

Session 1: All About II Shim!

Supplies for this session: Blanket, II Shim Packets, Notebooks, Pens, Decorative supplies, Index Cards

1. Introduce the II Shim Staff (5 minutes)

You are going to be spending the next 10 weeks with these incredible youth and here's your chance to make a great first impression. Keep introductions simple and fun and remember that the more outgoing you are, the more comfortable the youth you are working with will be.

Here are some points to consider when introducing yourself:

- Your Name
 - What you are doing in your life right now (school, work, matching/blessing, etc.)
 - Remember that the parents are entrusting their children with you.
 - Why you decided to be a II Shim leader
 - What you remember about your experience in II Shim
 - Why you wanted to help with II Shim this year
2. Play an Icebreaker: (15 minutes)

All new groups of people need to break the ice and fun is the perfect way to do that. Make sure everyone has introduced their names to the group and then lead them through a fun name game.

Here's a simple game you can play, and all you need is a blanket!

Blanket Name Game

- Split your youth into two groups and have them sit on the floor facing each other.
 - Have two people hold up a blanket between the two groups so each team cannot see each other.
 - Ask each group to pick on member of their team to sit in front of the blanket.
 - Drop the blanket on the count of three.
 - **Whoever says the other person's name first wins that** round. And the loser has to join the other team.
 - Play until one team wins or everyone has had enough. Presentation of past II Shim programs (photos and videos, and testimonies from prior participants)
3. II Shim Session Reading (10 minutes)
 - Read through the **"Session 1" Reading**.
 - Make sure to read it out loud and to pause between paragraphs to summarize or clarify points.
 - **Take turns reading paragraphs so the youth aren't listening to one person's voice** the whole time.
 4. Discussion (10 minutes)

Share the answer to the following question in a large group. Make sure each person has a chance to answer and acknowledge them for sharing.

 - What aspect of the II Shim Program are you most interested in and why?
 5. Personalize II Shim Journals (10 minutes)
 - Hand out journals to all of the youth and take some time to personalize or decorate the journals.

- The idea is that by personalizing their notebooks they will be more invested in the use of it through II Shim.
 - Try to choose decorative options that would intrigue your group of youth. Perhaps even consider printing out some photos of them to put on the front of their journal.
 - You can laminate the outside of their journals by using contact paper on top of their creations.
6. Personal Reflection (7 minutes)
- Allow some quiet time for the youth to write and/or think about these questions in their II Shim notebooks. Feel free to play some quiet and reflective music in the background.
- What is your relationship with God like right now?
 - What is your understanding of the Unificationist faith?
 - What is your relationship like with your parents right now?
 - In what ways are you involved in our church community right now?
7. Activity: Goal Setting (10 minutes)
- Now that the youth have had time to reflect on some things they would like to work on during their time in II Shim, ask them to come up with a written goal for each of the following areas:
 - Relationship with God
 - Understanding of our Faith
 - Relationship with your Parents
 - Involvement in the Church
 - Have them write their goals on a large index card nicely and tape it to the inside of their II Shim Notebook as a reminder of what they are hoping to achieve during II Shim.
 - Encourage them to keep these goals in mind each week.
8. This Week's Homework: (5 minutes)
- Go over the packet with your parents
 - Write down any questions you have
9. Closing Prayer (3 minutes)
- Offer a closing prayer and invite God to be part of the participants journey through II Shim.

Session 1 Reading: All About Il Shim!

Hello and welcome to the Il Shim Program! We are so excited for you to take part in this incredible journey over the next 10 weeks! This program is designed for YOU and we hope that you will find it valuable and meaningful in deepening your faith in God, True Parents and our Community, growing your relationship with your parents and finding ways to get involved that inspire you.

As a young Unificationist you may find it challenging to understand the faith of your parents and older brothers and sisters. That's **normal! This time of your life should be about making your** faith something unique and personal to you. This is a time for you to figure out what you believe, why you believe it, and what you are going to do about it. We hope that the Il Shim program serves as a foundation for you to do just that.

“Il Shim” in Korean translates to “One Heart” or “One Heart and Mind.” This term dates back to when True Father was released from Danbury prison. On that day, Father conducted a **ceremony called “Il Seung Il” or “Day of One Victory.” It was during that ceremony that True** Parents declared the beginning of the period of responsibility for young Unificationists. In 1989, **True Parents also conducted an “Il Shim” ceremony to proclaim the total unity between** Heavenly Parent and True Parents as well as the inheritance of this unity by the children. True Parents hoped that the True Children would inherit this unity, carry on the traditions True Parents have laid out, and become the people God can live joyfully through. In keeping with the spirit of this original ceremony, we have adopted the Il Shim ceremony for the purpose of supporting young Unificationists in taking ownership over their faith, relationship and life.

We hope that the Il Shim program will help you in these four areas of your life:

- Growing your Life of Faith by supporting you in creating a unique relationship with God and discovering tools to support that relationship.
- Deepening your Understanding of Unificationist Traditions by providing the resources for you to discover the value and significance of aspects of our faith such as True Parents, abstinence before marriage, the Blessing, and living for the sake of others.
- Developing your Relationship with your Parents by encouraging opportunities to develop a healthy relationship with your parents through open communication and deepening trust.
- Discovering Ways to Get Involved by connecting you to the people who can help you find ways of serving and getting involved in your local community that are inspiring to you.

Each major faith has a significant ceremony that recognizes and promotes the inheritance of their faith tradition by their youth such as the Catholic Confirmation ceremony and the Jewish Bar/Bat Mitzvah. The Il Shim Ceremony is quite similar to these ceremonies as it is meant to be a way to recognize your maturity and the growing responsibility you are taking in your life. This program is just the starting point for you to truly take ownership over your life of faith, your relationships, and your surrounding community.

Throughout the II Shim program you and your parents will complete many conditions of faith and will also study the tenants of our faith. We hope that through your study you will find that our Unificationists faith is something truly valuable and worth committing to. The graduation ceremony is meant to highlight this incredible investment you and your family have made as well as recognize your commitment to continuing your path of spiritual growth. The ceremony is an opportunity for you to make a new beginning and a new commitment in front of God, True Parents, and your own family and community.

Please read through the requirements and schedule of the next 10 weeks so you will be prepared. You should also take a look at the II Shim Pledge so you know what you will be pledging before God, True Parents, your parents, and your community:

1. I promise to make sincere effort to develop my relationship with God and my life of faith through prayer and through my lifestyle.
2. I will strive to inherit the Unificationist traditions of honoring True Parents, upholding the value of the Blessing by maintaining my sexual purity until the Blessing, and living for the sake of others.
3. I commit to the process of growing and deepening my relationship with my parents by practicing healthy and open communication.
4. I will endeavor to find ways to serve my local church community and wider society with my unique passions and talents.

Please also know that your Heavenly Parent is eager to build a relationship with you. God is so excited to be able to deepen your relationship together throughout the course of this program. Your parents are also equally excited to deepen their relationship with you. The involvement of your parents is an essential component of this **program! Don't miss out on these opportunities** to hear their stories, inherit their life of faith and get to know them in a new way!

We sincerely hope and pray that as you continue your involvement in the II Shim Program you **will discover God's deep and** boundless love for you as well as the value of the traditions our True Parents have laid out for us. We pray that you will come to know how incredibly valuable you are and that you have very special role to play in our world!