

Fall Retreat 2005 “Love Perseveres” Pre-rally lesson

(Please read to the group everything that is in ***Bold and Italics***. Thank you!)

1. Get Centered

Please take some time to get your chapter centered in this space. This is meant to be a joyous time but more importantly a centered spiritual time.

Please lead the YOUers in this breathing exercise. (Make sure everyone is breathing simultaneously for the 12 breaths part.)

Take a moment to get centered.... Close your eyes and relax.....We are going to take 12 deep breaths, each time visualizing our 12 powers flowing through our sacred body temples.

First take one deep breath, visualizing the bright orange glow of Zeal flowing through your body... (Deep breath)

Next, take a deep breath, this time affirming the yellow light of Understanding moving in and through you... (Deep breath)

Now as you take your next deep breath in, see the gold light of Wisdom shining from every pore of your being... (Deep breath)

With your next breath, know that the green presence of Order is in you and everything is perfect in this moment... (Deep breath)

Now as you inhale, feel the red energy of Life pulsating through your glorious being... (Deep breath)

Next, take a cleansing breath and use your russet power of Renunciation to release all negativity as you exhale... (Deep breath)

Take another deep breath visualizing the extraordinary purple Power that you possess...(Deep breath)

This time as you inhale, smile as you feel the blue light of Imagination fill your spirit...(Deep breath)

Now feel the light green light of Strength flow through you as you inhale...(Deep breath)

Now as you take a deep breath in, allow the reassuring deep blue light of Faith calm every cell of your body...(Deep breath)

With this next breath, affirm your bright silver light of Will illuminating the area that surrounds you...(Deep breath)

With this last deep breath, know and feel the pink glow of Love that shines forth from your perfect soul...(Deep breath)

Take three more deep breaths one to cleanse your mind, another to cleanse your body, and another to cleanse your soul...

And when you are ready you may open your eyes...

2. Opening

Ask who would like to read the opening prayer, then ask for another volunteer for the affirmation, another for the bible quote, and another for the regular quote.

-Opening prayer: ***Sweet Spirit,***

Your love is with me always on my journey. Your love is my boat on this ocean of life. Your love gets me through all storms, because I allow it. I graciously accept

your love as my path, and ultimate tool for life. I am one with the love that you give me, and I allow that love to persevere on my journey.

Amen

-Affirmation: ***I am a perfect being of life and love.*** (repeat twice together)

-Bible quote: ***“May the Lord direct your hearts into God’s love and Christ’s perseverance.” 2 Thessalonians 3:5***

-Regular quote: ***“Love conquers all things; let us too surrender to Love.”***
–Virgil (70 BC - 19 BC)

If you like, you can have a short discussion on what the affirmation and quotes mean to your group.

3. Love Discussion

This is an open discussion to get everyone thinking about the idea of love. Please make sure everyone gets a chance to answer.

-What is love?

Please write these answers on a dry-erase/chalk board, a flip chart or a piece of paper so you can see your thoughts. Encourage everyone to talk, and it is ok to agree or disagree. This is meant to take a long time to answer.

-Now read the dictionary definition (from dictionary.com):

Love (lŭv) n.

- 1. A deep, tender, ineffable feeling of affection and solicitude toward a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness.***
- 2. A feeling of intense desire and attraction toward a person with whom one is disposed to make a pair; the emotion of sex and romance.***

-Ask if there are any thoughts on this definition or if anyone agrees or disagrees with the definition given in the dictionary.

-Now read the definition of love given in The Revealing Word:

Love-The pure essence of Being that binds together the whole human family. Of all the attributes of God, love is undoubtedly the most beautiful. In Divine Mind, love is the power that joins and binds in divine harmony the universe and everything in it; the great harmonizing principle known to man (...)

Love is an inner quality that sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good it causes that quality finally to appear uppermost in itself, and in all things.

Love is the great harmonizer and healer. Whoever calls on God as Holy Spirit for healing is calling on divine love. Divine love will bring your own to you, adjust all misunderstandings, and make your life and affairs healthy, happy, harmonious, and free (...)(124-125)

-Ask if there are any thoughts on this definition or if anyone agrees or disagrees with the definition given in The Revealing Word.

-Now compare what your group thought love is, the dictionary definition, and the definition given in The Revealing Word.

Suggested questions...

(-How are they different?)

(-How are they the same?)

(-If you like, you can redefine love with your group.)

-When have you felt the emotion love?

-When have you felt the power love?

4. Watch “Finding Nemo”!

Tell your group it is almost time to watch “Finding Nemo”. But before you watch the movie, answer this question:

How do you get through challenges?

After everyone has answered that question, please ask the group to watch how the characters in the movie get through challenges and how they apply the power love. If they want, they can take notes!

*****Watch “Finding Nemo”!!!*****

5. “Nemo” Discussion

Please ask your group the following questions, one at a time:

-How did the characters in the movie get through challenges?

-How did they apply love to their situations?

-What does “just keep swimming” mean?

-How else could you try getting through challenges?

6. Closing prayer

Please lovingly encourage someone to read the closing prayer.

Divine Spirit,

Thank you for this opportunity to get together to share our joy and love. As we connect with each other, we feel a deeper connection with you knowing that we are in the presence of God by being in the presence of each other. We affirm and embrace the amazing infinite love and strength that flows through our bodies as we release that greatness into the room and everyone in the world. Thank you God. Amen.