

Checklist to Get Ready for the Retreat!

Please make sure to first look through the retreat schedule to familiarize yourself with what will be happening. It is suggested that you get some volunteers to help you with running the retreat. Here's a checklist to get you ready!

Things to Bring:

- ☐ Board/card games
- ☐ Snacks and drinks
- ☐ Each of these holy items in a goodie bag for each participant: holy salt, regular salt, holy candle, candle holder, regular candle, pledge print outs, wallet size TP picture for each participant. (Ask advice from someone in your community how you can attain these items).
- ☐ Items to make and show how to make holy salt and a holy candle
- ☐ Paper
- ☐ Pens
- ☐ Speakers and computer/projection
- ☐ Cheon Seong Gyeong, Book 8, Chapter 1, Section 1: A Life of Faith (starting on page 793).
- ☐ Breakfast/lunch/dinner prepared
- ☐ Print outs Day 2 Lunch with Parents discussion questions
- ☐ Print outs of this The Great Discovery worksheet
- ☐ Just a couple copies of each of the World Religions articles

Things to Prepare:

- ☐ Songs to sing prior to presentations - it'd be great to have a guitar player!
- ☐ 15-20 min presentation on the Three Blessings and how they relate to the lives of youth (can be done by you or someone else you trust to do so)
- ☐ 15-20 min presentation focused on practical ways for the youth to discover and develop their relationship with God (can be done by you or someone else you trust to do so)
- ☐ Discussion questions typed to be projected or written out and ready to post somewhere for reference
- ☐ Service project in the community to do (transportation if necessary)
- ☐ Speakers for the 7:00 pm session: Being a Person of Integrity
- ☐ Soft music and upbeat music playlist
- ☐ 3 couples who can share their matching & blessing testimony: 10-15 min each.
- ☐ Invite parents to Day 2 lunch prior to the retreat. Parents will participate from 12:00-4:00 and will take their kids home afterwards.

- ☐ Invite pastor prior to the retreat to speak around 1:00 on Day 2: Sharing ideas on ways participants can get involved and volunteer in the community

Il Shim 2 Day Retreat

God's Design for Me

Day 1: Owning the 1st Blessing

8:30 AM Arrivals & Board Games

Have some board games and staff ready to play with the youth as they come in. It's a good idea to choose board games that people can join at any time so no one feels left out. Here are some suggestions: Mad Gab, Taboo, Apples to Apples, etc.

This is also a good opportunity to check in with parents as they drop off their kids. Ask them how things are going and answer any questions they may have.

9:00 AM Break the Ice

Play some high energy games to get everyone pumped up for the retreat. Here are two games you can try:

Amoeba (good for a large group)

- Ask everyone to mingle around in a large space.
- Randomly call out group sizes and characteristics that the youth must gather in. Here are some examples:
 - "Groups of 4 with at least 1 girl"
 - "Groups of 3 with 2 people wearing blue"
 - "Groups of 6 with 3 people wearing glasses"
- Whomever is unable to join a group is "out" for this round.
- When you are left with only 2 people you can either crown them both as winners or use a game of rock, paper, scissors to determine the winner.

Jump In, Jump Out

- Have everyone join hands in a circle (you probably want no more than 10 people in a circle)
- Announce to the group that you want them to "Say what I say, and Do what I Say" and then say these directions in a random order:
 - Jump In
 - Jump Out
 - Jump Left
 - Jump Right
- So this would look like:

- You: "Jump In"
- Group: "Jump In" (Simultaneously jumping into the circle)
- Now it gets more challenging, try these rounds and get ready to laugh:
 - Say what I say, Do what I say
 - Say the Opposite, Do the Opposite
 - Say what I do, Do the opposite
 - Say the opposite, Do the opposite

9:30 AM Introductions

Use this time to go over the schedule for this weekend and answer any questions the youth may have. If you need to break into groups this would be a good time to do so.

10:00 AM Presentation # 1: God's Design for Me; The Three Blessings

1. Sing songs to prepare the atmosphere.
2. Presentation: The content of this presentation should focus on the Three Blessings and how they relate to the lives of youth. The talk should be about 20 minutes long.
3. Discussion in groups
 - a. What is one way you can work on accomplishing the first blessing - improving yourself, your mindset, and your life?
 - b. What is one way you can prepare for the second blessing - being ready and mature to share your life with someone else?
 - c. What is one way you can see yourself fulfilling the third blessing - caring for the earth as God would?

