

# CREASE

**/kri:s/ (n) A line or ridge produced on paper or cloth by folding, pressing, or crushing.**

**A resource to facilitate connection within community groups after times of change or upheaval.**

## TĒNĀ KOUTOU KATOA

In response to the changing nature of this world, Scripture Union New Zealand (SUNZ) have developed a weekend retreat resource for youth groups in this season of rebuilding and reshaping church communities as we've known it.

We offer you two templates:

1. The first to be used in a set space - we recommend getting away from the building you're used to meeting in and seeking out a campsite, Marae, or similar space to facilitate your weekend.
2. The second is a pilgrimage to journey the participants more actively. This resource invites more conversation before embarking; therefore if you are interested in this please contact us to continue the discussion.

Both templates are centred around the same content - *processing the past, acknowledging the present and dreaming/working towards the future as a body of Christ*. The exercises and activities vary.

Our mission as an organisation is to be a resource supporting churches to help young people discover Jesus and become life-long disciples who serve the world around them, offering you these templates to use and to support you in varying degrees, from collaborating with you in the planning process, to facilitating the weekend for you, subject to further conversation.

Throughout the weekend we are embracing a number of different learning styles, we recognize that we, the authors of this material, are outsiders and know little or nothing about your community. Therefore we defer to **you**. We merely provide this template as just that - a template. While we don't recommend skipping sections or changing the order of the process, we don't want to prescribe a rigid dictatorial schedule for the weekend that takes away from the whole reason why you gather. Alternatively if we are with you for the weekend, we are humbled by the opportunity you have extended to us to be there. And in that case we will again defer to you for pro tips and insider perspective.

We have left it as open as possible for you to determine time-frames, whilst remaining sensitive to the needs of the group and where you are at. There's nothing worse than pushing something too far or not spending enough time unpacking or facilitating a moment or activity when needed. You are the expert of your group. You know when to schedule meals, downtime, recreation, that walk to the beach or river, or a craft. So, go do it, you will be in our prayers.

**There is a mystery that comes with facilitating these weekends... How much? How little? Too soon? Too late? Not enough? Too much? Just right? Therefore, we have to trust the work of the Holy Spirit and know that the Divine is ALWAYS at work.**

Nga mihi,

Natalie Duchesne (North Island Camps Facilitator) &

Paul Humphreys (National Leadership Facilitator & South Island Camps)

# CONTENTS

How to use this resource	3
Session overview	4
Program	
Friday Evening	6
Saturday Morning	8
Saturday Afternoon	10
Saturday Evening	13
Sunday	14
Appendix: ABL Games	16

## HOW TO USE THIS RESOURCE

### Crease /kri : s/ (n)

As the title alludes, 'crease' can have both positive and negative annotations. Some creases are accidental, such as in clothing. Sometimes all it takes is one good iron to return the garment to the way it was designed to be worn, other times it's a daily surrender of your time and energy to commit to the ironing of that garment. Other creases are intentional. The Japanese art of origami takes an ordinary, flat piece of paper and through an intentional and creative process, turns it into something wonderful. It is our aim for this resource to be the both-and... To take those opportunities where something is folded together (in this case, the bringing of your youth community, group or otherwise), experiencing what it's like to live in community over a few days while taking the events that have occurred, using them as a springboard for change.

We've focused this resource on the 'what?' (past), 'so what?' (present), 'now what?' (future) framework as a tool to help unpack these creases over the weekend.

As previously mentioned, this resource relies a lot on YOU and your team (we are excited you are still reading). Consider us leading you in a dance that utilises your uniquely expressed skills and insider knowledge while directing your feet in patterns you may not have considered before.

Of course prayer is key here, and being a SUNZ resource we are framing all this around the prayers you have already offered up, and will pray before and during your retreat. Recruit others to pray too. SUNZ has a rich foundation of wonderful intercessory saints who support our ministries and camps behind the scenes. Who are they for you? Go find them!

We bring this resource to you also as a plug for what is bread and butter for us. The majority of SUNZ camps are framed in, on and around the outdoors, with some even lasting 11 days in some stunning and challenging, yet wonderfully faith forming locations. The practices and methods you see here are what we use to drive the faith formation, leadership development and connection with creation.

# SESSION OVERVIEW

## FRIDAY NIGHT

**PURPOSE:** To build morale and celebrate physical community. Tonight is less about teaching and structure and more about being and experiencing, particularly when it comes to lament and lamenting the events that have been.

**KEY QUESTIONS:**

- What happened?
- What impact did it have on you?
- What did it mean for your faith and how you thought about yourself, your friendships, and your community?

## SATURDAY MORNING

**PURPOSE:** To introduce and/or re-educate on the purpose of the Psalms (that lament is not just okay but good). To facilitate the idea that God is still present but that sometimes we are just asking the wrong questions. Finally, to make friends with mystery.

**KEY QUESTIONS:**

- So what does it mean to have these feelings?
- So what does it say about you, this youth community/group?
- So what would it take for you/this community to change?

## SATURDAY AFTERNOON

**PURPOSE:** This session focuses on how the past has shaped the present, taking the thoughts expressed on Friday night and Saturday morning and acknowledging how it's informed the 'here and now', specifically in relation to this youth community. We've spent time together as a large group, now it's time to feed into your small groups, grounding yourself in the present.

