

Follow up Lesson for those attending Fall Rally 2004 “Resonance”

MATERIALS NEEDED: paper for journal exercise, pens
Running time approximately: 45-55 minutes

Opening Prayer:

“In the stillness of God’s presence, we stand connected by God’s love. We feel this calm and ever present peace, and know that it is forever within. Amen.”

Joy Songs/ Y.O.U. Up Clap:

-(Please choose any 2-3 joy songs your chapter likes the best. You may hum some if your chapter enjoyed that in the last lesson!)

-Y.O.U. Up Clap (repeater): “Y...YO...YOU... Unity...Unity... We are the Youth Of Unity... truth-seeking, fun-loving Youth Of Unity...we believe in knowing that our truth will set us free...living, loving, laughing, learning, letting ourselves be free...watch us as we practice Christianity every day...Unity...U-ni-ty hey!”

Journal Transformations:

(The purpose is so that attendees may journal and fully process what they experienced at Fall Retreat.)

-Hand out pens and paper for each attendee to journal what they experienced at Fall Retreat. This will not be collected or shared with anyone else, so attendees can feel free to be honest and introspective. Please allow at least 16 minutes for everyone to finish. To get them started, please read the following.

“In the last lesson that was presented to you before Fall Retreat, you were asked this question: ‘What is one thing you think of when you hear the word ‘Resonance’?’. Has that answer changed? Please journal your experiences at or thoughts on Fall Retreat.”

ZAT (Zephyrus, Athena, Triton) Sharing:

(The purpose is simply to remind attendees of the process achieved at Fall Retreat.)

-Ask everyone to share which Greek God and attached theme was his or her favorite. (The choices being Zephyrus and release, Athena and wisdom, or Triton and expression.) Please do not instruct your chapter to go in a circle to share. We would prefer that you let spirit move them and chat as a whole chapter. Mentally however, keep track and allow everyone to share at least once.

James Dillet Freeman’s “The Way of Attunement”

(The purpose is to provide attendees with another source’s view on Resonance.)

-The following is a passage from James Dillet Freeman's "The Way of Attunement". Please read it twice, so attendees can fully absorb each yummy idea presented.

"At the core of being is a rhythm; when you place yourself in tune with this cosmic rhythm, all things work together for you and you work in harmony with all things.

There is a way of things. That is all you can say of it.

But learn the way of things and follow the way-walk in the way, work in the way-and everything will go your way.

The universe is God's work. He made it very good. He made it to bring forth good. He made it to move and grow, to unfold and expand. When you move with the universe the universe moves with you-and through you and for you.

Then there is nothing you cannot do or be because all the forces of the universe-all the expanding energies of life-are focused in you and pour through you to come into expression. The miracle-workers -whether you call them scientists of saints, or children of God- are always the ones who learn the way of things and live in accord with it.

They recognize the power that is there; they study it until they see how it works; then they work with it-and it works through them. They lift their hands; they utter the word-and the power rushes forth!

Then the rest of us stand round and gaze open-mouthed in awe, beholding the healing, or the thunderbolt; the light for our house, or for our mind; the turning wheels, or the overturned world; the life where no life was expected to be!

Set your will against the will of the way of things, and the Supreme Will will hurl you down against yourself, a tiny, shivering, impotent islet of lonely self-ness.

But walk in the way and work with its will, and you will find that the Supreme Will is working only to fulfill the dearest desires of your heart."

-Next please ask your chapter to answer the following questions.

- 1) What does the phrase 'At the core of being there is rhythm' mean?
- 2) Was James Dillet Freeman talking about resonance?
- 3) Do you agree/disagree with his thoughts?
- 4) Is it possible to not Resonate with God?

Closing Prayer:

"Gracious God, in this moment we acknowledge the voyage we have traveled with you. As our thoughts, as our words, as our feet walking, you were there. Thank you for blessing us. Amen."

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We bless you,
and We truly, *truly* appreciate you!