

Session 1: All About Il Shim!

Supplies for this session: Il Shim packets, Find Someone Who sheet, notebooks, pens, decorative supplies for notebooks, Il Shim photos and testimony (in Drive), colored post-it notes, soft reflective music. Optional: laptop or some type of projector.

1. Introduce the Il Shim Staff (5 minutes)

You are going to be spending the next 10 weeks with these incredible youth and here's your chance to make a great first impression. Keep introductions simple and fun and remember that the more outgoing you are, the more comfortable the youth you are working with will be.

Here are some points to consider when introducing yourself:

- Your name and age
- What you are doing in your life right now (school, work, matching/blessing, etc.)
- What you remember about your experience in Il Shim
- Why you wanted to help with Il Shim this year
- Remember that the parents are entrusting their children with you. Think before sharing any time during this program!

2. Play an Icebreaker: (15 minutes)

All new groups of people need to break the ice and fun is the perfect way to do that. First, have everyone introduce their names and ages to the group. Then, lead them through the Find Someone Who activity.

Find Someone Who activity:

- Hand out the *Find Someone Who* sheet.
- Say, "We're going to walk around and get to know each other a bit! Read each statement on the sheet, and then find someone who fits that statement. Say hello and give your name. Ask them their name, and if they fit a statement, write their name down in the box. Your goal is to get your paper filled, but you can only repeat someone's name twice!"
- Give time for them to walk around. You are free to join in as well. When you see they are almost finished, give a one-minute warning.
- Go over each statement, and tell people who fit the statement to raise their hand (example: "Raise your hand if you can braid hair.")
- **Option:** If you have only a couple of participants in the program, you can read aloud each one and answer them together.

3. Introduction of Il Shim

- Introduce the program with photos, videos and testimonies from previous years of Il Shim in your community.
- If this is not available you may also give an overview of the purpose and scope of the program.

4. Il Shim Session Reading (10 minutes)

- Read through the “Session 1” Reading aloud. Speak clearly. Call on students to read different paragraphs.
- Stop at the end of each section to discuss the main points. The Section Recap is there for you (not in the Youth packet) to guide you in summarizing if needed.

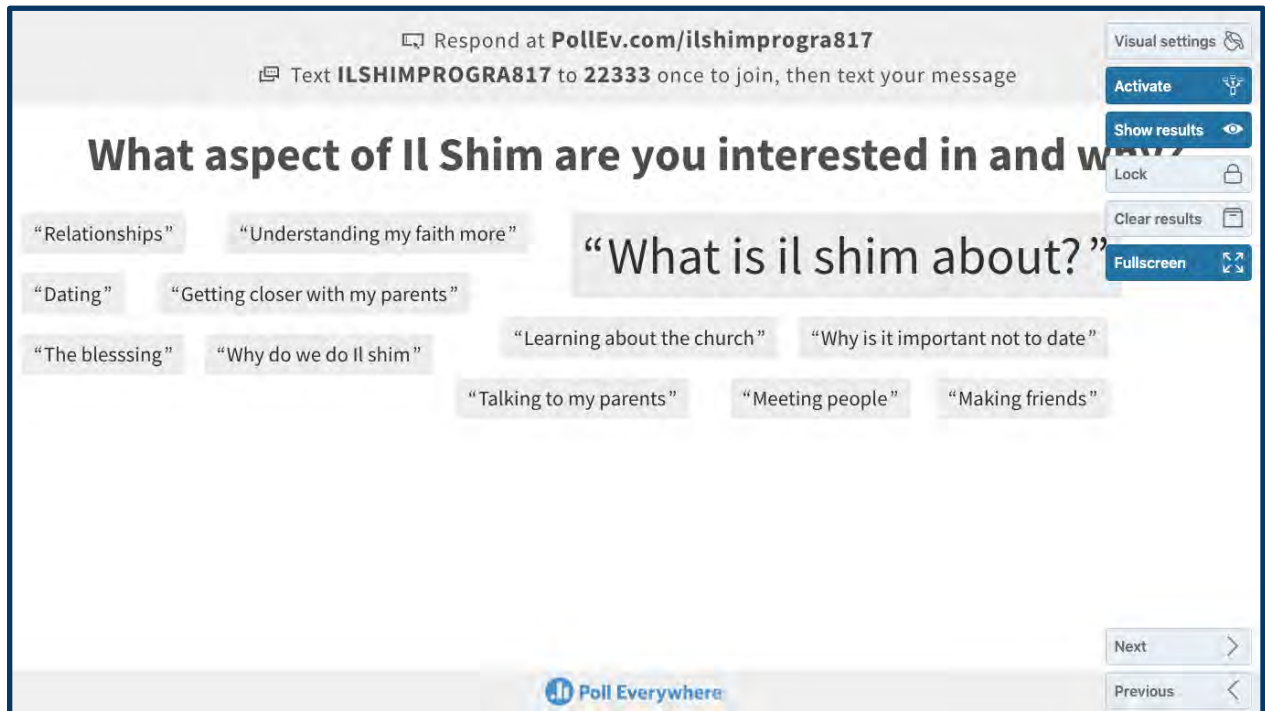
4. Discussion (10 minutes)

