



Uniteen News

Vol. 4, Issue 1

March 2004

From the Editor

Dearest Uniteens & Uniteen Leaders,

It's almost my favorite time of year! I love Spring. I love to see the crocuses popping their little purple buds up through the snow, promising the warm weather is almost here.

Spring is the time of year when the earth renews itself and awakens from the slumber of winter. And it's a good time for us to renew ourselves as well.

We can renew our physical lives by getting enough rest, cleaning our rooms or desks and remembering to take good care of our bodies.

We can renew our spiritual selves much the same way. We can make sure we again are getting enough rest, spending time in the silence each day and letting go of old habits and thoughts that are no longer serving us.

What does that mean? Letting go of what no longer serves us? It means, if we are holding resentments or anger toward someone it is time to forgive and let it go. It means, if we are allowing fear to rule our lives it's time to let that go too.

Start with creating a "denial" for yourself such as "_____ has no power over me." And cultivate your renewal with an affirmation such as, "I am free, healthy and awake and I greet each day with love and enthusiasm.

Let's all make a commitment to renew ourselves during this wonderful sprintime.

In Peace & Light,
Eileen Patra, Uniteen Consultant
Great Lakes Region

"Only Love Prevails"



Great Lakes Region

2004 Spring Unitreat


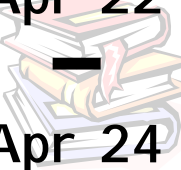
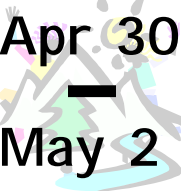


Here's another way to renew ourselves! Join us at the 2004 Spring Unitreat in Jackson, Michigan. Unitreats are a great time for Uniteens and their adult leaders to spend some time in spiritual renewal AND have a lot of fun while doing it.

The theme of the spring retreat, "I've Got The Power", is based on the 12 powers. What is the Power? Where does it come from? What are the 12 faculties of this Power? How do they show up in our lives? How can we use them to increase our awareness of our oneness with God and improve our life experiences?

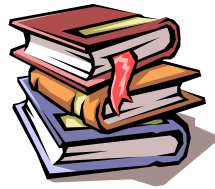
We will be sharing answers to these and other questions at the Unitreat "Powerfest" where we will take some time to experience each of our 12 powers through fun and exciting experiences.

Join us in Jackson, Michigan April 30-May 2
for our next regional Unitreat.

Details on page 8

<p style="font-size: 48pt; margin: 0;">2 0 0 4</p>	<p>Mar 27</p> 	<p>Regional Training Event Unity Church of Dayton, Ohio Children – Uniteens & Y.O.U. Chapter Training “PRAY It Forward” – A unique prayer program, Meditating with Children and Teens, Classroom Management, Group Building, Multiple Intelligences, Active Learning, Turning Issues into Effective Lessons, Y.O.U. chapter team training and much more.</p> <p>Diane Venzera 708-848-0960 or Consultant@kids.org Eileen Patra 248-399-4689 or Uniteens@glruniteens.org Jo Horn 586-558-0094 glryou@sbcglobal.net</p>
	<p>Apr 22 — Apr 24</p> 	<p>“Youth & Family Ministry Conference” “Laying the Cornerstones for Spiritual Growth” Spirit’s Light Foundation, Schiller Park, IL A variety of youth ministry workshops and networking opportunities coupled with fun and entertainment. Keynote address by Rev. Kathy Kellogg, International Children’s Ministry Coordinator, Association of Unity Churches. Presentation topics include creating the spiritual space, working with ADD & ADHD; rites of passage, creating interactive lessons, music, dance, meditation, service opportunities and Oh! So much more! For details contact Diane Venzera 708-848-0960 or Consultant@kids.org or download the brochure at www.glrkids.org/Registration04.pdf</p>
	<p>Apr 30 — May 2</p> 	<p>2004 Spring Unitreat YMCA Storer Camps, Jackson, Michigan A weekend retreat for Uniteens (Grades 6-8) and their adult leaders/chaperones. Uniteens must be in at least the 6th grade to attend. All registrations must be postmarked by March 23rd. Pre-register online until March 24th and receive an additional 5 days to mail your registration materials. Visit the website at www.glruniteens.org or call 248-399-4689 for details</p>
	<p>Nov 5 — Nov 7</p> 	<p>2004 Fall Unitreat YMCA Camp Duncan, Ingleside, Illinois A weekend retreat for Uniteens (Grades 6-8) and their adult leaders/chaperones. Uniteens must be in at least the 6th grade to attend. Details & registration materials available in August, 2004.</p>
	<p>Online Registration for Training You can now register for the training events online. Visit the Uniteen website at www.glruniteens.org/page2.html for details.</p> 	
<p>Online Pre-registration for Unitreat You can pre-register your Uniteen group for the Unitreat online. Online pre-registration extends the postmark deadline by five days! Visit the Uniteen website at www.glruniteens.org/OnlineBrochure/preregister.html today.</p>		

Book Review



“Do It! Active Learning in Youth Ministry”

Thom and Joani Schultz. Group Publishing. 2000.