**KEY QUESTIONS:**

- What state do you come in to this gathering of community?
- What does this community look like TODAY?
- What should this community look like? (prepares for the 'now what')

## SATURDAY EVENING

**PURPOSE:** We are deferring to you as to how you want this evening to look. We aren't trying to create a token tear-jerker moment or some opportunity for manipulation of people's emotions and/or faith. However there might be youth or even leaders that want to sit and talk and LISTEN more. Sometimes these are called the Parking Lot or Car Park conversations (times when informal, laid back chats or conversations are occurring), which in many settings is where the real work - healing and wholeness, goes on. This evening is to create space for these moments and conversations. Don't overstep your boundaries, be safe, and remember it's not about you.

**KEY QUESTIONS:**

- How easy/hard is it for you to feel genuine at times like this?
- How would you know the group is ready to explore change?
- What can you do differently in this time to support others?

## SUNDAY

**PURPOSE:** Today is a day of celebration – you’ve done the hard work and now get to have fun casting vision for the community you want to be. This session ends with a feast - a time to pursue gratitude and wonder and to truly celebrate the end of a wonderful weekend together and the great times to come.

**KEY QUESTIONS:**

- What can we start/stop/keep doing?
- How will we be serving our local community?
- How do we want to operate as a small group?

# PROGRAM

## FRIDAY EVENING

### Introduction

Welcome – Personal story of how the recent challenges faced affected you (the MC)

Why are we here this weekend?

Expectation setting exercise: This is a great exercise to gauge where your youth group is at, and will be easier to assess the needs and desires of the group

*Materials*: Squares of paper and pens

*Instructions*: Give each person a square of paper and a pen. Give them one minute to write down the expectations they have for themselves, for the other participants of this weekend, and for you as a group. Instruct them to gather in groups of six and discuss what they wrote down. After five minutes is up, have each group report back to everyone else.

Communicate *your* aims for the weekend (in a broad sense - this is more about expectation setting rather than focusing on outcomes)

**PHASE ONE (light, warmth, space) – games, interactions, embrace the ‘being’ with one another – joy and celebration**

Play two-three familiar, active games with the group that will go for an hour in total. Here are some ideas:

- Capture the Flag
- Newspaper Hockey
- Monkey Grip
- Fresher
- Hungry Hippos
- Minute to Win It

**PHASE TWO (dimly lit, intimate... for this, use a different room or leave room for 10-20mins and come back to a differently arranged space to signify change in tone/pace) – liturgy of lament**

Lighting of the ‘Christ Candle’ – pray, inviting the Triune God into this place

Worship music (15 mins)

Testimonies of lockdown challenges (two leaders, one youth – prep them ahead of time)

Prayer:

*Come Holy Spirit, come Spirit of Jesus,  
And complete in us your redeeming work.  
Where we are in pain and grief,  
Lord, teach us to pray, comfort and strengthen us in these days.  
Call us, Lord, into our inheritance as co-heirs with you:  
Give us grace to share in your sufferings,  
And awaken in us your patient hope.  
Jesus, High Priest over all Creation, help us in our weakness:  
Fill us with your Spirit who groans in us and with us,  
So that we might share in your priestly work.  
Amen.*

Personal reflection time (15mins):

*As we come together to celebrate being one youth group community again, we want to take the rest of tonight to acknowledge the reason we've been apart for so long. We're now going to have ten minutes of solitude and silence, a practice that Jesus took part in regularly during his time on earth. During this time, intentionally honour the past by answering these questions truthfully. Allow yourself to feel the emotions you may not normally allow yourself to feel. Take courage that if negative emotions, you won't need to feel them for a prolonged amount of time. Following this time of quiet, we'll bring these things to God in prayer, allowing you to come to a place of closure for what you've felt and experienced - the positive and negative. Find a spot in the room or outside on your own to write down answers to these questions in your weekend journal [hand out booklets to everyone].*

Prompting questions:

- How was your experience of Covid-19?
- What were the biggest challenges about lockdown?
- What do you want to say to God about this time?

Call everyone back together.

Psalm of Lament: Psalm 77

**Leader one:** I cry aloud to God,  
aloud to God, that he may hear me.  
In the day of my trouble I seek the Lord;  
in the night my hand is stretched out without wearying;  
my soul refuses to be comforted.

Silence

**Leader two:** I think of God, and I moan;  
I meditate, and my spirit faints.  
You keep my eyelids from closing;  
I am so troubled that I cannot speak.  
I consider the days of old,  
and remember the years of long ago.

Silence

**Leader three:** I commune with my heart in the night;  
I meditate and search my spirit:  
"Will the Lord spurn forever,  
and never again be favorable?  
Has his steadfast love ceased forever?  
Are his promises at an end for all time?  
Has God forgotten to be gracious?  
Has he in anger shut up his compassion?"  
And I say, "It is my grief  
that the right hand of the Most High has changed."

Silence

**Leader four:** I will call to mind the deeds of the Lord;  
I will remember your wonders of old.  
I will meditate on all your work,  
and muse on your mighty deeds

Worship music (10 mins)

Small group reflection (20mins) – a time to share together the things that came up during personal reflection or about lockdown. As you gather into groups, go around the circle, ensuring everyone has an

opportunity to share. Note things that youth may be alluding to but are finding too difficult to say in a group context (to follow up later).

