



# Welcome to AMICUS activities

**This file of programme ideas has been compiled as a springboard to help your group devise exciting, dynamic and stimulating programmes each week.**

## THE FORMAT

Each of the Activity Cards is laid out in a similar way. Starting with 'The Bare Facts' they give an over-view on each subject or activity. Then 'Stepping Out' suggests a number of possible ideas or ways to approach this subject. These lists are by no means comprehensive and if you think of other ways or variations that look attractive then go for them. Neither are they detailed - for the moment it is left to you to work out the detailed presentation of the activity. Spend a little time on this before you read the 'On a Plate' section.

'Devotional Ideas' are usually included for the prayer and worship time within the normal AMICUS evening. Material for Sunday meetings will be provided separately.

'On a Plate' is one evening planned out in some detail. However we can only make assumptions as to the way that works best with your AMICUS group, so there may be the need for adjustment as well as some further detailing. 'Leader's Notes' will list equipment needed, things to think about and the like, providing useful check lists.

'Safety and Responsibility' is self-evident and should always be read. Apart from some areas you may consider obvious, there may be other points that have occurred in the testing of the material. Sometimes the hazards or problems could be emotional rather than physical - here we try to point these out to you.

Finally there are the 'Resources'. This does not claim to be a comprehensive list but the titles and addresses will serve to provide 'additional reading' and offer additional ideas and/or background information where you want to take things further. Note that today many publications only stay in print for a year or two, so there may quickly be problems with certain titles.

## HOW TO USE THEM

Most programmes should be outlined months in advance. Arrange a suitable gathering to find out what the AMICUS members want to do and fit the chosen activities into the calendar - perhaps you will plan a Conservation project for the first two meetings in September, followed by an AMICUS Safari and then a Bible Study. From here it will need to be agreed who will make each part happen. Normally this will be two or three named members of the group with the guidance of the leader.

## BLANK CARDS

Included with the pack of cards are a number of blank ones. These are for you to use when you design your own programmes from ideas that you think up (or copy from someone else). Photocopy these blanks as you wish, but generally we will be sending a few with each additional pack of programme ideas. The challenge to you is to devise at least one new programme every two months (or better still one each month!). Lay them out in the standard AMICUS format. This will help you to cover the essential points, and your collection of programme ideas will grow and can be used in following years.

However we are also asking you to send a photocopy to Headquarters. This should ensure an endless supply of material that can be published and circulated together with the further material that we are currently writing. All programmes that are sent in will be credited to the originating AMICUS Group (unless they express a wish to remain anonymous!).

## Acknowledgements:

*These cards were written by a number of contributors including:*

Dean Ayres, Nigel James, Ken King, Gary Smith, Bill Stevenson and Mark Veary.

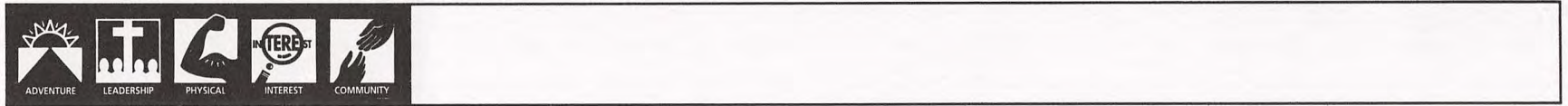
*Design and artwork:*

Ron Driver Associates, High Wycombe.

# AMICUS

PART OF THE BB FAMILY





## BARE FACTS

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## STEPPING OUT

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DEVOTIONAL IDEAS



## ON A PLATE

## SAFETY & RESPONSIBILITY





# BB Safari

## THE BARE FACTS

AMICUS members spend the evening moving around a circuit of homes, and eating their evening meal in the process. One course is taken at each house, so depending upon the order of the visits they may start with the pudding and follow it with the soup!

## STEPPING OUT

This is not just an occasion for free food, although the circumstances are likely to be a little unusual and there might well be a number of discussion points that could result.

The houses might be homes of AMICUS members or friends, but it is good if members of the congregation will join in the fun and provide the food. This leads to a valuable opportunity of 'getting together'. And then perhaps the group might like to consider what all of these different people with their different skills and abilities together contribute to the church.

Perhaps 5 visits might be managed in the time available.

From the point of weather and lighter evenings this programme suggestion would seem to be most appropriate in September, or around Easter through into the summer.

**DEVOTIONS** are probably best put at the end of the evening when all have returned. You could task each pair to come back knowing the full names of the hosts and something about them. Perhaps when they first joined the Church, some of their interests etc.

Who did they meet?

What did they find interesting about the hosts?

What did they have that they liked - was nasty?

What was it about the people that was memorable.

What do old people do with their time?

What help would they appreciate?

Perhaps read from

**1 Corinthians 12 - v4-12 .**

## CLOSING PRAYER

Father God, we have met a number of different people. They have many things to offer, not just a meal for us but skills, time to listen to others, willingness to care and help as well as perhaps being brilliant and important in their work. Together they make up part of your church here on earth. We thank you for tonight, for what they do all the time, and ask that our skills may be used in turn to do good and help others. In the name of Jesus,  
*Amen.*

## PLANNING & PREPARATION

The preparation might be to warn AMICUS members not to have any tea before coming! Obviously in addition to this you will have to have organised the various hosts. Remember that you do not have to be under 30 to be the host, and this might well be an opportunity to meet some of the over 70s from the congregation.

Particularly if you are using some of the pensioners, some tactful provision of materials may be useful.

In addition to organising the hosts, a series of envelopes containing instructions will need to be ready.

# AMICUS

PART OF THE BB FAMILY



## ON A PLATE (no puns are intended)

Each member is issued with an envelope and possibly a map depending upon their likely knowledge of the area. Instructions could be simple.

*Visit Mr & Mrs Spence at  
25 Beechfield Road  
arriving at 7.30pm.*

It is suggested that members operate throughout in pairs. This will enable you to pair them for safety. They may walk, or you may allow bikes or even cars according to the area. Assuming that there are a number of houses that can be visited reasonably close to the Church, and hence travelling will not take too much time, it may be appropriate to allow 10 minutes travelling and about 25 minutes eating per visit. At each venue members eat or drink something. Obviously if any hot meal is of a kind that can simmer for hours and an appropriate portion be simply spooned out, this will be easier. The fact that some will get a pudding before the main course is part of the fun.

On opening their envelopes members find the instructions to a different first call - each pair will start at a different home. An arrival time is useful, and indeed they could be marked on the promptness of their arrival (good training here - but ensure they bring a watch).

At the first call they are given a second envelope that gives them details of the next visit. Any one host will give out a series of identical envelopes, and then the pairs will move round the route in succession, generally in an approximate circle. An AMICUS group ten strong would thus need five hosts, larger groups would have a number of different circuits for the groups, although it would be practicable for some of the quicker ones (e.g. those serving squash or after eight mints) to be visited by a larger number of pairs arriving at shorter intervals. At what is to be their last visit the envelope will give them the time to be back at the Church Hall.





# Prayer - No.1

## THE BARE FACTS

Many people pray, especially when they have difficulties in their life. We are told that 'prayer changes things' and that it is central in the Christian life. Yet for many people there is a great mystery about prayer.

In this AMICUS activity we are asking the question "what is prayer?" and explore some practical ways of praying. Jesus' disciples asked him to "teach us to pray" (Luke ch.11, v1) and with his help that is our aim.

## STEPPING OUT

1. Ask the question "What is prayer". Write the answers up on a flip chart, blackboard or OHP. You may be surprised at the number of ideas you get.
2. There are many forms of prayer. Ask what kinds of prayer the members of your group use most often. It will probably be either:
  - a. *Petitions*. a give me, help me, forgive me type prayer - or
  - b. *Intercessions* praying for others, for their needs or asking for help for them.
3. Prayers of praise and thanks. Each member is asked to think of one area or subject to thank God for. Then sitting with the group in a circle, ask each member to pray a simple one line prayer of thanks to God.
4. Now review how people felt about opening their mouths and praying in front of the rest of the group.
5. Discuss what stops us praying. (Apathy, discipline, sin, etc.)

## DEVOTIONAL IDEAS

The Bible says that sin stops our prayers from being effective, and God from being able to hear and respond to our prayers. Some Churches use a written prayer called a General Confession in their services; it says we have sinned against God and our fellow men in our thoughts and actions. It is important to keep the channel of communication with God open. If we sin, we must confess this to him so that he can clean us up.

Take five/ten minutes and allow each member to find some space on their own. Encourage them to tell the Lord about their sins. Suggest that as they do this they picture themselves handing all the rubbish from their lives up to Jesus as he hangs on the cross. Then imagine him giving them his forgiveness and love. Then thank him for his forgiveness and love - and ask him to help them stop sinning.

He remembers your sin no more.

The following Bible passages might be useful to read either to the group, or for members to look up and read themselves:

*Psalms 66*

*James ch.5, v13-16*

*1 John ch.1, v8-10*



# Prayer - No.1

## ON A PLATE

A creative prayer meeting - 20-30 minutes. Introduce and explain each phase of the activity. In some cases you will want to cover two or more sections at the one time, so that one can follow another without a break or interruption.

1. Go outside and look at the stars or some other part of creation.
2. Come back inside and form a group to pray. Each person should share a short prayer of praise and thanks for God's creation.
3. It does not matter if a member of the group says the prayer that someone else feels forming in their mind - they should say it anyway. God wants to hear everyone's prayer.
4. Stop and share how they felt about praying in a group. (Fears, worries, excitement etc.)
5. Now remember that prayer is both talking and listening to God. Consider the question together "How does God speak to us?"
6. Share ideas and experiences.
7. Each member finds some space (they may choose to walk, kneel or sit on their own). They imagine a conversation with Jesus, speaking to him as they would a close friend. They should allow 5-7 minutes for him to speak back. To sense what he is saying to them. Make the point that he will not be saying negative things - like you're rotten or useless, for he loves and values each one of us.

8. Come back together into the group and share the prayer experiences.

## LEADER'S NOTES

Members who have not made a commitment to Christ may find this exercise quite difficult. They should be encouraged to take part however. Be ready to share about accepting Jesus as Saviour and Lord after the meeting. Pray for each member of your group as they take part in the exercise.

## FURTHER RESOURCES

### **Explaining Prayer,**

*by Joyce Huggett (Sovereign Word).*

**Prayer, the Key to Revival,** *by Dr. Cho*  
**Knowing God Personally** - *booklet.*

**Hands on Ministries** - 0932 857382  
*(Rev Bryan Pickard)*

We thank Bryan Pickard for preparing this card.





# Trust

## THE BARE FACTS

One important - essential - ingredient in any group being prepared to work together and support each other lies in their willingness to trust one another. Trust can be discussed (why is it so important - what happens when you do not trust somebody?) And also developed and practised with various games.

In all of the following exercises and activities it is important that sufficient time is allowed immediately afterwards to talk about the feelings of those involved.

## STEPPING OUT

The object is to show the importance of trust and develop trust between members of the group. In these there can be occasions when trust is misplaced - someone is let down. While generally the leader must ensure that the 'let down' is not too dramatic (and especially that it does not result in injury) such happenings are superb teaching points.

## DEVOTIONAL IDEAS

When the disciples were called, they dropped their tools and gave up their jobs to trust Jesus and to work with Him.

**Luke ch. 6 v27 & 28** for example.

Why? - what do you think they responded to? What would have happened if they had not put their trust in him?

Who are you prepared to trust? What are their characteristics?

## PRAYER

Split into pairs and talk to each other for five minutes - then break and, still in pairs, pray for each other.

## ON A PLATE

The following is a selection of activities involving trust. The person leading the activity should think through the activity beforehand identifying the kind of trust involved - perhaps of knowledge, or trusting people not to physically drop you. Then identify questions that can be asked of the group that will help identify their feelings.

Did you expect to be dropped by anyone?  
Did you trust some more than others - why?  
Did you at any time feel your trust was misplaced? etc.

### 1. Wobble

About half a dozen players stand in a circle with one member in the centre. The centre player stands up straight and stiff, hands to their sides and allows him/herself to fall backwards - trusting members of the group to catch them. The central player (still standing stiff) is passed from player to player around the circle, or stood upright again perhaps to fall forward.

Watch the weight and strength of the players. Those in the circle should have the strength necessary to hold the central player. Unless especially strong, players in the circle should keep the centre player fairly close to upright.



# Trust

## 2. Follow the trail

This is a very different type of trust game. One player runs a large ball of string around a course. This might be indoors or outside. The route can go through puddles (perhaps even through a convenient concrete pipe) or indoors might necessitate a crawl under tables or stage.

The string is then followed by blindfolded players.

The trust comes in accepting that the player setting the route is responsible and will be thinking of the safety of the blindfolded 'trackers'. Making them wet and muddy may be acceptable (but what do they think of this afterwards?) whereas taking them up a step ladder would be far too hazardous.

## 3. Candle Blow

Blindfold one person, light a candle and place it somewhere in the hall. The blindfolded player has to find the candle and blow it out.

Clearly they will find it impossible to locate the candle other than by chance. After a few minutes other members can begin to call out instructions.

Afterwards ask the blindfolded person to tell the rest of the group how they felt. How did their feelings change once they started getting help?

## 4. Trust Walk

Split into pairs. One of each pair should be blindfolded. The sighted member gives instructions to the one who is blindfolded - these could take them outside the church hall. After a while the two members of the pair link hands using their little fingers. They then continue for a further period of time to give, and comply with, verbal instructions.

The physical contact of linked fingers should make a tremendous difference 'feeling that someone was there'. Ask your players, is this what they say? What does physical contact at times of difficulty offer?