“Do It!” Active Learning in Youth Ministry” is an excellent resource for all those who minister to youth, particularly those who work with middle-school & high school youth.

“Do-It” which is an active learning resource guide, first focuses on why “active” learning is so much more effective than traditional, passive learning and then goes on to give you the steps and skills to build your own “active” learning lessons. Further, it provides a collection of already prepared learning experiences.

The first thing I would like to say about recommending this book is “Don’t skip the intro!” The tendency with a book like this is to jump right to the activities and skip over the first chapters of information. In this book the information laid out in the early chapters is vital to the success of an active learning program. It covers the many reasons why active learning is so much more effective and allays the fears that many people have over active learning situations. If you skipped the intro here you would also miss out on a bonus learning activity that deals with cliques, a constant and vital issue among teens.

Active Learning is a perfect partner to Unity’s Living Curriculum approach. Like the Living Curriculum, Active Learning seeks to draw the lesson from the student. In Active Learning however, the vehicle is an experience rather than a story, video or bible passage. Passive learning, where the information is delivered in a more formal, lecture based setting has never been as effective as experiential learning and with the changing face of today’s youth it is decreasingly effective. Today’s youth has access to video and computer games, television, and learning tools. If educators, including those in youth ministry hope to be effective they need to evaluate areas where the current process is not working and change it to meet the needs of today’s electronic-age kids.

Vital to the success of any learning experience, active or story-based is the discussion, or debriefing. “Do-it” will help you to translate the Living Curriculum style of discussion into a debriefing that works with experiential lessons.

The learning experiences included in the “Do It!” book are excellent activities that have been well thought out and relate to bible passages and teen issues. I would however, suggest that those working within a Unity youth ministry review the material and remove any material that might be fundamentalist in nature and add the use of Unity principles and metaphysical interpretations wherever appropriate.

Although the activities are primarily geared to middle school & high school, the concept and the lesson planning skills apply to any classroom situation, including adults.

I think you will find this book a most helpful resource and an informative read whether you are working with children, Uniteens or Y.O.U.

- Eileen Patra

NEW RESOURCES FOR UNITEEN LEADERS

“Uniteen Life Issues”

The Association of Unity Churches is currently at work on the next volume of the Uniteen Life Issues lesson series.



This series is a terrific collection of lessons designed to help our youth bring Unity principles into their everyday lives. Although developed for Uniteens this material is just as appropriate for older teens. Watch for details about its release date in the months to come. If you haven’t already used the previous volumes order them today by calling the Association or visiting the website:

816-524-7414 or www.unity.org

10 Easy Steps to Increase the Presence of Love and Connection with Kids through Empathy and Compassion

1. Listening with Empathy and

Compassion: What is listening with empathy and compassion? It is listening to others with our whole heart, soul and mind without judgment or criticism. It is repeating back to someone what we've heard. It is creating a safe environment and acknowledging their feelings .

2. Take time to be with our children and listen to their thoughts, opinions and feelings, free from our own judgment or correction. Give the freedom to share.

3. Truly honor our children and encourage them to share on their terms by creating a loving and open space for them to do so. I say to my kids, "I am here to listen whenever you are ready to talk."

4. Be a friend and still be a Mom or Dad. Children crave discipline, I know I did. We can be friends with our kids, love them, empower them through the power of choice and instill loving and caring discipline to help create structure in their lives. They may be very grateful for it later in life.

5. Family sharing: when everyone practices the power of listening with empathy and compassion. If someone appears withdrawn or unwilling to do this, we can "find the gold" underneath their "shield", discover their true feelings and acknowledge them. Sometimes all we need is someone to hear us.

6. Defenselessness: Teach kids the power of defenselessness. When we fully listen and let someone talk without taking their stuff on, we stand firm in the power of defenselessness. If kids are blaming us for what is going on, it is important to hear them and respond rather than to interrupt and react. The fire of blame dies out real quick when someone stands in defenselessness. When kids see this they will see the power in

takes us out of our story and our pain and allows us to focus on someone else's without making ourselves the reason for it.

7. Intrinsic Value: We are all intrinsically valuable beings. Our worth comes from who we are, regardless of what we do, what we own, who we know or how much we achieve. When children see us embody this principle, they will mirror us and have a firmer, more solid foundation. They will then enjoy all the fruits of their life.

