# Wangthonglung Team Retreat

# Session 1b: Opening – Objectives to Ground Rules

**Objectives:**

1. To clarify

**Time:** 25 minutes

Materials / Preparation:

* overheads of quotations
* handout of prayer and quotes
* pens
* paper, envelopes, and a box
* perfume
* table cloth
* flowers

**NOTE:**

One of the most important points during the opening is to **create a safe and secure environment** for participants so they will feel free to open up. This is particularly important given the team's background.

The team should also realize that the workshop will not solve all of their individual, personal problems, and conflicts. They will have to solve these themselves. BUT the retreat WILL help give them the skills to address challenges themselves. This is a key point as people tend to think all the other people are the problem: “Fix the other people, and then I won’t have any problems!”

The team is young, and they need loving, but firm guidance in some areas also.

**Steps:**

## **[1] Background:**

Explain the background to the workshop and share appreciation for the work of the team.



**[2] Review Objectives:**

Share and explain:

*For participants to gain new insights into themselves, others, and into working in a team … in support of their future work, family life, and community-building.*

*For the National Spiritual Assembly to recognize the hard work done by the Thepleela Core Team and the National Office ("The Wangthonglung Team"), to learn from the team's experiences to help other areas in Thailand and to identify other support needed.*

Emphasis: We are all learning together !!

**[3] Review Unity Building Skills:**

In our retreat, we have reviewed and discussed advice on the transformational power of the Cause and some practical “behaviours for building unity” found in the Baha’is Writings, and seen in the life of Abdu’l-Baha.

These are powerful tools we can use in our marriage, families, with our friends, in the workplace, in service projects, and in teams to build and maintain unity. They also contribute to our own well-being, spiritual growth, and happiness.

**การกระทำเพื่อสร้างความสามัคคี**

Actions to Build Unity

|  |  |  |
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|  | **เพื่อสร้างความสามัคคี – *“จงทำ”***  To build unity -- *“Do”* | **เพื่อหลีกเลี่ยงไม่ให้เกิดความแตกแยก – *“อย่าทำ”***  To avoid causing disunity -- *“Don’t”* |
| 1. | **จง: มองถึงดวงจิตของความเป็นมนุษย์ของเขา**  **Do:** Look at each other as spiritual beings | **อย่า: มองกันและกันแค่เพียงรูปกายภายนอก**  **Don’t:** Look at each other as only physical beings |
| 2. | **จง: มองข้ามข้อบกพร่องและพูดแต่คุณความดี**  **Do:** Overlook shortcomings and speak only of  virtues. | **อย่า: ค้นหาข้อบกพร่องหรือมุ่งเน้นไปที่ข้อบกพร่อง**  **Don’t:** Fault find or focus on shortcomings. |
| 3. | **จง: กระทำการเพื่อขจัดสิ่งที่ปราศจากความรัก**  **Do:** Take action to remove any lack of love | **อย่า: หลีกเลี่ยงการปรึกษาหารือกันเมื่อมีปัญหาเกิดขึ้น**  **Don’t:** Avoid consulting when difficulties arise. |
| 4. | **จง: พูดด้วยลิ้นที่อ่อนโยน**  **Do:** Use a kindly tongue | **อย่า: ใช้คำพูดด้วยโทสะและติเตียนวิพากษ์วิจารณ์**  **Don’t:** Use angry and critical words. |
| 5. | **จง: ให้อภัยและลืม**  **Do:** Forgive and forget | **อย่า: เก็บความแค้นไว้ ไม่เคยยอมให้อภัยหรือลืม**  **Don’t:** Hold grudges; never forgive or forget. |
| 6. | **จง: หลีกเลี่ยงการนินทาโดยสิ้นเชิง**  **Do:** Avoid backbiting completely | **อย่า:** **นินทาหรือฟังคำนินทา**  **Don’t:** Backbite or listen to backbiting |
| 7. | **จง: กระทำด้วยหัวใจที่เป็นอิสระปราศจากความ**  **เกลียดชัง อย่าขุ่นเคือง**  **Do:** Act in such a way your heart may be  freed from hatred. Be not offended. | **อย่า: ใช้การกระทำที่ไร้ความปรานี และด้วยขุ่นเคือง**  **Don’t:** Use unkind actions. Be offended. |

**[4] Review Requests from the Facilitators:**

Explain:

1. Step out of your Comfort Zone
2. Put on new Glasses
3. Encourage each other

**[5] Ground Rules**

Explain:

* “Before we begin, what are some “grounds rules” that we would all like to follow to help ensure success of the retreat?

Write up suggestions from participants:

Also make sure to include:

* No mobile phones used in meeting room or outside during planned activities.
* No side conversations when someone is speaking
* Can get up and stretch anytime!

NOTE:

A normal opening activity in such a retreat would be to ask participants to share their expectations for the retreat - i.e. what they hope to get out of the retreat -- but given the current state of the team, it is felt this could be hard for them. It might even be counter-productive!

**[6] Share when an exercise requires cards: Rules for Using Cards**

Explain:

We will use cards during retreat, and these are most effective when using the following rules:

* one idea per card
* only three lines on each card
* use key words
* write large letters