## 5. Secrets

All members sit on the floor in a circle, the lights turned out but a lighted candle in the centre. Give everyone warning so that they can think of a secret about themselves - this could be done before sorting out the circle and the candle.

Now ask each member to share the secret with one of the players sitting on either side of them.

One player (or more) may be unwilling to share the secret - clearly this indicates that all members of the group are not willing to trust others. Why did players choose the member to one side and not the other? Talk about the possible reasons for this, and the effect of any recipients telling others about the secret - destroying trust in the process. What does it indicate when someone shares a secret with you?

## SAFETY & RESPONSIBILITY

Wherever trust is involved there is some risk! Consider these aspects before starting any of the above exercises.

Clearly anyone who is blindfolded is at risk and the guide must act responsibly.

Get each member to share a time when someone they trusted broke a confidence they had told them.

How did they feel then?  
What changes did it bring to their relationship?

*Further consider:*

1. Does the group know one another well enough to do these exercises? While the exercises will help trust develop within a group, they can create suspicion and resentment if used prematurely.

2. Consider physical safety at all times. Are there things that a blindfolded person could trip over? They will feel very vulnerable, and while if they do trip and stumble others may find it hysterically funny, they can feel very angry and upset.

3. Be aware that when people reveal things about themselves, they often become emotional. You need to be confident that the group (and you yourself) can respond to this emotion.





# Public Enquiry

## THE BARE FACTS

When major public works are planned there has to be a Public Enquiry - a time when all concerned can hear details of the proposals and put forward their thoughts, alternatives and any objections to the plans. Often there are pro and cons to the idea - a new by-pass may relieve traffic congestion and perhaps lead to demolition of sub-standard housing, but there may be difference of opinion as to the effect on the traffic (and local shops might suffer) together with the feeling of people who do not want to move, or wild life that could have its habitat destroyed.

## STEPPING OUT

Develop a scenario. This should be one that is possible. You could have a group of two or three drawing up the plans - the by-pass, the new estate on drained water meadows, recovering existing industrial land for recreational use etc. etc.

The remainder of the participants should be split into two groups - preferably reflecting their personal inclinations and also groups of similar size. They will be given the proposal and while one group will collect evidence in favour of the proposals, the other will be looking for every reason against it.

Then after sufficient time has been allowed for the assembling of evidence - hold your enquiry. Try to get an experienced and hopefully impartial chair - perhaps your Chaplain, or

even borrow someone from the next door AMICUS group. The case is put, the witnesses can be cross examined and at the end the audience and chair can together express their opinion - which side put the best case?

## DEVOTIONS

There is a piece of unused land. At the moment it is doing little more than producing grass and the odd weed or two, with a little cultivation it could be sown with seeds and a harvest of food could be produced. Or it could be used as the site for a factory, producing materials that help us in our lives.

In our AMICUS group we have probably people who are working - and others still not sure what they will do (or even hope to do) at the end of their time at school or college. At the moment they are not producing much - but in years to come, perhaps with a little cultivation or training they could be helping others to find food, or providing equipment to make our lives easier. Even those of us at work might find ourselves 'redeveloped'. We might change our job, even change our profession.

## PRAYER

Dear Jesus, you knew that your apparent earthly father offered a service to the local people in making and repairing their homes and their furniture. You could have done the same but knew that there was more important work for you to do. You called fishermen who caught fish so that men might find food, to leave their work and be trained to spread your teaching. Help us as we start our work, as we spend the early months in learning what to do in our work, and even later on when we wonder what it would be best to do in terms of looking for a new job. Help us not only to think of the money we may earn, but of what our work will contribute to others, and especially what work we might do for you.

*Amen.*



# Public Enquiry

## ON A PLATE

Little more is needed than the outline in Stepping Out, since the real work and initiative comes from members. Encourage the production of good maps showing *exactly* what will be affected.

Presenters should be encouraged to use Overhead Projectors and other equipment. Photographers could take pictures (preferably colour slides to be projected), video or tape recorded material could be made recording and presenting peoples' opinions "Vox Pops" etc. Generally use all the presentation equipment that you can muster in a professional way. This will make a major difference to the "inquiry".

Presenters are encouraged to look for all the points in their favour, the rare spider whose habitat may be destroyed, the reduced congestion in the High Street (but the shop keepers will lose passing trade). What will be the effect on the safety of children walking from the housing estate to school when they have to cross the by-pass? etc., etc. The fabrication of some material of this nature a little beyond the fringes of the prepared remit is acceptable, but such additions should all be reasonable and not too far fetched otherwise their worth will easily be destroyed by the opposition.



# And now for something completely different



ADVENTURE



LEADERSHIP



PHYSICAL



INTEREST



COMMUNITY

## THE BARE FACTS

A routine is comfortable - we know what is coming next. Much of life is routine (you get up at 7.45am.. ) but every so often there are surprises.

Are you ready for the surprises?

In addition, when in a routine you can let things happen with little thought about them. You often free wheel. The idea here is to look at things a little more carefully - by breaking the routine and being different.

## STEPPING OUT

This one should really get you thinking. All kinds of things can be different.

The VENUE - how about meeting in a shopping precinct, on a flat roof of a building, in the Police Station, in a Hospital, in a Childrens' Home. Each venue will prevent some of the usual activities and offer the chance of others that are different and unusual.

If you are brave put the challenge to members - and wait for the results so that even the leaders do not know what will be different.

Even AMICUS groups can find that their programmes tend to fall into a pattern. How about radically reworking your programme? Maybe the leader should arrive late, having left instructions for the evening on the notice board. When the leader arrives he/she/they will discover what is happening!

How about an evening carried out in complete silence? At the end discuss (yes you can talk now) what was good/bad about the experience. What was frustrating/liberating about it?

## DEVOTIONS

This could be at the beginning of the evening. Especially if everyone is used to an 'epilogue' the timing will be different - and our devotional time especially is a time when we all need to be thinking.

Lets hum a well known hymn or chorus. Afterwards what did members think? Did it mean that everyone was trying to remember the words as they went? Do we usually look at the words in the song book and think about them? Select a few lines that you think are worth particular attention or comment. Perhaps those that have lots of meaning. Talk about them - what do members think they are saying?

## PRAYER

Father we thank you for the normal things of life - the things we know will be there.

Our homes and our meals, coming to AMICUS every ...day, people we can trust, the things that we have that give us a base. We think of those who cannot rely on such matters, those who are worried about where their next meal will come from, those who are not sure where they will be sleeping tonight, those who have no friends to turn to, nobody they can trust. And Father we thank you for Jesus. Help us to know that we can trust him, that we can talk and share with him, and that he can give our lives a firm base. In his name,  
*Amen.*

# AMICUS

PART OF THE BB FAMILY



# And now for something completely different

## ON A PLATE

This develops the theme in a particular way. There are a number of others!

If looking at the differences in life for people with a disability, it might be possible to borrow one or more wheeled chairs. It might be interesting for your able bodied members to have a race against someone who spends much of their waking day in the wheeled chair.

Also bring together a number of your 'normal activities' especially those that the group uses if nobody has thought to plan anything better - table tennis, darts, perhaps Trivial Pursuit and other board games. etc.

In addition choose about three members - one blindfolded, one right hand swathed in bandages, one leg hobbled. Select fairly outgoing people. They remain handicapped for the whole games session. Try to find one game that they can participate in.

Things that are different - are they good or bad?

List the pros and cons.

Being different - is that good or bad?

Get the 'handicapped' to list the pros and cons.

What about the feeling of 'missing out'?

Of being different?

Is it different being black in a 100% Anglo-Saxon rural community to being one in Bradford (almost 50% black people)?

Was it possible for the hobbled boy to win at Ludo or chess?

For the blindfolded to answer in Trivial Pursuit?

Are the handicapped able to contribute anything?

Are the handicapped really the same as us?

Do we like being different - or one of a group?

*The answer must be different at different times.*

Other starters for a time when you are sitting around with a can of Coke -

How do we develop our skills to meet new needs?

What was learnt about being disabled.

What was learnt about the inconvenience of even partial helplessness.

What is the effect on you of someone helping you?

What is the effect on the person who does the helping?

What is your feeling when you are disabled and ignored - treated as someone not quite normal - taken advantage of

What do they think about the position of minority groups in Society?

What do they now feel about being 'normal'?

Should we be thankful for being 'normal'?

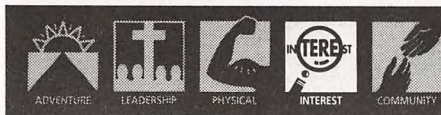
What do we REALLY mean by being normal?

## SAFETY & RESPONSIBILITY

Being in unfamiliar situations can lead to hazards. A speeding member in a wheel chair may not appreciate the full consequences of their impact with someone else when they are thinking only about what they have to do. This is also a session when you are dealing with people's feelings - you are likely to have some with (perhaps minor) disabilities. Consider how they will feel.

Some may have different views to the rest, these may be unpopular, even ones the leaders feel are really unacceptable. Avoid isolating people, and look to give them extra things to think about rather than getting into a confrontational argument.





Apart from being a programme idea in its own right, this card should suggest how a single word or theme can be worked up into a full evening's entertainment.

## THE BARE FACTS

Water has a number of aspects - have a mini-brainstorm and see how many things your AMICUS members can identify. You may get headings, or be able to group their suggestions under headings. With a little bit of preparation for the following week, you can offer a programme against these headings (See 'On a Plate on the reverse').

If you wish to be very clever then suggested ideas could be done that evening. When you are caught unprepared with a heading that you did not anticipate, ask the group how they would interpret it, and perhaps offer it later in the evening, or put it on the following week. Generally we advise that you allow time to prepare things thoroughly.

## DEVOTIONS

Jesus said 'Whoever drinks the water that I give him, will never be thirsty again...

**John 4 v13.**

At the end of the evening having looked at a number of the aspects of water, perhaps you would like to gather around a coke or a coffee and discuss what members think he meant. Give people the chance of putting their interpretation and only then round off with the material you have prepared after reference to commentaries etc.

## PRAYER

Jesus you are the water of life. We know that we cannot live without water, and many of us know that we cannot live a real and full life without you.

We know that we need water - perhaps with a little flavouring - but that it is the actual water that is important in keeping us going.

Refresh our lives that we can keep going when things are difficult.

*Amen.*



# Water

## ON A PLATE

Clearly if you are offering the AMICUS group the opportunity to suggest activities then you will need to make use of many items on their list. It can be very helpful to attribute activities to the person who suggested them in the first place.

With this subject you might possibly include:

Fishing - magnetic fishing  
The old childrens' game with magnets on the end of string tied to the end of a short stick. The magnets are used to 'catch' the steel paper clip fixed to the head of cardboard fish in a 'pond' on the table. There are lots of possible variations - time trial, blindfolded fishers, minus points for old boot etc. It is surprising how twenty year olds will welcome an excuse to try activities that they have not enjoyed for the last twelve years again!

In the same vein they might like making sailing boats out of half walnut shells with a cocktail stick mast and paper sail. If you provide a large bowl of water for a race (the owner blows to provide the wind) it is doubtful if any will get to the other side.

What about a fish and chip supper?

Great Egg Race type activities could include making a time measuring water powered clock, or a water powered vehicle!

## SAFETY

What would they do if they came across a drowning person?

There are simple routines that even a non-swimmer can use. These could be discussed using a RLSS booklet.

Perhaps some "what if" situations.

You are cycling to work one very cold morning. As you pass the pond you see a lone child skating on the frozen pond. The ice beneath them cracks and they go in. They are clutching at the broken edges of ice screaming — what do you do?

An opportunity to talk about artificial respiration (mouth to mouth) etc.

Water is vital for our homes - from cooking to washing and sewage disposal. Who knows where it comes from - what we can do to conserve it - what do the group think about water meters?

If the ideas are to be used at the next (or even a later) meeting then you might be able to get someone from the water board.

Water sports. Various members will have tried (possibly with little success) skiing etc. as well as other water sports. Can you have a survey and get each of the activities talked about?





# Wildlife Refuge

## THE BARE FACTS

Many church grounds have a corner or two that is unused - or unused other than serving to accommodate a pile of rubbish. Some such corners could be converted and made more attractive to wildlife (N.B. there may be some there already - from hedgehogs in piles of leaves and old branches, through to spiders just about everywhere.) Other possibilities would of course be someone's garden - especially if they are interested in nature and not too bothered about rows of flowers.

When planning the operation you will need to consider the site available, as well as possible visitors. If there are a few butterflies in the area then you can include plants that will attract many more.

## STEPPING OUT

Look for possible sites with an open mind - there could be a number of unused plots even in an urban area. When looking to identify the best site consider the wild life that you might attract - generally this will be more of that which is already frequenting the area.

The second step is to make some plans. A quick sketch and a good idea of what you might put where is important before you move to stage three -

Getting permission. Some people may be worried that you are planning a wilderness of brambles and stinging nettles. This is where

the plan will be helpful. Prepare your case and present all of the positive gains. If the garden can be attractive to wild life and people then you are likely to have little problem.

You are then left with the final detailed planning, arranging to collect the materials and then the *actual work* can start. But remember that there will also be the need to *maintain* the area. You will need to plan for this as well.

## DEVOTIONS

God was there at the start of everything

### Genesis ch1 v1-5

He created order out of chaos. He created the world and us! Sometimes bits of the world seem to have reverted to chaos - that rubbish tip we have been considering, or perhaps the 'chaos' of a derelict industrial site.

God gave us the world to care for...!!  
What a mess we have made!

