

Federal Medical Center

LAY DIRECTOR'S WEEKEND GUIDE

Out-Count

DAY ONE

- 12:00 Check in at the front desk
- 12:30 Set up for Walk
- 1:00 Alumni arrives for Prayer Service
- 2:00 Residents (Pilgrims) Arrive, Assign Tables, Give out name tags
- 2:30 Getting Acquainted with Tables
- 3:00 Food Service
- 3:40 Residents report to chapel for out-count
- 4:00 INTRODUCTION AND THEME OF THE DAY:
- Give your name and tell residents that you are happy to be here.
 - Tell them that they will be seeing a lot of you during the next three days.
 - Give the name of the theme song and have music director sing and play the song.
 - Theme Song: _____

- Explain: Hands-up and mouth closed or the theme song means to be quiet. We are able to begin.
- Explain: The name tags are reused by other walks and are made by the volunteers. Write your name on the paper part of the tag but not on the wooden part. Thank you for your help.
- Explain: The group has planned this weekend for six months and each person has attended training to be prepared for the weekend.

INTRODUCE ASSISTANTS FOR THE WEEKEND:

Wheat Team _____

Prayer Team _____

Assistant Lay Director _____

Spiritual Director _____

Assistant Spiritual Director _____

Assistant Spiritual Director _____

Alumni Team: _____

Explain: The Spiritual Directors are here for you. Please call on them at any time you need their direction or counsel. If you are responsive to what you hear and experience, you will encounter Christ within these next three days.

GROUP EXERCISE: Explain this exercise fully before beginning.

- Going around the table, ask each individual to introduce themselves (using last names only) to the table. Besides their name, include where they are from (City and State). Other questions include "What are your hobbies?", "How did you hear about REC?", etc. **When everyone has finished, ask each person to introduce the person on their right to the table group by repeating the information.** The Lay Director may choose another type of introductory exercise but should be careful to prevent any resident from feeling uncomfortable.

WELCOME

Welcome to REC number _____. REC means Residents Encounter Christ. We will have a wonderful time these next three days.

We will encounter Christ.

There will be opportunities for fun and time for serious thought.

We are your servants for the next 72 hours.

Today is going to be good; tomorrow will be better; and, Sunday will be better yet!

Keep an open heart and mind; listen intently; and, participate fully in the music and worship.

Show generosity and concern for others who are participating in this REC.

This is your REC and it will be exactly what you make it. Take responsibility for REC number _____ and you will either find Christ or grow in Him.

The prison staff may require additional rules; these should be given at this time.

Very Important to Explain:

- The structure of the REC. program requires total commitment for the next three days.
- You must return from breaks quickly and will not be able to leave for any reason (such as an unexpected visit) and return.
- If you choose to leave, you will end your weekend.
- You may keep each item you have received up to the point of departure (with the exception of the song books) and choose to sign up for the next REC Walk if you so desire.

EXPLAIN BREAK TIME

We will break from our table activities at different times during the day. The breaks will be announced. There will be time for you to go to the restroom or to pill call. A raised hand or hearing the sound of the music signals the break has ended, and the group should become quiet. (Keep your hand raised until everyone has stopped talking.) We welcome each of you back and are happy to be here with you these three days. REC weekends have been held in many prisons. We have **NEVER** had anyone tell us that they were disappointed with their REC experience.

EXPLAIN TEAM PREPARATION

It is not an accident that you are here! It is not an accident that we are here. We have responded to an invitation from Christ, and He has called us to be here at REC number _____.

The things that have been planned for this weekend have a very important purpose and none is about your past. You do not need to think about what has happened before and/or try not to think about what will happen next. Don't anticipate what will happen just participate and absorb each moment as it comes. We cannot change the past, but we can live each moment to its fullest as it is given to us by God. We must grow and prepare for the future. REC will not force anything upon you during this weekend, and we want you to move with Christ in your own way and in your own time.

Every person has many experiences to share with others and each has personal gifts from God. REC can provide rewards not only for the rest of your life but eternally, as you participate in this weekend.

