



Structure & Session Overview

(6/12/23 version)

Belonging

Heart of it:

- *What values, beliefs, attitudes, practices, views, habits, and ways of viewing the world have been passed on to you by your communities of belonging?*
- *This stage of the journey is about **uncovering and noticing**! i.e., bringing awareness to your passed-on views and values so you can move on in the next stage of the journey (Becoming) to discern which views and values you want to hold on to and which you want to let go of.*
- *It's about noticing not only the gifts you've been given but also the problematic and inauthentic "inheritances."*

Becoming

Heart of it:

- *What is my unique form of becoming? How will I **navigate** the challenges of becoming?*
- *Where Belonging focused on **uncovering and noticing**, this stage of the journey focuses on **equipping and differentiation**. i.e., achieving a sense of authentic identity and unique self & discerning what from your given communities you want to hold on to and let go of. This is the stage of asking questions such as, What feels like it is "mine" What am I questioning? What of my heritage do I want to take with me, and what do I need to leave behind?*

Beyond

Heart of it:

- *What is beyond me? What is my relationship to that which is beyond myself?*
- *Whereas Becoming focused on **equipping and differentiation**, Beyond focuses on **exploring and committing**.*
- *The first three sessions in this section focus on youth **exploring** a few of life's big questions. The last three sessions focus on three of life's big commitments.*

Orientation (Retreat)

1. Getting Ready for the Journey

Belonging (10 Sessions)

2. The Communities I Belong To
Which of my communities of connection influence me most?
3. The Childhood Self I Belong To
How do I honor the child I once was...and will carry with me?
4. The Family I Belong To **
What are the labels and expectations our families put on us?
5. The Friends I Belong To
Where is the line between belonging and fitting in?
- 6a. The Faith I Belong To
What is the gift of faith?
- 6b. The Faith Our Elders Belong To **
What has been the gift of faith for others?
IN-GROUP ELDER ENGAGEMENT
- 7a. The Culture of Privilege I Belong To
What privileges belong to me, and how do I use them to support the belonging of others?
- 7b. The Culture of White Supremacy I Belong To
What does it mean to belong to White Supremacy culture?
8. The Personal History I Belong To
How do I honor where I come from?
9. [GROUP ADVENTURE I](#): Remembering & Re-living the Joy of Childhood

Becoming (12 Sessions)

10. Navigating Authenticity
How do I celebrate the unique me?
- 11a. Navigating The Boxes of Teenage Cliques and Stereotypes. **
How do I prevent labels from hemming me in?
- 11b. Navigating the Boxes of Beauty Standards & Body image
How do I own my beauty?
12. Navigating The Power to Help Others Break Out of Their Boxes
How to be a good ally?
13. Navigating the Box of Social Media
How is Social Media a Gift and Danger?
14. [GROUP ADVENTURE II](#): Escape Room Outing
Navigating boxes together & the reminder that we're not in it alone
- 15a. Navigating the Ethical Life
What are my Core Values?
- 15b. [GROUP ADVENTURE III](#): Pizza Party and Game Night - *Playing with navigating Right and Wrong*
- 16a. Navigating the Joyful Life
What are my passions and joy?
- 16b. [GROUP ADVENTURE IV](#): Movie Night
Watching Others Navigate a Life of Passion and Joy
17. Navigating Our Future Selves
Who Do I Hope to Become?
18. Navigating Holding On and Letting Go **
How do I become my own person?

Beyond (6 Sessions)

19. Exploring the God Question
What do I believe about the Sacred and Otherness?
20. Exploring the Nature of Life
Is life friend, foe, or something in between?
21. Exploring Human Nature
What drives us and makes us tick?
22. Committing to Those on the Other Side of the Line
How do we disagree without destroying relationships?
23. Committing to Needs Greater Than Our Own
How do I resist "Me-ism" and honor our intertwined fates?
24. [GROUP ADVENTURE V](#): Doing Justice Together

Pilgrimage Guide & Tip Sheet: Pilgrimages are usually scheduled prior to Credo Work, but placement is really up to you.

Credo Work (4 Sessions)

25. Credo I: What is it & what do I want to put in it?
26. Credo II: How have others done it, and how do I want to do it?
27. Credo III: What is mine? (1st draft)
28. Credo IV: What is mine? (final draft sharing & youth-only ritual)
29. [GROUP ADVENTURE VI](#): Ropes Course - Putting on our brave boots in preparation for the service planning. Can be placed here, before the pilgrimage or during the service planning.

Service Planning Guide

Includes tips and guidance for worship planning, from creation to presentation. In total, service planning can be done in 2 -3 sessions and a rehearsal or a lock-in and a rehearsal.

Session Planning Notes

1. Elder Engagement Notes

The sessions marked with two red asterisks (**) indicate sessions that include or are connected to elder engagement activities.

2. Session Grouping Notes (“a” & “b” notations)

As you will notice, some sessions are labeled “a” & “b.” This is to support leaders who can’t do all 36 sessions and need to cut some. And so, with these “a” & “b” labels, we are indicating that leaders need to take care when cutting these paired sessions, which are designed to be done together or back to back. In other words, you will ideally do them together, but if you need to cut one of the two pairings, we strongly suggest you only cut those labeled with a “b.”

3. Group Adventure Notes

Group Adventures are marked in blue and are designed to serve two purposes:

- To serve as opportunities to bond
- To *experientially* capture the heart of each major grouping or “core stage” (Belonging, Becoming, Beyond).

Also, note that each Group Adventure had a hyperlink. These hyperlinks take you to our Adventure Overview document, in which we provide you with advice about budgeting & fundraising planning.