

SCUCA Y.O.U. Rally Participant Preparation

Sponsors, please have a “Pre-Rally Meeting” to prepare your Youth of Unity (YOU) Chapter for a wonderful Rally experience. It is very important, especially for the 1st time YOUers and Sponsors, so they are familiar with the Rally content. Even if you think your chapter is familiar with Rally and doesn’t need a meeting, do it anyway!!!

Discuss the following:

South Central YOU Trust Agreements (IMPORTANT! IMPORTANT! IMPORTANT!)

Each person attending a Rally is required to have new South Central YOU Trust Agreements completed **for each event**. This form is provided by the YFMD or Sponsor of each chapter as part of the registration process **and must include participant and parent signatures**. The Rally has a large attendance and appropriate behavior and positive cooperation by each and every person will contribute to a satisfying experience for everyone. ***Please discuss in detail*** each of the agreements so there is no misunderstanding of what the agreements mean; also, the importance of lights out, getting to sleep. YOUers sometimes want to stay up late talking then the next day they lack necessary energy to participate fully. Also, please discuss what is **appropriate dress, appropriate dancing and what it means to honor each other’s space**.

Individual Expectations for Rally

It is important for each person to set individual goals for the time at Rally. Typical goals might be feeling closer to God, making friends, renewing friendships, taking more time to pray, learning to speak up in a group, sharing a special talent or ability, learning to appreciate, to get along better with others. Be sure to consider and discuss any questions or apprehensions of individuals who will be attending their first Rally. Also discuss what we can give and receive during the Rally experience.

Individual Contributions to the Rally

Encourage your chapter members to get to know as many new people as possible, as well as helping others who are shy or in need of encouragement to be drawn into the “oneness” of the group. Give all speakers loving attention and support.

Discuss Each Persons’ Responsibilities at Rally

All individuals at Rally must attend **All Activities** and stay with the group at all times, this includes Sponsors. Sponsors please try to sit within the group in the large group meeting times. Mix in with the group. Sponsors do not need to sit in the back rows. No one may be in their rooms during scheduled activities or switch rooms or roommates. Everyone must arrive on the first day of Rally in a timely manner and leave after closing. Please plan to arrive according to the scheduled arrival time. Note the scheduled time for dinner on the first night. The All Adult/Sponsor Meeting is a scheduled event and it is important that all Sponsors are there to receive important information about the weekend. Closing is approximately 12:00 – 1:00 pm.

Additional Information

Meals: Meals are scheduled events and everyone is expected to be present whether you are eating or not. In addition, when you are completing the registration form for your chapter, please note the space to indicate your meal preference. ***If you are “inclined” to eat vegetarian, register this way on the form.*** Please tell everyone to remember how they registered and to honor that at Rally, so that there is enough

for those who are vegetarian. *Those eating non-meat diet, will receive some sort of identification at registration.*

South Central YOU Medical/Liability Release: Each person attending a Rally is required to have a “Medical/Liability Release Form” on file. This form is provided by the YFMD or Sponsor of each chapter as part of the registration process ***and must include a copy (both front & back) of the person’s insurance card, if insured.*** This helps to ensure that the proper information is available in case of an emergency. Once your Medical/Liability Release Form is on file for an academic year, you will not need to submit another one unless the information has changed. ***New forms are due at the Fall Rally for South & Central YOUers and Sponsors.***

Rally Events

Altars & Altar Items: In the main meeting room, there is an altar created that contains the Christ Candle and other sacred items that represent ideas of Spirituality. There may also be personal items from Rally participants that are laid on the altar for the weekend. Often, there are additional altars created in the individual Family Groups that are specific to each Family Group. You may talk about this with your YOUers, so that if they want to bring an item to share, they can.

Attention Getters: Attention getters are used to bring everyone’s attention together and focus on the speaker. Share some of the attention getters with your chapter, if you know them.

Chapter Opportunities: In an effort to build strong chapters, each chapter is asked to serve at Rally.

God Squad – Our “Fuzzy Friends” who gently lead us on our way at the end of fuzzies. Each day’s God Squad will announce what their signal that fuzzies have ended will be.

Joy Songs – Lead Spiritually-based, appropriate songs (ask your Regional Consultant for ideas)

Meal Grace – Plan, practice and lead a meal grace at Rally (ask your Regional Consultant for ideas)

Messages of Love (MOL) Table Coordinators – Maintain MOL Table

Offertory Collection – Collect the love offer, place in and seal the envelope provided by Regional Consultant

Siesta Leaders – Select a story and/or music selection and present it

Spirit Sharing Coordinators – Meet with cast and work with them to arrange performance order, MC the program, assist as stagehands (chairs, music stands, microphones, etc.), additional information is provided

Vespers Squad – Evening Prayer before Fuzzies

Warm Welcome Committee – Affirmations/treat placement (arrive early, check w/ Regional Consultant for arrival time)

Bi-Regi Only

Chapter Report Posting Coordinators – Post Chapter Reports (arrive early, check w/ Regional Consultant for arrival time)

Graduates Posters Coordinators – Collect and Post the Graduates Posters (arrive early, check w/ Regional Consultant for arrival time)

Silent Auction Coordinators – Coordinate the Silent Auction

Chapter Hours of Service: One of the four core “S”s of YOU is service. Each chapter is encouraged to serve their church and their community. Chapters who serve more than 50 hours as a group in a given year will be recognized at the Bi-Regional Rally and awarded a certificate. Please see the web-site for a Chapter Service Hours document.

