ground. Ideas, too, should be well rooted before they are subjected to public exposure, where scorn, indifference, or too much talk sap them of their life and substance. --Reverend J. Sig Paulson

**OBJECTIVES:**

1. To look at the miracles in our lives
2. To experience the Christ presence
3. To explore our "dreams" and prepare for the Dream Bench
4. Explore God's plan for our lives...the bigger picture

**OUTLINE:**

| Activity                      | Purpose                                       | Est. time |
|-------------------------------|---|-----------|
| 1. Opening prayer             | to center and connect the group               | 5 min     |
| 2. Check-in                   | to share how Conference is going              | 10 min    |
| 3. Miracles discussion        | to explore the daily miracles in our lives    | 10 min    |
| 4. Meditation & time-line     | to get in touch with Christ Spirit and dreams | 30 min    |
| 5. Dream catchers             | to create a reminder to take home             | 30 min    |
| 6. Optional activity          | to complete envelopes                         | 15 min    |
| 7. Closing circle: Spiral Hug | to close                                      | 5 min     |

**MATERIALS:** materials for dream catchers, pens, 11x17 paper for each person

**PREPARATION:** none

---

## ACTIVITY 1: OPENING PRAYER (5 min)

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Have someone lead a short opening prayer to center and connect the family group. Be sure to include the daily theme and concept: Life is full of miracles. "Christ in you, the hope of glory." Or as Albert Einstein says, "There are only two ways that you can live. One is as if nothing is a miracle. The other is as if everything is a miracle. I believe in the latter."

---

## ACTIVITY 2: CHECK-IN (10 min)

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**PURPOSE:** To share our Conference low and high so far

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**MATERIALS:** none

**PREPARATION:** none

**DIRECTIONS:** Take a few minutes to go around the circle and let each person share a low and high point of Conference so far.

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## ACTIVITY 3: MIRACLES (10 min)

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**PURPOSE:** To explore the daily miracles in our lives.

---

**MATERIALS:** none

**PREPARATION:** none

**DIRECTIONS:**

Discuss the following questions:

1. What does the word "miracle" mean to you? What do you think of when you hear the word "miracle?" (often we think of Jesus miracles of healings or something grand.)
2. Can you think of some everyday "miracles" in your lives? Please share some.
3. Read the scripture: "But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance." (Galatians 5:22-23) What does "fruit of the spirit" mean and how might these be miracles in our lives? Are these things that we value?
4. In our next activity we will have an opportunity to get in touch with God's plan for our lives...how do you feel about the idea that God may have a plan for you?

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## ACTIVITY 4: MEDITATION AND

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### Future Life Line (30 min)

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**PURPOSE:** to get in touch with our Christ spirit and our heart's dream

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**MATERIALS:** pens, large paper (11X17)

**PREPARATION:** none

**DIRECTIONS:** Have everyone become comfortable but alert as you read the following meditation: ("..." means a short pause.)



Close your eyes and relax into your breath. Take a deep breath, hold it...and release. Take another deep breath, hold it...and release. Allow your breath to become natural (not controlling it) and with each rising and falling of the breath allow your body to relax a little more... As you focus on your breath, let your thoughts fade...let your mind become open and spacious...taking in all sounds around you...let the sounds around you bring you into this moment...feel all physical sensations in your body...become present to what is happening right now...notice the position of your body, your body touching the floor or the wall...be completely aware of yourself sitting or lying here in this room, and of the rising and falling of your breath... Now become aware of a light in front of you...a very bright light...becoming larger and brighter...and as you watch the light, you see a form within the light...let this form represent the Christ presence...Feel the love radiating from this light into your body...the form in the light now moves toward you and opens its arms wide...and then you feel yourself being embraced...you have never felt so much love...and as you feel embraced, the light moves into and joins with you...it becomes you...the light and you join together as one...the Christ in you awakened...feel light and warmth in every cell of your body so that you radiate the light...the Christ in you is your greatness...you as your human self may not seem great, but the Christ in you is always that greatness...greater than anything you can imagine in your wildest aspirations...“Christ in you, the hope of glory”...(silence)...and in that greatness is God’s divine plan for you...your heart’s longing for its highest purpose...urging you on...And now ask yourself silently: What is my purpose—God’s plan for me?...what is my wildest dream for the future? ...What do I see myself doing when I am 25 years old?...30?...40?... what are my talents?...What brings me joy?...What activities do I get lost in? ...What am I passionate about?... When I get to be 80 years old and look back at my life, what do I want to see that I have accomplished?...one or more careers?...a family?...friends?...How would I like to grow spiritually?...don’t let your mind limit you...express what your heart tells you no matter how outlandish it may seem...let the ideas flow without limits...open and spacious...And now in a few minutes, you will *silently* open your eyes and begin to create a time line or future life map from the present for the rest of your life...what does your life look like in 5 years?...in 10 years?...in 50 years?...what is your personal “dream” for the future?...so when you are ready...slowly begin to be aware of your breathing, move your fingers and toes...and when you feel ready very slowly open your eyes and begin creating the rest of your life map or time line...

#### MY FUTURE LIFE MAP OR TIME-LINE:

Give them 11x17 paper. Allow them 5-10 minutes to continue their time line or life map. Ask everyone to remain silent and not disturb those who still need time to finish.