11:00 AM Presentation #2: Discovering Your Relationship with God

1. Sing songs to prepare the atmosphere.
2. Presentation: The content of this presentation should focus on practical ways for the youth to discover and develop their relationship with God. The talk should be about 20 minutes long.
3. Discussion in groups:
 - a. What is one way you know of that you connect with God currently?
 - b. What is one way you would like to try to connect with God?
 - c. Who is someone that can help you be accountable to your relationship with God?

12:00 PM Lunch

1:00 PM Service Project

An important part of the Il Shim Retreat is doing a service project. We want to teach our young people to embrace a lifestyle of living for the sake of others. This of course means more than just doing a service project every now and then, but this project is a great way to kick start that type of mentality. It would be a good idea to give a little blurb before the service project that encourages the youth to serve with the right heart and intention.

If you're having a hard time finding a service project to participate in, you can also do kind acts of service. Check out some ideas here:

www.randomactsofkindness.org/kindness-ideas

4:00 PM Breaks and Snacks

Have some free time and put out some snacks so the youth can have some much deserved downtime.

4:30 PM Learning About Our Faith and Others

For this next part of the retreat, you will first expose the participants to different major religions, and then they will focus more on Unificationism.

Part 1

- Explain that we will dive into learning about some of our faith traditions by first branching out and learning about a few of the major world religions.
- Before the video, ask participants to share what they may already know about either Islam, Taoism, Hinduism, Buddhism, or Christianity. Call on a few to share.
- Show video (stop at 5:06): www.youtube.com/watch?v=mayXM4wSJhM
 - Break into groups of 5. Assign each group with a world religion and provide for them the articles on that specific religion (Islam, Taoism, Hinduism, Buddhism, and Christianity). *(If not enough participants, break into groups of 4 and don't hand out the Christianity article printout. They should be most familiar with that one).*
 - Say, "Your group will each read about your assigned religion. Then, discuss any similarities or differences you see with the Unification faith and that given religion."
 - Give about 10 minutes for them to do so.
 - After, gather back and ask one person from each group to share with everyone what they learned about that religion and any similarities or differences they noticed.

Part 2:

- Say, "It's important to be knowledgeable of other world religions, especially because as Unificationists, we believe in the unity and partnership of all religions. Interfaith collaboration is one aspect of our movement that really makes us beautiful. However, our True Parents have also set specific traditions in the Unification faith that sets us apart and brings us closer to God in our own way. As people who are interested in the Unification faith, it's important to understand how to carry out these traditions and the significance they hold. We will look into 3 that we read about in Session 5 - creating and using holy salt, holy candles, and understanding our faith Pledge."
- Get a table and have everyone gather around you. Show them how to prepare holy salt and the holy candle while they watch. Steps are provided below.

Here are directions for how to make each of this holy items:

- Holy Salt: Explain that we use Holy Salt to sanctify a sacred place, the things we buy, and the place we live.
- To make holy salt:
 - Make seven equal piles of new salt in a row. Make one pile of equal size with seed holy salt in a row above the other piles.
 - Mix the seed holy salt evenly with the new salt piles.
 - Gather all piles into one pile and mix well.
 - Offer a prayer: "I sanctify this in the name of the Cosmic Parent and the Parents of Heaven and Earth, the True Children's families, and (your name), owner of Cheon Il Guk. May the spirit of God and True Parents dwell within it. By Your holy power, allow this salt to become Holy Salt and be used to sanctify and bless our surroundings."
 - To use holy salt: Sprinkle a small amount four times (top, bottom, right, left) and independently say: "I sanctify this in the name of the Cosmic Parent and the Parents of Heaven and Earth, the True Children's families, and (your name), owner of Cheon Il Guk."
- Holy Candle: Explain that we light a Holy Candle at the beginning of a prayer or meditation. The holy candle creates a good spiritual atmosphere that helps us make a connection with God. We use a special box or book or matches that are set aside for this purpose.
 - Give each youth a box or book of Holy Matches that have been sanctified with Holy Salt.

