

# YMCA Leathers Program

## TRIANGLE CEREMONY

### Instruction Page

This is not part of the ceremony and is not to be read aloud, but it should be studied carefully by the counselor(s) who have parts in conducting the ceremony.

In the presentation of a Leather there is a very close interpersonal relationship with a strong emotional impact. Your sincerity in what you are doing and saying as you take part in the ceremony is a strong element, which helps make a meaningful experience.

### Materials

Leather for each participant

Each camper should have their own study card

Lanyard for necklace (Tie square knot so it rests on front of leather.)

Extra ceremony cards as needed

Inspirational material – perhaps a poem book or Bible.

### Setting

The counselor can decide the place to have the ceremony. The following are some examples of places to have the ceremony: Build a special leather's point and use cabin devotion time, at Chapel, at your cabins own special place, while on overnight trips. This is a serious time, so make sure that the place that is picked is free from distractions and sets the proper atmosphere.

### Reading

Persons with special parts should speak loudly, clearly and slowly. As you prepare, if there are words which are unfamiliar to you, ask about them. Remember to speak in a warm personal tone. Be sure to read your part over in advance several times so that you **know** what you are saying.

### How We Learn

We learn best by the "feeling" that moves between us, rather than just what we say. Show a deep feeling of affection for the leather recipients involved in the ceremony. Explanations during the Ceremony appear in parenthesis and are not to be read aloud.

### Ceremony Organization

The ceremony is most effective with a maximum group size to ten.

Personalize – use names

Read over parts ahead of time

Organize who does what – make assignments

The ceremony can be done by one counselor or with assistance of two or three other people.

# Ceremony

## Opening

The next few moments will be spent in serious thought. (Pause) Think about your personal challenge to grow in body, mind and spirit. Listen closely to the thoughts you will hear.

## Counselor

Personal opening prayer

(Example: Dear God, be in our hearts and minds as we seek to grow in body, mind and spirit. Amen)

## Counselor (Body)

I would like to talk with you about your **Body**, which is represented by the first side of the YMCA Triangle. Your Body is the home for your mind and spirit. The Bible talks of the body as a temple or church. You must respect it and take care of it. Take a few moments now to think about how God wants you to take care of your body. Can you give me some examples of how you might take good care of your body? (Examples: You have to eat food that is good for you. You need to eat the proper amount of food. Your body needs time to rest.

Exercise helps make you stronger, keeps you trimmer, and gives you more energy so that you can enjoy life more.)

Think now about your own life and ways that you can take even better care of your body. The Bible says it this way,

“Don’t you realize that all of you together are the house of God, and that the spirit of God lives among you in his house? ... God’s home is holy and clean, and you are that home.”

(1 Corinthians 3:16-17)

The second side of your Triangle represents your **Mind**. **Counselor (Mind):** Your **Mind** controls what you think and how you act. Every day at school and home you can learn new things. Close your eyes now and listen to the words of this poem.

Thank you, God, for this new day in which to grow.  
For wondrous things, which, when this day is done, I shall know.  
For each new face that I shall meet throughout this day.  
And for the lessons I shall learn from all who come my way.

And thank you, too, for new ideas I shall meet, that call for my best efforts, lest I know defeat.

And if, sometime today, I seem to fail, help me to know tomorrow's still another day in which to grow!

Now open your eyes. Perhaps you can share some of your ideas on how to develop your mind. Who would like to share? (For example: We learn in school, from books, from teachers, counselors, each other, and nature) Those are good ideas.

The growth of your spirit revolves around your love of God. Jesus said it best: "... The Lord our God is the one and only God. And you must love him with all your heart and soul and mind and strength" (Mark 12:29-30)

What are some of the ways you show that you love God? (Example: Being friends, Love thy neighbor: respecting and caring for nature and animals: doing the right thing: not stealing: not talking bad)

### **Counselor**

You have heard thoughts about your Body, Mind and Spirit. The YMCA has had the Triangle as a symbol since 1891 knowing that people take care of these three important areas are usually happy and healthy. The Triangle is the strongest shape known to man. If you would like to accept the Triangle Leather, which stands for Body, Mind and Spirit please say, "Yes."

### **Counselor**

(It is now time to place the Triangle Leather around the neck of your campers. You might ask them to sit quietly with their eyes closed and think about their own personal challenges. Place the leather around each camper and take a moment to say something personal and offer your congratulations.)

Now that you have received your Triangle you will be working on the challenges throughout the year at home and school. Let's all join together in the Lord's Prayer.

Let's all join together in the Lord's Prayer and close with the Leathers Creed.

### **Lord's Prayer**

Our Father which art in heaven, hallowed be thy name. Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory forever. Amen.

### **Leathers Creed**

I would strive to grow  
By keeping my body healthy and clean,  
By keeping my mind open and free,  
And by letting my Spirit guide me.  
I would strive to do all three  
Because each is equally a part of me.

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