There are lots of points - but one must be that with a little bit of working together with God - we can tidy and pull up a weed, planting seeds in which He has created life etc., etc. - instead we can have an attractive or productive area.  
Working together with God.

## PRAYER

Father God, creator of the world - creator of each one of us. Help us to respect and look after what you have trusted us with. Help us to be concerned for the plants, the animals and each other. Help us also to look around us, to see things that science cannot understand and that technology cannot make. Father you made the world and it was good. Help us to keep it that way.  
Amen.



# Wildlife Refuge

## ON A PLATE

Making your plans.

Keep the ideas and plans simple - especially if the area is small. Generally record anything that is already there and is useful and incorporate that. Where possible arrange the work in stages, so if enthusiasm tails off and the planned end is not achieved it still looks good and is attractive in its declared way.

Walls can have climbers that give cover, they can be a good site for nest boxes (refer to AMICUS card 'Home from Home') - many climbers can be grown up walls that carry berries that provide food in the winter. Examples include ivy and pyracanthus as well as honeysuckle.

Butterflies are attracted by many single flowers (the doubles much beloved by gardeners are less attractive to them). Buddleia, michaelmas daisies and various sedum types are good choices. There is a general feeling that you have to have some stinging nettles. These are the food plant of a number of caterpillars (red admiral, peacock, tortoiseshell etc.) but a few plants in a corner are unlikely to entice many butterflies to make a detour.

If the site is large enough you may be able to include water - a pond is ideal for many plants and in addition can attract birds and insects - in a year or so you might even go pond dipping! See a later card for more information on this. However we suggest that this is kept for stage two, when you are sure that your enthusiasm will hold up!

Measure up the area and find someone who will draw things out to scale. As well as the 'bird's eye' type plan, a few 'view' drawings could be helpful when persuading the owners to let you produce the transformation.

Permission is essential. If it is a derelict, rubbish filled corner; usually you will be allowed to have a go, providing you are thought to be a group that will do a reasonable job. Make sure your image is a good one!

Equipment needed.

The probable first step will be clearance - a small skip might be needed. These are available for hire (they come empty and are returned full) and you will have budgeted for their hire in your original planning. Tools will be needed here as well when you come to any digging.

Turning over the soil to a good depth (probably about 12" at least) will be necessary to get rid of plants and materials you do not want. Preparation of the soil is essential to make later work worthwhile.

Then there is any new construction - perhaps paving or whatever and finally planting.

Plans should decide who is going to do what, and a time table should be prepared to give people an idea when their services will be needed. It will also help to keep people going.

## SAFETY & RESPONSIBILITY

Clearing rubbish can be dangerous - look at the site and assess the problem during planning. There might be broken glass, rusty tins, even old chemicals from a garden shed or at the worst old industrial refuse of unknown content. Make sure that suitable protective clothing is available and is used. If you have any doubt about anything you find in a bottle or package seek expert advice. The fire station might be a good start point for this.

## FURTHER RESOURCES

### Wildlife in the School Grounds

(£3.50 from RSPB)

### Planting Gardens for Birds (RSPB)

### Creating a Wildlife Garden

by B & L Gibbons, Hamlyn.

Church members who are interested in gardening and/or wild life!



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# Street Orienteering

## ON A PLATE

This is not a matter of giving ideas for one evening, there are plenty of varieties:

1. Give each team a list of clues to various locations around a town. They may need directions on how to get between each point. If you are clever and poetic then the instructions could be in verse, if you and the group are clever then the clues could be cryptic. However remember that it is very hard to make the clues too easy, it is easy to make them too hard.
2. Give each team a copy of a large scale Ordnance Survey map of the town (or a town street map with all road names obliterated) with some roads highlighted. The aim of each team is to find the names of the roads that have been highlighted.
3. Issue each team with a compass and a list of landmarks and compass bearings between them. They will also need a map so that the places can be plotted and the routes determined - compass bearings have the habit of going slap through the middle of a factory or Town Hall.
4. Photographic - issue each team with a numbered set of photographs. Each leads on from the one before (you can mark "you came this way" or "depart up here" or other instructions on the prints with felt tip pens.

You will need to devise a method of checking that teams reach all their checkpoints. In some cases this could be a marshal - this has the benefit of providing a check on the position of the groups, or it could take the form of answering a question about landmarks, or perhaps to discover signs that have been placed by the organizers.

How about a treasure hunt with a theme? Local history is a good choice. Perhaps groups could look for stones marking the year that buildings were erected, or plaques identifying the houses of famous people (What do you know about them? One clue could require looking up information in a library.) You could adopt a spying theme. Be inventive. Leave clues on scraps of paper in telephone boxes. They could even be in a simple code.

*Tip for maintaining direction.*

All satellite dishes generally face the same way (check the local direction with a compass). This should help you stay orientated!





## Backwoodsmanship 1-Fires!

### THE BARE FACTS

In this series we hope to explore some of the tips and techniques that will allow your AMICUS group to survive in wild country. This is not just so that if your aeroplane crashes over a wilderness you can live to fight another day; it is in fact to give you the opportunity to explore a different way of doing expeditions or days out.

#### FIRE

There's an old joke that goes: "How do you start a fire? - rub two Boy Scouts together!" This incredibly unfunny gag is derived from the fact that the Scouting Association, much more than the BB, took Back Woodsmanship to the heart of its programme. They are much more likely to have a lightweight tent and an open fire rather than the traditional BB camp of ridge tents and four-ring calor gas burners!

### STEPPING OUT

#### 1. LIGHTING A FIRE

The easiest way to light a fire is with a lighter or matches. Although this is an obvious statement, it is worth pointing out because, even if you plan to use a much more traditional method of fire-lighting, it would be sad to lose the opportunity of a meal cooked over a roaring fire because the original method failed.

*Other ways include:*

**a). Magnifying glass** - this is a great method if there is plenty of sun. If not, it is a complete waste of time!

**b). Rubbing sticks together** - this is perhaps the most quoted way. However, it is quite difficult. the method of taking a stick in either hand and rubbing together fiercely usually results in tiredness and little else. What is actually required is for at least one of the bits of wood to be "hard" wood.

**c). Hand drill** - take a piece of hard wood and make it into a spindle by putting a point on it. Find a piece of soft wood to use as a base board. Cut a small groove in which to place the point of the spindle. Roll the spindle between the palms of your hands, pushing the spindle into the depression. When friction makes the spindle tip glow red, blow gently to ignite the timber.

*Tip - put a little sand in the spindle hole to increase friction.*

**d). Fire plough** - cut a groove the length of the soft wood base board and "plough" the hard wood stick up and down along it.

**e). You find other ways of lighting fires!**

*Tip - whenever you do get a flame, light a candle as this is much easier to use to restart your fire if the initial flame goes out.*

**f). Sparks do not light logs!** So it is important that you have immediately at hand some tinder that will ignite easily. Suggestions for this are:

Bark (especially birch, hawthorn and pine)  
Leaves (dry) also pine needles, dead moss or dead grass

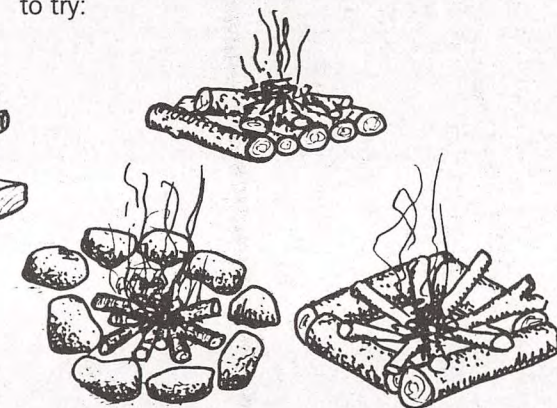
Wool - collect bits caught on brambles and barbed wire fences. Sometimes it is oily or damp. Either carry in your pockets to dry or roll it on dry clothes.

Feathers and down - from ground or old birds' nests  
Fluff - from your pockets (and belly button!)  
Wood shavings - scrape off dry wood with your knife  
Twigs - are necessary to create a bridge between the kindling and the logs.

#### 2. BUILDING YOUR FIRE

*Tip: remember you do not cook on flames, you cook on embers. Flames burn food but will boil water.*

There are various types of fires but all should be built on a platform of either green (wet) logs or stones. Here are three types for you to try:



*Tip: Do not use wet or porous rocks, especially those that have been in water. They may explode when heated.*

*Tip: Remember the Fire Triangle. It's three sides represent air, heat and fuel. If any of these is removed the triangle collapses and the fire goes out.*



# Backwoodsmanship 1-Fires!

## ON A PLATE

Using the methods described, light a fire. Do not wait until you go into the "wild". Use a back garden, church grounds etc. to try.

## PLANNING CHECK LIST

1. Check you have the "equipment" you need to light the fire.
2. It is probably a good idea to have matches or a lighter in case manual methods fail!

## LEADERS' NOTES

1. Ensure you have permission from the landowner to light the fire.
2. Remember, fire is dangerous. Check that there are no dry grasses or buildings near where the fire is to be situated.
3. Cut and roll any turf so that it can be replaced when the exercise is finished.

## DEVOTIONAL IDEAS

Get the group to look in their Bibles and see how many times they can find references to fires.  
Get members to read them out loud.

References could include:

*Exodus 3:2-5*  
*Exodus 19: 16-18*  
*Deuteronomy 4:2*  
*2 Kings 2: 11*  
*Acts 2:3*  
*Daniel 3:19-25*  
*Matthew 7: 19*

Read either the story of Shadrach, Meshach and Abednego -  
*Daniel 3: 19-25.*

- who do you think was the forth person in the furnace?
- if it was Jesus, what does this say about how he will care for us in times of trouble?
- what furnaces have you walked into, either for your faith or generally in life?

Or the Birth of the Church  
*Acts 2:1-13*

- what do you know and think about the gift of tongues?
- why do you think God passed on his Spirit?
- why do Christians still say they need the Holy Spirit?

## SAFETY AND RESPONSIBILITY

- when practising, have a fire extinguisher/bucket of water at hand
- have a first aid kit handy
- know how to treat burns.

## FURTHER RESOURCES

**No Need to die** - Eddie McGee  
Paul H Crompton Ltd. ISBN 901764 41 8

**Stay Alive with Eddie McGee** -  
Dave Lowen & Eddie McGee.  
Pub. by Carousel ISBN 0552 54160-5

**The SAS Survival Handbook**  
John Wiseman Harper Collins

**The SAS Survival Guide**  
John Wiseman Harper Collins  
ISBN 0-00-470167-4



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# Drama

## PLANNING CHECK LIST

Its materials really - have plenty of ideas. For any later formal presentation there will be lots to consider, perhaps even costumes and props, but here keep it simple with perhaps just a few props to help set the scene for the actors.

## SAFETY & RESPONSIBILITY

People can get 'taken over' by their part. If they are acting a row they can become involved - it may take time and a little care for them to return to normal!

## ON A PLATE

These are mainly games and exercises - sketches with set dialogue come much later - when the group suggest them!

### Mime Race

Divide into groups of equal size (about five is best). One member of each group comes and has a particular activity whispered to them. They return to their own group where they mime the activity. Other members of the group guess the activity, the actor replying only yes or no to indicate if they are right. When one has the right answer they tell you the activity and get the next to act to the group in turn.

Get them to notice their OWN movements. How do you show a difference between a sprinter and a 440 metre runner?

### A small groups scene - again can the others identify what is being imitated.

The batsman reaches his century.  
The golfer finds his ball in the rough - and plays out.  
The long jumper has a good effort cancelled since he overstepped the board.  
The referee intervenes in an incident between two rugby players, cautions one and sends the other off.  
The footballer misses a penalty.

### Can the group suggest non sporting scenes?

Parked car and traffic warden.  
School prefect and a smoking pupil.  
You are queuing and someone pushes in front of you.  
Taking the dog for a walk.

### Working in Pairs. Develop the ideas for the action.

A youngster helps an old lady across the road. She thanks him.  
*Two performances here, contrasting in their movements between youth and age, as well as the interaction.*  
Mother and child shopping. The child sees sweets in a shop...  
Boyfriend with camera taking photographs of his girl.

### Or working in groups.

A guide shows a group of varied tourists around a stately home.  
Husband and wife go into a shop to buy him a new overcoat.  
The family arrive on beach, with deck chairs and other equipment.

Now get suggestions from the group and try them out.

Have a large box with 'interesting' items. The box is passed around the circle and each in turn take an item and create a mime using it.

## RESOURCES

The above is just a few ideas. For more:

**A Drama Course** - BB Resource Centre (contains the above and more)

**100 + Ideas for Drama**, A. Scher and C. Verrall - Heinemann Edn. Books. (ideas for the enjoyment of drama. Not a collection of scripts.)

**Drama Toolkit**. G and R. Lamont - Bible Society Ideas and games for teaching drama skills as well as some material for sketches.

**Mime - The next Step**, J Geoffrey Stevenson

You may like to visit a bookshop and look for collections of short sketches.





# Cultural Evening

## THE BARE FACTS

This is not an evening at the opera or ballet but one spent sampling the culture of a different region or country.

## STEPPING OUT

Select your country then:  
Learn to count to twenty in their language.  
Learn a popular game of the country.  
If possible dress in the national costume.  
Cook one of their traditional dishes (and eat it).  
Play music (taped or live) of the country. (Can you learn one of their dances?)  
Look at the political situation of the country.  
What kind of government do they have? Is it democratic?  
Are there regular and free elections?