#### PROCESSING:

1. **LEADER (important):** Tell them that if they have any ideas that they have thought about awhile, it can be powerful to use the spoken word to establish their intention ..... however, if they received new ideas in this process, those may need to be pondered in the heart awhile because to speak of them may dissipate the creative energy that is still in its developing stage.....

Unity teaches us, as Reverend J. Sig Paulson states: (read)

“When a good idea is entrusted to you, don’t be too hasty in sharing it with others. Hold it in your mind and heart for awhile. Any plant to be strong and healthy must have a good root system, anchored firmly in the ground. Ideas, too, should be well rooted before they are subjected to public exposure, where scorn, indifference, or too much talk sap them of their life and substance.”

**Go around the circle and let anyone share their life’s time-line if they feel ready.**

Say...Sometimes dreams need to be pondered in the heart until they feel more solid. So only those dreams that feel solid may be shared at this time We need to honor those who pass ....

2. Talk about the Dream Bench idea and its location on Unity Village grounds (this information will be given to you at Conference) See if your group would like to meet together at a meal time or free time to go together to the Dream Bench...you can sit together as a group at the location.
3. Moving toward our dream is a process that takes a lot of trust in something greater than ourselves...our dreams are often too small....Steven Levine says, “*Who we wish we were is so much smaller than who we really are...if you made up the most remarkable composite of who you think you are, it wouldn’t even be close ...to the truth.*” We are all destined for greatness as the seed of our divinity blossoms. We may not know what it looks like, but it is our job to keep moving and trust...it is harder for God to direct us if we are standing still.
  - a. Can anyone share an experience where what happened was so much greater that they could have imagined? (Leader give an example.)
  - b. Have you had any more insight into God’s Plan? Is anyone willing to share?

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## ACTIVITY 5: MAKING DREAM CATCHERS (30 min)

**Purpose:** To have a reminder to take home

*Full directions in Appendix No. 2*

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**MATERIALS:** dream catcher supplies

**PREPARATION:** Before you come to Conference study (practice) the steps for making dream catchers in the appendix.

**DIRECTIONS:**

**Leader's note:** Do not be intimidated by the directions in the appendix. If you are not excited about crafts, see if one of the YOUers in your family group is...perhaps give them the directions a day or two before and ask them to help direct the process. Some of your YOUers may have already made dream catchers.

Encourage them to make small dream catchers, no wider than their hand. Every dream catcher will be unique and wonderful.

Have them take their dream catchers with them at the end of the family workshop.

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## (OPTIONAL) ACTIVITY 6: FINISH APPRECIATION ENVELOPES

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**DIRECTIONS:** Appreciation envelopes need to be finished today...so if there is extra time in this workshop check with your group to see if everyone has written notes to everyone....if your group is complete with this activity you may choose some other activity from the Appendix.

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## ACTIVITY 7: CLOSING CIRCLE: (5 min)

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**SPIRAL HUG:**

Have the group stand in a line holding hands with you at one end and someone you designate at the opposite end. Tell this person to stand still so that you can spiral the group gently around him/her. Begin to lead the group in a wide spiral around the person at the other end who is stationary. When the spiral is tight, stand still in silence for a few moments and allow everyone to experience the effects of the group hug (its very effective to lead the group in the "OM" three times or close your eyes and breathe together three times or simple give a meal blessing. Then begin to lead the line out of the spiral. *When everyone is out lead the entire group hand in hand to lunch.....*

**NOTE: LUNCH IS AT 12:00 TODAY. REMIND GRADUATING YOUers to go to the head of the lunch line and go to the Garden Room for their special luncheon.**

**Group movement:** Lunch at 12:00 (note change!)

## WORKSHOP VI - Saturday 8:15-9:15 a.m.

### THEME: Changing the World

#### Following: Breakfast

**CONCEPT:** Look at how the flower changes the world and explore our influence in the world. See how voting in the election is an important influence.

#### SCRIPTURE:

"And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak, for she said, 'If I but touch his clothes, I will be made well.' Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, 'Who touched my clothes?' And his disciples said to him, 'You see the crowd pressing in on you; how can you say, 'Who touched me?' He looked all around to see who had done it. But the woman knowing what had happened to her, came trembling, fell down before him, and told him the whole truth. He said to her, 'Daughter, your faith has made you well; go in peace.'" --Mark 5:25-34

#### OTHER QUOTES:

"We find that changes come gradually, and they come through work." --Charles Fillmore

"The war stops here." --Steven Levine

"It all begins with me." --author unknown

#### OBJECTIVES:

1. To be aware of how we influence each others lives
2. To prepare for the election

#### OUTLINE:

| Activity                  | Purpose                                    | Est. time |
|---------------------------|--|-----------|
| Pre-activity              | to be sure appreciation notes are finished | —         |
| 1. Opening prayer         | to center group and introduce daily theme  | 5 min     |
| 2. Making our mark        | to have physical symbol of our influence   | 30 min    |
| 3. Meditation on election | to become aware of consciously voting      | 15 min    |
| 4. Closing circle         | to see the difference we can make          | 10 min    |

**MATERIALS:** eye liner pencils

**PREPARATION:** arrive early and clean workshop space (this will be your last workshop in this space)...gather materials (except for eye liner pencils) in your bag so you can take them with you after this workshop and keep them for tomorrow.