Chapter Reports: Each YOU chapter is to submit a written report bulleting the highlights of their YOU year. This report is to be submitted electronically to the Regional Consultant. Please see the web-site for a Sample Chapter Report Outline.

Dances of Universal Peace: Also referred to as “Sufi Dancing” or “Spiritual Dancing”, this activity is similar to Taize. It consists of moving from partner to partner, singing and looking deeply into their eyes and making a Spiritual connection. Other songs are done in a whole group circle and can be very lively. The songs are taken from different Spiritual traditions from around the world, and in so singing; we are honoring all paths to God and dancing for peace among all people.

Electronic Slide Show: We almost always have an electronic slide show toward the end of the Rally with pictures from the Rally weekend.

Experience of YOUers: Have YOUers and Sponsors who have previously attended Regional Events share with the “First Timers” their experiences and what they felt at their first event.

Family Groups: Each YOUer and adult will be assigned to a Family Group for the weekend. Family Groups provide a small group setting which follows “Family Group Material” co-led by YOU facilitators and supported by a Sponsor. The Family Group is the heart of the Rally experience.

Fuzzy Lane: At the end of the evening when everyone exchanges **friendly hugs** and then moves on to their rooms. Please demonstrate for First Timers what appropriate fuzzies are, including appropriate touch to allow for everyone’s personal comfort and sacred safety.

Graduation Posters: *Each year at the June Bi-Regional Rally*, we have a graduation ceremony for all seniors. If you have a graduating senior in your chapter, you need to create a poster for them that will be hung up on the walls in our main meeting area. Also decorate an 8x10 envelope with the graduate’s name on it to be hung under the poster for people to write and deposit “love notes.” This is a chapter activity, not a Sponsor activity. You may be as creative as you like. Use photos, draw pictures, designs, write special messages, etc. This is one way that we honor our seniors and we do not want any graduate to be left out.

Intimacy: Rally is a time of enhancing our relationship with God and our friendship’s with other participants; it is not about enhancing our romantic relationships. Please see South Central YOU Trust Agreements for further clarification.

Joy Songs: We open with Spiritually-based, appropriate songs which help get the energy moving and everyone participating.

Meditation: Please discuss meditation with the YOUers, what it is and what it is not. It is about experiencing our individual Spirituality, feeling our connection with God, and sensing God’s guidance. It

is to focus our inner concentration on God. To be very specific, it is about honoring everyone's space. If a participant is unable to meditate, the appropriate behavior is to sit quietly as to not disturb other participants.

Silent Auction: *This happens at the June Bi-Regional Rally only.* Each chapter is invited to bring at least one auction item of a Spiritual or artistic nature to be placed on the Silent Auction table. Individuals are also invited to donate items for Silent Auction. All monies raised will go to the SCUCA Region to help support their function. Each Rally participant shall be assigned a number and will use this number to bid on the various items until the last night of Rally, at which time bidding will be closed. Get creative and bid as a chapter on items that would be useful in the chapter setting. The winner of each item will be announced on the last day and all items left unclaimed or not bid on will be donated to the SCUCA Region.

Snacks: Please feel free to bring snacks to have during free-time or when you are back in your room. We do not provide snacks, so it is necessary for you to provide your own. If you have snacks, please be sure to clean up after yourself and deposit your trash in the appropriate receptacles. Avoid sugary snacks (high fructose corn syrup), as well as those with caffeine.

Spirit Sharing: This is a fun opportunity for the YOUers to share their wonderful Spirit and talents. To participate, the YOUer needs to submit the Spirit Sharing form with their registration. There will be a Spirit Sharing meeting for participants to gather together before the actual event, create the Spirit Sharing order, and discuss equipment needs for performance.

Spiritual Bridgeway (Central) & The Vibe (South) = The Vibration Bridgeway: A Regional newsletter published separately during the year and jointly in the fall and in June. YOUers are invited to contribute art, poetry, stories, etc. to the newsletter. Contributions must be YOU Rally appropriate and will be approved by the Regions before being added to the Newsletter.

Sponsor Angel Opportunities: Sponsors serve at different times throughout the Rally, as requested. A schedule of *Sponsor Angel* duties will be available and posted at the Rally. Sponsors are free to exchange duties amongst themselves, as long as they notify a Head Sponsor or Regional Consultant. These *Sponsor Angel* opportunities can look like covering boundaries at free time, directing YOUers at the end of fuzzies along the pathway back to rooms, candlelight walk, etc.

Taize: This is a beautiful and very Spiritual prayer service that originates from Taize, France. It is done with singing and chanting, sometimes with a partner that continues to change, other songs are sung as a group, and without a partner. Through the movement, music and affirmations, we are creating a Spiritual connection with each other and experiencing God's presence and love.

