

We Can Become ECK Masters!

Click or tap to enter a date.

Ages 8-10

When

Click or tap here to enter a time.

Where

Click or tap here to enter a location.

Program Length: 3 hours

Program Description

One day we will all be Coworkers with God—so full of divine love that we give it out to all life, just like the ECK Masters do. Have fun exploring who the ECK Masters are and how they can help us. Get keys that can help you become an ECK Master too!

Spiritual Purpose and Benefits

- Youth explore who the ECK Masters are and how they can help us.
- Youth imagine themselves helping others as a Coworker with God.

Program Overview

- Pre-Session Volunteer Meeting
- Welcome Activity – Gratitude Glasses
- HU Song and Group Meeting
- Get to Know the ECK Masters – Guessing Game
- ECK Master Stations
- Coworker Puppets and Performance
- Clean Up, Sharing, and Feedback

Pre-Session Volunteer Meeting (45 minutes)

- Introductions and HU Song
- Brief review of volunteer roles
- Safety review
- Program review
- Questions and answers

Welcome Activity– Gratitude Glasses (up to 30 minutes)

- Group Leaders welcome youth as they arrive and introduce the activity: *Have you heard of ECK Masters before? They are spiritual teachers who give love and service to all life. As spiritual students, we are training to be ECK Masters too.*
- *There are five keys for ECK Mastership. The first one is “Give thanks for every gift, however small.” We’re making gratitude glasses to remind us to give thanks for the gifts in our lives.*
- Youth decorate a pair of foam glasses with stickers and markers. They can draw and write things they are grateful for on the frames.
- Group Leaders can invite youth to try on their glasses and share some of the things they are grateful for with each other.
- If time allows, youth can make a beaded string and tie it to their glasses, so they can wear their glasses around their neck.

Supplies

- ☐ Foam glasses
- ☐ Stickers
- ☐ Markers
- ☐ Scissors
- ☐ Glue sticks
- ☐ Yarn or string
- ☐ Beads



Welcome, HU Song, and Group Meeting (15 minutes)

 Note to Group Leaders: Please sit with youth during the large group HU and Guidelines/Rules.

- Youth and volunteers come together in a large circle.
- The Room Leader welcomes the youth.
- Introduce the session theme: *Today we are talking about how we can all become ECK Masters! ECK Masters are full of love for life. They are Coworkers with God. Being a coworker means making things easier for others. We are learning to be Coworkers with God too.*
- Explain what the HU is and how it can help us experience and remember God’s love for us.
- Lead the group in a HU song.

Ground Rules

- Room Leader reviews the ground rules for behavior in the youth room, which youth helped to create on Friday.
- Write any new ground rules on the flip chart or white board used on Friday, to refer to later as needed.
- *Like following the rules in a game, when everyone plays by the agreed upon rules, the game is a lot more fun!*

Get to Know the ECK Masters – Guessing Game

(20 minutes)

- The Activity Leader introduces the activity: *ECK Masters are spiritual guides who have made the journey home to God, and they give love and help to others who are on their own journey back to God. They work with the MAHANTA and can help us when we have a challenge. They can help us be our best self!*
- *We're going to get to know more about some ECK Masters with a guessing game. You'll have a handout with descriptions of ECK Masters. You can walk around the room to find pictures that fit the descriptions and write the ECK Masters' names on your handout.*
- While youth walk around the room, Group Leaders are available to help with reading, pronunciation of ECK Masters' names, etc.
- Once most or all youth have finished, let them know they can walk around again and find the answers by going to each picture and turning it over to reveal the number that matches the description of that ECK Master on the "Get to Know the ECK Masters" handout.

Supplies

- Large pictures of ECK Masters with their names on the front and the number of the matching description glued on the back (placed around the room ahead of time)
- Handout: Get to Know the ECK Masters

ECK Masters Stations (30 minutes)

- The Activity Leader invites youth to choose a table to learn more about one ECK Master. They can choose Yaubl Sacabi, Towart Managi, Kata Daki, or Paul Twitchell.

Spiritual Exercise

- At the tables, Group Leaders give youth a copy of a spiritual exercise to meet that station's ECK Master. Lead youth in trying the spiritual exercise and then invite them to share their experience, if they wish.