---

## PRE-ACTIVITY: APPRECIATION NOTES

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If anyone has not finished their notes to other group members, have them do it as others arrive...then put all the envelopes in your bag to be given to group members tomorrow at the last workshop.

---

## ACTIVITY 1: OPENING PRAYER (5 min)

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Have someone open with a prayer to center the group and introduce the theme and concept for today: **CHANGING THE WORLD** — we *always* have an influence on the world.

---

## ACTIVITY 2: MAKING OUR MARK ON THE WORLD (do not omit)

**PURPOSE:** To have a physical symbol of the mark we have on each other  
(everyone will go to the election with a symbol they can see)

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**MATERIALS:** eye liner pencils for everyone

**PREPARATION:** set a sacred tone for this activity

### PART 1

**DISCUSSION:** (20 min)

1. How can a single flower change the world?

2. Read the following story:

“And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak, for she said, ‘If I but touch his clothes. I will be made well.’ Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, ‘Who touched my clothes?’ And his disciples said to him, ‘You see the crowd pressing in on you; how can you say, ‘Who touched me?’ He looked all around to see who had done it. But the woman knowing what had happened to her, came trembling, fell down before him, and told him the whole truth. He said to her, ‘Daughter, your faith has made you well; go in peace.’” Mark 5:25-34.

In Unity we look at the Bible stories metaphysically. In this story, touching the hem of Jesus’s clothes represents touching his consciousness...because Jesus went away to pray before he entered the crowd, his consciousness was in a higher state. We can be that for each other. Reflect for a moment on how our everyday actions and consciousness have an effect on the world around us? Can you give an example?

3. As a spiritual being “becoming” your Christ potential, what influence would you like to have on others? on the world?

4. We hear it said, “It begins with me.” How does this relate to changing the world? Steven Levine says this in another way, “The war stops here.” What war am I ready to stop right here with me?

### DO NOT OMIT:

5. Think of a symbol that represents the highest influence you would like to be in the world ... the “mark” you want to make with your intention and your energy....you are going to see this “mark” on someone as a physical symbol of how you make a difference in each others lives. (Part 2: Action) below

### PART 2: ACTION: (10 min)

Have them pair up and use the eye liner pencils to draw that symbol (make their mark) on their partner’s face. This is their mark on the world.

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### **ACTIVITY 3: MEDITATION ON ELECTION/DISCUSSION (15 min)**

**PURPOSE: To become aware of how we change  
the world to vote consciously in the election.**

---

**MATERIALS:** none

**PREPARATION:** none

**DIRECTIONS:**

Tell them that following this family group, they will be going to the business meeting and electing the next International Team.

1. Ask them to close their eyes and meditate in silence for the next few minutes on the election....ponder the qualities they want in their leaders...the values they hold dear... and the blessing each candidate might bring to the team..

**LEADER:**

Give them 5-10 minutes of silence ( you may want to play music) Then bring them gently out of the silence and continue the discussion:

2. Why is voting in this election important?
3. How does everything we do *or don't do* change the world?
4. Let them go around and tell about the symbol they put on their partner's face.

**REMIND THEM** that they will wear their "marks" to the election...as they see the "mark" on each person at the election, let it be a reminder that we do make a difference in each others lives and in the world....

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### **ACTIVITY 4: CLOSING and CLEAN UP (10 min.)**

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**Leader:**

Be sure your space is picked up and that you take your bag of materials with you. Then close with a prayer for the election of officers and a hugs all around.

**Group Movement:** Move immediately to Activities Center for elections.

## VII - Sunday 8:15-9:00 a.m.

**THEME: 24 / 7 / 365**

### Following: Breakfast

**CONCEPT:** Living our potential in the world 24 hours a day, 7 days a week, 365 days a year. We will explore what we can use to trigger our "remembrance" of what we have learned this week.

**SCRIPTURE:** "But be ye doers of the word, and not hearers only." --James 1:22

#### OTHER QUOTES:

"Practice the presence of God the way you would practice music." --Emilie Cady

"Your body is the soil in which God's life is planted." "The seeds Jesus Christ atoms are here everywhere."  
--Charles Fillmore

"Decide to Lookout" (quoted at end of workshop) --Robert Muller

#### OBJECTIVES:

1. To explore the daily theme
2. To see what I have learned and what I intend to do
3. To close with the group
4. To provide an inspirational focus for going out

#### OUTLINE:

| Activities                   | Purpose                                     | Est. Time |
|------------------------------|---|-----------|
| 1. Opening Prayer            | to center the group and set up the theme    | 5 min     |
| 2. 24 / 7 / 365              | to explore the daily theme                  | 10 min    |
| 3. Letter to myself          | to provide a concrete look at my experience | 10 min    |
| 4. Closing Ritual: Love Line | to feel close to my family group            | 20 min    |
| 5. Closing: Decide Poem      | to provide a closing thought                | 5 min     |

**MATERIALS:** 12 stamped envelopes (you bring), pens, paper, appreciation envelopes (to take home)

**PREPARATION:** none

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## **ACTIVITY 1: OPENING PRAYER (5 min)**

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Have someone lead an opening prayer to center the group using Emilie Cady quote: "Practice the presence of God the way you would practice music."