Worship music (10mins)

Prayer:

*As we conclude this time of worship and prayer,  
we know that always, God goes with us:  
through the presence of the Spirit and the presence of one another.  
Hear these words of blessing:  
May the grace of Jesus Christ,  
the love of God,  
and the fellowship of the Holy Spirit,  
be with you all, now and forever. Amen.*

Closing Hymn:

*Praise God from whom all blessings flow.  
Praise God all creatures here below.  
Praise God above you heavenly hosts.  
Praise Father, Son, and Holy Ghost.  
Amen.*

## SATURDAY MORNING

Prepare/Morning Prayers: a lamenting Psalm (to unpack later)

*"Long enough, God—you've ignored me long enough. I've looked at the back of your head long enough. Long enough I've carried this ton of trouble, lived with a stomach full of pain. Long enough my arrogant enemies have looked down their noses at me. Take a good look at me, God, my God; I want to look life in the eye, so no enemy can get the best of me or laugh when I fall on my face. I've thrown myself headlong into your arms—I'm celebrating your rescue. I'm singing at the top of my lungs, I'm so full of answered prayers." Psalm 13 (MSG)*

**Adventure Based Learning Activity:**

Spiders Web (see appendix for description and explanation of risks – the person facilitating and ensuring safety is VERY IMPORTANT).

Debrief:

- How did you feel as you thought about you going through the web?
- How did you feel about others and getting them through the web?
- What challenges were the hardest to overcome as you planned and completed the web?
- So what changes did you think you'd have to make?
- So what influence did others play on you in the game?
- So how did you feel about your abilities?
- So how did you feel about your group's abilities?
- So what does this make you think about what is going to change

Interpretation (to be spoke/facilitated by someone(s)):

As you completed the activity, whether you experienced success or not, there are some opportunities to learn from them. These activities can serve as sneak peeks into our own lives, the lives of others and our interactions with each other and the world. Almost like a double meaning. (*Show metaphor slides from ĀPŌPŌ to reinforce this concept – see Appendix*)

The season we have moved on from has been real and took us places that we as a country (and perhaps you personally) haven't been to before. This meant that we had no experience or people we



could draw upon to help us navigate through with past stories to relate to. The feelings it amassed may well have been feelings that were new to us or feelings that we have felt before but now in a different setting, time and place. Feelings of loneliness, despair, not sure when this is going to end, fading hope.

Listen friends, you were not alone, whether we admit to those feelings today, this weekend or not, they were present in all of our lives at certain times during the lockdown. (A brief personal story from 'speaker or facilitator' at this point could help).

What does all this mean though? Only you can answer that, only you know what you experienced. You are the world's expert on... YOU!

There is an opportunity here to not just acknowledge and name those thoughts and feelings about how you felt about yourself, your future, this group, our country and your experience of God, but to draw more out. Here are some suggested questions you might consider reflecting on to do this:

- So what do you need? What do your needs say about you?
- So what does it say about this group?
- So what does it say about this thing we call a faith in Jesus?
- So what does it mean for our community?
- What if you/we are truly committed to not just 'moving on' but creating some meaningful support and changes in our youth community?

So now what does this say about what experiences or perceptions you had in the lockdown? What does it say about what you want? To truly embrace change there will need to be honesty and raw truths acknowledged about oneself and that only comes with if we are willing to take the risk. Remember you are the world's expert on you.

*Leader notes: The 'so what' (the present) is also about moving on by interpreting and sharing openly about how the 'what' (the past) has impacted your thoughts and your mental health, experience of God, the support you got/didn't get, your community, NZ and the world.*

*These experiences say a lot about who we are and how we view the world. And when we say world we have a broad definition of that. They also can say things about our faith, friendships, relationships, hopes and more.*

### Solo time

Send youth off for solo time, using some chosen Tactile Prayers (see Appendix).

Come back and voluntarily share/debrief their thoughts & expressions.

We recommend that no mandatory interpretation or feedback happen to debrief this activity. Let the experience speak for itself. Some might share, others might not. The level of sharing doesn't necessarily invite an opportunity to guess or interpret how an individual is feeling. It could be that their personality doesn't lend itself to them sharing. However leaders may become aware of opportunities to ask questions later in a different setting or space.

### Teaching/sharing time

Leader(s) to share the section below of purpose/intent of Lament Psalms:

*Last night a few leaders read aloud a Psalm and today as we began our day during morning prayers there was a Psalm read. Both Psalms sounded all gloom and doom. Well, they were! It's what we call a Psalm of lament.*

*The Psalms of Lament are songs and poems that cry out to God in times of deep distress and despair. Help and intervention is asked of God to deliver us from suffering, sorrow, great loss, failures, and rescue from enemies. Expressions of trust in God to act in our favour lead to hope and joy.*

### Context:

There are more lament psalms than any other type of psalm. These psalms fall into the broad categories of: individual or communal (group), or both. Their basic structure includes:

1. Address God
2. Description of Complaint
3. Request for God's help
4. Expression of trust in God

"Psalms have endured because they speak something true about our hearts and minds and hopes and feelings and desires and wounds". That's the power of the Psalms.

Gather into small groups and assign a Psalm to certain groups. Have them examine the above model/pattern of their basic structure and see if it holds up. Where possible use different versions of the text. Often The Message version conveys it well.

- Psalm 13
- Psalm 25:1-2& 16-21
- Psalm 31:1-5& 9-16
- Psalm 86:1-4& 14-17

### Debrief:

For many reading the Bible ends the discussion, when it should begin the discussion. That's how it was in Jesus' day. In his day people gathered and a portion was read from it (or the Torah) and it was read together, then you interpreted it. They discussed it, talked, argued, agreed and disagreed about it. You were expected to have an opinion!

And that's what we are inviting you to do. To hear the words of the Psalmist and share openly your lament... and to share it aloud.

Last night and this morning we have spent time speaking on what happened, what was your experience, your stories, your moment to speak of what happened to you and your **'what'** thoughts on work school, friends, God, whanau, relationships... no interpretation, just raw thoughts. Or put more bluntly, your opportunity to unload.

