

# *Immaculata - If only I were you!*

Leading games, activities, discussions and personal witnesses – Schoenstatt’s Style!

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## Our Schoenstatt Style: What and Why

*“Immaculata, if only I were (like) you!”*

- If we were able to keep this quote in mind for everything we do as SGYW, our style would “form” itself!
- One has to know how to choose games and activities, as not every game will pass through our “Schoenstatt” filter, even some games that we play at other Catholic retreats.
- A few tips to identify our Schoenstatt tyle:
  - What is the message that comes across (vs. what we want to come across)?
  - E.g. Does "Mafia" really reflect the spirit and message of Our Lady?
  - Which images do we want to remain in the girls’ heads when they leave our events?
  - We don’t have to do away with every game, but we can *ennoble* them.
  - Saying NO to some games isn’t easy. It is an art that has to be learned by practice...
  - We can ask ourselves: Is this a Marian activity or game? Would a little Mary play this game; does it help form me into a little Mary?
  - We can adjust or modify certain games to fit our style by:
    - Changing the words or lyrics to the same game

- Choosing a different game that is just as fun
- “Schoenstattizing” a game – such as building a shrine instead of killing someone in hangman.

## **Games and activities**

- **Icebreakers**

- Set the atmosphere
- Serve to learn names and get to know each other
- Break any tensions in the group
- Usually before talks/events
- Help to open hearts
- Allow us to share, have fun, and laugh

- **Time-fillers**

- Helps fill extra time
- Usually used at the end of an activity while awaiting pick-up or the next item on the schedule.
- They can have more or less purpose behind them, as needed/desired.
- Have their time and place, but should be kept to a minimum.  
They can do such things anywhere – we have to take advantage of the time we have with the girls!

- **Memory-builders**

- Promotes values and teaches something.
- May bring the girls to ask questions or become engaged.
- It should be directly related to the theme or topic on hand.
- Helps the girls take in and remember the content.

- **Tips for leading games:**
  - Use a lot of energy to direct and show them that this is fun!
  - Create suspense and excitement in leading the game.
  - Be prepared, or at least give the impression that you are on the ball.
  - If you don't take control and direct the situation, the girls will do whatever they want – which may result in chaos or the loss of a good educational activity. Instead of having to break up a game, step in and propose a good game right away!
  - Use educational games; try to connect them to the topic or motto of the event. Make sure the activities have meaning!

## **Discussions**

- Discussions are also essential for engaging those entrusted to our care.
- Their purpose:
  - They give us an inkling as to whether or not the girls are understanding.
  - They help deepen and apply the material presented.
  - They keep the girls interested and focused on the topic.
- Our Schoenstatt style of discussions: “Immaculata, if only I were you!”
  - How would the Immaculata direct a discussion?
  - We do not encourage the girls to share very personal things, nor do we foster an atmosphere that evokes this type of sharing.
  - We encourage the participation of all the girls, and ask interested questions to involve even those who seem uninterested or too shy.

## Testimonies

- The purpose:
  - Testimonies help the youth to see how the topic really touches life and how another young person was able to live what the talk discussed.
  - In Schoenstatt, we stress how important it is that nothing remains only in our heads: we give on our ideals that touch the heart and form our lives! They become alive and should reach directly into the girls' souls.
  - Personal testimony inspires others and helps them place themselves in the shoes of one who has tried to bring these truths to life.
  - Motivate them to dare to bring what they learn at Schoenstatt into their everyday lives!
- Our Schoenstatt style:
  - How would the Blessed Mother give her testimony?
    - Think: What details do the Gospel accounts tell us, and what do they leave out – perhaps intentionally?
  - It is not a matter of sharing everything from one's inner world and struggles, but rather the necessary ideas, and with prudence.
  - Recall the goal of testimony, and ask yourself: What do I want the girls to learn from my testimony? Which details are necessary for them to grasp this?
  - End with some sort of call to action or invitation to climb higher!

*“Immaculata, if only I were (like) you!”*

When it comes to our style as Schoenstatt Girls and Young Women, we only have to look at the Immaculata and remember this quote. If we honestly ask ourselves how the Immaculata would do at present, then we will find our answer. In describing to a group of Schoenstatt Girls how to be like the Blessed Mother, Father Kentenich once remarked: “If we now want to imitate the Blessed Mother in her striving for sanctity, then in every regard we also

must acquire and give to others a sun-filled being; and in this way, be sunshine for others, for our environment.” This is the secret behind our dynamics! They are meant to bring the Immaculata’s joy to all.