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## **ACTIVITY 2: 24 / 7 / 365 (10 min)**

**PURPOSE:** to explore daily theme

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**DIRECTIONS:** Discussion

1. What does this theme mean: 24 / 7 / 365? Emilie Cady says "Practice the presence of God the way you would practice music." How do you feel about that?
2. How does this daily theme relate to the Conference theme, BECOME?
3. Go around letting each person respond to: What is one helpful thing I am taking from this Conference? What might trigger my memory of it or remind me to use it?

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## **ACTIVITY 3: LETTER TO MYSELF (10 min)**

**PURPOSE:** to remind myself of what I have learned and dreamed.

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**MATERIALS:** 12 stamped envelopes (you bring), paper, pens

**PREPARATION:** pass out materials

**DIRECTIONS:**

Tell them they are to write a letter to themselves about what they want to remember about Conference. No one else will see it. Some ideas they might want to include:

- thoughts on BECOME that they want to remember
- one thing they have decided to apply to their life from this Conference
- something to trigger their remembrance of Conference
- the connection they feel with a higher power
- what they would like their spiritual practice to be when they leave Conference.
- any ideas or insights they have had during the week
- how they feel about their dreams or God's Plan

When they finish, address the envelope to themselves and insert the letter. Leaders: check to be sure the address is readable and complete with zip code; bring these letters to the Activities Center. These will be mailed back to them at the end of the year.

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## ACTIVITY 4: CLOSING RITUAL: LOVE LINE (20 min)

**PURPOSE:** personal affirmation and closing with the group

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**MATERIALS:** none

**PREPARATION:** set the tone

Bxxxxxxxxxxxxx A (givers)

A —> (receivers)

**DIRECTIONS:** (We will demonstrate this at the leader meeting)

Have the group stand in one line. The person on the far right end (A) begins by turning to face the next person (B) in line (the person moving becomes the receiver — does not respond). He moves down the line to each person who hugs him/her and whispers appreciation in his/her ear. Keep it moving by having the next person (B) begin as soon as (A) moves to the next person. A solid line of receivers moves along the line of givers and then after receiving appreciation from each person in the line, he/she joins the line at the end to become a giver. Only the givers are talking.

---

## ACTIVITY 5: CLOSING: READING (5 min)

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Ask a YOUer to read the following poem as a closing thought for leaving; then have a second YOUer read it again softly and slowly:

### Decide to Lookout

For any sign of God  
For any occasion to do good

Let the divine flower in you  
think from morning to evening  
What else you can do for the good  
of the world

Turn every stone you can  
To look for a hidden opportunity  
to do good  
Put many irons in the fire  
Be convinced that God is watching you,  
loving you  
and helping you

He will send endless opportunities  
to do His will

And open your eyes, mind and heart  
to the astonishing miracles of life  
to the beauty surrounding you  
to the uniqueness of your being  
to the wonders you can achieve

And your life, centered on its inborn  
divinity

Will become what it was always  
meant to be:

a cosmic masterpiece  
a jewel in the universe  
a shining proof of God.

--Robert Muller



HAVE A GROUP HUG AND A YEA GOD!

Make an agreement that everyone will wait until they get home to open their appreciation envelopes. Give them out.

**LEADER:**

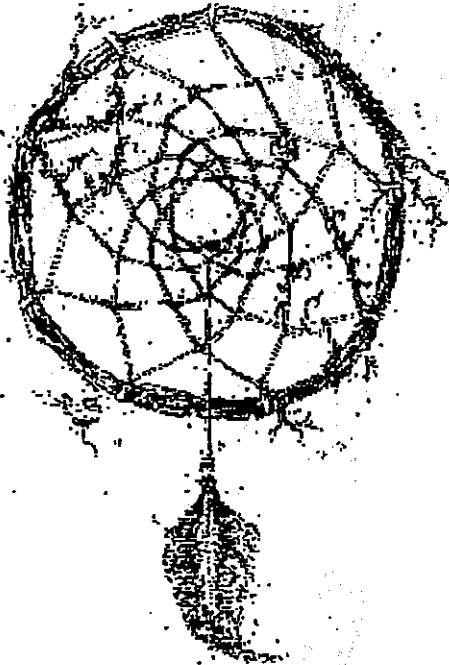
Take your workshop supplies and letters to the lobby in the Activities Center. Thank you for making a difference this week—giving of your love, time and attention to others.

**YOU ARE LOVED AND APPRECIATED!**

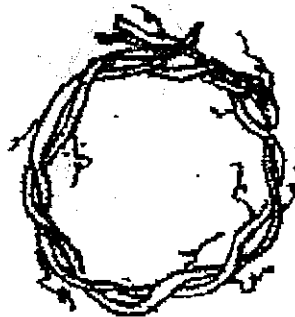
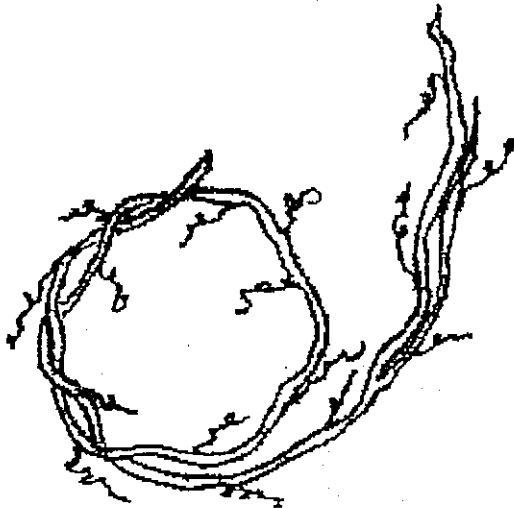
**GROUP MOVEMENT:** Be in the Activities Center by 9:15.