- The multiplication ceremony requires 3 new candles and 1 seed Holy Candle. You will have to repeat this process as many times as needed to make enough for all of the youth. The new candle must be of white or a bright ivory color, and must be at least 12 to 15 cm long.
 - Prepare a candle holder or a place on which to put the seed Holy Candle.
 - The seed Holy Candle, placed on the candle holder, must be put in Heavenly Parent's position, and the newly purchased three candles are to be respectively put in Adam, Eve, and child's position in the form of the four-position foundation.
 - Offer a prayer such as: "In the name of the True Parents of Heaven, Earth, and Humankind, I would like to multiply the Holy Candle.."
 - Light the seed Holy Candle with Holy Matches.
 - Hold the seed Holy Candle with both hands (the right hand should go above and the left hand should support the candle from the bottom) and light the Adam, Eve, and Child's candle in respective order. Once that is done, the seed Holy Candle must be returned to its original position (Heavenly Parents' position)
 - Offer the concluding prayer while the candles are still lit such as: "Whenever these candles are burned, may it invite God and good spirit world into our surroundings. I pray that these candles will provide a special environment for us to connect with our Heavenly Parent."
 - Extinguish the flame between two of your fingers or a candlelight snuffer, not by blowing it out with your mouth.
- Now for the Pledge, you do not have to recite it and carry out this part, but just share its purpose by saying the information below:
 - Pledge:

"The Pledge is 8 verses, written by our True Parents, that expresses the blessings, mission, and responsibilities of the family. It is a way to keep aligned with our goal and vision for our life in order to be children and families that God can be proud of. Pledge can be held and recited anywhere, but is mainly expressed at home. Here's what we do during Pledge:

 - First, set up a pledge table with a Holy Candle and picture of True Parents.
 - Then, light the Holy Candle with Holy Matches.

- Offer a kyungbae, or a bow, to God and True Parents.
- Read the Family Pledge verses.
- Say a prayer. In a more formal manner, you can then have a 7 minute prayer ending with the song “Tongil,” which is our faith’s song about unity.
- Extinguish the flame of the Holy Candle with your two fingers or with a candle snuffer.

After this session, hand out goodie bags that contain holy salt, a holy candle, and a copy of the Pledge to each participant. Then, hand out a picture of True Parents to each of them and express how God and True Parents can be with them through this picture. It can serve as a reminder of the people we want to be and a tool to connect with True Parents.

6:00 PM Dinner

7:00 PM Being a Person of Integrity

Have parents or youth leaders give short talks or testimonies on the following topics. Their talks should either focus on why they personally uphold the Unificationist standard regarding the following areas below or should focus on the benefits of keeping a standard of integrity regarding these areas.

If you don't have people in your community who can share on these topics, you can try using a service like Skype to feature people from other communities.

Drugs & Alcohol

Brother/Sister Relationships

Internet Safety/Porn

You can optionally end with a panel made up of the testimony givers and Il Shim leaders. The youth can anonymously submit questions by writing them on a piece of paper and putting them in a container.

9:30 PM Closing

End the evening on a high note with some uplifting songs, a group hug, encouraging words about supporting each other as brothers and sisters, and time for prayer.

Day 2: Preparing for the 2nd Blessing & 3rd Blessing

7:00 AM Morning Exercises

Prepare some stretches and exercises to get everyone’s blood pumping to start the day. Make sure to make it fun and exciting! You can add upbeat music in the background to bring some energy.

7:30 AM Hoon Dok Hae

Read from the Cheon Seong Gyeong, Book 8, Chapter 1, Section 1: A Life of Faith (starting on page 793).

8:00 AM Breakfast

9:00 AM Matching & Blessing Testimonies

1. Sing songs to prepare the atmosphere.
2. Prepare 3 couples to offer 10 minute testimonies about their matching and blessing experience. It's a good idea to feature couples with different experiences such as a young couple that was matched by their parents, a young couple that was matched by True Parents and an older experienced couple.
3. Testimonies should focus on: preparation during middle and high school for the matching and blessing, personal story of the matching and blessing, and insights on the value of the matching and blessing.
4. After each testimony, the couple can ask if anyone has questions for them.
5. Optional: Have participants get into small groups and share highlights/questions/thoughts that came to them during the testimonies.