Share the answer to the following question in a large group. Below are different options for you to hold this discussion.

“What aspect of the Il Shim Program are you most interested in and why?”

- **Option A:** Sit in a circle (or two circles depending on how large your group is. Don't have more than 8 in a group). Discuss “Popcorn” style – one person starts, then they pick someone else to answer, who picks someone else, and so on, until everyone has answered.
- **Option B:** If you have a laptop, or even better – a projector, you can try this tech-savvy way to collect their responses all at once! They will text their responses to the site, which will pop up on the screen. This allows them to feel more comfortable since answers are anonymous. Follow the steps below:
 1. Go to www.polleverywhere.com and login using:
 - Username: yayam@familyfed.org
 - Password: yayam2020
 2. Once logged in, click the poll with the question: “*What aspect of the Il Shim Program are you most interested in and why?*”
 3. When the poll shows on the screen, make sure that the **Active** button is clicked.
 4. Tell students to follow the texting directions at the top to join the poll. Then, they can type their answer.
 7. If someone does not have a phone, they can use someone else's when finished.

8. After answers pop up on the screen, you can read aloud the different responses you received!
9. Below is an **example** of what responses will look like ()



2. Personalize Il Shim Journals (10 minutes)

- Hand out journals to all of the youth and take some time to personalize or decorate the journals.
- The idea is that by personalizing their notebooks they will be more invested in the use of it through Il Shim.
- Try to choose decorative options that would intrigue your group of youth. Perhaps even consider printing out some photos of them to put on the front of their journal.
- You can laminate the outside of their journals by using contact paper on top of their creations.

3. Personal Reflection (7 minutes)

Allow some quiet time for the youth to write and/or think about these questions in their Il Shim notebooks. Feel free to play some quiet and reflective music (you can Youtube *acoustic guitar* or *piano*) in the background.

- What is your relationship with God like right now?
- What is your understanding of the Unificationist faith?
- What is your relationship like with your parents right now?
- In what ways are you involved in our church community right now?

4. Activity: Goal Setting (10 minutes)

- Now that the youth have had time to reflect on some things they would like to work on during their time in Il Shim, ask them to come up with a written goal for each of the following areas:
 - Relationship with God
 - Understanding of our Faith
 - Relationship with your Parents
 - Involvement in the Church
- Hand out 4 post-it notes per person and have them write each of their goals on them. Then, have them stick them to the inside of their Il Shim Notebook as a reminder of what they are hoping to achieve during Il Shim.
- Encourage them to keep these goals in mind each week.

5. This Week's Homework: (5 minutes)

- Go over the packet with your parents
- Write down any questions you have

6. Closing Prayer (3 minutes)

- Offer a closing prayer and invite God to be part of the participants' journey through Il Shim.

Session 1 Reading: All About Il Shim!

Introduction

Hello and welcome to the Il Shim Program! We are so excited for you to take part in this incredible journey over the next 10 weeks! This program is designed for YOU and we hope that you will find it valuable and meaningful in deepening your faith in God, understanding who True Parents are in the Unificationist movement, growing your relationship with your parents, and finding ways to get involved that inspire you.

As a young adult in today's world, you may find it challenging to understand the Unification faith and how it can fit into your life. That's normal! This time of your life should be about making your faith something unique and personal to you. This is a time for you to figure out what you believe, why you believe it, and what you are going to do about it. We hope that the Il Shim program serves as a foundation for you to do just that.

How It All Started

The Il Shim program was first created to encourage a purity-based lifestyle for the young people of the Unificationist faith as they prepare to receive the Marriage Blessing. The Marriage Blessing is a significant part of the faith, which provides the unique opportunity for engaged, or already married couples to dedicate their marriage to God, commit their lives to their one and only spouse, and together, work to build a God-centered family that was meant to be created before the Biblical Fall. Today, Il Shim has evolved into a rite of passage that encourages young Unificationists to take responsibility over their ever-growing faith journey as well as provides knowledge of the Unificationist traditions and values.