**BLESSINGS !**

# DREAM CATCHERS

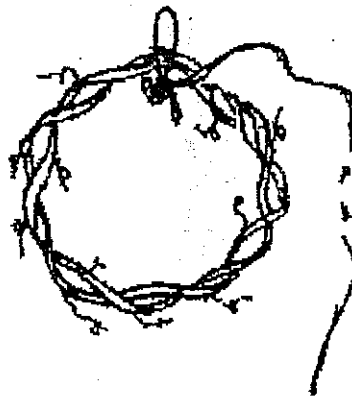
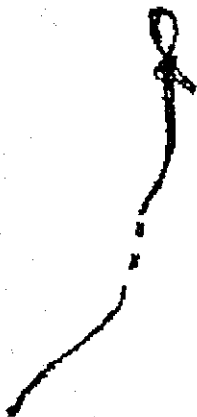


## Instructions for Making Dream Catchers



1. Using 2 - 6 ft. of soaked willow (or grapevine), carefully bend the vine around to form a circle with a 3 - 8 in. diameter. You decide on the diameter, but traditionally dreamcatchers are no wider than adult's hand.

2. Twist the piece you are bending, around the circle you have made to strengthen the vine hoop.

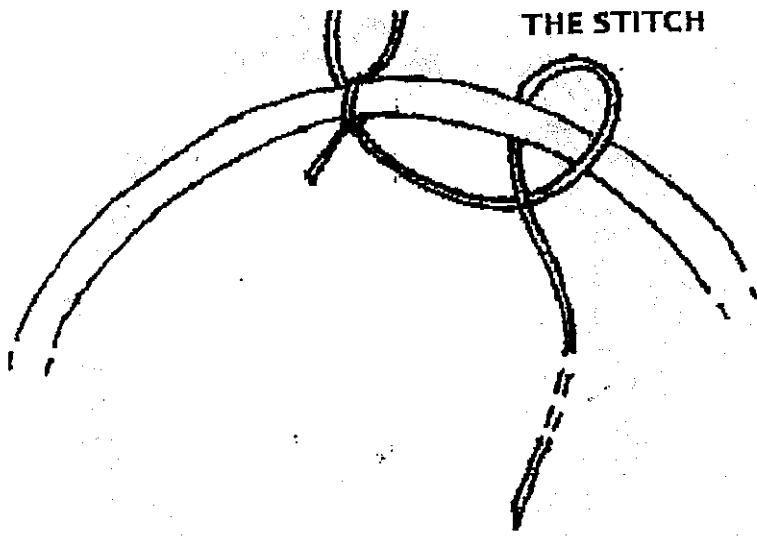


3. Use 4-16 ft. of strong but thin string (the length is determined by the diameter of the hoop).

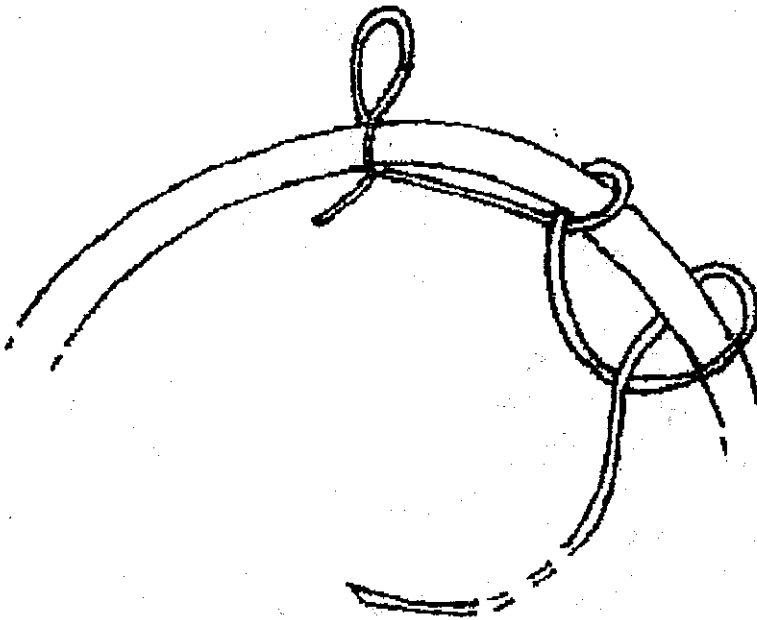
**Knot a loop in one end from which you will hang your dream catcher when it is done.**

