



SOCIETY OF SISTERHOOD IN CHRIST

LEADER NOTES

WELCOME BACK!

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Hey Salt Mama! You are back for a second time with your group! Fantastic! You may have new members today, be sure to make them feel welcome and create a relaxing inviting environment. Don't forget the salty treats, food always breaks the ice!

TWO TRUTHS AND A LIE

Some people may not know exactly what to say with this game, so be sure that you and any other Salt Mama go first to model the game. It can be simple things like about food you like to eat, or habits you have, things you enjoy. It can also be something unexpected or amusing, you're the world champion for something totally brilliant or have a special party trick that nobody suspects! Try to make this fun and engaging!



RECAP FROM LAST TIME

As you recap about sisterhood. Ask the girls if there is anything that is unexpected about sisterhood that they can reflect on. Does sisterhood change over time? How so? Who is someone that showed you sisterhood this past month? If girls have mobile phones, ask them to answer the sisterhood question on SaltsistersSOS Instagram page.

SAFE SPACE RULES

As you revisit the Safe Space Rules, make sure that any new members understand the environment you are trying to create in the room. Do a quick brainstorm of what a Safe Space DOES NOT look like.

Reinforce the rules that you created and why they matter in this kind of setting.

Discuss what made the space 'safe' the last time that you met. How can you do it again today?



'LIKE SALT, I CAN HEAL, SOOTHE, PROTECT, AND PRESERVE MY SISTERS IN CHRIST JUST AS MYSELF.'

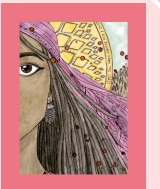
MOTTO

This is also a good time to recap what this motto means for any new comers. Go through each aspect of the motto and talk about ways that salt does each of those things with examples.



SCRIPTURE SISTERS!

This artist Sara Beth Baca does some amazing work doesn't she? It is possible the girls may want to explore more. Although you may want to browse her work with the girls at another time, we want to stay focused on the relationship of Ruth and Naomi. In saying that, make sure to zoom in on the images and read the words that the artist chose to write with each biblical character. Discuss why they think she wrote those specific phrases with each woman.



VIDEO VISUAL

Here is a biblical account of Ruth and Naomi's story. Although we know there is so much more, we want to be sure to focus just on the first chapter so be sure to **Stop** the video at **1:42**

CALL ME BITTER ...

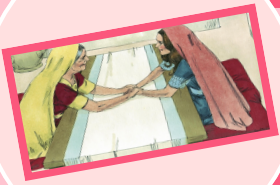


As you explore first thoughts and all the questions in the activities, try to really emphasize the nature of the situation with these two biblical women.

This is a good time to talk about the status of women at this point in history and how a woman in biblical times was considered in those days. (i.e. she cannot work, she is completely dependant on family or society)

The reason for using this story today is to begin to build the importance of empathy with one another and seeing one another's 'back story' and how that may affect a person's behaviour.

Although Naomi's loss was extreme, the story can serve as a good spring board for looking at why people behave the way they do, which you will do soon, but first let's look at Ruth.



POV RUTH

Ruth is definitely a Salt Sister! Ask the girls what they would have done if they were Ruth?

Have a little bag of salt, with a spoon, and a cup. Tell them the cup represents Naomi, she is empty. She has nothing left to give. Then have each girl think of an adjective to describe Ruth's character and pour it into a cup. How does Ruth help Naomi heal? . Also, as a side note, why do they think the other daughter in law didn't stay?

STRAIGHT TALK




The questions in this section are personal and it is possible that not all the girls may want to share and that is ok.

It may also happen that they do want to share. We want to be sure to remember cultivating a safe space and be super mindful of our responses to what they may say. It is possible they themselves have been 'Maras' at one point. Nobody is there to judge or disrespect. It is a sharing session, and it is ok for girls to vent, however you want to be sure to always try to stay positive and focus on empathy. What positive aspects can they look for even with the prickliest of person?

If you have time, go to YouTube and watch a section of this children's book story (How to Hug a Porcupine) for a quick brain break, don't watch the whole story, start at minute 4:04 Click on book to see story. Enjoy the little child and his narration for a little break from heavy conversation.



ROLE PLAY



We want to get the girls up and getting dramatic here. Let them have fun with it and they can over exaggerate if they want and be a little silly. In saying that, make sure to ask what a positive and empathic reaction to the scenario would look like.

SALT SISTER CHALLENGE



As each salt sister starts to think about someone in their life who is 'salty or bitter, encourage them to pray before they start writing and really think about who they want to send this note to.

Encourage them to write at least a paragraph with lots of encouragement and affirmation for that person.

Encourage them also to show the person that they 'see them' in what they write.

If they can't think of anyone, they can write it as if it for someone who would behave that way.

They can also write it to themselves, as a note of self awareness and forgiveness.

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CALL ME

Dollarama or Dollar Tree have white boards that you can purchase inexpensively. You will be using them quite a bit. When the chapter is writing down what they would like to be called, have them really think about their 'word' that describes them as well as an attribute of a Salt Sister.

If you can, send the pictures to our facebook or salt sister Instagram group to share.

MIRACLE FOR THE MARAS



This is your prayer time together. As the chapter writes on the sticky notes, pray intentionally to yourself in that moment for each name that each girl will put in the bowl or basket. It is important as we mentor to always cover every activity in prayer.

Make sure each girl is able to put her hand on the bowl, even if they overlap one another.

Begin the prayer and then allow for girls to speak as they wish. If they want to say just one line that is ok, or none at all, that is ok too. It will take time to build comfort in praying together.

All will say the last sentence:

In the name of Jesus, we speak hope and healing to my sister who is suffering.
Amen

RESOURCES

- Snacks
- Paper
- Pens/Pencils
- Sticky Notes
- White Boards
- White board markers
- Internet access
- Screen to show video clips

SOCIAL MEDIA

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