But now we have to look at **'so what'** does all that mean. So what does all that mean about those things we let loose on last night and today. This is not just an intellectual exercise.

Listen to these words (on screen or printed out for people to read aloud, silently or hear). *"Come, not because any goodness of your own allows you to come. Come to the Table because, like me, you need forgiveness, help and hope. Come because you love God a little and want to love God more. Come, because God loves you and gave Jesus for you."* Pastor Dudley Rose (2004)

So what does this say about you, and how you view your friends, whanau, and experience of God? What do these thoughts and feelings say about you?

The goal here isn't to create answers but to create space to listen, feel heard and begin to think a little past what happened (Friday Evening & Saturday Morning)... to make the connection to what it says about who I am, lurking just beneath the surface. Perhaps more importantly, the goal is to begin to feel comfortable saying it aloud.

## **LUNCH TIME (1.5 HOURS)**

## **FREE TIME (3 HOURS)**

## **LATE AFTERNOON SESSION (1.5 HOURS)**

Start with everyone together - speak your intent of this session and pray over it:

*God build our community,  
In a way that honours you,  
And keeps you in the centre,  
Grounded and whole.*

*God build our community,  
Away from self-centeredness and independence,  
Away from mistrust and misunderstanding,  
Build in us humility and deep wells of compassion.*

*God build our community,  
Identifying brokenness and hurt,  
Yet pursuing healing and reconciliation,  
For you, for each other and for your Creation.*

*God build our community,  
Bound together by love and joy,  
Knowing that in your image,  
We are fearfully and wonderfully made.*

*God build our community,  
And give us ears to hear you,  
To hear the intention in which we are to serve each other,  
Both today and the weeks and years ahead of us.*

*God help us be your community.  
Amen.*

## **Break off for intentional time in usual small groups**

### **Pray**

**Emotional check in** (*leaders note – this is an opportunity to check in with your campers. There will be a range of responses/attitudes and strategies to deal with them. You don't necessarily have to encourage a stepping into that emotion, rather just an articulation*).

Use the supplied 'I Am About' Processing Cards:

- Pick several 'rounds'. Start with silly and move to more serious:
  - Tell a continuous story by pointing to cards - have people talk about their card, segueing it from the last card. Vary the length of time that people have to make-it-up for. 10sec... 5 sec... 30sec.... Make it fun. Stop people mid-sentence.
  - "Choose a card that represents how you feel about the potential for this youth community after this weekend"
  - "Choose a card that says so what is holding you back from being honest about your faith/relationships/mental health/how you experience God"
- Ensure you set good ground rules. There are lots of right answers.
- We are hoping this might be the catalyst for breaking through a glass ceiling of honesty, candor and 'so what'... did this years' experience teach you about yourself, this youth community, our church, community we live in or Aotearoa New Zealand

Additional follow up questions:

- How does it feel to be away for a weekend as a youth group?
- What was your experience of last night and this morning? What feelings can you articulate?
- How are you feeling right now?

## Solo time

Direct everyone to find a nearby location for them to sit alone for 10 minutes and answer the following questions in conversation with God:

- How is our youth community different to your experience of it before Covid-19?
- How is God present in this community?

## Come back together as a small group and share

Brainstorm:

- Now that we've acknowledged what our community currently looks like, what would you want it to look like?
- *Give everyone a small pad of post-it notes and a pen. Give them two minutes to write down a different answer/idea on each note. Once ready, get them to call out their ideas, collecting the notes as they do and build a brainstorm of answers on a large sheet of paper, grouping them into logical categories as you do.*

**Pray together** (here are three prayer practices to choose from):

### OPTION ONE

#### Ball of Emotion

*Why:* Give the campers the opportunity to share their emotions with God and see how much we often keep hidden or trapped inside.

*Supplies:* Small ball, tape, marker

*How:* Invite campers to write an emotion they have felt at camp but may not have fully expressed, on a piece of tape. This can be joy they held back because it was not an appropriate time (did not want to interrupt or overwhelm someone), or maybe sadness or frustration that did not seem appropriate to let out. Stick the strips of tape to the ball, covering it, and invite campers to add more representing other emotions they did not fully share. If you can, invite campers to take turns carrying the ball around for part of the day, putting it under the collar of their shirt, or under a pillow while resting. Spend some time talking about how the emotions we ball up are always with us and how they can impact our day. Campers can keep adding to the ball of emotion through the weekend. Maybe they held back anger in a game, or hid a hurt from someone's critique. (You could have a ball for different groups, or one big one for the full camp to contribute to. This could even be part of each worship service or evening devotions – adding more tape and emotional experiences to the ball). At the end of the weekend, look at the ball as a group and remind campers to share feelings with God when they get home, rather than handling so much on their own.

### OPTION TWO

#### Prayer Labyrinth

A Labyrinth is a path that leads to a center space with no tricks or wrong directions. They have been around for more than 4,000 years, used in both sacred and secular communities. Labyrinths are usually round, but a variety of patterns can be found. They are symbolic of a journey, discerning, and reflecting. A person can walk in, seeking to let things go or focusing on one issue they need to work on. Some walk labyrinths as a spiritual practice, and some to increase right-brain function. Some just do it to relax. However a person explores a labyrinth, the hope is that they are also exploring their own heart and mind. You can find labyrinth patterns online or use the one we've provided.

Finger labyrinths are an easy way to let a lot of campers experience a labyrinth at the same time or let campers take the experience with them. This can be done by simply printing out small images on cardstock. Make sure the image is large enough for a finger to trace or provide a stick with a point or other tool to trace the path.