4. Tie the hanging loop around the top of your dream catcher (or at the weakest point of your hoop).

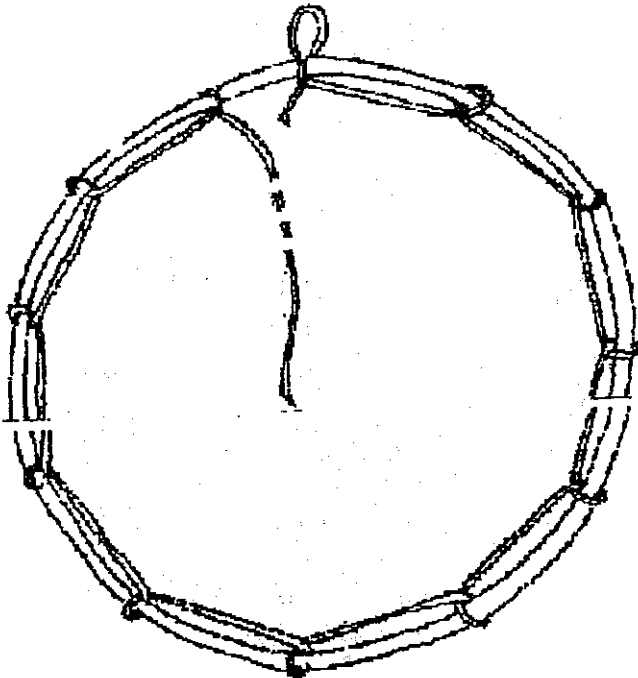
## THE STITCH



5. The dream catcher repeats the same stitch from start to finish. To start, hold the string and place it loosely over the top of the hoop. Move the string around to the back of the hoop (forming a hole) and pull the string back through the hole you just made.



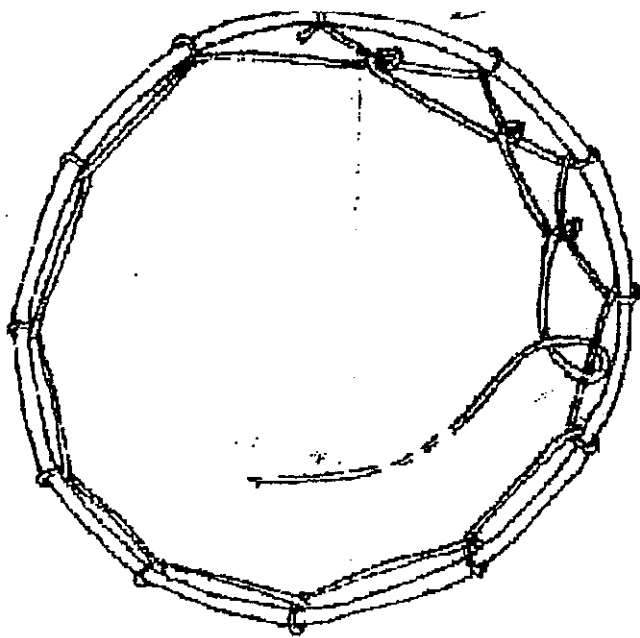
6. Pull each stitch taught but not too tight or it will warp the hoop of the dream catcher and it will not lie flat when it is done.



7. Continue the same stitch for the first round around the hoop of the dream catcher. Space the stitches evenly, about 1 1/2 to 2 in. apart (making 7 to 13 stitches around the hoop).

8. The last stitch of the first round should be placed about a half inch away from the the hanging loop.

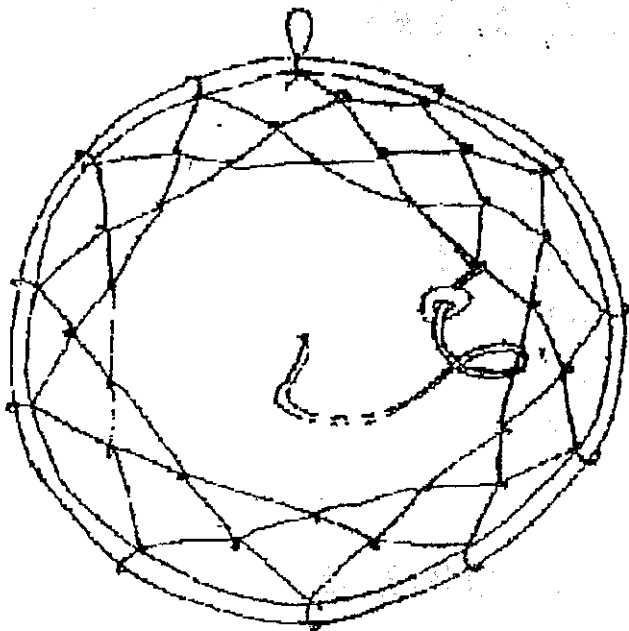
**STITCH FOR THE SECOND ROUND.**



9. On the second and subsequent stitching rounds, place the string around the center of each stitch from the previous round (rather than around the hoop).

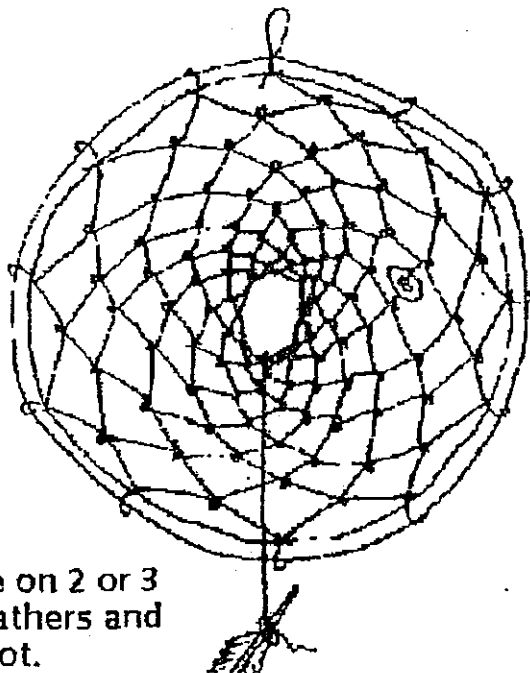
10. As you pull each stitch tight, the string from the previous round should bend towards the center of the hoop slightly, forming a diamond shape. You should see the spider web beginning to form.

