



## TO COMMUNITY

### Session: Affirmation

Session Aim: A staple of many retreats is a time of affirmation. In these days of an increased awareness of mental health, a reminder of our gifts and talents is always a good thing. But this time is also a reminder of how we have been gifted by God and should use our gifts for His greater glory.

Time	Activity
00	Welcome and Introductions Go around and introduce yourselves (name an interesting fact!)
05	Icebreaker (Please see Icebreaker booklet)
20	Introduction to the Session What does it mean to affirm someone? Talk about how we can affirm people to make them appreciate their God given gifts.
25	<p>Affirmations</p> <p>You can lead a time of affirmation in many ways.</p> <p>Envelopes: Each person in the group to have an envelope with their name on. Have lots of slips of paper in the room. Each young person to get an envelope of a different person and then write an affirmation on the slip of paper for that named person and put the envelope back in the middle. When all envelopes are back, ask young people to return to middle and take another envelope. Continue for as long as you feel appropriate.</p> <p>Booklets: create a booklet for each person and have the group sit in a circle. Young people pass their own booklet round the circle and each young person take sit in turns to write in the booklet.</p> <p>It is important to make the atmosphere and prayerful and reflective. Dim the lights and have prayerful music on. Allow the young people to feel comfortable.</p> <p>Remind them that what they write must be honest and has to be positive. No jokes and nothing negative. Leaders should keep an eye on proceedings as much as possible to ensure these rules are kept. If done well the young people will end with an envelope fill</p>



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	<p>of affirmation slips, or a booklet with lots of affirming comments.</p> <p>This can all then be traced back to how God gives us these gifts and we can harness them through the Sacrament of Confirmation and use them even more than we do now.</p>
1.00	Final Prayer (Please see attached booklet)