Supplies

- Patterned cardstock
- Images of ECK Masters
- Handouts: Spiritual Exercises to meet ECK Masters
- Handout: Qualities of Mastership
- Scissors
- Glue sticks
- Markers and pens

Collages

- Youth create a collage about their chosen ECK Master. They can choose a piece of patterned cardstock, and glue the ECK Master's picture and name on the front and the spiritual exercise on the back. Then they can cut and glue some of the qualities of Mastership that most interest them, from the handout onto their collages.
- As youth work on their collages, the Group Leader asks:
 - *What interests you about this ECK Master?*
 - *What would you like to learn from him/her?*
 - *Sri Harold says that we all have the same godlike qualities that he has inside us. What qualities of Mastership do you want to work on?*
- If time allows, youth can use markers and pens to decorate their collages.
- The Activity Leader invites youth to look for their chosen ECK Master in their dreams and to try the spiritual exercise again at home.

Break — Get a drink of water, use restroom, chat with each other, etc.

Coworker Puppets and Performances (70 minutes)

- The Activity Leader introduces the activity:
We're going to make "Coworker Puppets" to help us imagine ourselves as the ECK Masters we will be in the future. Then we will put on a performance with our puppets.
- Show youth a couple sample puppets.

Sharing and Discussion: What ECK Masters Do

- Point out the "Five Keys to ECK Mastership" glued inside one of the sample puppet's cardboard cone.
- Invite five youth to each read one of the five keys aloud.
- *ECK Masters' actions and words are directed by the love inside them, just like these five keys have been glued inside every puppet.*
- *ECK Masters are Coworkers with God. This may not sound exciting, but actually being a coworker is a really cool opportunity to follow our interests and give back to life in a way we enjoy and that lets us use our talents.*
- *There are ECK Masters with special talents and interests in animals, healing, researching spiritual questions, and more.*
- *What kind of ECK Master would you be?*
- *Think of a story about your future self as an ECK Master, where you make something easier for someone else and/or you are giving back to life by doing what you love to do. You'll get to act out that story in a puppet show, with the puppet you get to make next!*

Supplies

- Handout: How to Make a Rod Puppet
- Cardboard cones
- Cardstock cutout faces
- 6-inch and 8-inch dowel rods (wooden sticks)
- Construction paper
- Paper clothing templates
- Yarn and/or string
- Markers
- Feathers
- Glue and tape
- Small copies of "Five Keys to ECK Mastership"
- Extra pre-made puppets
- Simple backgrounds for youth to choose from for their puppet shows (see Resource: Puppet Show Background Ideas)



Puppet Making (see handout for instructions)

- *You can choose a background for your puppet show and use an extra puppet or two to help you tell your story.* Show youth the backdrops and extra puppets.
- The Room Leader has youth form small groups. Youth work at tables to each create a puppet that represents themselves as the ECK Master they will be in the future.
- Group Leaders invite youth to chat with each other about their story ideas for their puppet show, while encouraging them to focus on the spiritual themes of the activity.
- Ask youth which of the Five Keys to ECK Mastership they feel their story demonstrates.

Puppet Shows

- The Activity Leader has youth bring their puppets and either move to clean tables or sit in circles on the floor with their group. Group Leaders bring backdrops and extra puppets for each group.

- Group Leaders have youth take turns presenting their puppet shows that share their stories. If needed, a volunteer can perform with an extra puppet to help a youth tell their story.
- The Activity Leader and Group Leaders can invite youth to explore the “Five Keys to Mastership” by sharing how they notice a key in other youths’ stories.

Clean Up, Sharing, and Feedback (15 minutes)

- Youth help clean up the room.
- Youth sit in a large group.
- Room Leader invites youth to share whatever they’d like to about their experience that afternoon.
- Room Leader asks for feedback on the activities they did that day, and ideas of what else the youth might want to do in future programs.

? Questions to ask can include but aren’t limited to:

1. What did you like doing today?
2. What could make it even better?
3. What kinds of activities would be fun?
4. What spiritual things would you like to learn about?