10:30 AM Personal Mission Statement Building

1. Explain that in life, growth is bound to happen when you set goals for yourself. A mission statement says who you are, what your goals are, and what you value. Show them the following examples:
 - a. *"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style"* -- Maya Angelou
 - b. *"To serve as a leader, live a balanced life, and apply ethical principles to make a significant difference"* -- Denise Morrison, Campbell Soup Company
2. Say that they will fill out a sheet that will help them to break down and define exactly what their mission statement is. Have the youth fill out this worksheet:
static1.squarespace.com/static/5ac28630372b960225ef6818/t/5adf737503ce643ebcbc84ef/1524593529452/seven-habits-the-great-discovery.pdf

3. Once they have finished the worksheets, have the youth share their mission statements in small groups. It's ok if they aren't able to completely finish their mission statement, but encourage them to at least share the direction they are heading.

12:00 PM Lunch with Parents

Invite the parents ahead of time to attend lunch and the final session with their children during the retreat. This is a great opportunity to re-emphasize the importance of the parent and child relationship. You can leave the printed Lunch with Parents discussion questions on each table to encourage good communication during lunch as well.

**If a participant's parents cannot attend, invite them to have lunch with you instead!

1:00 PM Homework: Review & Assign

Review Last Week's Homework:

1. Share the answers to these questions. Depending on the size of your group you can share as one group, pair share, or share in small groups. You just want to be careful about your time, so choose the format that is best for your group.
 - a. Who are True Parents to you?
 - b. What do you admire most about them?
 - c. What did they teach you that changed your perspective on life?

**If a participant's parents are not Unificationist, they had to share what they learned about True Parents to their parents. They should share about how that discussion went.

2. Go over the answers to these questions regarding the DP Lecture they watched this week. Keep in mind that the youth may have a variety of answers. It may be a good idea to address these answers in a discussion format with you making the concluding points so everyone is on the same page.
 - a. How come the Messiah came and was killed if that wasn't God's original intention?
 - b. What are the barriers to us recognizing the Messiah?
 - c. What was John the Baptist's role in welcoming Jesus?
3. Check in about the 24-hour fast. You can ask things like:
 - a. What purpose did you choose for your fast?
 - b. How did it go?

Assign Homework for this Week:

1. Before II Shim is completed, you will need to complete three hours of service internship work with your local church by graduation. Your homework for this week is to choose your area for internship and make a plan for how and when you will complete three hours of service.
 - a. Invite your Pastor to come and spend time with the youth and explain some options for them to get involved in the local community. Some ideas could be: Sunday School, Youth Ministry, Music Ministry etc. He/she can share about this during this time. (You will need to check in with the youth before graduation to make sure they have completed this work.)
2. Design a display for the family mission statement we are making later today and put it up somewhere in your house.

3:00 PM Family Session: Family Mission Statement

1. Give this list of questions to each family and have them discuss **a few** of these questions to help them start their family mission statement. The parents/families can choose which questions to use. (If someone's parents were not able to attend, complete this with them, and guide them on creating the statement).
 - What is the purpose of our family?
 - What kind of feeling do we want to have in our home?
 - How do we want to treat one another and speak to one another?
 - What things are truly important to us as a family?
 - What are our responsibilities as family members?
 - How can we contribute to society as a family and become more service-oriented?

(These questions are taken from an article written by Brett & Kate McKay called "Creating a Positive Family Culture: How and Why to Create a Family Mission Statement. You can read the article here:
www.artofmanliness.com/2013/08/21/creating-a-family-culture-how-and-why-to-create-a-family-mission-statement/)
2. After discussing for 15-20 minutes, have the families create their mission statement. The families should have freedom to make the mission statement as they please, either a short phrase or a short paragraph. Here's a quote from Stephen Covey on what a family mission statement is, "A family mission statement is a combined, unified expression from all family members of what

your family is all about --- what it is you really want to do and be -
-- and the principles you choose to govern your family life.”

3. Have each family read their mission statement aloud to the rest of the group.

4:00 PM Closing & Farewell

Thank everyone for coming and offer a closing prayer for the retreat.