8. Conflict Resolution: Listening with empathy and compassion provides a platform for everyone to be heard and take responsibility for one's own feelings, words and actions. This means eliminating the need for blaming. It also means not taking things personally or "not taking someone else's stuff on."

9. The Law of Projection: What we see in others is what we see in ourselves. Sometimes our fears and hurts from our own childhood can be stirred up when talking to our kids and we can "project" our guilt, shame and fear on them. We can avoid this by making the distinction of what is their pain and what is our pain.

10. The Power of Love: There is nothing more powerful than love. When we are brave enough to love others and ourselves, our world shifts and transforms in ways we only dreamed possible.

- Steve Viglione, The I Am Foundation
(reprinted with permission)

The I AM Foundation Special Free Offer

If you wish to sign up for The I AM Foundation e-Newsletter, they send you a free gift, a copy of the book "I AM" which you can see on their website www.IAMFoundation.org. All you need to do is email them at iam@iamfoundation.org and mention "Uniteen I AM Book Offer". The postage is free as well.

To date The I AM Foundation has gifted and distributed over 200,000 books and products. Their Mission is: ". . . inspiring millions of children and adults worldwide by gifting them with educational books and music."

it and begin to practice it in their own lives.
Listening with open hearts and open minds

More Books from The I AM Foundation

See details about this book, and directly buy book at www.amazon.com

“Loving What Is” by Byron Katie. Available from the I AM Foundation as a gift (Retail \$15). Just pay shipping & handling of \$5.00 per book.

The book is also available for \$1.00 per book to churches, plus a \$6.00 per order charge. (Minimum order \$15.)

To order contact the I AM Foundation at:
3304 Fourth Avenue, San Diego, CA 92103-5704

Tel. 619-296-2400

www.IAMFoundation.org

Creating The Sacred Space

One of our most important jobs as Uniteen Leaders is to create a safe space for our Uniteens. A space where they are physically safe and also feel emotionally safe; where they can feel comfortable sharing personal feelings and experiences.

Uniteens also need to express their individuality so a space they can call their own and have a sense of ownership about is ideal.

Just as important we must create a “Sacred Space”; a space where the distractions can be minimized for prayer and meditation. Ideally this sacred space should be separated from the rest of your meeting area.

If you must use the same area for all parts of your meeting be sure to remove all distractions such as lesson materials for prayer & meditation time.

Churches with little or no space for Uniteens may want to try using folding room dividers. These can be purchased from one of the suppliers below or you can make inexpensive ones.

A popular partition available from Screen flex has accordion-style walls on wheels.

can create any number of room shapes and sizes.

<http://www.screenflex.com>

If your Sunday School must be portable you might also want to invest in Multipurpose tables. Tables with benches attached can be folded up and rolled away on wheels. Multipurpose tables are available from Virco. www.virco.com

Do-It-Yourself Room Dividers

To make your own folding room dividers construct two or more wood frames with 1x2” wood. Insert 1” foam in the open space of each frame and cover with felt or broadcloth. Hinge the frames together and you have room dividers that help cut down on distractions and ambient noise and can also double as bulletin boards. As an alternative, try covering the screens with canvas and let the Uniteens paint them with their own works of art.

*-submitted by Rev. Charles Hancock,
Unity of Royal Oak, MI*

Unique Uniteen Spaces



Unity of Jackson, Michigan

Unity of Jackson, Michigan

Our Uniteens now have their own room that they helped design and decorate. It is fantastic!

Although it looks like many rooms, it is all one big room. Sections of it have been decorated differently including different colored walls, with different areas for different activities

Our thanks to our Uniteen Leader Pat Greenwood. And of course to those wonderful people that helped.

Stan Grubaugh,
Spiritual Leader
Unity Church of Jackson
Jackson MI



What about your group? Do you have a unique Uniteen space you would like to share with us? Let's help each other by sharing our ideas and unique solutions. Send photos of your Uniteen space to Eileen Patra at 423 S. Kenwood, Royal Oak, MI 48067 or send digital photos to Uniteens@glruniteens.org

Unity of Kalamazoo, Michigan

We have the lower section of our building (as seen by the staircases). On the left side we have our 'soft seating' area for discussion, lessons and just kicking back. On the right side of the room is our work area with a countertop and stools for projects. There is shelving on the other side for craft and supply storage.

