

Youth Program
(1 hour)
How ECK Helps Me



<p>Event Date:</p> <p>Time:</p> <p>Where:</p> <p>Ages: 5--11</p> <p>Large Group Facilitator:</p> <p>Small Group Facilitators:</p>	<p style="text-align: center;">Supplies Needed</p> <p>Welcome Activity</p> <ul style="list-style-type: none"> • Name tags • Markers • “How ECK Helps Me” activity books <p>ECK is the Golden Thread Activity</p> <ul style="list-style-type: none"> • A ball of yellow or gold yarn <p>How ECK Helps Me Activity Book</p> <ul style="list-style-type: none"> • Completed sample activity book • Activity book cutouts • Activity books • 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 minutes, depending on what time children arrive	Welcome Activity <ol style="list-style-type: none"> 1. Small Group Facilitators: Greet children and invite them to choose a seat at the table and decorate a name tag. 2. Give youth a “How ECK Helps Me” activity book and invite them to decorate the cover, write their name, and do the maze on the inside cover. They can flip through the book for a preview of the program today. 3. <i>We’ll fill in the rest of this book during the program today when we talk more about how the ECK helps us.</i> 	
5 minutes	Introduction and HU Song <ol style="list-style-type: none"> 1. Large Group Facilitator: invite children to a large group area to sit on the floor or in chairs. Youth place their activity books under their chairs or behind them. 2. <i>Today we are talking about how the ECK helps us. So, a good place to start is to share what ECK is!</i> 3. <i>Would anyone like to share what ECK is? It’s ok if you are not sure.</i> 4. <i>ECK is the love of God. Other names for the ECK are the Voice of God and Life Force.</i> 5. <i>ECK is also a short name for ECKANKAR, the name of the spiritual path we are exploring.</i> 6. Read the quote from the PowerPoint slide aloud: <p style="text-align: center;">“ECK is love. ECK is Light and Sound. ECK is life!”</p> <p style="text-align: center;">-- The ECK Teenie 1 Discourses, p.132</p> 7. Lead HU song and brief contemplation. <i>As you sing, 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.</i> 	Slide 1
10 minutes	ECK is the Golden Thread Activity <ol style="list-style-type: none"> 1. Large group facilitator: <i>The ECK is also called the golden thread. It connects all life—each of us—with God’s love. It is so strong that nothing can break it.</i> 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 	

	<p>of the yarn to create a net of ECK in the center of the circle.</p> <ol style="list-style-type: none"> 5. <i>Each of us is Soul. This golden thread of ECK connects us all together in God's love.</i> 6. <i>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)</i> 7. Invite everyone to sing HU once and hold the yarn above their head. 8. <i>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!</i> 9. <i>What does this activity show about the ECK?</i> 	
2 minutes	<p>How ECK Helps Me activity book introduction</p> <ol style="list-style-type: none"> 1. Show the children a completed sample activity book and the sheet of cutouts. 2. <i>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.</i> 3. Give an activity book to any youth who still needs one. Give everyone a clipboard and a pen or pencil. 	
7 minutes	<p>How HU Helps Us</p> <ol style="list-style-type: none"> 1. <i>Find page 3 in your activity book. It says, "HU helps us..."</i> 2. Sri Harold says: <i>"HU is a carrier of love between God and Soul."</i> —Sri Harold Klemp <i>The Wonder Within You, p. 8</i> 3. <i>Now you get to be a spiritual detective and ask three people in the room how HU helps them and write it in your book. Then add one of your own ideas. You can write or draw.</i> 4. <i>When you are done with this page, you can sit at the table to do the next page.</i> 5. One small group facilitator sits at the table to help youth do page 4 when they are ready (see "How the MAHANTA Helps Me" below). 6. Youth and other small group leaders stand up and ask each other how HU helps them. Small group leaders help youth with writing as needed. 	
5 minutes	<p>How the MAHANTA Helps Me</p> <ol style="list-style-type: none"> 1. As they finish the "How HU Helps Us" page, youth sit at the table. 	

	<ol style="list-style-type: none"> 2. The small group facilitator gives youth the first cutout sheet with three pictures of Sri Harold. 3. <i>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.</i> 4. Share a way the MAHANTA helps you that youth can relate to. <i>What are more ways the MAHANTA helps us?</i> 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 minutes	<p>How Spiritual Exercises Help Me</p> <ol style="list-style-type: none"> 1. Small group facilitators invite youth to write or draw one or two ways spiritual exercises help them on page 5. Help them with ideas and writing as needed. 2. Large Group Facilitator: When most youth are ready, ask three small group leaders to each take one of the spiritual exercises for activity book page 6 (from the activity book cut outs) to a different part of the room. 3. <i>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."</i> 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 minutes	<p>How the ECK Helps Me</p> <ol style="list-style-type: none"> 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	<p>Closing</p> <ol style="list-style-type: none"> 1. Large Group Facilitator: Invite youth to share their activity books with the group. 2. Lead a closing HU song. 3. Have youth help clean up the room. 	