"Il Shim" is a Korean term that translates to *"One Heart"* or *"One Heart and Mind."* This term, brought into light by Reverend Sun Myung Moon and Dr. Hak Ja Han Moon, who we call True Parents, and who are the founders of our faith, inspired the start of the program, which motivates young people in the Unificationist faith to be one in heart and mind with God, our Heavenly Parent. Rev. and Mrs. Moon began and officiate the Marriage Blessing Ceremonies for new and married couples around the world teaching a God-centered family as the cornerstone of a peaceful world. The Il Shim program provides a 10-session curriculum that teaches and supports the efforts of young Unificationists to grow in both knowledge and practice of their faith and begin to build their own unique relationship with God and True Parents, working towards the goal of becoming and building a new generation of peace.

// Section Recap: Il Shim is a rite of passage, a coming of age, which shows young people that during this time in their lives, they should begin to explore their faith, build a unique relationship with God and True Parents, and keep a purity-based lifestyle while preparing for the marriage Blessing.

Purpose of Il Shim

In keeping with the spirit of this original ceremony, we have adopted the Il Shim program and ceremony for the purpose of supporting young Unificationists in taking ownership over their faith, relationships, and life.

We hope that the Il Shim program will help you in these four areas of your life:

- Growing your Life of Faith by supporting you in creating a unique relationship with God and discovering tools to support that relationship.
- Deepening your Understanding of Unificationist Traditions by providing the resources for you to discover the value and significance of aspects of our faith, such as True Parents, abstinence before marriage, the marriage Blessing, and living for the sake of others.
- Developing your Relationship with your Parents by encouraging opportunities to create healthy conversations with your parents through open communication and deepening trust.
- Discovering Ways to Get Involved by connecting you to the people who can help you find ways of serving and getting involved in your local community that are inspiring to you.

// Section Recap: These four areas are what we will be targeting during this program: growing your faith and making it your own, learning about our traditions, opening communication and getting closer to your parents, and learning how to plug into your community.

Why Choose Il Shim?

Each major faith has a significant ceremony that recognizes and promotes the inheritance of their faith traditions by their youth, such as the Catholic Confirmation ceremony and the Jewish Bar/Bat Mitzvah. The Il Shim Ceremony is quite similar to these, as it is meant to be a way to recognize your maturity and the growing responsibility you are taking in your life. This program is just the starting point for

you to truly take ownership over your faith, your relationships, and your surrounding community.

Throughout the Il Shim program, you and your parents will complete many conditions of faith and will also study the tenants of our faith. We hope that through your study, you will find that our Unificationist faith is something truly valuable and worth committing to. The graduation ceremony is meant to highlight this incredible investment you and your family will make as well as recognize your commitment to continuing your path of spiritual growth. The ceremony is an opportunity for you to make a new beginning and a new commitment in front of God, our True Parents, and your own family and community.

Please read through the requirements and schedule of the next 10 weeks so you will be prepared. You should also take a look at the Il Shim Pledge so you know what you will be pledging before God, True Parents, your parents, and your community:

IL SHIM PLEDGE

1. *I promise to make sincere effort to develop my relationship with God and my life of faith through prayer and through my lifestyle.*
2. *I will strive to inherit the Unificationist traditions of honoring True Parents, upholding the value of the Blessing by maintaining my sexual purity until the Blessing, and living for the sake of others.*
3. *I commit to the process of growing and deepening my relationship with my parents by practicing healthy and open communication.*
4. *I will endeavor to find ways to serve my local church community and wider society with my unique passions and talents.*

Also know that God, your Heavenly Parent, is eager to build a relationship with you! God is so excited to be able to deepen your relationship together throughout the course of this program. Your parents are also equally excited to deepen their relationship with you. The involvement of your parents is an essential component of this program! Don't miss out on these opportunities to hear their stories, inherit their life of faith, and get to know them in a new way!

We sincerely hope and pray that as you continue your involvement in the Il Shim Program, you will discover God's deep and boundless love for you as well as the value of the traditions our True Parents have laid out for us all. We pray that you will come to know how incredibly valuable you are and that you have very special role to play in our world!

// Section Recap: Similar to other faiths, Unificationists have a ceremony to mark the point of spiritual maturity. This program will provide the tools necessary for you to begin the journey of making your faith your own. The Il Shim Pledge targets the four main areas of the program.