### OPTION THREE

#### Guided meditation

Guided Meditation can be a very detailed prayer experience or a simple relaxation technique. It all depends on the participants and the goals of the experience. Some can help us get in touch with feelings and ideas that we have pushed away. Others can help us rest our minds and bodies when we are tired.

This is a simple technique for resting and centering. It is a great introduction to guided meditation. Invite campers to sit in a comfortable position, not lying down, with their eyes closed. Ask them to take a deep breath, and as they do, imagine that they are a large balloon filling with air. As they breathe out, ask them to imagine the balloon deflating. As you repeat this with a series of long, deep breaths, in and out, ask them to imagine what color their balloon is and how big it gets. As they breathe in, ask them to imagine what good things fill them up, and as they breathe out, what good things they might use their energy to achieve. Repeat this a few times to make sure they have time to reflect. Once you are done, invite campers to share their experience and reflections.

## DINNER (1.5 HOURS)

## EVENING SESSION

Leader(s) to communicate these words/thoughts:

We've had a big day. Lots of thinking, fun, processing, relaxing, eating... What else have we accomplished today? *(Solicit from youth)*

We hope you felt as though you had good ownership of the weekend. We have designed it with you in mind. This doesn't mean it always felt comfortable or easy. But hopefully safe and that the safeness has grown.

We have definitely followed a model or pattern this weekend, maybe you spotted it. Tonight we need to keep this moving and some of that is influenced by you, other times we will put things out there. Some of our moments tonight will be letting the experience speak for itself which is why we are offering the following things for you to choose from.

*Let the group decide (this is risky but shows and reinforces their ownership). You can facilitate and healthily influence the decisions, order and schedule for the evening if needed. Here are some options listed in no particular order:*

1. Play 'Capture the Flag' or 'Kick the Gumboot' or 'Password'
2. Play 'Telephone' (Previously known as 'Chinese Whispers') with a twist. See instructions in Appendix

Debrief:

- What were some funny moments from your experience(s) with the person you sent or received information from?
  - What did you enjoy/find difficult about the way you passed on information?
  - What frustrated you about this game? And what does that say about you?
  - What would you do differently if you had a chance to play it again?
  - As each of you took your turn in the game there were several limitations placed on you (the ability only to speak or draw) and you had to adjust. During C19 there were several limitations placed on you and you had to adjust. We were dealt a new normal that we couldn't change, it was out of our hands. How did you learn to live within it, or adjust?
  - What can we adjust now knowing we are on the other side of it. Or what if we go backwards again? How do we use the things we want to do differently we identify this weekend to help us now and in the future?
3. Tactile Prayers sheets (see Appendix)
  4. Camp fire. This could fit in several places, it could frame the entire evening.

Conclude with Evening Prayers:

What are Evening Prayers? In some traditions it's called Examine. This isn't a quiz; it's merely reflecting on or examining our day. The prayers are written to help us focus and create a shared experience with those around us. This is a very ancient, yet rich practise that Christians have participated in for thousands of years. It may look different to you or very familiar, but these are different days and what have we got to lose.

Depending on your Faith Tradition, you might have to explain the part about Confession. This is not necessarily a Catholic thing (not that this is bad either) - Confession is merely saying sorry... Sorry to God and perhaps those whom you have hurt this day, all in the form of a prayer. This is sometimes called sin, which can have a lot of connotations associated with it. Consider it as the breaking of peace (or Shalom- the Jewish word for peace) with God and others and confession offers us an opportunity to restore that same peace.

## SUNDAY MORNING

Wake up exercise (a relay/challenge to get people awake) – 30 mins

Time Alone With God – 40 mins:

- Pentecost passage or Psalm 23 (What does this tell you about who God is? Who we are? How we are meant to be?)
- What are things you want to do differently in light of this passage and this weekend?

Thanks Be to God (gratitude exercise) in small groups (see Appendix)– 10 minutes

## BREAKFAST (1 HOUR)

## MID-MORNING SESSION

Worship time together - 45 mins, outside in Creation if possible

- Songs
- Morning prayers/liturgy (see Appendix)
- Outline/purpose for the day

Small group time (time of accountability) – 45 mins

Revisit the post-it-note brainstorm from yesterday afternoon. Agree as a group on the top five ambitions/dreams/ideas for your youth group moving forward.

Using the following questions answer these collectively as a small group. Ensure you have someone record the responses (consider framing them around the following categories: individual, Youth Community, our Church, our local community, Aotearoa/New Zealand):

What can we:

- Start doing?
- Stop doing?
- Keep doing?

Try to name and suggest tangible goals. These could be framed around relationships, times we will endeavour to meet, what practices will be done. How will we be serving our local community? (Environmental actions, social justice etc.)

- How do we want to operate as a small group? (Reiterate the value everyone's spoken of this community and reinforce the importance of commitment and consistency – attendance, committing the community in prayer to God, etc.) - *add ideas for leaders*

Have everyone write down their personal commitments to this youth group – to be collected and redistributed in six months or at the next weekend away.

### Large group time - 20 mins

Have each small group report back on their top five ambitions/dreams/ideas for your youth group moving forward (capture these thoughts, revisit at later meeting - add to a canvas).

Wrap up: reiterate how the power is in the hands of the youth. The leaders are here as part of the community but it's not top down leadership and that the youth need to be the change they want to see in the group. Leaders are there to help facilitate that but needs to be a joint effort. Intention is everything.

