

# Junior Summer HARP Workshop 2024 Report

From the evening of Wednesday, 28th August, to the afternoon of Saturday, 31st August, a group of 32 of us gathered to attend the Junior workshop at Livingstone House. The workshop was tailored for participants between the ages of 11 and 15, and this time, we had 9 participants experiencing their first HARP workshop. It was a refreshing experience to have warm and sunny days at Livingstone House. The warmth and sunshine brought a different atmosphere, perfectly complementing the youthful and energetic spirit of the participants.

With only two full days, we aimed to make the most of our time together. Our workshop motto was:

## ***"Going for God. Going for Gold."***

*Inspired by the great efforts and accomplishments witnessed in the 2024 Olympics, we wanted to aim for gold not in the form of medals but by striving for gold standards. We explored our golden potential and the inherent value within each of us, our God-given value as children of God.*

We sought to deepen our understanding of the spiritual dimension of the world and recognise that we are spiritual beings inhabiting physical bodies. Although we are heavily influenced by the physical world, this workshop was a time dedicated to exploring our internal world and realising that our inner selves, not just our physical bodies, also desire growth and the fulfilment of their potential.

The content of the workshop was structured around the Divine Principle. On the first day, we explored the principles of creation, focusing on our identity as spiritual beings and God's ideal of creating the world. We discussed the Four Great Realms of Heart and introduced the topic of relationships in our lives, considering how we can uphold a golden standard in these relationships. On the second day, we examined the human fall and the Four Fallen Natures, providing examples of these fallen natures in the world, such as in social media and the "Generation Internet." We also discussed the lies society tells us about marriage and family, highlighting the importance of a lifestyle of purity. Finally, we connected these ideas of the ideal with the reality of the world and discussed how we can practice growing and living lives of faith at home.

We were fortunate to have a fantastic staff team, which was crucial for this age group. The elder brothers and sisters engaged with the participants during breaks and in their free time, creating a culture that was free, safe, and bright. We tailored the content to cater to the range of ages, and overall, we were pleased with the outcomes and responses from both participants and staff. The team leaders and extended staff also had the opportunity to share testimonies related to the day's themes, which was

valuable for the participants, helping them to hear different perspectives and connect more deeply with their team leaders. The content and culture of this workshop could support participants in nurturing the goodness within themselves, the gold inside each of us, and, in turn, to multiply goodness in our community and the world.

Thank you to all participants, parents and staff for the experience that could be created. We hope to enjoy more wholesome and meaningful times together in the future.

