



## ***Bringing Spiritual Inspiration to Events***

Chapter Workers Conference Call – November 18, 2010 with Jennifer Dale and Lori Selby

### **PURPOSE & POTENTIAL OF DISCOVERYBOUND:**

Never lose sight of Christian Science being the reason we come together. We are a community in which we can openly share and support one another from this deepest perspective. DiscoveryBound doesn't replace church, but are here to support it! Our updated mission is to "see Christian Science in action." How can our activities support this?

### **INCORPORATING INSPIRATION WITHIN CHAPTER WORK:**

- **Within correspondence**, include quick quote or supportive idea. Build on the DB theme of the year through correspondence and activities.
- Include an **inspirational element in EVERY activity** – whether speaker, panel, discussion group, game, or Bible trivia mixer.
- **Event Practitioners**. You should have support for every event. For overnight events, we recommend you have one on site. Some will volunteer, others will charge. Make sure to ask. If you can have one present at an event, introduce him/her and have them available for one-on-one discussion and/or support. Try to have participating chapter teens solicit the practitioner, giving them experience working with a practitioner firsthand with a specific purpose or idea.
- **Readings** to begin every meeting. Rotated throughout Board.
- **Flyers** should always include the DB purpose, standards, and an inspirational quote.
- **Share Fruitage** – particularly within annual fundraising letter with photos from activities. Or to include in Headquarters' annual national fruitage mailing. Forward/email fruitage to Regional Directors to enrich chapter tracking and remind ALL of us why we do this!

### **IDENTIFYING INSPIRATIONAL TOPICS & FACILITATORS:**

- **Family** Divine Parenting
- **Topics** How can we support one another as we live Christian Science?  
How do we encourage spiritual receptivity?  
How do we incorporate CS in our daily lives and see healing as immediate?  
Purpose, Priority & Pace
- **Teen** Leadership. Service. Living by Example.
- **Topics** Peer pressure, Morality, Sensuality, Relationships, Personality – issues they face  
CS in Sports or Academics  
Identity – true womanhood and manhood  
How to share Christian Science with others  
Identifying spiritual qualities and sharing gratitude  
What is healing? And what does it take to heal?  
Challenges from their everyday lives  
Gratitude sharing following summer camp or a national DB event

## IDEAS ON CHOOSING FACILITATORS, SPEAKERS AND SUNDAY SCHOOL TEACHERS FOR EVENTS:

- Solid Christian Scientist – clear metaphysical ideas – recognizes importance of church
- Relates well to audience and is age appropriate (often someone they already know)
- Someone teens respect and identify with (former camp counselors are usually great)
- Dynamic and engaging and keeps on track
- Facilitates and brings out discussion; not just talking at them.
- Listens and explores ideas presented
- Keeps it informal, open, and interactive
- Has a story to tell which illustrates main ideas. BIG with everyone!
- Sometimes a panel gives a diverse look at the subject and helps bounce ideas around
- Usually have speaker talk for 15-20 minutes, then open to questions and/or discussion. Better than 45 minutes of being talked at.
- Finding facilitators – through CSO's, Chaplain programs, practitioners, CS camps, etc., or referrals from our DiscoveryBound staff of individuals we know in your area.

## INSPIRATIONAL ACTIVITY IDEAS:

You don't want to stop the fun for the inspiration; the inspiration should be part of the fun. The atmosphere should be natural, informal, and encourage participation.

- **Incorporate inspiration throughout**  
Set the tone setting goals as a group, check in on it or have a mini inspirational sharing of qualities you'll work on during the activity, and sum it up or debrief at the end, see what others have learned and how they've supported one another.) *An example: Ski day w/ shared verses, readings to start, then discussion around the fire at night.*
  - **Inspiration:** Start the event with some words from a speaker or practitioner who has been working for the weekend in advance about the activity we're about to delve into and how we can actively express God at each moment. Reserved at first?
  - **Reflection:** Now for some personal time looking inward. Half way through the event, take a moment to reflect on what has been accomplished so far. How has our thought been changed through the challenges and elements of the activity?
  - **Gratitude:** At the end of the program have a session to express gratitude for what was accomplished, for those who helped along the way. Share new ideas that have struck home and that you'll take home and put into practice. This is a chance to look outward from oneself.
- **Debriefing:**  
When thinking about your debriefs at the end of a program, use them as an opportunity to help participants recognize the substance of an event. Although it is fun for them to share a highlight or favorite moment, the responses to this type of question will generally include funny incidents or fun activities they experienced. There is nothing wrong with this type of sharing, but be sure to follow it up with a question that will elevate the conversation to include more substantial sharing.

