

Triennium 2019
“Here’s My Heart” Stations and Supplies

1. **“Here’s My Heart” Wall** - round cage of chicken or rabbit wire into which scrolls of paper can be inserted. Use bright colored copy paper cut in quarters and invite participants to write on the paper something(s) they are passionate about. How can they use their gifts to serve God in addressing this issue? Write one or two specific goals which you will attempt to accomplish in the next two weeks - how will you use your intelligence, imagination, energy and love to make a difference in the life of at least one person?

Supplies:

- 12’-15’ of wire fencing with 1/2” grid holes (like rabbit wire)
- astro bright paper assorted colors cut into quarters (500 sheets of full size)
- Small basket or bowl to hold paper
- ultra fine point Sharpie markers (2 doz)
- plastic cup to hold Sharpies
- three tables (two to hold the round wall) and one for work table
- 6 chairs
- 1 roll of 18g. dark annealed steel wire
- heavy duty wire cutter

2. **Fitness Bands** - strips of freezer paper - write a list of ten people and/or situations on your fitness band for which you are willing to pray during your time at Triennium. Ask someone else nearby to tape it onto your wrist and later tuck it into your Bible or journal as a reminder.

Supplies:

- 3 rolls of freezer paper
- small basket or bowl to hold strips of paper
- ultra-fine point sharpie markers (3 doz. assorted colors)
- plastic cup to hold sharpies
- 8 rolls of scotch tape
- 6 pairs of scissors
- One table
- Six chairs

3. **Paint Swatch Scripture** - use sharpie markers to copy your favorite Scripture verses from among those posted at the station onto each of the colored squares. Tuck the swatch in your journal and try to read through them daily, working to understand God’s specific message for YOU in the verses.

Supplies:

- 1000 paint swatches (long strips with multiple colors on each strip)
- ultra fine point sharpie markers (2 doz)
- plastic cups to hold sharpies and paint swatches
- posters with Scripture verses
 - Psalm 100: 1- 5
 - Luke 19: 1- 10
 - Luke 15:1 - 17; Luke 15:8 - 10; Luke 15: 11 - 32
 - Matthew 14: 22 - 33
 - Acts 1: 6 - 11
- two tables

- 8 chairs

4. **Leave a prayer - take a prayer.** Use any of the supplies available to create a “prayer tag” that will hang on the prayer wall that represents a person or situation of concern to you. Write a simple prayer or use art to create a visual prayer on your tag and hang it up. Choose a tag to take with you and tuck in your journal and commit to pray for that person/situation for the week of Tri-ennium.

Supplies:

- Medium size shipping tags (1000)
- Four small baskets or bowls to hold supplies on the table
- 2 doz. ultra fine point sharpie markers - multiple colors
- plastic cups to hold sharpies
- old magazines and newspapers
- glue sticks (3 doz.)
- push pins (1000)
- scissors (1 doz)
- one padded room divider that can have pins pushed into it
- 3 tables
- 12 chairs
- Small trash can
- 3 plastic table covers

5. **Take a Soldier** - pray for those serving all over the world. Small plastic soldiers in a suitcase - youth pick one up. (Postcards to service men/women? Can we get addresses? Use the hearts from Heart Art to make a postcard.) **PUT THIS STATION NEXT TO HEART ART**

Supplies:

- Tub with plastic “army men” (1000)
- Cardstock cut postcard size
- small basket to hold postcards
- [List of names and address of military personnel](#)
- Piece of foam core (poster board size) to post names and addresses on
- [Sample of letter participants could write on their postcard](#)
- Glue sticks
- Ultra fine point sharpie markers (2 doz)
- plastic cup for sharpies
- 12” x 12” box for Mailbox
- 2 tables
- 12 chairs

6. **Origami dove** made with a doily - Read Acts 1:6 - 11. Pick a word from the passage that you think God needs you to hear and write it in the center of the doily before folding - Follow the folding instructions on the poster. Tuck your finished dove inside your journal.

Supplies:

- 6” doilies (1000)
- small basket or bowl to hold doilies
- [Poster with folding instructions \(Pinterest site I used to develop folding instructions: <https://mycrafts.com/diy/paper-doily-peace-dove-craft/>\)](#) -

- Pencils
- plastic cup for pencils
- poster with Acts 1:6 - 11
- 2 tables
- 12 chairs
- 2 plastic table covers

7. **“I Am” affirmation art piece** -Heart in the center with the words “I Am” - rays of different colors coming out from that as small pieces of colored paper with descriptors of themselves written by the youth - place within the appropriate color band

Supplies:

- paper cutter
- ultra brites copy paper - 250 sheets
- small basket to hold strips of paper
- black Ultra-Fine sharpie markers
- plastic cup for markers
- glue sticks
- white Kraft paper rolls - 48” wide and at least 24’ long
- Large red heart for the center with words “I Am”
- 1 table
- 6 chairs
- Blue masking tape
- 1 plastic table cover

8. **Praying in Color** - pieces of hexagonal paper - color while reflecting on things that make us wander away from God and then add to the black paper wall