The team is here voluntarily to share their faith, listen to your questions and hear your concerns. We will listen as you share your faith stories and watch you experience newness in your spiritual journey. **Please** feel free to talk with us at any time.

Music will begin at this point. Use several joyful and lively songs.

THEMES FOR THE WEEKEND

Explain the following:

- First Day (Friday) – To Die in Christ – “Unless a grain of wheat falls into the earth and dies, it remains a single grain of wheat.” John 12:24. “When we were baptized we went into the tomb with Him and joined Him in death.” Romans 6:4
- Second Day (Saturday) – To Rise with Christ – “. . . But if it dies it brings a rich harvest.” John 12:24b. “. . . so that as Christ was raised from the dead by the Father’s glory, we too might live a new life.” Romans 6:4b.
- Third Day (Sunday) – To Go With Christ – “As the Father has sent me, I now send you.” John 20:21b. “You shall be my witnesses . . . to the ends of the earth.” Acts 1:8b

TALK INSTRUCTIONS FOR THE RESIDENTS (IMMEDIATELY before the first talk)

- Books for writing and pencils are on the table before you. Please take notes.
- You will hear several talks. Be attentive and remain in your seat for the duration of the talk.
- Please remain quiet until the speaker is finished.
- Your Table Leaders will tell you when to begin discussing the talk.
- Pick up your pencil and notebook now. We are ready to get started.

5:00 P.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Speaker Introduction Song: _____
Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Goals Talk** will be given by: _____

Prayed in by: _____

Introduced by: _____

5:20 P.M. - TALK DISCUSSION

Thank the speaker when the talk is finished and remind the residents that we will now have a brief discussion at our tables.

NOTE: The ALD should make sure that the Wheat Director is ready with the Wheat Letters sent from people on the outside. The ALD or representative of the Wheat team should see that "The Prayer to the Holy Spirit" is taped to the podium. The speaker who gives the "God Is Calling" talk is the first to ask the residents and team to rise and join in reading The Prayer to the Holy Spirit. Subsequent speakers do the same.

5:50 P.M. - BREAK

Remind residents to leave their name badges on the table.

6:15 P.M. - MUSIC

6:30 P.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **God is Calling** talk will be given by: _____

Prayed in by: _____

Introduced by: _____

7:00 P.M. - TALK DISCUSSION

Thank the speaker when the talk is finished and remind the residents that we will now have a brief discussion at our tables.

NOTE: This speaker presents the prayer chart and reads some of the wheat letters during the talk. After the talk ends the Wheat Team will take the letters and prayer chart. The wheat team will display by hanging them on a line or by taping them to a wall in the chapel.

NOTE: During the discussion, the Table Leaders at each table are to make a list of the full names of each person at their table. The names must be clearly legible. They will be used on certificates that are presented at the closing.

7:25 P.M. - MUSIC

7:40 P.M. - INSTRUCTIONS FOR THE REST OF THE DAY

ANNOUNCE:

REC follows three themes. The first is: "Unless a grain of wheat dies, it remains only a single grain." We must die to live. The first three talks that you have heard should have helped you to understand the first theme. We must die to live. Dying to one's self is not easy, but to love, one must risk being hurt. Genuine love requires dying to one's self. Remember also to keep an open mind and heart and to maintain a spirit of generosity. Please give me your attention as I tell you about the rest of the day.

You may take notes on the next talk if you wish, but it is not required. When our speaker is finished, we will sing one verse of "AMAZING GRACE". You are then to leave quietly, go back to your room and think about what you have heard today. You should spend your evening in quiet contemplation.

TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Prodigal Talk** will be given by: _____

Prayed in by: _____

Introduced by: _____

MUSIC LEADER - ONE VERSE OF "AMAZING GRACE"

Remind residents that they are to leave quietly, go back to their dorms and spend the evening in quiet contemplation.

Tell residents that this brings us to the end of the first day. They need to remove their name tags and leave them along with all other items in the center of the table. They will return to the same table in the morning and their notebooks will be waiting for them. Tell them to be back in the morning at 8:00 AM.