## DEVOTIONS

Organise a copy of the Lord's Prayer in the language of the country (with a pronunciation guide if possible). It may be possible to repeat it together - pausing to identify where you are and checking the phrases to see what can be associated with those in familiar English.

It can be relevant to mention the universality of the church.  
That God is "Our father" wherever we are.

## ON A PLATE

### A National Evening

There are many collections of recipes available

in the local Library. However as a contrast to the more obvious Western Countries and the easier option such as a Chinese night, consider food and activities from an undeveloped country. If doing this it is often worth realising that the food you eat is likely to be the national dish only in times of plenty. Rice or a form of bread may well be the daily diet. Find out what is eaten by the country folk.

In all cases remember to create atmosphere. Travel posters have been mentioned already but will only be available for the tourist areas. Material may be available from your Missionary Society. Music and lighting can also help - and what about costume?

### A Chinese evening

On arrival everyone is given chop sticks and shown the correct way to use them.

Play a relay game using crisps or fruit pastilles where members run forward, pick up the sweet with the chopsticks and run back to feed the next player.

Cook a simple Chinese meal using a wok in the church kitchen.

Learn how to play a typical game. A simplified form of Ma Jong is suggested.

Consider the political situation in China. Why has the USA given them Favoured Nation status particularly after Tienanmen Square?

Finish with devotions based around the studied country. Your Missionary Society may be able to provide detailed information. There are many amazing things happening in China at the moment with around 24,000 per day becoming Christian.

## PLANNING CHECKLIST AND POINTS TO WATCH

Note that proposals to read Chinese text (eg the suggested Lord's Prayer) can present major problems. This can happen with all languages that do not use the conventional letters.

Make sure you have sufficient resources (eg chop sticks) for the number expected plus a few spares.

If cooking, organise the utensils and ingredients. Make sure that safety aspects are considered.

Think carefully about the chosen culture. There may be an opportunity to challenge the stereotypes/prejudices that many young people have.

## RESOURCES

### "Recipes from around the World"

*Oxfam (ISBN 0 85598 066 4) offers many examples.*

### Denominational Missionary Societies.

### National Tourist boards, Embassies or Consulates.

**The BB Resource Centre publishes a number of booklets that consider the food, games and customs of countries or areas around the world:**

*An African Evening*

*A West Indian Evening*

*(and hopefully towards the end of 1994*

*'A Brazilian Evening' and 'A Bangladeshi Evening' the titles may alter a little but watch out for something along these lines)*

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# Golf

## THE BARE FACTS

George Bernard Shaw considered that golf was nothing but a way of spoiling a good walk. However many have found the challenge of getting that little white ball into the hole fascinating.

Golf can be an expensive sport to take up but you can usually borrow equipment. Do remember though that most clubs expect players to take the game and the rules of play seriously. Golf ranges have recently been sprouting up throughout the country and usually give you the chance to practise your putting or even driving fairly cheaply.

## STEPPING OUT

1. Organise a challenge game, perhaps against the local BB staff or even the minister.
2. A visit to the local range can be a good activity for a spring or summer evening. Remember to book in advance and find out how long you will be able to spend on the range. Bookings are usually made for an hour at a time.
3. Crazy golf courses can still be found at some holiday resorts - you don't have to go to the sea-side to give it a try. Or if there is a suitable lawn then try setting up your own course and planning your own obstacles.
4. How well do you know the rules of golf? If there are enough members interested perhaps you can invite the local professional down to explain things further. You may also be able to pick up some hints.

## DEVOTIONS

Bernard Langer is an amazing golfer by anyone's standards. He has been ranked No.2 in the world, he won the US Masters in 1985 and 1993 as well as over 30 other professional tournaments worldwide. He is also a Christian.

Bernard grew up in a Christian home and attended Church regularly, but it was during a players Bible study on the US tour that his life was transformed. He was famous, rich, happily married, but something was missing in his life. During the Bible study he came across **John 3, v3** "I tell you the truth, no-one can see the Kingdom of God unless he is born again". He realised that he would not gain eternal life simply by the things he himself did, but that the grace of God through the death and resurrection of Jesus was life changing.

Langer is perhaps famous for missing a crucial putt in the 1991 Ryder Cup. Afterwards he commented "looking at it from the Christian point of view there is only one perfect human being - the Lord Jesus Christ. And we killed him. I only missed a putt". Your Group might like to spend a few moments in discussing this statement.

### Prayer

Father God, help us to put things into perspective, to realise what is important and what is not. Help us to look beyond our own immediate activities, to see the needs of others around us and the opportunities that they present. Help us to trust in you and in the guidance and example of Jesus.  
*Amen.*



## ON A PLATE

### **Golf Outing**

Having a good game on a different course is obviously enjoyable. If you have sufficient interest organise a proper outing to a course some distance away.

Those AMICUS members who do not want to play can perhaps be persuaded to help as caddies. Whatever you do, aim to round off the event with some form of social activity - a meal or at least fish and chips in the back of the mini bus.

## PLANNING CHECKLIST

1. Ensure you plan and book the course well in advance. Make sure the club welcome players of your groups standard.
2. Check that all members understand the costs involved, particularly if you are arranging transport or a meal. Golf clubs can usually recommend reasonably priced eating places near by. It may be helpful to collect cash in advance.
3. If you need to borrow kit, clubs etc., again make sure this is all planned and organised well in advance.
4. If you are organising some form of competition a small prize is always appreciated. Remember that it can always be a funny one - perhaps that piece of turf dislodged from the 12th tee!





# Quiz Time

## THE BARE FACTS

Quizzes in their many forms have become very popular. Apart from those included in TV and radio programmes, pubs and clubs run quiz evenings to attract custom. Indeed many pubs now run quiz leagues! There are many possible formats that can be used to add variety - but remember that they are not everyone's preferred entertainment so do not overdo them.

### Noughts and Crosses

Play with the conventional nine zoned shape on a blackboard or chart. Each zone has its own particular subject, and to place your "O" or "X" in a particular square a question must be correctly answered on that subject. Remember to pick subjects on which you can set plenty of questions!

HISTORY	NATURE	SPELLING
MUSIC	POT LUCK	FAMOUS PEOPLE
TV/FILMS	GEOGRAPHY	THE BIBLE

### Mastermind

Members either individually or in teams offer a specialised subject in advance, on which they will be questioned. These are then followed by a general knowledge round. Each round traditionally features as many questions as can be set in a given time - perhaps two minutes. Remember - once you have started you'll finish!

Having to find questions on some subjects offered can present a problem. It is likely to send the organisers off to the local library - but of course this research is something best done by the Amicus members. You can also "dress the set" with a chair in the centre of the group facing the Question person.

### Cryptic Quiz

This is not as difficult as the title may suggest. The quiz is planned with a number of rounds, each round being given a cryptic title - eg a TV round might be called "Cross Channel".

All teams have a Joker that is played on a round of their choice - on the basis of the cryptic clues. The Joker doubles the points scored for the round on which the team has played it.

A good event especially if you can get a number of teams from different groups in the Church to enter.

### Trivial Pursuit

The popular board game available in many versions. It is also around in CD, tape and computer variants! Good for the informal fireside situation, avoiding the more formal question master approach.

### Pop Quiz

It is easy to come up with questions of music and artists, of varying styles. Taped extracts - or video snippets - will greatly increase the enjoyment. Perhaps you have a musical member (or speak to the church organist) who will record a mixture of various melodies for members to identify.

### Blockbusters

As in the popular TV programme. You can take the part of Bob Holness and one of the contestants can ask the immortal "can I have a 'P' please Bob?"

The event is helped by some form of the 'hexagon' style diagram. This can be chalked onto a board, but better effects can be achieved with an Overhead Projector or even a flannelgraph since both allow coloured patches to be overlaid to show the cells gained by a contestant.

## DEVOTIONS

Some of the subject material may give you a start point. Or how about some of the questions that Jesus was asked?

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# Quiz Time

## LEADERS NOTES

Questions are rarely too easy. They are often too hard. If at the end of the first dozen questions only one has been answered correctly then you are unlikely to have an enthusiastic group! If in any doubt select the easy ones and let them score eleven from the twelve.

Quizzes can be good fun and can be used to draw young people together. However they can highlight academic differences between members of your Group. Try to ensure that through variety everyone achieves some success and feels that they can contribute.

## FURTHER RESOURCES

There are many quiz books published - you do not have to spend a lifetime making up the questions yourself.





# Telly Addicts

## THE BARE FACTS

The object of the session is to encourage your AMICUS Group to think about what they watch on TV, to evaluate programmes and be more selective in their viewing habits.

## STEPPING OUT

Play a version of those programmes that test a panel's knowledge - use whichever format is current and popular, staging things as like the original as you can. Get volunteers to make up two teams. Use video clips where possible, pictures from magazines of TV stars and the various trivia quiz books to provide the material. Remember to use as much visual material as possible - together with a good element of novelty to minimise the spoken questions. Who is your Group champion?

Alternatively table some provocative comment - perhaps from a TV personality, from an educationalist or politician seeking to leap onto the bandwagon, or the reviews of a new TV programme. Do members of the Group agree or not? Get them to give their reasons and look beyond the 'I don't like it'.

## DEVOTIONS

Read together **1 Thessalonians ch.5, v21** and **Philippians ch.4, v8** and discuss how those verses should be applied to the TV we watch. Is it right to take words written 2,000 years ago and apply them to modern technology?

## PRAYER

Dear Father, you have given us the time to live here, and allowed us to decide how to use it. You have given scientists and engineers the skills and intelligence to invent new equipment and techniques, and many the skills to sing and entertain. We thank you for these, and for the help and enjoyment that can result. Please help us to see that they are used for good and not for evil and more perhaps for ourselves - help us to use our time wisely. In the name of Jesus we ask this.

*Amen.*

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# Telly Addicts

## ON A PLATE

Offer your Group the following Telly Stats.

1. A Gallup Poll in 1991 showed that the average British 14-16 year old watches 3hrs 40minutes of TV a day.
2. In the USA the average American has seen 11,000 murders on TV by the age of 14.
3. A 1992 analysis of a typical day of British TV commissioned by the magazine TV Guide counted 10 acts of violence per hour.
4. A 1984 Parliamentary Group video enquiry revealed in a survey of 7 -16 year olds in England & Wales that 18% had seen The Evil Dead, 17.8% Zombie Flesh Eaters, 15.9% The Living Dead and 15.8% The Bogey Man.

Now you might discuss the following and similar topics -

Censors have some control as to the suitability of films for youngsters. Is this desirable for films and if the Group feel that it is right, should the same be done with videos?

Assuming that the Group does endorse some form of censorship, what would they decide was unacceptable - for anyone, for those under 18 - for those under 12?

An alternative approach might be to pick up a quote published by The Radio Times from Noel Edmunds:

*"A significant percentage of social ills are*

*caused by that box in the corner. There's a lot I don't want to expose my daughters to and a lot of views are expressed that are not of any great value to society!"* From the moment his daughters could read he made them aware of the programme listings *"We don't have them sitting in front of mindless cartoons and don't have soaps in the house at all"* He adds that there is a fight to see who is the first to turn off the TV when the Neighbours signature tune is heard. *"It's lightweight rubbish which doesn't give an accurate perspective of life, and I'm fed up with people arguing all the time in Eastenders."*

The above quotation offers a number of points that the leader might like to use to start a discussion on TV. In addition you might choose to ask the Group:

1. Do you watch a specific programme and then turn the TV off, or do you tend to watch the best of whatever is on?
2. What programmes do you consider are good to watch?
3. What TV programmes do you think are harmful to watch?
4. Do you think watching TV affects the way people think and behave? Could you support the suggestion for example that it might have been a factor in the behaviour of the youngsters who murdered James Bulger?
5. Do you think you would spend your time differently if you did not watch TV as much/at all?

## SAFETY & RESPONSIBILITY

You might need protection from the TV rental people after this!

## P.S.

What about challenging your Group to go on a TV Fast? No TV for 24hours - 48 hours - even a week! This could be very interesting particularly if a large number got involved and recorded the extra things they did with the resulting free time..

## FURTHER RESOURCES

**The Radio Times**

**TV Times**

**User's Guide to the Media,**

David Ponter - IVP ISBN 0-851 10-790-7





## It's A Knock-Out

Those of you with long memories may recall the sight of men in gigantic rubber costumes lumbering around playing silly games with footballs. Forget the latex for a moment; the idea behind this TV game is the basis for a fun summer activity.

### THE BARE FACTS

The aim is for a number of teams to play some crazy games, getting as wet and messy as possible. Teams move around playing each game in turn. The games can be for one or two teams to play, and should last no more than four minutes. There must be a balance of wet, messy games and ones that are dry. On each game, points should be allocated to each team depending on how well they play; the winner is the team with the most points at the end.

### STEPPING OUT

- It's A Knock-Out is best played on a summer afternoon or evening, perhaps on an annual camp or holiday.
- You need one or two people to run each game, plus people in teams. Perhaps the Amicus group could offer to arrange this for the Church youth club or BB Company Section.

### ON A PLATE

The following is a set-up for 6 teams of 4-5 people, lettered A to F. There are four games. Games 1 and 2 are for one team each. Games 3 and 4 are for two teams to play consecutively.

#### Game 1: The Gunk Tank

You will need:

- A large, deep bucket or bin.*
- Enough 'gunk' to fill the bucket.*
- Large jigsaws or plastic puzzles (about 30 pieces in total).*
- Items for a short obstacle course.*
- A tray (to assemble the puzzle-on).*

Place the gunk bin at one end of the obstacle course, and the tray at the other end. The gunk could be made from gravy, food thickening granules coloured with food colouring, or wallpaper paste. The gunk needs to be thick enough so that the puzzle pieces can be placed at the bottom and will not float to the top.

