

LIFE Meeting Friends August 26, 2015

1. Opening Prayer

Viveca

2. Large Group: Expectations of LIFE

Anna

3. Introduction to Core Team Video

Katie

4. Ice breaker: Jelly Bean Trade

Anna

5. Witness Talk: Move to Maggie's Room

Katie

6. Small Group:

7. Large Group

Viveca

8. Closing Prayer

Ali

- Next Meeting: September 9th
- Bring Pictures for bulletin board
- Sign up if you want to do something at a meeting or mass

Opening Prayer

You Have More Friends than You Know from Glee

<https://www.youtube.com/watch?v=Qa3oCG7CyT0&list=RDQa3oCG7CyT0#t=16>

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Mmm...

Oooh...

We feel, we hear,
your pain, your fear
But we're here, to say,
who you are, is okay

And you don't have to go through this
on your own
You're not alone

You have more friends than you know
Some who surround you
Some you are destined to meet
You'll have more love in your life

Don't let go, give it time

Take it slow
Those who love you the most, may need
more time to grow

It's gonna be okay (Sam: It's gonna be okay)
You have more friends than you know
Be brave, be strong,
You are loved, you belong

Some day soon (Some day soon), you will
see (You will see)
You're exactly

Who you're supposed to be

And you don't have to go through this on
your own (Ooh!))
You're not (You're not!) alone (You're not
alone, no, no)

You have more friends than you know
Some who surround you
Some you are destined to meet
You'll have more love in your life

Don't let go, give it time (Give it time)
Take it slow (Take it slow)
Those who love you the most, (may need
more time to grow)

It's gonna be okay (Gonna be okay)
You have more friends than you know

Be who you are
Learn to forgive

It's not about who you love, but how you live
(Blaine: But how you live!)

Ooooh!

You have more friends than you know. That
you know!
Some who surround you (Yeah!)
Some you are destined to meet

You'll have more (More!) love in your life

Don't let go, give it time (Give it time)

Take it slow (Take it slow)

Those who love you the most, (may need
more time to grow)

It's gonna be okay (It's gonna be okay)

You have more friends than you know

It's gonna be okay

Reflection: Today's meeting is about friends and how to make friends or how to deal with losing them. This song talks about how you should be able to rely on one another in times of need and that someone will always be there to hold you up when you can't stand on your own. This song stresses the point that you don't need to be anyone but you by saying "You are exactly who you are supposed to be." So whenever you are feeling down or lonely just remember, you have more friends than you know.

Large Group

Expectations of LIFE:

- NO judgement
- if something is said that is deep or heavy in small groups make sure it stays confident/ trust
- respect others when they are speaking
- wear what makes u comfortable, no need to impress
- be open to new experiences
- be here now
- be serious during prayer
- being aware of surrounding and environment and emotions
- Participate don't anticipate

Meet the Core Team Video

Icebreaker

Jelly Bean Trade

- Every man for himself. Everyone is handed 10 jelly beans. They are to try to get 10 of one color by trading with other people one at a time. First person to get all ten of a color they want wins
- Each color has a question other person has to answer the question with the bean they are receiving
 - If you could live anywhere in the world, where would it be and why
 - what is your favorite restaurant
 - what is your biggest fear
 - what is your most prized possession
 - if you could have one super power what would u choose
 - If you could invite a famous person over for dinner, who would it be?
 - 3 words that best describe you
 - what do you like to do in your free time
 - what would you do with a million dollars
 - what are your favorite movies

Reflection:

Everybody, be quiet, relax, and close your eyes for a reflection over my talk.

In the name of the Father, and the Son, and the Holy Spirit, Amen

Lord, thank You for bringing us all together and letting us grow closer to each other and to You through LIFE tonight. Thank You for all the friendships we've made so far. We want to also thank You for all of the friendships we're going to make in the future. Most of all, we want to thank You for the friendship we have with You, our Lord and Savior, Jesus Christ. Please let us never forget how important You are in our lives and that you will never leave us. Let us pray tonight for all the friends we have in our lives, and all of the intentions we hold in the silence of our hearts. *pause for reflection*

Help us all to grow closer to You and to each other through our small groups. Help us to listen to each other and also share our own thoughts as well. As your people let us joyfully proclaim, May the Father and the Son and the Holy Spirit be Glorified in All Places through the Immaculate Virgin Mary. Amen

In the name of the Father and the Son and the Holy Spirit, Amen.

