

PASSION AND POWER

SESSION 1: WHAT ARE YOU WILLING TO SUFFER FOR?

Thank you for being a facilitator on this retreat! We are very grateful that you can be present while we cannot. There are specific instructions that we will provide for you to assist in the facilitation of this retreat experience.

The following questions will appear during the video session, and the participants will have time to write down the answers in this fashion:

REFLECTION QUESTIONS FROM THE VIDEO SESSION

1. What do you love so much you are willing to suffer for?
2. Who do you turn to in times of suffering? What do you need in those moments?
3. How have you been strengthened by times of suffering? What have you learned from those experiences?

ACTIVITY: BODY VIGNETTES

Body Vignettes is an activity we will use to demonstrate happiness, joy, and the idea of suffering. The activity requires you to act (from a distance!) in groups to help represent these and other prompts.

The goal of this activity is to engage creatively in representing different ideas, themes, and topics through miming. Ideally, this activity should be done without using words. Sound effects are encouraged! As the facilitator, you will be giving each group of 4 or so individuals their prompts, in ascending order of difficulty. After acting out their prompts (in about 30 seconds or so), have each member explain their choice in action and how it pertains to the theme. Ideally, each round should take no more than 3-5 minutes, and the activity is designed to take about 20-25 minutes before the reflection questions and discussion.

Depending on how much time you have or how enthusiastically they participate, you may omit prompts at your discretion. The last three prompts (happiness, joy, and something that they are willing to suffer for) are designed to lead into the reflection questions that we have

provided in their packets and to get the ball rolling on a short discussion afterwards. We have provided the students with the following rules:

RULES

1. Divide into groups of four.
2. Each group will be given a prompt on their turn; you must work together to act it out.
3. You will have 30 seconds to act out your prompt.
4. Each individual in your group will get to explain why, as a group and as individuals, you were motivated to demonstrate the prompt.
5. All groups will take turns, each with a new prompt.

The prompts that you give them are as follows:

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|-------------------------------|--|
| 1. Playing a sport | 9. Making a difficult choice |
| 2. Doing a chore | 10. Planning for your future |
| 3. Your favorite way to relax | 11. Caring for yourself |
| 4. Winning a championship | 12. Happiness |
| 5. Getting good news | 13. Joy |
| 6. Getting bad news | 14. Something that you love that you are willing to suffer for |
| 7. Asking for help | |
| 8. A good friend | |

After the activity, turn their attention to the following questions in their packets:

QUESTIONS FOR PERSONAL REFLECTION

1. How would you describe the activity that we just went through?
Fun Scary Exciting Strange
Confusing Challenging Boring Frustrating
Other:
2. What was challenging about the activity?
3. Was it difficult to coordinate with your group?
4. Was it challenging to represent the more open-ended prompts?
5. How can you represent or symbolize that which you love and would suffer for?

Following a couple of minutes for them to write down their answers, open up the class to a discussion about the activity and some of the finer points of its purpose and its application in our own lives.

Here are some points and guide questions to get you started:

1. **What is one word you would use to describe this activity? Why?**
2. **What was confusing or difficult about this activity?**
3. **We demonstrated happiness and joy in this activity. How do you think they are similar? Different? Why do you think that is?**
4. **What do you think about that last prompt? How would you have acted that out? Why?**
5. **What are some other things that are worth suffering for?**

If there is time, part of your discussion may include the following insight:

The virtue of temperance can often manifest in our lives by delaying our own happiness for the benefit or behalf of others. It can be in this ‘suffering’ that we can experience the joy of lifting others up; we can use our suffering for the betterment of others, and find great meaning and peace throughout this.

We have also included some closing questions for the day, if time permits, for them to journal for a time:

CLOSING QUESTIONS

Lastly, time permitting, they may journal a bit on the following question to sum up their day.

1. What struck you from today’s retreat session?
2. Did you learn something new about suffering? Joy? Happiness?
3. How can you take what you learned today and apply it to your daily life?