11. On the third or fourth round add a bead to represent the spider in the web. Simply place the bead on your string and continue stitching as usual.



12. Continue stitching towards the center of the hoop. Eventually, the stitches become so small that it is difficult to pass the string through. Make sure you leave a hole in the center of the dreamcatcher.

13. Stop stitching at the bottom of the hole in the center of the dream catcher. End by stitching twice in the same place, forming a knot, and pull tight.



14. You should have 6 - 8 in. of string to tie 2 or 3 feathers which dangle from the center of the dreamcatcher.

Tie on 2 or 3 feathers and knot.

Tie on 2 or 3 feathers and knot.

# ***APPENDIX***

## **1. OPTIONAL**

Games

and

Trust Builders

## **2. DREAM CATCHERS**

# GAMES

## Moving Name Game (Icebreaker)

Instruct the group to sit in a circle. Ask members to pick a series of movements that they can do to the beats in their first name as they say it. Suggest they pair up and help each other think of something good. Begin with yourself or a volunteer. Do the motion as you say your name. After you do it, ask the whole group to repeat it with you. Progress to the person on your left. After he/she does his/her motions, instruct the group to repeat his/hers then yours. Continue this way until you've gone all around the circle.

## If You Came to My House (Icebreaker)

When everyone is present and settled, ask the group to share using this statement, "If you came to my house I would be proud to show you \_\_\_\_\_." This works well. It's simple and can be as in depth or basic as each person wishes. You'll be surprised at how much you'll learn about each other using this activity.

## Zip Zap Zoom (Icebreaker-Name Game)

Players may stand or sit in a circle. Each must learn the name of the person on his/her right and on his/her left. A person in the center of the circle points to anyone in the circle and says, "Zip" or "Zap" or "Zoom" and then counts to five. For example: "Zap, one, two, three, four, five." If he/she says "Zip" the person to whom he has pointed must name the person on his/her right before five is reached. If "Zap" is said, he/she must name the person on his/her left. If the caller says, "Zoom" the person to whom he/she has pointed must say his/her own name. To move things quickly, there may be more than one person in the center.

## Do This And Add Something (Icebreaker/Game/Closing)

Players sit in a circle. The leader performs some type of action. The person to the right repeats the leader's action and then adds one of his/her own. Keep repeating and adding motions as you move around the circle. Example of actions include: waving hands, shaking feet, clicking fingers, etc.

## Hug Tag (Game - best outside)

In this game of tag a person is "safe" (cannot be tagged) as long as they are hugging someone. Each hug, however, can not exceed 5 seconds. A person can be tagged by the person who is "it" if he/she has been hugging the same person for in excess of the amount of time. Variation: can change it to must be hugging 2 people (clump of three).

## QUICK ENERGIZERS OR STRETCH BREAKS

### Four Up

We all start sitting down. Anyone can stand up whenever she or he wants to, but you cannot remain standing for more than five seconds at a time before you sit down again. Then you can get right up again if you want to. Our object as a group is to have exactly four people standing at all times.

**Note:** if your group is on the floor it might work better to have people kneel on their knees and just rise up or sit back on their knees rather than stand. Chairs work great.

### 1-2-3-4

Hop around on either your left foot or your right foot....now get together with two other people who are hopping on the same foot you are (need groups of three).

The three of you stand facing each other holding one fist clenched in front of you. Shake your fists up and down in unison (together) four times and say together "one, two, three, four!" Those are the only words in the whole game. On the count of four, each of you puts out any number of fingers from zero to five. The object of this game is, without ever talking to each other, for the three of you to have exactly eleven fingers out.

**Variation:** Once you've gotten to eleven, try getting to 23 with each of you shaking two fists at the same time and putting out any number from zero to ten fingers each.

### **Imaginary Ball Toss (also Name Game)**

Stand together in a circle. Leader holds up an imaginary ball...see that it has weight and size (decide if it is to be a tennis ball or beach ball) Leader show how you throw it up in the air with one hand and catch it with the other. Leader calls out someone's name and tosses them the ball. (It's ok if you don't know the person's name, just ask.) That person then calls out someone else's name and tosses it to that person. Have everyone catch it once before anyone catches it a second time. As you go around the circle remember as many names as you can. After it goes around and everyone gets the idea, anyone with the ball can change what it is...**Example:** Jerry, it's no longer a tennis ball its a basketball....It's a watermelon....It's an egg...etc.

## **TRUST BUILDING**

### **Circle Back rub Massage**

Instruct the group members to sit or stand in a circle and turn to give a backrub to the person on their right and receive one from the person on the left. After awhile switch so that they will give a backrub to the person on their left.

**Variation: Raindrop Massage:** Go from light rain to storm to light rain:

Begin massage with light tapping with fingers over entire back area, then move on to stronger rain by tapping harder, as thunder approaches begin slapping gently with full hand, then stronger, and finally go in reverse and come back to the light tapping....finish by generally taking palms of hands and in circular motion rub entire back area.