End of Day 1

DAY TWO

8:00 A.M. - WELCOME

8:05 A.M. - SECOND DAY THEME

The second part of your REC experience is a time of awakening, a time when we bridge the gap between death of self and a full life in Christ. Our theme for today is **"To Rise With Christ"** and this requires us to be fully honest with ourselves and others. We need to be authentic people, and if you disagree with something that is said or done, please contribute your own insights on the subject or matter. We share many things in common yet each person is a unique creation. When every person shares a personal vision, our community insight is broadened; and, we grow in knowledge, understanding and love for one another. Do not limit God because of your own limitations.

Today, your table will have an opportunity to share its creativity during a poster party or skit time.

We need other people and other people need us because we are not intended to survive alone in this world.

You will make a poster, prepare a short drama, write a poem, choose a song or prepare an interpretative dance to illustrate points in the given talks that are meaningful to you.

You will complete this task with your table group in addition to taking notes.

Have your notebook and pencil ready; we will now hear another talk.

8:15 A.M. – MUSIC

8:30 A.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Change of Heart** Talk will be given by: _____

Prayed in by: _____

Introduced by: _____

9:00 A.M. - FOOD SERVICE

9:40 A.M. - RESIDENTS REPORT TO CHAPEL FOR OUT-COUNT

10:00 A.M. - TALK DISCUSSION

After talk, thank the speaker and announce time for discussion of talk and poster work.

10:25 A.M. - BREAK

10:40 A.M. - MUSIC

10:50 A.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Discovery Talk** will be given by: _____

Prayed in by: _____

Introduced by: _____

11:15 A.M. - HAND OUT BIBLES

Bibles have been purchased and should be given to each resident near the end of the talk. The speaker will indicate to the Wheat Team when to proceed with giving the Bibles to the residents.

11:20 A.M. - TALK DISCUSSION

After the talk is concluded, thank the speaker and announce time for discussion of talk and poster work.

11:40 A.M. - MUSIC

11:50 A.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **God is Love** Talk will be given by: _____

Prayed in by: _____

Introduced by: _____

12:15 P.M. - TALK DISCUSSION

Instruct residents to begin discussing the talk. Remind them to illustrate the talk by a poster, song, poem, short drama, etc.

12:30 P.M. - BREAK

Remind residents to leave their name badges on the table.

12:40 P.M. - MUSIC (Theme Song)

After Theme Song Announce: From this point forward, we ask that you do not leave the chapel area until you are instructed to do so at the appropriate time. "Dying Moments" is a very special time together, and we want to avoid any unnecessary interruptions.

MUSIC 12:45 P.M. - TALK INTRODUCTION (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Means of Grace** Talk will be given by: _____

Prayed in by: _____

Dying Moments: The schedule may require some modification at this point due to the counts, meal time and arranging for **The Love Walk** if the Walk is permitted. See Dying Moments Page.

COMMUNION

Announce: The residents should reflect on the talk and contact the **Spiritual Director or Assistant Spiritual Director** if they would like further guidance. Quiet instrumental music may be played during this time.

3:00 P.M. - FOOD SERVICE

3:40 P.M. - RESIDENTS REPORT TO CHAPEL FOR OUT-COUNT

4:00 P.M. - LAY DIRECTOR GIVES EXPLANATION OF EVENING EVENTS (include time for table to finalize skits, posters, etc.)

You may at this time complete your poster party presentations, choose the one that you will use and if you desire, practice.

As part of your REC experience, we have a couple of surprises.

4:30 P.M. – LOVE WALK VIDEO/TEAM ENTERTAINMENT (Skits, Games, Cake)

(A Love Walk may not be permitted at the prison facility; a video tape may be substituted at this time.)

5:45 P.M. - BREAK

Remind residents to leave their name badges on the table.

6:00 P.M. - POSTER PARTY

7:00 P.M. - NAME GAME & NAME THAT TUNE

8:15 P.M. – CLOSING MUSIC

The day will end with the music leader closing with a song of meditation, such as "Surely the Presence."

The Wheat team should gather table materials and store them for the last day.

Announce: Residents should be in the chapel area tomorrow at 8:00 AM.

