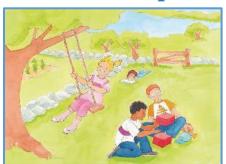
Youth Program (1 hour) How ECK Helps Me



Event Date:	Supplies Needed
	Welcome Activity
Time:	Name tags
	Markers
Where:	 "How ECK Helps Me" activity books
	ECK is the Golden Thread Activity
Ages: 511	 A ball of yellow or gold yarn
	How ECK Helps Me Activity Book
Large Group Facilitator:	Completed sample activity book
	Activity book cutouts
	Activity books
Small Group Facilitators:	Pens and pencils
	Markers
	Glue sticks
	Scissors
	Stickers
	Clipboards
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Spiritual Purpose and Benefits:

- Youth explore what the ECK is and how the ECK helps them through the HU, the MAHANTA, and the spiritual exercises
- Youth have fun adding their ideas to an ECK activity book

Set Up Notes:

- Prepare the "How ECK Helps Me" activity books by printing them double sided on the *short* edge and then folding them in half (they are formatted in Microsoft Word as booklets). Complete one sample book.
- Place scissors, glue sticks, stickers, pencils, clipboards, and activity book cut outs to the side. Place activity books on the table where youth will work, along with markers and name tags.

Time	Activity Steps	Notes
5-15	Welcome Activity	
minutes,	1. Small Group Facilitators: Greet children and invite	
depending	them to choose a seat at the table and decorate a name	
on what	tag.	
time	2. Give youth a "How ECK Helps Me" activity book and	
children	invite them to decorate the cover, write their name,	
arrive	and do the maze on the inside cover. They can flip	
	through the book for a preview of the program today.	
	3. We'll fill in the rest of this book during the program today	
	when we talk more about how the ECK helps us.	
5 minutes	Introduction and HU Song	
	1. Large Group Facilitator: invite children to a large	Slide 1
	group area to sit on the floor or in chairs. Youth place	
	their activity books under their chairs or behind them.	
	2. Today we are talking about how the ECK helps us. So, a	
	good place to start is to share what ECK is!	
	3. Would anyone like to share what ECK is? It's ok if you are	
	not sure.	
	4. ECK is the love of God. Other names for the ECK are the	
	Voice of God and Life Force.	
	5. ECK is also a short name for ECKANKAR, the name of the	
	spiritual path we are exploring.	
	6. Read the quote from the PowerPoint slide aloud:	
	"ECK is love. ECK is Light and Sound. ECK is	
	life!"	
	The ECK Teenie 1 Discourses, p.132	
	7. Lead HU song and brief contemplation. <i>As you sing,</i>	
	you can look and listen for the ECK. You may see Light,	
	hear a Sound, get a warm, peaceful and happy feeling, or all	
	three at the same time.	
10	ECK is the Golden Thread Activity	
minutes	1. Large group facilitator: <i>The ECK is also called the golden</i>	
	thread. It connects all life—each of us—with God's love. It	
	is so strong that nothing can break it.	
	2. Hold up the ball of gold yarn and invite youth to	
	imagine is it the golden thread of ECK.	
	3. Everyone stands in a circle. The leader holds the end	
	of the yarn and throws the rest to someone across the	
	circle.	
	4. Youth each throw the yarn to the next person and	
	continue until everyone in the circle is holding a part	

	of the yarn to create a net of ECK in the center of the	
	circle.	
	5. Each of us is Soul. This golden thread of ECK connects us	
	all together in God's love.	
	6. What happens when we all take a step into the circle and	
	give to one another? (There is flexibility and room for	
	growth and change)	
	7. Invite everyone to sing HU once and hold the yarn	
	above their head.	
	8. What happened to the net? Is your string lifted too? This is	
	an example of how when we raise our consciousness	
	through the spiritual exercises it helps lift up all life!	
	9. What does this activity show about the ECK?	
2 minutes	How ECK Helps Me activity book introduction	
	1. Show the children a completed sample activity book	
	and the sheet of cutouts.	
	2. The activity book has a few big ways that the ECK helps us:	
	The ECK helps us on our journey home to God with the	
	HU, the MAHANTA, and spiritual exercises. On the last	
	page you can add even more ways the ECK helps you.	
	3. Give an activity book to any youth who still needs	
	one. Give everyone a clipboard and a pen or pencil.	
7 minutes	How HI Helps Lis	
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	2. The small group facilitator gives youth the first
	cutout sheet with three pictures of Sri Harold.
	3. This page in your book is about how the MAHANTA helps
	you. You can choose your favorite picture of Wah Z to cut
	and glue on the page.
	4. Share a way the MAHANTA helps you that youth can
	relate to. What are more ways the MAHANTA helps us?
	5. Invite youth to write or draw ways the MAHANTA
	helps on the page.
	6. Other small group facilitators join the work table as
	youth finish page 3 and help as needed.
10	How Spiritual Exercises Help Me
minutes	1. Small group facilitators invite youth to write or draw
minutes	one or two ways spiritual exercises help them on page
	5. Help them with ideas and writing as needed.
	 Large Group Facilitator: When most youth are ready,
	ask three small group leaders to each take one of the
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	spiritual exercises for activity book page 6 (from the
	activity book cut outs) to a different part of the room.
	3. We have three spiritual exercises to choose from for your
	activity book. You can walk to each volunteer around the
	room to learn about your choices. Then bring the exercise
	that interests you the most back to the table and glue it in
	your book on the page that says "A spiritual exercise I can
	try."
	4. If there is time, invite them to close their eyes and try
	their exercise for a few minutes. Remind them that
	they can do it at night as well.
10	How the ECK Helps Me
minutes	1. Give youth the cut outs page with ways the ECK
	helps. Invite youth to cut out ones they like and to fill
	in the blank boxes with their own ideas.
	2. Small group facilitators help younger youth with
	reading. Check in with youth to see if they have any
	questions, wonderings, or experiences to share about
	the ways ECK helps them.
	3. As youth finish they can use stickers to add more
	decorations to their activity books.
5 minutes	Closing
	1. Large Group Facilitator: Invite youth to share their
	activity books with the group.
	2. Lead a closing HU song.
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	3. Have youth help clean up the room.