Team members take it in turns to go through the obstacle course, retrieve a piece of the puzzle from the bin, and return to assemble it on the tray. Points can be awarded according to how many pieces they assemble within a time limit.

#### Game 2: Bat the Rat

You will need:

- A metre long piece of carpet tube or drainpipe.*

*A large sock, stuffed and sewn up at the open end.*

*A plank.*

*A rounders bat.*

*Adhesive tape.*

Attach the pipe along the length of the plank with about 30cm of plank extending below the bottom of the tube. Place a band of tape around the plank about 20cm from the end of the tube. Arrange the pipe so it is at an angle of about 60° to the ground.

The rat (i.e. the sock!) is dropped into the top of the tube. Players take it in turns to try to squash the rat as it falls out of the bottom end of the tube by hitting it with the bat before it passes the tape mark. Points are scored according to how many times the rat is stopped within the time limit.

#### Game 3: Spanish Waiter

You will need:

- A tray and 5 plastic unbreakable cups.*
- Three large buckets of water.*
- 40 pieces of sponge.*
- A small bucket.*
- A ruler.*
- Rope.*

With the rope, mark out a long, thin course about 10m long and 2m wide. Place a bucket of water, the tray and the cups at one end of the course, and the small bucket at the other end. Place the other water buckets and sponges at the sides of the course.

One team takes it in turns to fill the cups with water, place them on the tray and run down the course, emptying the cups into the small



# It's A Knock-Out

bucket at the far end and returning the cups and tray to the other end for use by the next player. The tray must be carried from underneath with one hand, like a waiter. The other team lines the sides of the course and attempts to knock the cups off the tray by throwing wet sponges. The sponge-throwers are not allowed onto the course. Whilst the player is returning the tray to the beginning, the sponges are retrieved and returned to the bucket. Any sponge that lands on the course is out of play until the end of the game. At the end of the time-limit, the amount of water in the small bucket is measured with the ruler, and teams change over. Points are scored by the team that gets the most water in the small bucket.

## Game 4: Barrel Roll

This game is for 2 teams.  
You will need:

*6 barrels of the same size.*

*2 identical planks.*

Each team has a plank and 3 barrels. The planks need to be wide enough for someone to sit on, and long enough to rest on two barrels. One member of the team sits on the plank which rests on two barrels. The other team members roll the plank forwards, inserting barrels at the front of the plank and taking barrels from the back. If the person on the plank falls off, the plank and barrels are moved back 1 metre and the team carries on as before.

At the end of the time limit, the team that has travelled furthest wins the points.

## NOTES

Set a time limit of 5 or 6 minutes for each round. Within this time, the rules must be explained, the equipment set-up and the game played. Then, everybody moves onto the next game. A sample playing order could look like this;

GAME	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	ROUND 6
1	A	B	C	D	E	F
2	B	C	D	E	F	A
3	CvD	DvE	EvF	FvA	AvB	BvC
4	EvF	FvA	AvB	BvC	CvD	DvE

Copy this for everyone running the games so that teams can be told which game to move to after each round.

Each game needs to have the same maximum point score available. Otherwise, if every game has a maximum score of 10 points except one which can score 5,000, then whoever wins this game will win the whole competition.

Please let us know about any new games that you invent, so that we can include them on future Amicus cards.

## PLANNING CHECKLIST

1. Make sure you assemble all the equipment you need for the games.
2. Brief all those responsible for running games. Ensure that everyone knows how scoring, time-keeping and change-over will work.

## SAFETY AND RESPONSIBILITY

Be aware of any hazards in the games, (i.e. getting fingers trapped between barrel and plank in Barrel Roll), and tell the players about them.

If you use wallpaper paste in the Gunk Tank, try not to use the type containing fungicide. If you do, make sure everyone washes their hands afterwards, and don't lick their fingers.

## REFERENCES

**Outdoor Organised Chaos,  
Outdoor Adventure, Really Wet Games,**  
all by Printforce, 6 Angel Drive, Sutton,  
Surrey SM1 3BX





# Getting it Right

## THE BARE FACTS

Ever since the human race began to settle in recognised societies and tribes there have been rituals and customs concerned with welcoming or entertaining guests. Social etiquette probably reached its apex in the Edwardian days when most social events were strictly organised and much time was spent on ensuring the correct dress, cutlery etc. was in operation.

Life in the 1990's is much more relaxed, but guests still like to feel welcomed so why not try your hand at some entertaining AMICUS style.

## STEPPING OUT

1. Are you often baffled when you go out for a meal and can't understand the menu. Organise a food quiz to see if members can recognise the French or Italian names for their favourite dish. Do you know the Greek equivalent of Irish Stew?
2. Being present at a one off very formal event can still be quite fun. Perhaps as a Christmas Social you could put on a Victorian soiree - everyone in period dress and a full menu.
3. Brush up your etiquette. Your library can supply the necessary reference books - do you know how to write to a Duchess, or where to seat the Mayor at a Rotary Dinner? Some members might even like to research the conventions of visiting cards, or funerals.

Then a discussion as to the how and why of such routines. Was it simply people with time to waste looking to formalise their position in society?

4. An invitation is often warmly welcomed. Can you arrange to entertain some local pensioners? Or what about a Sunday treat for youngsters in the community? Make it a little different by observing the conventions.
5. Are there customs in other countries/ communities that could be investigated?

## DEVOTIONAL IDEAS

There are many references to entertaining in the Bible - Jesus at the Wedding in Cana for example. Use one of these for a suitable epilogue. Perhaps you could devise a service around the theme of a meal with a starter, main course and dessert.

### Prayer:

Dear Lord, you have given us so much not only in quantity but in variety. We think of the different foods prepared in different countries - from raw fish to well toasted steak. We think of national dishes ranging from Black Pudding to Tripe or Haggis. And we think of those who have little or none, often reduced because of our inability to care for the soil to scratching for a few roots or blades of grass.

Father show us how to care and how to share in the name of Jesus we ask this,  
*Amen.*



# Getting it Right

## ON A PLATE

Much etiquette revolves around eating - so here is a good opportunity to try some out. Plan a full evening meal - three or four courses at least. This will in itself involve your AMICUS Group in a lot of discussion and work. Organising and preparing the food, the tables, their decoration etc. through to the serving of the food. Since you are looking at etiquette there should be plenty of opportunities to practice this in its various aspects. All the cutlery correctly laid out for the various courses, members could act as waiters (men in suits with black tie, ladies in 'a little black dress' with a white pinny). Both sexes must have that white napkin folded over the left forearm! Remember that they will need to have looked up as to which side of each diner to use to serve and clear away.

You do have the option of a few toasts (and hence a few speeches) after the meal - of course remembering all the formalities of such an occasion. Can you find a toastmaster from among your members to introduce everyone? The only question is who you might feed. Parents are a possibility, as are a group of OAPs from the congregation. The latter in particular would welcome such a treat and are likely to rise to the formality. If dining OAPs to a multi course meal remember that the platefuls should not be too large - their appetites will diminish with age.

## And afterwards?

Etiquette was very important in the Victorian and Edwardian middle classes. Today - well it is rather out of favour. Perhaps you might have a discussion the following week. What does your group feel were the advantages of a formal routine that it offered? Have we got the position right for now?

## SAFETY & RESPONSIBILITY

When serving food to anyone remember that you need to comply with all sensible hygiene needs. This is especially so with older folk. Their tastes may not be in line with those of members. They might prefer a more bland menu rather than the tandoori chicken and a multitude of chopped chillies.





# CD Art

## THE BARE FACTS

If members feel like trying their hands at a work of art - but that changing the church ceiling into a British Cistine Chapel is a little ambitious - then read on. The challenge is to create a modern masterpiece of Pop Art in a CD case.

## STEPPING OUT

The aim is to create a piece of art based on a clear plastic CD box. You do not need the plastic insert that the CD clips into, just the outer 'jewel box'.

Perhaps the Group would select a theme for your CD art - the environment, sport, music, homes, the Crucifixion, cartoons, pasta, Greece...

### Hold an exhibition of the results.

You may like to offer your pieces for sale - a gallery in Edinburgh offers examples of CD art at up to a hundred pounds each!

## DEVOTIONAL IDEAS

### Read Luke ch.18; v 15-17.

Pause for a few moments to think about the incredible intricacy of creation; the beauty of buttercups and the wonder of snowflakes. You may have had problems getting your art into the small space of the CD case, but God has an eye for detail that makes all our attempts at art crude by comparison.

God cares for us equally and yet individually, from the smallest to the largest. As the reading shows there is a beauty and simplicity about children that we must strive to regain, so that we can have a full, loving relationship with our heavenly Father.

## ON A PLATE

You will need at least one jewel box for each participant. They are available from large music stores quite cheaply. A sharp craft knife will be useful to get a professional look when cutting paper and card as well as to trim the plastic case if anyone wants to have objects protruding. Make sure that the glue you provide will bond to the case; water based glues are definitely not suitable here. Also collect any other art materials that might be useful, paints, magazines with photographs to cut out, crayons, bits of wire (and wire cutters), coloured paper and card etc.

When designing your work of art remember that the case has depth. Exploit this by sticking things both to the front and the back, or by fixing layers on top of a thick piece of card. You may be able to mount some 3-dimensional objects in the case (nuts and bolts, electronic circuit boards, stones, leaves and flowers etc.)

Think carefully about any theme, decide what you are looking to portray, to communicate. Then select the objects and decide on their arrangement. Do not over clutter the box; keep the message (and the design) simple. A strong background will generally set off the foreground and help it to stand out.

## PLANNING CHECKLIST

1. Collect the necessary tools and materials (see 'On a Plate').
2. Make sure you have a suitable work surface. Craft knives can easily cut into wooden table tops (and fingers) so teach safe usage.
3. Arrange to display the finished work - this may need permission.

## SAFETY AND RESPONSIBILITY

Teach the correct and safe handling of tools.  
Have a first aid kit handy.

Make sure that tools and materials will not damage the property. Have plenty of newspaper available to protect surfaces from paint, and to mop up spillage.

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# Making yourself known

## THE BARE FACTS

It is all right meeting and having a good time, but who else knows about Amicus? Who, if they knew about you might join? And for that matter who in your church knows about Amicus and what you are getting up to?

Assuming that you would like to be better known - what are you going to do about it?

## STEPPING OUT

This surely calls for a committee meeting - a brainstorming session - lots of bright ideas - and hopefully lots of action.

The first thing in any advertising session is to decide who you want to know about yourselves and the kind of image you want to project. Having established that, you can go about it; never assume that one actions (say a leaflet) will meet all the things you want to achieve with everyone.

## DEVOTIONS

What else? **Matthew 5, v151**

This session really calls for a lot of deep thought, not about what we are projecting about Amicus, but what we are projecting about ourselves and as Christians.

Some members might even like to think on the point that whereas they may not yet have given their lives to Jesus, people outside the group at college and work will probably assume that because they go to a Christian organisation they are Christians. So - what kind of reputation do they give to Christians?

What kind of image would we like to project of a Christian?

## PRAYER:

Dear Lord Jesus, you know what it is like to live here on earth among other people who do not like what we are saying. You endured the taunts and abuse of people even through beatings to a death on the cross. All we have to do is put up with a little ridicule.

Help us to make our lives a little bit different, so that people can see the difference and in that see something better - the effect that you have on us.

We ask this in your name.  
Amen

## STEPPING OUT

There are many things that the Group can choose to do. Make sure that the following are not seen as the "right" actions and so follow them before the ideas of members. They are included as suggestions should there be one of those long, long silences.

1. Who knows you exist?  
Are the times of meetings and a contact person/address available in the local Library?
2. What do the Church members know about you?  
Has there been any/many reports in the Church Magazine? Reports to the Church Meeting?
3. What do you as a Group do to show that you exist?  
Do you have a stall at the Church Bazaar/ Christmas Fair?
4. Have you ever actually *done* anything in the church?  
Decorating, work for the elderly etc.
5. Do you want to attract new members?  
Is it worth doing a simple leaflet that can be handed around? Probably someone has got access to a computer, printer and DTP programme. What should a general leaflet like this say - do not leave it all to one person but bring together a writer, graphics layout etc. and you may get into business. And if you have a leaflet where will you distribute it? Who will you give it to?

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# West Indian Evening

## THE BARE FACTS

Other countries outside the UK may be an image on the TV screen or a possible location for a holiday. Have you ever thought to collect ideas of what actually might go on there - the way of life - perhaps outside of the tourist hotels?

See what you can find out and share about the songs, food, crafts and cultures of the West Indies.

## STEPPING OUT

Well you could read the tourist guides, some of them are very good at the history and culture of a country, but remember you are trying to get behind what is usually seen on the tourist trail. School geography books are less biased in an attempt to present everything rosy . . .

However you can easily get an idea of the countryside, and there may be typical crafts and activities that are recorded. Get looking and see what there is that can be included in a programme. When you come to organise the evening, remember to create an atmosphere - a few travel posters, perhaps coloured lights or suitable background music.

## DEVOTIONS.

The West Indies and the southern states of America are the "home" of the Negro spiritual.

Recap on the situation in which they were written - Christian slaves, little valued by the all powerful plantation owners.

Now consider one or two of their songs - the words. Perhaps "Old man river" for a start.

What does the Group see in them - resignation, hope?

## PRAYER:

Dear Father, we know that people have often been very cruel to others in history. Sometimes because they have wanted them to worship their own God or even you in their own specific way. However we also see that so often behind these actions there is a way of getting more for themselves, as the slave owners enjoyed cheap labour for example.