End of Day 2

DAY THREE

8:00 A.M. - WELCOME

8:15 A.M. – MUSIC

8:30 A.M. – INTRODUCTION TO THE DAY'S THEME

Announce: The first two themes of REC were to die with Christ and to rise with Christ. Today, our third and last day, the theme is to "Go with Christ" into life as a person filled with Christ. Going forth means not to a particular destination but also going forth within ourselves. Christ calls each of us to perfection, to holiness. He preached holiness to His disciples regardless of their situation. There are many ways in which holiness can be lived, and we would like for you to start thinking about your present and future vocations in terms of a call to holiness.

Instruct residents to get pencils and notebooks ready for the next talk.

8:40 A.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **PRAYER** Talk will be given by: _____

Prayed in by: _____

Introduced by: _____

9:05 A.M. - TALK DISCUSSION (Prayer at the Tables)

Announce: In place of the usual discussion time, we would like to give you an opportunity to pray together with your table group.

Table Leaders should have instructions ready for their group. All group members should join hands and have one table leader begin the prayer. When finished, they should squeeze the hand of the person on their right. The next person may pray out loud or silently and then squeeze the hand of the person on their right. We want everyone to have an opportunity to pray.

Announce: Many times we express love with our own words from the heart; in other moments, we cannot express our love with words at all. However, the love is still present. We hope you have discovered a closer relationship with Christ by attending the R.E.C. weekend. Now we want to give you the opportunity to express that love to Christ, talk to Him as a friend, and convey your love aloud. You may want to speak with Him silently in your heart which is perfectly acceptable and also appreciated. Remember, God hears all of our prayers.

9:30 A.M. – FOOD SERVICE

10:00 A.M. – RESIDENTS REPORT TO CHAPEL FOR OUT-COUNT

10:15 A.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Christian in the World** Talk will be given by: _____

Prayed in by: _____

Introduced by: _____

10:40 A.M. - TALK DISCUSSION

11:00 A.M. - BREAK (Break down of tables into chapel format)

11:25 A.M. - MUSIC (Theme Song)

11:30 A.M. - TALK INTRODUCTION MUSIC (same song for each speaker):

Sing only one verse and do not start until the speaker is ready to leave the prayer chapel.

The **Beyond R.E.C.** Talk will be given by: _____

Prayed in by: _____

Introduced by: _____

NO DISCUSSION ON TALK

11:50 A.M. - EXPLAIN WHEAT BAGS

Your brothers and sisters in Christ have prayed for you throughout the weekend. We hope that you will experience the love of Christ through these sacrificial gifts of wheat.

Announce: Please accept the gifts of wheat that were prepared just for you. You may keep and cherish these gifts for the rest of your life.

12:00 P.M. - PRESENTATION OF CERTIFICATES (By table leaders, by individual tables)

Announce: REC has a special memento for you to remember who you are in Christ. Please come up with your table leaders when your group is called by name. You will each receive a certificate and cross. As you receive the cross you will be told, "**Christ is counting on you.**" Please respond, "**I am counting on Christ.**" When presentations are completed, one of your Table Leaders will present you to the entire group, and you may return to your chairs.

12:30 P.M. - CLOSING

Ensure the **Wheat team has posted the following questions** in large letters on the podium:

What have you learned here these three days?

What do you plan to do with that knowledge?

Residents need to refer to these questions as they share their weekend experience.

Announce - It is now your turn, in the time that remains, to share your feelings and new insights from this REC weekend experience. **DO NOT USE THIS TIME TO THANK THE TEAM.** We thank you for allowing us to be here to share the love of Jesus. We have loved every minute of our time together. God called us here, and we delight in sharing His love, and that is our thanks.

Announce - When you come to the podium, please **briefly (1 – 2 minutes)** answer the two questions:

- **What have you learned here these three days?**
- **What do you plan to do with that knowledge?**

MUSIC (if time allows)

DISMISSAL

End of FMC REC Walk

Announce: The alumni may take this time to practice their own presentation to model at the start of the poster party.

MUSIC TEAM: Tell the story of DeColores and teach the song.

Announce: We will break for the last meal of the day. Insist that everyone take a bathroom break as it will be a long time before the next break.

MUSIC (one short, meditation song to call everyone together before dying moments)