Some possible questions could include the following:

- What inspirational idea are you planning to take home with you?
- How has someone inspired you to be more Godlike?
- How have you learned to be more . . . (use a line or message from your event)?
- What are you taking from this activity that could inspire others?
- Give a specific example of someone you saw demonstrating attributes or qualities of God.

- **Family and Adult Activities:**

- Hymn sings, video discussions, and simple opportunities to talk  
(*Longyear has some wonderful historical videos that inspire us as healers*)  
Testimony/gratitude sharing at the end of summer with healing from campers
- For Little Guys: Bible quizzes and puzzles. (*Biblewise.com is a good resource*)  
Bible scavenger hunt at a picnic (*Have teens conceive & facilitate*)
- Inspiration in Nature For outdoor activities and hikes with groups of any age.  
Take elements in nature like "rock," "water," "river," "wilderness," "wildlife," etc. and discuss their spiritual meanings. Explore some of Mrs. Eddy's definitions that apply. Nature gives us metaphors for what happens in consciousness. This kind of activity makes us look at nature – and our thought - in a whole new, spiritual way.
- Gratitude Box Have a shoe box where people can drop in gratitude.  
Take turns choosing from the box and reading to the group.
- Readings Have kids do the readings. Give them the opportunity to see themselves as readers.
- Monitor Prayer Watch Discussion – research related world issues and how to heal them
- Hold regular OTM's – Operation Testimony Meeting

- **Teen Activities:**

- Have teens choose a quality they want to express throughout the event, then have them share how they did it at the end. Sometimes, people can guess what it was.
- Random acts of kindness. (Unexpected outreach inspires others like a domino effect.)
- Start a circle sharing of qualities they appreciate in someone else in the group, then the complimented person goes next. Or have a gratitude sharing.
- Brown bag discussion groups, rotated, pick questions out of a bag.  
(Maybe done with a certain theme, i.e. a regional on Relationships or Healing)
- Discussion groups following the speaker's theme. (i.e. Living by Example)
- At the beginning of a weekend, as a group or cabin, set goals of qualities or actions they'd like to see and work on together as a group to support one another.
- Ask teens, if they were only allowed to use one line from a hymn for inspiration what would it be and why? (There's usually a healing that goes along with it.)
- For a mixer, have a verse printed out (maybe laminated) and split into two. Hand out one piece to each person as they arrive. Everyone finds the other mate to the piece.
- At a brunch or meal, ask Bible trivia. Whatever table answers first, eats first, and so on.
- Charades w/ Bible verses or characters.
- CSAT of trivia questions about the Bible or S&H or Mrs. Eddy. Work in groups.
- Spiritual Jeopardy
  
- **Blogging Discussions**  
Post large butcher paper on the wall or large table and put a question or idea in a bubble in the center. (i.e. What is DiscoveryBound to you? What is healing?) Give everyone a different color marker and facilitate their answering this question in a blog format. Encourage them to read one another's comments and question/comment back. This often leads to natural verbal dialog. Once they've explored the question, introduce/ write a new one (i.e. follow "What is healing" with "What qualities contribute to healing?" Comments might go from "Healing is a change of consciousness" to "Forgiveness,"

"Overcoming fear," or "Gratitude.") When you've encouraged interaction and facilitated the written dialog, then you have a jumping off point for discussion. Bring everyone back together and ask them what they saw or learned. (It's been done with adults, too, introducing questions like, "What is healing?" and "How can we support its importance in our kids' lives?" etc.)

- **Tapping Debriefing**

Sit the group in a circle with their eyes closed. Choose 3-4 to come into the middle. They begin asking questions about things that people did over the weekend, certain qualities they expressed and how their actions affected others. The people in the middle will walk around and tap those who have expressed these things to them. Have the questions grow as you progress. Give each group of participants at least three questions to answer, then switch. It's not important to personalize it and know who tapped you, but just to have the impersonal affirmation that you've touched others in the group. This activity is like the group debriefing above, but more anonymous, and can be more comfortable for those who don't like talking in front of a group.

#### **SOME RESOURCES TO KNOW ABOUT:**

[tmcyouth.com](http://tmcyouth.com)

[Biblewise.com](http://Biblewise.com)

[Discoverybound.org](http://Discoverybound.org)

Helpful topics, articles, blogs and ideas w/ a youthful focus.

Teen Time w/ Hot Topic, Kids Korner w/ games

Spiritual Jeopardy – Bible or SH

Game w/ cards, questions and answers

Discussion/Brown Bag Ideas

CSAT – Questions & Answers for Bible and SH/ Mrs. Eddy

Tapping debrief questions

2011 DB metaphysical theme: *"...blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good."* SH 518: 17-19