Connie Garman, Uniteen Leader
Unity of Kalamazoo



Unity of Royal Oak, Michigan

The Uniteens at Unity of Royal Oak are fortunate to share a large basement space with the Y.O.U. The space is large enough that we can separate our groups with a folding door and open it if we choose to meet together. The pictures are of the Uniteen portions of the basement. We have a sacred space area with couches for prayer, meditation & discussions. We also have a work area with a large table and chairs. Not visible in the pictures is additional open space for when we need to be "Active" and some very large storage cabinets.

We are grateful to our congregation for providing us with such ample space and to our board and Y.O.U. for providing us with couches when we asked for them.

Eileen Patra, Uniteen Leader
Unity of Royal Oak





2004 Spring Unitreat April 30 - May 2, 2004

YMCA Camp Storer Camp, Jackson, Michigan
(Event hosted by Great Lakes Unity Regional Conference)

Check-in: Friday, April 30 - 6:00 - 7:00 EST
Opening: Friday, April 30 - 7:30 p.m. EST
Unitreat Ends: Sunday, May 2 - 11:00 a.m. EST

WHAT IS A UNITREAT?

A weekend retreat for Uniteens providing an opportunity to grow spiritually, socialize, & build new friendships. Activities include large and small group Funshops, team building, crafts, free-time sports, singing, meditation, dancing, prayer, fun and fellowship.

WHO CAN ATTEND?

“Active” Uniteens in 6th to 8th grade and adult leaders/chaperones in the Great Lakes Region.

Age Requirement: Uniteens must be at least 11 years old AND in at least the 6th grade but not more than the 8th grade on the 1st day of The Unitreat.

Attendance Requirement: Uniteen must have attended at least 4 Sundays in the 2 months preceding the event.

All participants must be able to honor heart agreements and **must attend the entire weekend from check-in on Friday thru Closing Ceremony on Sunday.**

COST & DEADLINES (per person)

\$95 per person if postmarked BY March 16, 2004

\$105 per person if postmarked AFTER March 16, 2004

No registrations postmarked after March 23.*

No refunds after 3/23/04.

Fee includes T-shirt, all program materials, housing and four meals.

Meals begin with Saturday Breakfast and end with Sunday Breakfast.

**For More Information please contact
Eileen Patra at 248-399-4689 or
Uniteens@glruniteens.org**

Forms to be submitted with group registration:

Group:

Group registration form

Adults:

Adult Medical Liability Release
Adult Registration/Heart Agreement

Uniteens:

Uniteen Medical Release (2 pgs.)
Uniteen Heart Agreement

Optional Forms:

Spirit Group Leader

All forms available for download at
www.glruniteens.org

Online Pre-registration available thru March 24th at www.glruniteens.org/OnlineBrochure/preregister.html
Pre-registration holds your space and extends the postmark deadline by five days.

Youth Team Training

For all members of your youth Ministry Team!

Chapter/Team Training

For all your YOUers & Sponsors

UNITY OF DAYTON, HUBER HEIGHTS, OH 937-233-7516

March 27, 2004

9:30 a.m. - 3:00 p.m.

9:30 to 10:00 is REGISTRATION

Diane Venzera, Children's Consultant, Eileen Patra, Uniteen Consultant
& Jo Horn, YOU Consultant

INCLUDED IN THE WORKSHOP WILL BE:

"PRAY It Forward" – A unique prayer program for your Youth Ministry.
Classroom Management, Multiple Intelligence, & Active Learning
Turning Issues into Effective Lessons; Meditation for Children
Intergenerational Activities & Group Building
And much more!

For more information contact Diane Venzera at 708-848-0960 or email at:
consultant@glrkids.org

Registration Form (Please mail registration by March 19) *(One per person)*
Advance registration preferred but registration also available at the door.

Church Name:

Name:	Address/Zip:	Phone:
Email:	Position: (circle one)	
	Director/Coordinator	Minister
	Uniteen Leader	Teacher
	Board Member	Other _____

Materials Fee \$15.00/person Total Amount Enclosed: _____
Send one check payable to: GLURC Children's Consultant
Mail to: Diane Venzera, 325 S. Harvey Ave, Oak Park, IL 60302



Uniteen News

The Uniteen News is published quarterly and mailed to the Uniteen Leader at each church in the Great Lakes Region.

Deadlines for articles/ideas are March 1st, June 1st, Sep. 1st & December 1st.

Additional Subscriptions to the Uniteen News

The Uniteen News is published quarterly and mailed to the Uniteen Leader at each church in the Great Lakes Region. If you would like to receive additional copies please mail the form below with a suggested love offering of \$4.00/year for postage & handling. Additional subscriptions are renewable on a yearly basis. Please fill out separate forms for each additional copy requested.

Name: _____

Mailing Address: _____

_____ Love Offering \$ _____



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