Vespers: Closing the events of the day with prayer or meditation.

Housing Arrangements, Room Meetings and Room Sponsors:

1. The accommodations vary from place to place. Sponsors will be assigned to be Room Sponsors. Generally, a small number of YOUers are grouped together with a Room Sponsor. At bedtime, the Room Sponsor makes sure that YOUers are in their rooms and that all is well and again in the morning, making sure that all YOUers are awake and out of the rooms on time. Generally, Room Sponsors share a sleeping area with the YOUers. Other times, Room Sponsors may be responsible for several rooms and share a room with another Sponsor. *All Sponsors can know that they have the*

freedom and responsibility to address behavior that needs redirection, even if they are not the Room Sponsor.

2. All Room Sponsors are given a list of the YOUers and adults in their housing group for whom they are responsible along with their room numbers or cabin names. Room Sponsors initial the tranquility slips provided to report those in their housing group as “all present” and “all clear.” There will be a notation for each day, which will be posted on the door of your room for Head Sponsors to check and initial as they make final rounds each time after participants leave the housing area and at night. We will answer any questions during the “All Adult/Sponsor Meeting” at the very beginning of the Rally.
3. The first evening, a YOUer will lead a room meeting with all the YOUers in the assigned group. They will begin with prayer. They will have everyone introduce themselves and share: their name, chapter, the number of Rallies they have attended, and how they are feeling thus far. They will also cover the following: lights out, lights on, showers, any special needs, room accessibility (no return after leaving in the morning/take everything you need with you), when rooms must be “all clear” (include morning leaving/breakfast time here), use only an alarm clock (no clock radios allowed), a reminder that **MEALS ARE SCHEDULED EVENTS** and everyone must be present, and a closing prayer. If questions arise and you don’t know the answer, refer to a Head Sponsor or Regional Consultant.
4. You may hold a room meeting each evening, however, if the YOUers are tired and want to get to sleep it is not necessary. Please check in with all the YOUers on how they are doing, if they have any questions or concerns. **Sponsors, please do not retire for the evening until all the YOUers in your area are settled in and lights are out!!**
5. **Cell phone use is to be kept at a minimum for checking in with parents upon arrival. We are trying to create an atmosphere where we leave the day-to-day routine at home and create a new experience. Cell phone use is ONLY allowed during personal time.**

Who's Who?

Rally Support Team (RSTs): A team of experienced YOUers that work with the Rally Leadership Team (Regional Officers, Regional Consultants, Head Sponsors, Chaplains, and Wellness People) in maintaining harmony and order throughout the Rally. They are there to assist and support the YOUers in any way possible, answer questions, be supportive, directing and focusing YOUers.

Rally Leadership Team

Regional Consultants: Unity churches throughout the U.S. are broken down into Regional areas comprised of groupings of states. There are seven such "Regions" in the U.S. Our Region is the "South Central" Region. Within each Region of states, there is team of Youth Ministry Consultants. These people are employed by the "Region" to be of assistance to the churches and their youth programs in the areas of: Children's Ministry, Uniteens, Y.O.U and Next Generation Unity (NGU). Throughout the year, these Unity-trained YFM Professionals offer trainings, retreats, phone and e-mail consultations, and other varied communications with churches. A Regional Consultant is present at YOU Rallies. This is a service to you from your "Region" to give you the needed support to ensure a strong youth program. You may call or email your YOU Consultant for any YOU related reason. Contact information is available at www.scucaregion.com.

Regional Officers: In YOU, there are two elected teen officers for each half of the South Central Region that serve a one-year term. That makes four elected teen officers. Elections are held each year at the June Bi-Regional Rally. These "Regi's" are responsible for providing Leadership to their peers and to serve as Spiritual, mature and dedicated role-model to other YOUers. They plan and lead two Rallies a year and support other Sub-Regional events held during the year. They facilitate Regional communication through newsletters, e-mail and phone calls. They are also responsible for holding a consciousness of prayer for YOU during the year.

Chaplains: This role is filled by an adult who is available to the Rally participants for any kind of Spiritual need or challenge; usually a Unity Minister, Licensed Unity Teacher, Unity Chaplain, or someone who has been trained to be in this role. Their function is not to counsel. Instead they can listen and ask questions to facilitate clarity and new understanding and also may pray with the individual.

Head Sponsors: A team of experienced Sponsors is invited to assist the Regional Team in maintaining harmony and order throughout the Rally weekend. They are available to assist you in any way possible. Don't hesitate to ask them questions or for assistance.

Wellness Staff: At every Rally there is at least one adult whose job it is to be available to anyone who is having a health challenge of any kind. This person will have background in the field of medicine and/or other healing practices. They review the Medical/Liability Release Forms for each Rally to discover if there are any specific health challenges that might need attention. There is a well-stocked first aid kit on site.

We sincerely hope that this information helps you to understand all the inner workings of Y.O.U and Y.O.U Rallies. If you have any questions, please do not hesitate to call or email your Regional Consultant.