## LUNCH FEAST (1.5 HOURS)

This can be at the accommodation or at a park on the way home. Set up the space elaborately with all types of food (sweet and savoury). Optional: frame this feast with the story/verses of Last Supper and enjoy communion together.

Welcome everyone to the feast: *We've just had an intense weekend acknowledging the emotions and experiences of the past and present and have cast vision for how we want to step into the future. You've done some serious mahi and to celebrate, we're going to have one final meal together. Meeting around the table and around food was so central to Jesus' ministry and discipleship on earth. We want to honour this feast as a symbol of that same sacred space as we end our time together. This is a time for joy, wonder and gratitude. As we share this food together, posture yourself in thankfulness to the Triune God for the community that surrounds you and for all He's gifted you.*

Three questions to pose throughout the feast for people to discuss with the people around them:

- What are three things you're grateful for?
- How do you express gratitude to God?
- What do you appreciate in the people around you?

Final prayer of gratitude for the weekend.

### Pack up and head home

# APPENDIX

## ADVENTURE BASED LEARNING (ABL): TOP TIPS

### The usual questions

When facilitating and leading games or Adventure Based Learning (ABL) there is an opportunity to use that game as a teachable moment or metaphor for what point or idea you are trying to present. This approach is sometimes called Experiential Learning. This makes learning more dynamic and concrete. We would argue that Jesus was an experiential educator (but that conversation is for another time).

There are simple questions you can use to begin this process rather than going straight to the deeper questions. To go to the deeper questions right away after a game is difficult and doesn't create fun and safe space to explore those deeper questions.

Here are some of those simple fun questions to start with.

- What was your favourite part of the game?
- When did you figure out what was going on?
- What was the hardest thing to do?
- What was the easiest thing to do?
- Tell us about any times you were afraid
- What I liked the most was?
- What I disliked the most was?

## SPIDERS WEB

Group Size: 8 – 16

Intensity:

Mental: easy.....♦.....hard

Physical: easy.....♦.....hard

Time: 20 – 30 mins (without debrief)

Set Up Time: 15 minutes

Amount of Duct Tape Required: 1-2 ROLLS

Game Objective           The entire group must travel through the duct tape spider's web.

Skills Developed           Trust, Planning, Leadership, Problem Solving

**SAFETY NOTE:** *read the 'Safety Warning' below before you attempt to lead this activity.*

### Set Up / Preparation

1. When building the spider's web, your number one concern is the safety of the participants.
2. The standard method for building a spider's web indoors is to stack chairs (that are designed to be stackable) to make two columns each measuring approximately five feet tall. If your stacked chairs are unstable don't do this activity.
3. The two columns of stacked chairs should be approximately eight feet apart.



4. Now it's time to create the actual "spider's web" by stringing the duct tape from one column of chairs to the other. The fastest and easiest stringing pattern is to create a grid, starting with the horizontal pieces of duct tape first and completing the grid by stringing the vertical pieces of duct tape last (refer to the photos). The holes should measure approximately 30 inches square. Smaller holes make the game harder. Consider creating your web with a combination of smaller and larger holes. BONUS: For those with the time and motivation, you can create a duct tape pattern between the two columns of chairs that would remind you of a real spider's web.
5. SAFETY NOTE: It's imperative to LIGHTLY attach the duct tape to the two columns of chairs. This will help prevent the chairs from falling over (and on top of people) should someone push on the duct tape. If the duct tape is lightly attached to the chairs and the duct tape is pushed, the duct tape should easily come off the chairs.
6. If you don't want to use stacks of chairs, you can create the duct tape spider's web between other things such as wide doorways, trees, columns, etc.

### Presenting the Challenge

1. Ask the team to stand on one side of the spider's web.
2. Presentation Script: "Your challenge is to travel from the side of the spider's web you're now on to the other side. You must follow and obey the following rules throughout the game." [read the rules below]

### Rules

1. Team members must travel THROUGH the spider's web. You can't travel over, under or around it.
2. Participants may not alter the spider's web.
3. No member of the team may touch the spider's web (duct tape) at any time no matter what side of the spider's web they're on.
4. Should a touch occur, offer the group one or a combination of the following penalties:
  - a. The person who touched must go back.
  - b. The entire team starts over again.  
Pass 2 people through that are connected together.
  - c. Allow the group to decide on an appropriate penalty.
5. Once an individual successfully makes it through a hole, that hole is closed (see "Variations" below).
6. Participants may not jump or dive through web openings. Anyone traveling through the web must be spotted.
7. Only the supplied equipment may be used. NOTE: Do not supply the group with any additional equipment. This rule will keep the group from using boards or other devices to help them travel through the web openings.

### Safety Warning

1. It's imperative to LIGHTLY attach the duct tape to the two columns of chairs. This will help prevent the chairs from falling over (and on top of people) should someone push on the duct tape. If the duct tape is lightly attached to the chairs and the duct tape is pushed, the duct tape should easily come off the chairs.
2. Because lifting is involved, this is considered an advanced game. If you have anything less than advanced facilitation and leadership skills do not attempt this game.
3. If you (the facilitator) ever feel the group is operating in an unsafe manner you must immediately stop the game.
4. People with knee, shoulder or back injuries should not participate.
5. If possible, place a pad (gymnastics mat) on the ground underneath the spider's web. This will provide a cushion should someone fall to the ground during this game.

### Potential Storyline

“Your team is traveling through the Amazon jungle and the path you must take has a giant spider’s web across it. There is no way around this so you must travel through the spider’s web. Don’t touch the spider’s web or the giant spider will wake up and chase you!”