We ask that we all learn to respect each other for the individual skills that everyone brings, and that human greed is recognised for what it is, and that it can be extinguished through the love of Jesus.

In his name we ask this,  
*Amen.*

## ON A PLATE

Well obviously you have got to have a LIMBO DANCING competition. You might use an old high jump stand, or lay a long thin stick or bamboo cane across a couple of chairs. Do not forget to organise all the watching and cheering!

Why not play French Cricket - most members will have played it when younger and may relish the opportunity to polish almost forgotten skills. Use a plastic holey ball or similar however since strength is now greater and there may be windows around.

The batsperson uses a cricket bat to defend their legs that serve as the wicket. The rest of the players are fielders scattered around the playing area. The ball is bowled underarm and if the batsperson is caught or hit they are out and replaced by the catcher/bowler. If the batsman hits the ball the fielder "bowls" from the point that the ball was collected.

## Bermuda Triangle

An infamous part of the world where legend has it that many aircraft have disappeared. Here you have a very slightly different problem - sometimes called the "balloon game" in which situation there are a variety of members in the basket of a punctured helium balloon, here we have a punctured (sorry - damaged) boat that is rapidly letting in water. On board are a number of people of different professions (list the careers that members of the group have or aspire to) and the question

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# ***West Indian Evening***

is in what order they should be pitched overboard in an effort to keep the boat afloat until rescue arrives. Of course each person will want to argue the importance of their skills not just to those in the boat, but in the world, if they are to be amongst those to be saved.

## **FURTHER RESOURCES**

The BB Resource Centre has a book **"West Indian Evening"** that offers still more programme ideas.

And what about limbo dancing?  
Don't dodge it!





# Christmas Crackers

## THE BARE FACTS

Christmas can be a difficult time for programming, whatever we feel about the real meaning of Christmas it is hard to prevent Jesus being forgotten under a mass of parties and presents.

One possible answer is to do something very different. So if you want an Amicus Christmas Party why not hold it in February? (That is not a bad idea - more time to think and the timing will get people asking questions right away. Some Christian churches do operate a different calendar).

But a different slant can be hard to find.

Christmas crackers are part of the standard package - you know the things with a naff bit of plastic or a new key ring made from bent wire. With a corny joke as well. But why not make special Amicus crackers? If you make them you have the chance to decide what goes inside, this could be:

1. Something that relates to the real meaning of Christmas.
2. A small gift specifically chosen for the recipient.
3. Paper hats that reflect the personality of the recipient.
4. If all the above are too difficult then be different by providing good jokes!

## STEPPING OUT

Christmas related gifts can be a bit big, but a star shaped brooch is a start point for some.

If you decide on a gift/hat relevant to the planned recipient then you will either have to make them all yourself (a shame, hard work and potentially expensive) or members names

could be put into a hat and drawn out, each person making the cracker for the person whose name they have taken. Decisions could be taken individually or in small groups. Remember that it is best not to be nasty or disparaging - make this clear in the briefing. You will also be limited by size and the cost. You may recommend a limit of perhaps a couple of pounds on the contents.

## DEVOTIONS

Have you even pondered on the American Store (Macey's) that every Christmas comes up with some special present for the person 'who has everything'? It is usually exotic (his and hers helicopters one year) and always very expensive.

What does this idea say or suggest to you?  
What do you feel it must be like to be in that sort of position?  
Is life likely to be all luxury and cossetting?

## PRAYER:

Father, you have given us so much. We have all the essentials of life, we are fed, clothed, housed - and generally well cared for. Yet we spend so much time wanting a little bit more. We wonder what caviar tastes like, think it would be nice to own a Jag, wish we could get a ticket to the Cup Final - always we want more.

Help us to realise what are the important things, the essential things, in life and that we need to give to others, to help others, to encourage others.  
Remind us that Jesus when he came to live with us did not choose a palace but a stable, and that he did not want more, but gave everything.

In his name we ask this,  
Amen.

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# Christmas Crackers

## ON A PLATE

First you will need to organise a "who gives to whom" system.

Crackers are quite easy to make. On the run up to Christmas many stationers sell cracker making kits (WH Smith, Conran etc.) while many of the novelty shops sell materials especially the "snaps" all the year round. Other items are easy to get anyway.

If all other contacts fail try

**Fred Aldos, PO Box 135,  
37 Lever Street, Manchester M60 1UX  
(0161-2362477).**

You will need some thin card (as used for cereal packets) from which to cut a rectangle 3" by 5" and two rectangles 2" x 5". Roll these card rectangles around a former about 1.25" diameter to give three cylinders (one 3" and two 2" long) securing with a length of sticky tape. An alternative would be to use toilet roll cores (they will need to be shortened for the two outside pieces).

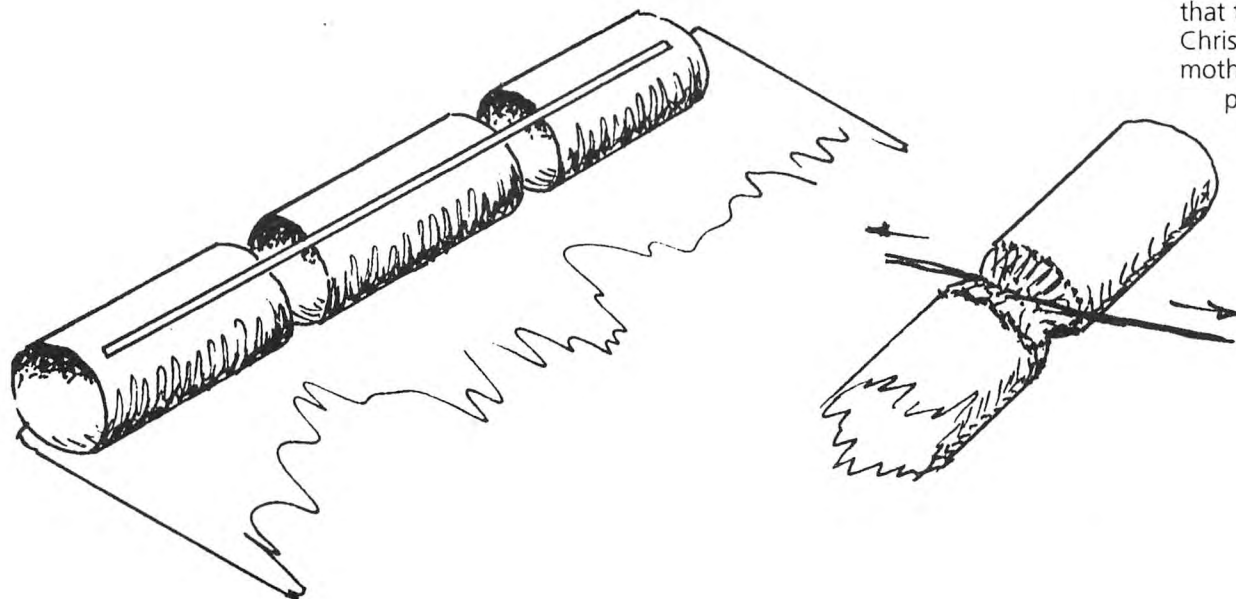
Now you need a piece of coloured paper - crepe can be used, even a foil covered piece, that is 5" x 10". Glue the 3" cylinder along the edge and in the middle of one 10" side and place the two 2" cylinders either side of this

with about 1" separation between the cylinders. Place any goodies in the central cylinder with the snap along their length. (See diagram).

Roll the coloured paper around all cylinders, tack in position with a spot of glue. Now using thin string or thread put a loop around the cracker at each gap between the cylinders and carefully pull in to form the necks. These can be tied in place if using thread. The two end cylinders can be left in place or removed as you wish. Decorate to taste.

## LEADER'S NOTES

Care is needed! The point needs to be made that the selection needs to have a touch of Christian charity. A small purse from which a moth flies might be a good joke for the right person, but could be a destructive criticism to another.







# Racism

## THE BARE FACTS

We are aware of the problems of racism, and indeed of other barriers that are put up, especially when considering employment and marriage. Consider where members in your Group would feel there are "differences" and try to establish some of the reason(s) behind them.

## ON A PLATE

### A true story.

A senior (in age anyway) member of BB called at a 1930s house that had a "B & B" sign in the window looking for a nights accommodation. The door was opened for him to be beaten around the ears by loud music, his nose

assaulted by a fierce blend of spices and - a very large Pakistani family all bunched in the doorway.

He took a mental step back and was about to make an excuse when he thought "no I claim not to be racist - if I leave it will at least look as if I am one". So he enquired if they had a room for the night - and was a little relieved when they peered at him and said they were full.

First what are the groups thoughts about the reported reactions? Were they reasonable, human, Justified?

Secondly, what is the right balance between recognising cultural differences and ignoring everything other than that they are all humans?

Are we (as individuals in the Group) able to handle/work with people of different races, different religions, different ages? Where are the problems? Why are there problems - is it at times because we ourselves feel we do not know what to do or say in strange situations?

## LEADERS NOTES

If you have a mixed Group then you have resources (and potential difficulties) that others may not have. It may be possible here to consider actual events that have occurred. Can others understand how the recipient feels?.

## DEVOTIONS

Jerusalem has always been a pretty mixed up city - mixed up in terms of all the different races trading and travelling through. The situation was the same in many other Biblical places - Antioch for example was a bottleneck of trade routes from India and the east, often transferring goods to and from ships for onward passage.

An early controversy in the church was essentially whether the Jewish Christians should keep Jesus to themselves or share his saving death with the Gentiles - people of other races. Led (perhaps prodded) by Paul they realised that Jesus has died for all men. Perhaps their decision was just as well since most of us are Gentiles!

### PRAYER:

Jesus, when on earth you lived in towns filled with people from many different countries. You taught that all were valuable, teaching about the Good Samaritan and others from races despised by devout Jews. Help us to realise that all men are of your creation and are loved by you. Help us to realise that you died on the cross for everyone - and for each one.  
*Amen.*





# What a lot we've got

## THE BARE FACTS

It is relatively easy to see something of the poverty in the world - TV seems to bring us unforgettable images of starving youngsters so often that we can almost forget them.

It can help us to remain aware of the needs of others if we realise how fortunate we are ourselves - that we have got, or at least got access to, so much.

## STEPPING OUT

In the pecking order of human essentials food ranks very high. Some people have nothing for periods of time - they may suck stones in an attempt to alleviate hunger. We have a lot, it is a matter only of the limitations of our purse. However because we are used to the availability of it we can find it hard to appreciate our food wealth. A more productive approach is generally through the variety of food on the supermarket shelves.

## DEVOTIONS

**Genesis 47, v13.**

Famine throughout the land.

**John 6, v35.**

"I am the bread of Life ..."

Really with this idea we are spoilt for choice (that sounds like a trip to the Supermarket).

Even if we simplify the idea of food down to the basic item - bread, we still have a lot of Biblical material we could use.

Bread. Simple, cheap, filling, boring even (when we have lots else as well).

But a "staple" part of our food. The food of so many poor people, a food that because it is not rich and stuffed with saturated fats and cholesterol is a good one.

Basic, simple, essential.

Jesus said "I am the bread of Life..."

## PRAYER:

Dear Jesus, you taught your Disciples that you are the bread of life.

This means so much, we have heard so many sermons and talks on it.

Let us for the moment remember that bread helps so many to live - and ask you to help each of us to live in your way.

*Amen.*

## ON A PLATE

The approach is on the variety of food available to us.

One interesting idea might be to obtain a selection of the many flavours of crisps around and set them out in bowls each identified only by number or a letter. Members can then sample each bowl and attempt to identify the flavour.

You need to have some quick way of recording the answers against what the packet said. One way might be to give each person a ruled OHP foil and lay these onto the projector so that the answers show up opposite the packet details.

Or a visit to most supermarkets will show a wide range of fruit. There may be apples in variety, together with not just the familiar fruits but an increasing range of exotic ones - mangoes, star fruit, etc. Can these be used for a quiz - identification, fitting into the country of origin? Would the supermarket buyer be prepared to come down and talk to your group?

## LEADER'S NOTES

Always remember that in any activity where we are looking to raise awareness of being well off - or indeed of the poverty that others may need to endure, we may have members who have much less cash than others. These may not only be differences in parental income, but perhaps also the temporary problems associated with studies, or early low paid work.

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# Brazilian Evening

## THE BARE FACTS

Other countries may just be an image on the TV screen or a possible location for a holiday. Have you ever thought to collect ideas of what actually might go on there - the way of life - perhaps what goes on outside of the tourist hotels?

See what you can find out and share about the songs, food, crafts and cultures in Brazil and incorporate them into an evening programme.

## STEPPING OUT

Well you could read the tourist guides, some of them are very good at the history and culture of a country, but remember you are trying to get behind what is usually seen on the tourist trail. School geography books are less biased in an attempt to present everything rosy ...

However you can easily get an idea of the countryside, and there may be typical crafts and activities that are recorded. Get looking and see what there is that can be included in a programme. When you come to an evening remember to create an atmosphere - a few travel posters, perhaps coloured lights or suitable background music. Make sure that you are not meeting in the middle of winter in a sub zero hall, that it not a way of building the right atmosphere!

## DEVOTIONS

How far have members' parents travelled in their lives?  
How far did their Grandparents travel?  
Probably their Great Grandparents never set foot outside their county!

How far have those present travelled already?

Travel is becoming easier and more commonplace.