### **Trust Circle (Willow in the Wind)**

Players stand in a circle (can be 2 groups of six), shoulder touching and one foot well behind the other to brace themselves. One person stands in the center with his/her eyes closed and arms crossed over his/her chest. Knees should be locked, back straight. When ready he/she leans back keeping his feet on the ground and only bending at the ankles (not waist or knees) He is then passed around the circle...group members need to be alert and braced to catch the person unexpectedly. Continue and then gently stand the person upright and allow everyone's hands to remain on the person, blessing them for a moment. Everyone has an opportunity to be in the center....Be gentle and loving with touch and don't get silly with this one or it can feel threatening to new people.

### **Octopus Massage**

Divide the group into two or three groups (at least 4-5 persons each) Ask for a volunteer in each group to lie face down in their group. The other people position themselves at the head, sides, and the legs. Gently place all hands on the person in silence without massaging for a moment to center and focus the group. Then begin massaging lightly (you may want to ask the person what they want — hard, light massage—no massage in certain area—respect his/her wishes?) Vary technique—circular, light tapping, etc. It is important that the receiver be able to trust this group. No tickling, pinching, etc. This person needs your gentle friendship to know he is loved. (If someone does not want lie down to be massaged—they might like something else like a hand massage or a massage sitting in a chair.)

### **Trust Walk**

One partner closes his eyes and is led around blind by the other partner...moving through and over and around things. The blind person needs to always have contact with his partner and be able to rely on him completely. It is the guide's responsibility to assure his partner's safety at all times...no tricks. Reverse roles and repeat. Designate a time to return to the group.

### **Yurt Circle**

Form a circle with an even number of players. All face the center standing almost shoulder to shoulder and holding hands. Go around the circle and one person says, "In" and the next says, "Out" and so on. When you have finished, each "in" should be between two "outs" and visa versa.

Count to three, and the Ins lean toward the center and the circle while the Outs lean back. We all keep our feet stationary and support ourselves with our hands. With a bit of practice, we can lean amazingly far forward and backward without falling.

Once the Yurt is stable, try counting to three and having the Ins and Outs switch roles while we continue holding hands. If you get really proficient, you can try switching back and forth in rhythm.



## **Car Wash (Love Wash)**

Have the group form two lines facing each other. One person at the top of the formation will begin by being the "car." She/he will close her/his eyes and slowly move down through the middle of the lines. The people in the lines will gently rub, pat, massage, until the person is at the end of the formation. The person must always have someone in line touching and guiding them down the formation. Never let someone be standing alone without guidance. At the end, the person falls into the end of the line to become part of the guides. More than one person can be moving through the car wash, but leave enough space that they are not bumping into each other.

*Variation:* You may say affirmations, or appreciate person moving down the lines by whispering in their ears as you massage them.

## **Stand Up**

Sit on the floor with a partner back to back, feet in front of you, arms linked. Then try to stand up together. When you succeed add another twosome and try again. Keep adding on until the whole group stands up together.

## **Knots**

Form a circle. Step in until everyone is close. Then reach out with both hands and take the hands of two different people and not the person on either side of you. The object is to try to untie the knot of people to get into a circle (or may be two circles) without breaking any of the grips of hands. You may untwist hand grips and its ok if some people end up facing out and some into the circles.

## **Trust Fall and Cradle**

Divide group in half and have them line up facing each other. One person stands on the edge of a table with his back to the group lined up (shoulder to shoulder). He folds his hands across his chest (important so that he does not hit someone) closes his eyes and says, "Ready to fall" The group positions themselves with arms close together overlapping ready to catch....when ready they respond, "Ready to catch" The person on the table then responds when ready, "Falling" and falls backward with body straight without bending his knees (do not sit into group as this is difficult to catch) and is caught by the group. It is important that the group pay close attention and have their arms side by side with each other ready to catch each person. The person who falls then keeps his eyes closed while the group gently rocks him (head supported) for one minute and then gently puts him down on the floor or raise him to a standing position. Cradling should be done quietly and gently to make each person feel safe and loved.

## **Mirroring**

Partners stand facing each other. One becomes the mirror image of the other's bodily movements. With hands in front, palms toward partner, they move expressively. Then reverse roles and repeat. This is fun to do to instrumental music especially something with varying rhythms.

## **Feeling Faces**

With eyes closed, partners stand face-to-face, exploring each other's face very gently with their hands.

## **Machine Add on**

One at a time each participant stands up and imitates a part of a machine, using his body for active parts and his voice for machine-like sounds. After one person is up and moving, the next goes up and attaches to the first adding on a different movement, etc. The leader can ask the machine to speed up or slow down.

## **Lap Sit**

Ask all participants to stand in a circle. Ask each person to turn clockwise and get close to the back of the person in front of him or her. The circle must be very tight and make it a "circle." All together, have everyone gently sit down on the lap of the person behind him or her. If unsuccessful the first time, get closer together and try again. Hold it to a count of ten then together get back up to a standing position.

**Strength Bombardment (affirming)**

Each person in the group has the opportunity to be in the center (eyes closed). The other people in the group say positive words randomly (all sending words at once so that the person feels "bombarded") Do not use physical characteristics, please. Continue saying positive qualities or loving words for one minute...the person may be asked what he heard (she/he will hear what they need to hear)....then change person in the center and repeat.