### Facilitator Notes

1. Due to the fact that lifting and spotting is involved, I consider this an advanced teambuilding game. Not all teams are ready for this activity.
2. During this game you (the facilitator) will be right in there with the group spotting them. You need to encourage everyone else to be safe during the game as well.
3. Some groups may want to practice passing people through the web prior to actually starting. Allowing the group to practice on the web itself can take away some of the unknown aspects of the activity. If you do decide to let the group practice, consider setting some limitations on the practice (time, number of tries, etc.). Practice can always be held in another area with the group imagining the actual spider’s web.

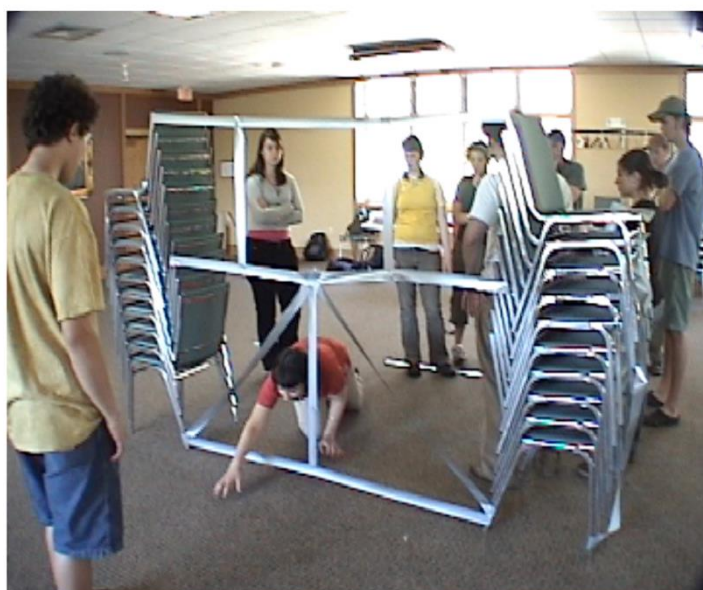
### Debriefing Suggestions

Because this activity requires team members to help each other pass through openings, it lends itself to debriefing questions such as:

- In this game, the openings were made of duct tape. What “openings” exist for us as a team right now that we aren’t utilizing fully? What openings would we like to create?
- This game required a balance of planning and doing. What is true about how our team balanced these two during the game that is also true about how we balance the two in real life? Are there important lessons about the balance between planning and doing that we must understand to move forward as a team?
- When being passed through the web you were faced with trusting your teammates to take care of you. What noticeable and measurable changes would happen on our team if we trusted each other 10 times more?

### Variations

1. Normally a hole is closed and made unusable after someone passes through that hole. You may need to re-open a hole under certain conditions. For example, if you have only 10 holes but have 15 people you will need to allow the group to use 5 of the holes twice. In this scenario you can let the team decide which holes will be used twice or you (the facilitator) can decide.
2. Divide the team in half. Have one group start on one side of the spider’s web and the other group start on the other side of the spider’s web. The goal is for the two groups to switch sides. The same rules for use of the holes apply in this variation. Hopefully the two groups will choose to cooperate.



## TELEPHONE

A fun adaptation on Chinese Whispers

1. Need scraps of paper and something to write on
2. Have the group sit in some sort of order (a circle is fine).
3. Tell them you're going to verbally tell 1 person a phrase and only once. Don't announce to others. The phrase is "King Peters Cold Oranges For Good Soldiers."
4. That 1st person then has about 30sec to recreate that phrase on paper by drawing the phrase they heard.
5. Then they (Person#1) show that piece of paper to the person next to them. That person (#2) can look at the picture for about 30secs, then they have to verbally tell the next person in the circle (#3) what they saw on the paper, but only passing it on verbally, and only once.
6. That person (#3) then draws what they heard person #2 say to them. *Note: The person who drew the picture cannot speak, only show the picture to the next person.*
7. This goes back & forth from each person, alternating between one person seeing what the previous person drew and then they TELL the next person, that person listens and DRAWS and so on.
8. This continues all the way round back to the 1st person.
9. As you begin the debrief, collect up the pieces of paper and don't reveal the last piece until the debrief is done. This helps keep attention.
10. See debriefing questions back in main document

## KICK THE GUMBOOT

A good run around/strategy game. Best played at night.

1. Find a large area with some open space in the middle, but with areas, trees, buildings etc to hide behind and sneak between. Place one gumboot or similar shoes/boot in the middle of the open area.
2. The object is for the person who's "it" to try and find and name people who are hiding. As they are seen & named (don't have to be tagged, just seen & named) they have to go and hangout at the gumboot (similar to the game Jailbreak).
3. Over time a collection of seen and named people will congregate at the gumboot. The only way they can be freed is by an unseen/unnamed person running and kicking the gumboot to free everyone trapped at the gumboot.
4. Caught people don't have to stand on the gumboot but be loosely gathered around it.
5. The "it" person cannot 'goose-guard' the gumboot.
6. People are free to move and avoid being seen and named.
7. If the "it" person doesn't get a person's name correct they can keep running away and hiding. Hence why played in the dark.
8. Can have two "it" people for larger groups. Play multiple rounds.
9. Getting the person's name correct is the key. No torches or flashlights can be used.

# PASSWORD

A talking, guessing game

## What you need

A list of words. Find a great list here. <https://www.thegamegal.com/printables/>

## How to play

You play password with two teams of two. There's one word (the password) that one player on each team knows, and both are trying to get their teammate to guess the word first by taking turns giving one-word clues.