Have you ever thought of the travels of Paul - Paul the follower of Jesus?  
At a rough guess he went something like 5,000 miles. More than half of this was on land and we would guess that most of this was on foot.

How far would you walk for Jesus?

## PRAYER:

Dear Jesus, Journeys on holiday can be fun, not because we enjoy sitting in an airport or bouncing on a bus, but because of the excitement - a time to relax, a time that promises to offer something different.

But we think of others who have to travel - travel for their work, travel to find a new life, travel to find food, travel to escape persecution. We remember your first big journey - with your parents to Egypt, to escape being killed. Help us when we think of other places, to remember that in many cases all is not just what is offered to the usual tourist. Help us to think of the other people who would often be happy to feed on the scraps thrown out by the tourist hotels.

Help us to think of other people,

We ask this in your name,  
*Amen.*

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# Brazilian Evening

## ON A PLATE

You can find a number of activities that could be included in the evening - crafts, music etc. We suggest a few - and also recommend that a discussion may be included at the end.

Volley Ball in many church halls is difficult (window breakage - height of ceiling etc.). Volley ball in Brazil is very popular but can also be very difficult (inability to buy a net, ball etc.). They improvise - does your hall allow you to improvise - perhaps a loose bundle of rags.

Boul is also very popular (as in France). You need a distance as long as possible and a surface on which the balls will stop rather than roll. The church car park or an untended flower bed might work. If it is a winter evening why not boul by torchlight? The rules are simple - players or teams alternate in an attempt to throw their boule to stop closest to the target ball. Subsequent players can knock scoring balls out of the way or whatever. Nearest ball at the end counts, so if you or your team have two balls closer than any of your opponents then you score two. Plastic sets can be bought cheaply.

Music is important to Brazilians. They are poor and many have to make their own instruments. Given a weeks warning of this can members of your Group come with home made instruments - and can you form an orchestra?

## Discussion:

You will find out all kinds of things - and one will be national debt. Brazil borrowed millions of pounds to be spent on new industries and development. Then the interest rates went up, and probably it would be fair to say not all the money was spent wisely and well - and they got to the point where all the profit generated by the old and new industries exports were going to pay the interest charges.

## Subject for a good debate here -

Would anyone be interested enough to research the position and report back to the Group?

What is the best way of helping a nation to 'catch up' in industrial and developmental terms?

Should the loans be wiped out/interest waived? If so where should the money to do this come from? Should Brazil continue to borrow money?

## RESOURCES

Remember that there is quite a lot of material collected in the BB Resource Centre book - **"A Brazilian evening"**.

Currently this is only a pound so if you get a couple of extra ideas from it they must be cheap.





# Now get out of that (2)

## THE BARE FACTS

The earlier card "Now get out of that" features practical problems that the group had to negotiate - good team work practice as well as great fun.

But life's problems are not always practical, and many of them can be solved or at least eased by talking about them. This evening programme simply uses a number of problems that are presented to the Group who have to discuss and decide what they would do in that position.

## STEPPING OUT

Discussion is best done in a group where all are encouraged to contribute, if the group is too large people can be overlooked or indeed they can actually "hide". So it is suggested that you break down into sub-groups about 4-6 strong.

Produce typed "problems" for each discussion rather than pencil scribbles on a tatty piece of paper. Plan out beforehand where each group will be, preferably in comfy chairs and if at all possible isolated so loud debate (?argument) from one does not disturb another.

You can consider coming all back together in a plenary session when each sub-Group reads out its problem and states its agreed action. Apart from anything else you can expect further disagreement and a reopening of the debate!

## DEVOTIONS

Jesus was often put into difficult positions.

People (like the Pharisees) tried to trap him. "Should you pay taxes to the Romans?" and challenged with knotty theological posers "Married to umpteen husbands in turn, whose wife will she be in heaven?"

As humans who many people probably know have a Christian connection of some degree - perhaps an Amican and/or a regular churchgoer - we are liable to be challenged - "why do you believe all that?" "If there is a God as you say, why is there pain?"

And life offers challenges and decisions.

We see a punch up at the 'bus stop - what do we do?

Life is not easy - we seem often to need the wisdom of Solomon!

## PRAYER:

Dear Lord God, you have given us a life where we are allowed to make decisions. While we like to be our own person and have a choice, so often when we are faced with a problem we wish it was not there, that it would go away, or that we could be shown what to do. We ask your help, and remember that so often this comes through Jesus, when he has shown us what to do in that kind of position, or he has advised us - perhaps by saying that we should do things for others that we would like them to do for us.

Even then Father it can be hard, hard if we have got to give something away, or stop doing something that we want.

So we ask you to help us to do the right thing, not just for ourselves but for others around us. Give us the knowledge of what to do, and the strength to do it.

In the name of Jesus,

Amen.

*It could be useful at the end of this devotional time to read **1 Kings ch3, v16-28**. Solomon valued (and asked God) for wisdom before worldly wealth.*

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# Now get out of that (2)

## ON A PLATE

1. You are on your motor bike/bike/car when you see a man beating a horse with a heavy length of wood. There is nobody else about and the horse is apparently tied up and unable to get away.  
What do you do?

2. A couple of weeks back you went out with a girl from college/work. She seemed quite keen on you but, well frankly there did not seem much to talk about, or things that you both wanted to go to so you broke things off. This afternoon she phoned you up and told you that you had got her pregnant. Remembering that at no time did you do more than make an attempt to kiss her, what do you do?

(For girls - what would they advise a man to do?)

3. As you go into the Chemist you have to pass through a group of about a dozen teenagers jostling and nudging each other. While inside looking for your purchases you see two come in, remove a couple of bottles of something from a shelf and move towards the door. What do you do?

## RESOURCES

Lots of ideas for difficult scenarios can be found in:

**Tension getters**, M. Yaconelli. (Bible Society)

**Tension getters 1**,  
Yaconelli and Lynn, (Youth Specialities).

**Tension getters 2**,  
Yaconelli and Lynn, (Youth Specialities).





# African Evening

## THE BARE FACTS

Other countries may be an image on the TV screen or a possible location for a holiday. Have you ever thought to collect ideas of what actually might go on there - the way of life perhaps outside of the tourist hotels?

See what you can find out and share about the songs, food, crafts and cultures of countries in Central Africa.

## STEPPING OUT

Well you could read the tourist guides, some of them are very good at the history and culture of a country, but remember you are trying to get behind what is usually seen on the tourist trail. School geography books are less biased by an attempt to present everything rosy . . .

However you can easily get an idea of the countryside, and there may be typical crafts and activities that are recorded. Get looking and see what there is that can be included in a programme. When you come to actually plan the evening remember that it will be good to create an African atmosphere - a few travel posters, perhaps coloured lights or suitable background music.

## DEVOTIONS

If we are going to think of explorers and especially missionaries, I think of Africa. This is not to suggest that people have not gone to other countries - they have - but the names I remember from Livingston to Schweitzer are most associated with Africa.

In the missionary world today the approach has of course changed. The emphasis is no longer on basic exploration and much of the traditional work has shifted to local initiatives - but people still go to serve and share their skills. Can anyone report on what your own denominational missionary society is doing in Africa? Who is out there, what skills are they sharing? Has anyone any knowledge of VSO (Voluntary Service Overseas) or similar organisations? Has anyone in your Group thought about this kind of work?

## PRAYER:

Dear Father, we think of all the opportunities that we have here in this country, we think of all the knowledge that there is already in this Group. Many of us are finishing off our learning at College and University - we will be equipped to work in certain ways. Help us when we come to look for employment, not just to find something that satisfies us, not just to get a good salary, but if possible to find a job that helps others. Help us to do this in the name of your Son, our Saviour, Jesus, Amen.

## ON A PLATE

Assemble a selection of activities according to taste - we however suggest that the discussion if included is at the end.

### Daft Dances. From Kenya.

Form a circle holding hands (grips need to be strong!) The whole circle then takes one, two, three, four, five, six, seven, eight steps to the left, then one, two, three, four, five, six, seven, eight to the right, then swing their left leg across the front of their body to rest on their clasped right hand. And everyone looks like a flamingo. Of course it should then be repeated with the other leg (but remember to lower the other one first).

### Games:

#### *Don't take the last one.*

A game for two players. Five bowls or holes in the ground/church hall floor, with one bean in the first hole, two in the second and so on until you have put five in the fifth. Players now take turns to take one or more beans from any one bowl. If they wish they can take all the beans from one bowl, but they must take at least one. They alternate in this way attempting to leave a position where the other player is forced to take the last bean, that player is then the loser.

Why not organise a league - it is generally a quick game. Of course you do not have to use beans, nuts, paper clips, coins etc. can all be used.

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# African Evening

## **Crafts.**

Have you seen any African figure carvings? Perhaps the most famous come from the Benin region. They are very collectable (another way of saying people pay lots of money for them). Have a go at carving (it does not have to be a stylised figure or head although they are the traditional subjects). You could carve a large block of Plaster of Paris (very messy), lumps of soap (good for the hand care) or blocks of the light Balsa wood used by those who make flying model aircraft.

You will of course need to provide tools - sandpaper etc., plus a dustpan and brush.

## **Discussion materials:**

1. A number of countries in Africa grow large amounts of tobacco leaf - the sale of this to America and Europe has brought in much needed hard currency. Tobacco of course causes illness in those who smoke it, so there is a strong case for banning it, or at least taxing it to the point where smoking is priced out of the market.

If the Western Countries did either of these they would destroy a valuable business to many African farmers, and a valuable source of hard currency to the countries that would reduce their ability to import new equipment etc. What should the Western tobacco importers do?

2. A number of the countries looking for hard currency try to do this by attracting tourists. Kenya with its many game reserves is an obvious example, recently Gambia has been

added to the UK tourist brochures and others are following. What effects might tourism have on a country, what are the benefits, the down side?

On balance is tourism likely to be good or bad? Where should a country devote limited resources? Are there countries that you would not go to for a holiday and if so why?

## **Food (glorious food).**

### ***Banana or Mango surprise.***

2 bananas  
1 mango  
1½ cups orange juice  
2 tablespoons lemon juice  
plain ice cream

Peel bananas and mango and chop till small. Mix well together and add the orange and lemon juices. Place scoop of ice cream in bowl or dish and pour about 4 tablespoonfuls of the mix over it - serve and eat.

There are many more items you might include in the programme - jungle drums for a start.

## **RESOURCES**

The BB Resource Centre has a book **"An African Evening"** that contains other ideas, details of typical food etc. Why not buy a copy?





# Lets go fly a Kite

## THE BARE FACTS

Many of us will have played with a kite when we were small. They were probably the diamond shape and we might have been disappointed with the way they flew.

Today things can be much more exciting. There are shops that sell just kites - well kites and kite string and kite kits. And there are different kinds of kites ... If there are half a dozen of you with half a dozen kites all flying in the same field things can be quite exciting! As an alternative to the "make it and then fly it" you might choose to spend money on one or two of the "Stunt" kites now generally available and see who is the best pilot.

## ON A PLATE

One problem is that many home made kites just don't get off the ground. The design shown is made from a stout plastic bag and we almost guarantee that it will fly in any strong breeze. Watch the string attachments, they are designed so that the plastic is not torn by the string, an alternative design might be to punch holes and put eyelets through them.

The Chinese use kites for fighting (they glue glass powder to the string and attempt to use it to cut that of the opponent) and for further fun and games you can always enjoy the two string stunt kits.

If you further want to try something different the latest idea is to **fly kites indoors!** The kites are very light and the operator has to be adept at running to secure the necessary air flow over the kite. Well go on try it!

## LEADERS NOTES

Remember that kites should not be flown in areas with power lines for obvious reasons. Also there are usually restrictions in the areas around airports. Even "Amicus" members can get carried away with excitement when things get "off the ground" and forget that there may be a potential hazard not far away.

## RESOURCES

There are lots of books on kites, the problem generally being that they seem to come and go out of print very quickly. Most of our books have been found in the Discounted (or Remaindered) bookshops. Keep your eyes open and pick up a bargain.

Two specific titles to look out for:

**Making and Flying Kites (1976)**  
Lloyd, Mitchell & Thomas - Hamlyn.

**The Penguin Book of Kites (1976)**  
David Pelham - Penguin.

## DEVOTIONS

One obvious point is that whether you make your kite, or buy it from a shop it achieves nothing if left in a drawer or in its package. You need to use it.

Read **Matthew Ch.5, v14-16.**

Do we hide our kite in a drawer - or your light under a bushel?  
We can fly our kite so that everyone can see it. What can we do to use our other skills?

## PRAYER:

Father God, we thank you that you bless us with gifts but must confess that we often ignore them, or use them in different ways to those you clearly intended.  
Father, help us to use our skills and abilities properly.