Small Group

Scripture

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Ecclesiastes 4:8-12

There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business! Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Reflection: In these passages, Solomon is talking about how lonely he is. He has riches fame and women, what more could a person need? A person doesn't need material things to be happy. They need friends, people who are there for them. Two is better than one he says, because you can accomplish great things together. Friends pick each other back up in times of trouble. You are stronger when you are together and the bond of trust you can create is hard to break.

Name game

(what grade you're in, what grade school you went to, favorite movie)

small group questions: Natalie

1. Describe your current friend group.
2. How do you feel when you are around your friends?
3. Do your friends ever put you in any uncomfortable situations? If so, explain.
4. Have you ever put your friends in any uncomfortable situations? If so, explain.
5. Have you ever realized a person is "not good for you"?
6. Your friends are a reflection of yourself, with that in mind, do you think others would be impressed with who you and your friends are?
7. How do you know it is time to let go of a person in your life?
8. How do you do that?

HIT THESE TOPICS:

- don't let your friends define you
- don't be scared to lose grade school friends, branch out
- hang out with people that make you feel comfortable and loved
- shouldn't be friends with people who put you under pressure or in uncomfortable situations
- friends should show an example of who you want to be as a Christian
- good values that you share too, they are a reflection of you

Large Group

Share important points from all the small groups

Discussion: Viveca

After small group questions

1. What were the main topics discussed in small groups?
2. What was something that was said in small groups that you want to share with the large group?
3. Did anything that was said stick out in your mind?
4. Did anything that was said open your eyes to choosing, making or losing friends?

Video Clip from Big Bang:

<https://www.youtube.com/watch?v=k0xgjUhEG3U>

Reflection

Unlike what Sheldon Cooper believes in this Big Bang Theory clip there is no algorithm to making friends. All you can do is believe in yourself and God that things will work out. Those you will want to surround yourself with will like you for you. Just do what makes you happy and others will be attracted to your happiness and want to join you in whatever you are doing.

1. Is there anything that someone wants to add onto what I just said?
2. If there was a formula to making friends, do you think they would be genuine friends?
3. What are good ways to make friends?



Closing Prayer

“I’ll Be There For You (Theme From Friends)”

Rembrants

https://www.youtube.com/watch?v=UHDi_FSsA3M

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other’s strengths.

So no one told you life was gonna be this way
Your job’s a joke, you’re broke, your love life’s D.O.A.
It’s like you’re always stuck in second gear
When it hasn’t been your day, your week, your month, or even your year, but

I’ll be there for you
(When the rain starts to pour)
I’ll be there for you
(Like I’ve been there before)
I’ll be there for you
(‘Cause you’re there for me too)

You’re still in bed at ten and work began at eight
You’ve burned your breakfast, so far things are going great
Your mother warned you there’d be days like these
But she didn’t tell you when the world has brought you down to your knees that

I’ll be there for you
(When the rain starts to pour)
I’ll be there for you
(Like I’ve been there before)
I’ll be there for you
(‘Cause you’re there for me too)

No one could ever know me
No one could ever see me
Seems you’re the only one who knows what it’s like to be me

Someone to face the day with, make it through all the rest with
Someone I’ll always laugh with
Even at my worst, I’m best with you, yeah!

It’s like you’re always stuck in second gear
When it hasn’t been your day, your month, or even your year

I’ll be there for you
(When the rain starts to pour)
I’ll be there for you
(Like I’ve been there before)
I’ll be there for you
(‘Cause you’re there for me too)

I’ll be there for you
(When the rain starts to pour)
I’ll be there for you
(Like I’ve been there before)
I’ll be there for you
(‘Cause you’re there for me too)

Reflection: Whether you believe it or not there is always someone there for you. Even when we are at our lowest and feel like there is no way anyone can possibly understand or help us. Most likely there is someone to help us or to simply support us. Many of the people here in this room now would be a great support for others who need it. Ecclesiastes 4:9-10 says, "Two are better than one, because they have a good return for their work; If one falls down, his friend can help him up. But pity the man who falls and has no one to help him!" Your friends should help you be a better person. They should make you feel comfortable and not pressure you into doing things that you don't want to do. So today let's ask God to help us to be present in our friendships and thank Him for giving us the gift of friendship. As you people let us joyfully proclaim, May the Father and the Son and the Holy Spirit be glorified through the Immaculate Virgin Mary Amen.