Here's an example of how it works. Let's say our players are Ben and Brooke (on one team) and Dan and Donna (on the other team).

Each team chooses one player to go first. We'll say Ben and Dan. Using a word generator or paper slips or cards with words written on them, one word is chosen, the word that will be the password for both of them. We'll say it's "key."

Ben and Dan both know the password, while it's kept secret from Brooke and Donna.

Once Ben and Dan both know the password, the game can start. One of them will go first, say Ben. He gets a chance to get his teammate Brooke to guess the password. The trick is, Ben can only give a one-word clue. He might say "lock." With her one-word clue, Brooke thinks and makes a one-word guess as to what the password might be. She might say, "door?" Because she guesses incorrectly, it's now Dan and Donna's turn.

Dan can now give Donna a one-word clue. He might say "metal." Now Donna has the benefit of knowing Dan's clue (metal) as well as Ben's (lock). But she might still guess incorrectly and say, "safe?"

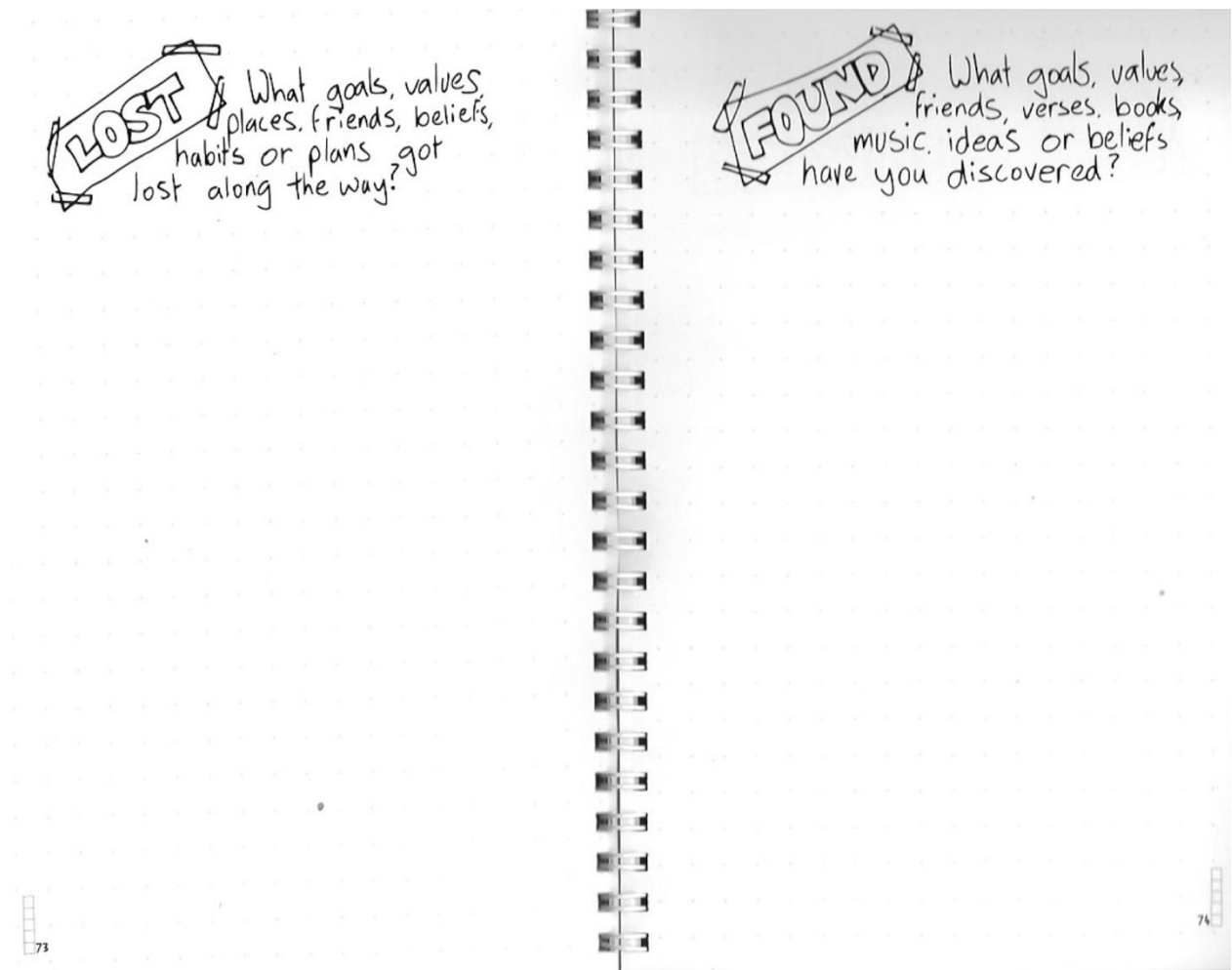
Now it's Ben's turn again. He thinks hard and gives the clue "unlock." It's Brooke's turn to guess, and now she has three clues to work with: lock, metal, and unlock. That might be enough for her to correctly guess, "key?"

Play goes back and forth between the two teams, as many turns as it takes, until someone guesses the password. Once someone correctly guesses the password, the round is over, that team gets a point, and you start another round. Switch roles first, so Brooke and Donna are giving the clues and Ben and Dan are guessing. Every two rounds, switch which team goes first.

That's the basic gameplay! It's simple and might even seem boring, but it can actually get really funny. You might have seen the game played on the Tonight Show with Jimmy Fallon.

# TACTILE PRAYERS FOR SATURDAY EVENING

See Tactile Prayers PDF for more





He rama tāu kupu ki ōku waewae