Give us the confidence to be proud of what you have given us - and of you.  
Lord, most of all we ask that you give us the confidence to speak out about our love for you.  
*Amen*

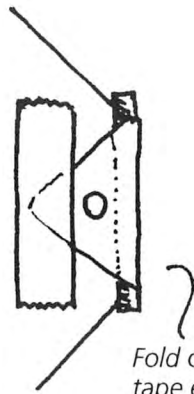
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# Lets go fly a Kite

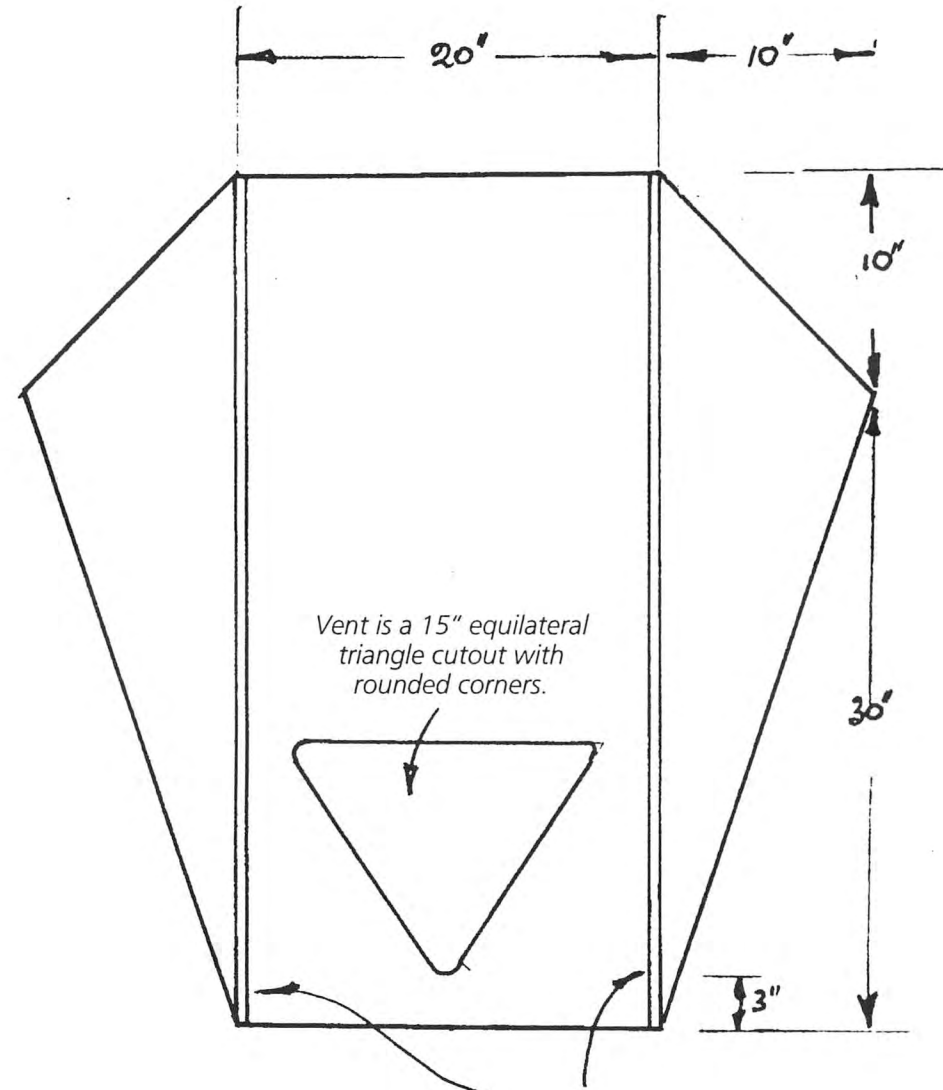
To make a kite you need strong plastic - not the normal thin plastic bag. Old fertilizer bags are good (check what they have been used for, thorough washing may be desirable).



*Fold corner over short stick, tape end down and make hole close to stick to take the string.*

*Make 'bridle' from 12ft length of line, attaching one end to each side hole. Tie flying line to the mid point of the bridle.*

*1" equals 25mm*



*Cane stiffeners. Secure with Sellotape at intervals along length.*





# An English Evening

(Amicus Groups in Scotland and other countries are invited to grit their teeth and then "go foreign" - following which they should devise an evening featuring their own traditions and having run it send us a copy).

## THE BARE FACTS

You live here, probably were born and brought up here. What things about England do you cherish - what things would you choose to alter?

## STEPPING OUT

One way or another try to identify what is the essence of Englishness! Run through any of our traditions (maypole dancing?), food (pie and chips with mushy peas?) traditional songs (Ilkley Moor? - but can anyone write a new traditional song featuring your town/city/village?).

Then move on to identify things that are positive. These might be a bit exotic like free speech, or the relative freedom from bribery; through to the slightly more obvious rich green countryside. From this to the negative - what should we look to change or improve?

## DEVOTIONS

Read **Luke 9, v58**. Foxes have holes ... but the Son of Man has nowhere to rest his head.

Jesus here was making the point that following him is not easy. You have got to give up things that you may value - perhaps some creature comforts. If we use the quote to make the point - how much do we value "home" - the place that we rest and relax. What are the important things about home - a welcome, a place of refuge and of security, a place of love and care?

## PRAYER:

Dear Father God, your name of Father says so much, you have provided and cared for us as if we were already in your home. We have been brought up and fed by our earthly parents, but so often they are reflecting the love that you have, and preparing and cooking the food that you have helped grow. Father we think too of Jesus - your Son. And when we do this we remember that he was given to us.

We thank you for being such a caring Father.  
*Amen.*

## ON A PLATE

A light hearted look at something typically "English" might get you off to a good start. What about a competition to identify a range of cheeses? Double Gloucester Stilton, Leicester, Lancashire, Cheddar etc.

Alternatively a quiz on identifying places - photographs of English beauty spots/cathedrals etc. These might be taken by a member or culled from a guide book. Do not make things too difficult.

Now perhaps sit around and everyone describes some aspect of England that they enjoy - and why. Then move on to what you do not like - something that you would like to change. Perhaps this could be written down on a scrap of paper and these are read out in turn before being discussed. The Group could then put them in order of priority for action when they are all elected as MPs in the Government.

We know someone whose favourite occupation is to watch Prime Minister's question time on TV. Is this the most extreme form of masochism known?

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# ***An English Evening***

## **LEADERS NOTES**

Not a lot to mention. Obviously if you are going to eat anything someone needs to do the shopping. Do not forget the mundane things like pencils and bits of paper for any little notes. Using the anonymity of the notes may help people put in more contentious suggestions.

## **RESOURCES**

You can do this all on your own, but it might be worth thinking of inviting someone - perhaps the oldest inhabitant to talk about times gone by, a local historian on what happened in Grandpa's day, or even the leader of the local Morris Dance troop for an evening lesson.

The local tourist board might offer some ideas and material.





# The Right to Life

## THE BARE FACTS

There is no doubt that abortion is a very contentious and emotive issue. Since 1967 it has been legal for women to have abortions in the United Kingdom. Since then the number of terminations is believed to be above 3,000,000. It is likely, therefore, that within our lives everyone will have known at least one woman who has had an abortion. This card will explore some of the facts and dilemmas around this subject. However, it is only fair to disclose that the author of this card is pro-life.

## STEPPING OUT

Here are some facts that will help frame any discussion or debate about abortion. These are all from a pro-life perspective.

### "Abortion isn't a major issue".

\* The sheer number of abortions make this a huge issue. In 1990 a total of 197,104 abortions took place in Britain - more than one every three minutes.

### "We'd have too many illegitimate births without abortion".

\* Abortion has not reduced the number of illegitimate births, which have increased three-fold between 1970 and 1989, and is now the highest since records were kept.

### "What about women who don't want any more children?"

\* The majority of abortions are carried out on women who have never given birth. Just one

abortion in every hundred is carried out on a woman with five or more children.

### "Some women need to have an abortion".

\* Only a tiny fraction of abortions are carried out to save the mother's life or in an emergency to prevent serious damage to her health (including rape). Over 98% are performed under the clause in the Abortion Act through which abortion on demand is carried out.

### "Abortion means that every child is a wanted child".

\* Yet child abuse has increased enormously since the 1967 Abortion Act. In the single decade 1979-89 the NSPCC reports that physical abuse has doubled.

Source: SPUC

Firstly, read the statements and get people's thoughts before you read the quotes from SPUC.

Consider the Pro-choice arguments.

"I do not believe a fertilized ovum is human life in commonsense meaning of the term; I believe human life begins at birth. Or more technically, when a fetus is sufficiently developed to be capable of living if removed from the mother's womb. That human life begins at the moment of conception is a religious tenet that makes no claim whatsoever to scientific truth".

Dee Wells in the Guardian 29th October 1973

"I see it as so unarguably a basic human right for a woman to decide whether she will have

an abortion or not that I am convinced the right will eventually be legally recognised and our children's children will look back on the present situation with horror - you mean in those days a stranger could decide whether you had a baby or not?"

Jill Tweedie in the Guardian 1972

Those who think that some or all abortion is morally legitimate tend to concentrate on the position of the mother. It claims that the question of abortion is a woman's right to self defence (in the case of rape) or of her right to control her own body.

"Women must have control over their own lives. For this we must have control over our own bodies ... The abortion issue is the cornerstone in the liberation of women.

The debate on whether or not a woman may have control over her own body is a debate on the place of women in society".

Women's Abortion & Contraception Campaign to the Committee on the Working of the Abortion Act.

Put these statements on a flip chart or OHP and get the group to give their reaction to them.

Then place a card on opposite walls. One should say 'Pro-life', the other 'Pro-Choice'. Then ask the group to stand in a line between these two statements indicating where they stand in relation to the grouping. Then ask why they have stood where they stand.

Find out how abortions are carried out.

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# The Right to Life

## ON A PLATE

Have a debate or discussion about this issue. Some prompts may include:

Is there any situation where abortion is acceptable, e.g. in the case of rape, when the child is likely to be handicapped, where the mother's life is at risk, where many children already exist in the family, etc.

Does calling the unborn child a foetus reduce the emotion involved in the subject.

In the USA anti-abortionists have been known to violently demonstrate outside clinics and at least one doctor has been killed. Is there any justification for the behaviour of these right-wing Christians?

By focussing on the needs of the unborn child, do we ignore the needs and wishes of the mother.

## RESOURCES

Various organisations produce information and teaching packs. They include:

### LIFE

Life House, Newbold Terrace,  
Leamington Spa, CV32 4EA  
Tel: 01926-421587

### SPUC

7 Tufton Street, Westminster,  
London SW1P 584  
Tel: 0171 222 5845

### CARE

53 Rowney Street, London SW1P 3RF  
Tel: 0171 233 0455

There is also an excellent book which concentrates on the moral dilemmas on both sides of the abortion argument:

### Causing Death & Saving Lives (1977).

Jonathan Glover: Penguin  
ISBN 0 - 14 - 013479 - 4.

## LEADERS' NOTES

This subject requires good preparation beforehand. Prepare the statements and practice the arguments prior to the event.

Consider very carefully the young people with whom you will be undertaking the work. Is it real for some of them?

In any event it is likely to raise the emotional temperature and the leader must be prepared for this.

**If in doubt, leave it out!**

## DEVOTIONS

In The Bible it says  
"You shall not murder".  
**Exodus 20: 13 (NIV).**

It also says  
"There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal".  
**Ecclesiastes 3: 1-3 (NIV).**

Study these verses.  
Do they contradict one another?  
What is the time and season for killing?

## PRAYER

Father God, there are some areas which are very difficult for us to know what to pray. Give us compassion to the situation. Help us to understand the issues. Also help us to forgive those who have been involved in abortion whether as parents or as medical staff. Speak into our hearts wisdom on what you want us to feel or do about this issue. Lord, help us to understand more.  
*Amen*





# Now get out of that!

## THE BARE FACTS

This card is a series of problem-solving exercises to be done out of doors although some could be developed to be used inside. Most are able to be used as leadership exercises so make sure you observe what the groups are actually doing. They can be used competitively, i.e. as team races or as group building exercises.

## ON A PLATE

### CANOE CHALLENGE

**Equipment - per team:** Canoe (raft or boat could be used), candle, match, wire, cling film, bamboo cane and adhesive tape.

Either cross a fairly wide river or get to the island in the middle of a lake, *but* keeping the candle alight. On opposite bank or island light a fire from candle. See Backwoodsmanship I 'Fires' for tips on how to do this.

### CRATE RACE

**Equipment - per team:** Five milk crates, nylon rope or string, sharp knife or scissors.

- Set a course on grass of about 100 yards.
- Split into groups of four.
- Inform the teams that they have to move between the start and finish point without touching the ground.

(This is done by attaching string/rope to crates which are then used like stilts.) Obviously there are not enough crates for each member's foot so they have to work as a team.

- The team has completed the task as soon as the last member has crossed the line.

### TENT TEST

**Equipment - per team:** One tent (use an A-frame tent if you want to make it really difficult!), three blindfolds.

- The task is to erect the tent.
- Split into groups of four.
- Three members are blindfolded and are allowed to touch the tent.
- One member who is not blindfolded is the eyes for the rest of the group. This person cannot touch the tent.
- The task ends when the tent is erected or the member judges that the interest level has all but disappeared!
- If you want to make it really difficult ban the three blindfolded members from talking!

### ROPE ROAD

**Equipment:** Rope and blindfolds.

- Lay out a rope about 2 feet off the ground in some woodland tying the rope around the trees. Make a circuit.
- Make it as long as possible. Obstacles are fun but need to be sensible, e.g. no problem tramping through a shallow stream but it's less than fun if branches are hitting you in the face!
- Tie the group together in a place where they cannot see the course. Blindfold them.
- The leader claps a regular beat that the group need to follow to find the rope.
- *Tip:* do not make this bit too long.
- Place their right hands on the rope and shout 'go'.
- Let them go around the circuit a few times until they realise that they are travelling along a circuit.

## LEADER'S NOTES

Consider what you are using these exercises for. If it is leadership then you will need to observe the groups and feedback appropriately.

## SAFETY & RESPONSIBILITY

Life jackets are required for any activity on water. A first aid kit should be handy for any exercises that are blindfolded or involving fire.

## RESOURCES

### Creative Outdoor Work with Young People by Alan Smith

Russell House Publishing, Dorset.  
ISBN 1-898924-25-2.

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