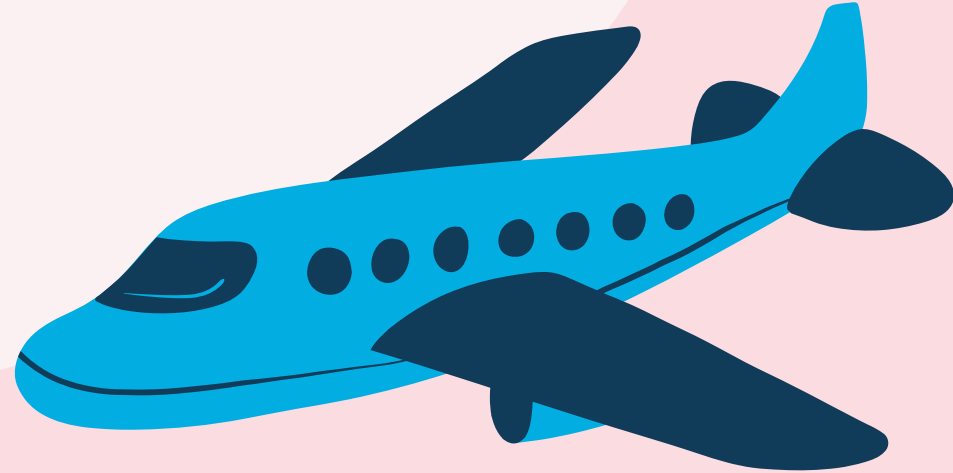


# LEADERS NOTES



Young Women's Ministries  
Ontario Conference  
Created by Patricia Ferreira Lopez

## WELCOME & BALLOON BALANCE!

Grab a treat and have a seat!

Your Salt Mama will provide some balloons  
On each balloon write down something that you  
have to 'balance' in your life.  
Have a go and try to keep all those balloons in the  
air. See who can keep the most in the air.

**Salt Mamas, don't forget to have your balloons ready and blown up. Write a few examples if needed to get the group started off. Make sure as many as possible have an attempt at keeping the balloons in the air.**



## MOTTO

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



**This is a good opportunity to see who knows the motto by heart ( possible prize given) and reminder of what it means and how it applies to Salt Sisters.**

## TIGHT ROPE

Click the link on the picture and take a look at this game of tight rope. Play it together. How difficult was it to maintain and find balance?

**You will need masking tape or painters tape for this activity. All the instructions are on the webpage. Don't forget to tie it into the theme of having balance in your life.**

**This is the link:  
<https://www.uua.org/re/tapestry/children/journeys/session5/13231>**



## WHAT'S IN YOUR CIRCLE SISTER?

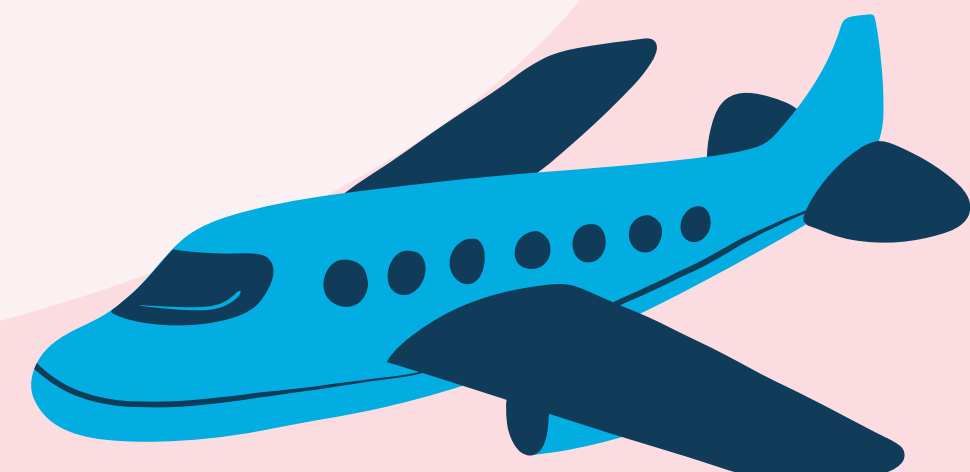
Your Salt Mama will give you handouts with a two circles on it. Think of 6 things that are important in your life right now, and follow the rest of the instructions.

**Salt Mama, if you don't want to use the handout, you can also use paper plates. One side can be divided already into 6 parts, and the other side blank. Alternatively, you can also pre cut paper.**

**Here is the link:<https://healthpoweredkids.org/wp-content/uploads/2015/08/Values-Circle-Chart11.pdf>**



# Salt Sisters Challenge 9#



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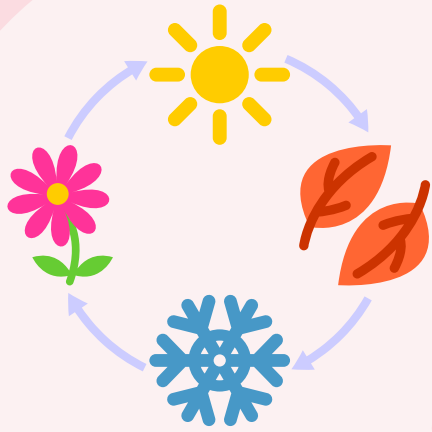
## SISTER LOVE FOR A SPECIAL MISTER!

Tap on the picture and watch the story of Mary and Martha as they greet Jesus at their house. Both have their own ideas about what it means to attend to Jesus. Which sister do you relate to? What is the problem of balance here? How could that scenario played out differently?



**As you look at the attributes of Mary and Martha, write down adjectives to describe what their personalities and characters might be like. Ask girls who they identify with from these two sisters.**

## IT'S IN THE SEASONS SISTER



Go to Ecclesiastes 3 and read that chapter. What does it teach us about balance? What does it teach us about when we don't feel in control of our lives? How can this chapter of the bible bring comfort in the chaos? Get in partners and pray for the season you are in.

**Salt Mama, remember the importance of modelling for our young people. If you have a testimony to share about a season in your life that was difficult or challenging and you felt chaos, share a little with the girls. We want to be sure that our salt sisters are understanding that there are challenges at every stage and season, but we can help one another in the journey when we share and trust each other.**

## SALT SISTER CHALLENGE

The monthly challenge is to set an alarm daily that will remind you on ONE thing you have to do to add balance to your day. Try not to let one day pass without your balance challenge and see how you go for one month. Take note if it is making a difference in your daily life.

**If girls have phones with them, have them set the alarm with you, and be sure to check in with them throughout the month to see how their challenge is going.**



## SOCIAL MEDIA QUERY



You can write it down or take out your device and hit record to answer this question ' **I find balance by ...** then share it with us on social media so we can share your sisterly wisdom with the world!

**As always, we are looking for content for social media, please send us their recordings or pictures. You can also tag us on Facebook or Instagram.**