Supplies:

- Black Kraft paper - 48” x 24’
- Hexagonal blocks with coloring designs (get master designs to Gina - ask Chandler to do)
- Small baskets to hold paper blocks
- Colored pencils (12 sets)
- 3 plastic cups to hold pencils)
- Pencil sharpeners (12)
- 3 Tables
- 18 chairs
- 3 plastic table covers

9. **DIY Meditation Gardens** - Sit down before one of the garden stations. Remove the rocks and use the old gift card to create a smooth surface on the sand. Quietly contemplate the idea that God is always seeking us and wants to be in relationship with us. Use the chopstick and hair pick to create a pleasing design on the surface of the sand and add the small stones as desired to create a mini garden landscape. Take a picture of the result with your phone and use it as a reminder of God’s search for our hearts.

Supplies:

- 12 10” - 12” terra cotta saucers (for flowerpots)
- 1 bag of playground sand
- 12 pairs of wooden chopsticks
- Stack of old gift cards or formica samples

- 1 bag of smooth black river rocks (need a total of about 3 dozen stones no larger than 1 1/2" diameter)
- wide tooth hair picks (comb with a handle)
- 2 Tables
- 12 chairs
- 2 plastic table covers

10. **Written On My Heart:** Tiny heart envelopes with hidden message inside - fold heart to form envelope - tuck in journal

Supplies:

- [Cardboard template of the heart pattern](#)
- [Pages from old hymnals](#)
- Pencils (2 dozen)
- (4 plastic cups for pencils and scissors)
- [Folding instructions on poster](#)
- Scissors
- [Scripture Matthew 22:37- Love the Lord with all your heart, soul, mind and strength.](#)
- 2 tables
- 12 chairs
- Small trash can
- 2 plastic table covers

11. **Gazing Prayer for the World** - Photos laid out like the spokes of a wheel (but touching). Invite participants to move around the world and identify a photo that speaks to them and spend a few moments in prayer as a response to it. Lay out the wheel on the floor and put floor cushions around the outside edge as places to sit while praying.

Supplies:

- Floor cushions (8 - 12)
- [Laminated pictures](#)
- Blue masking tape

12. **Heart Art** - use coffee filters and washable markers - color the coffee filter on top of a paper plate. Slightly dampen the coffee filter just until the colors begin to bleed. Blot with a paper towel to dry, then fold in half, in half again, and a final time. Using one of the patterns, cut out half of a heart shape along the fold and open to reveal several completed hearts. Place one heart in your journal, take one to the "Take a Soldier" station and make a postcard to send to someone in the military, and use the others to pass along to friends and strangers with the reminder "Here's My Heart."

Supplies:

- Coffee filters (1000)
- Cheap paper plates (1000)
- Water soluble markers (like Crayola) - 12 doz.
- Scissors (2 dozen)
- 2 doz. small spray bottles (travel size)
- Paper Towels
- Baby wipes (10000)
- Ultra-fine sharpies (2 doz)
- [Cardboard templates for heart "half"](#)

- 4 Tables
- 18 chairs
- 4 plastic table covers

13. When Love Takes Over (Optical Illusion) - Use an art activity to illustrate how our hearts feel fuller and bigger when we allow love to take over. Trace a cardboard heart pattern onto a square of notebook paper with the lines running horizontally across the heart. Use a marker to trace the lines on the page outside the heart pattern. Inside the heart pattern draw the lines with a slight arcing curve, trying to keep the curve consistent from line to line. Use individual curved lines when you reach the two upper parts of the heart.

Supplies:

- College ruled notebook paper (500 sheets) cut in half horizontally
- Cardboard patterns for hearts
- [Poster with example](#)
- Paper cutter
- Pencils (2 doz)
- Crayola markers (4 doz)
- 1 tables
- 6 chairs
- 1 plastic table covers

14. Large Labyrinth - Physically walk a path that symbolizes moving toward an encounter with God and then carry the experience of that encounter back out into a hurting world.

Supplies

- Canvas Labyrinth
- Battery operated votive candles (4 doz)
- [background meditative music](#)
- sound system

15. Tune Our Hearts - have song playing with words projected on printed on a poster on the wall behind the tables. Invite participants to listen and follow the words and with gratitude, think of some of the ways God has shown love to them. Choose one of those ways identified and write about it in your journal as part of a brief prayer and add any other thoughts you might have about God's message to you through the song. Lauren Dangle "Here's My Heart, Lord" with Lyrics on YouTube. (needs to be near an outlet)

Supplies:

- [poster with words to "Here's My Heart, Lord"](#)
- [Headphones and individual CD players?? \(ask Gina\)](#)
- Pencils
- 2 tables
- 8 chairs
- extension cord

[Can we use YouTube???](#) [Copyright issues??](#)

16. Come Thou Fount - set up rocking chairs around a fountain with this song playing in headphones - invite participants to close their eyes and listen to the words. After listening, spend a few minutes journaling about some of the key words and phrases that you heard.

Supplies:

- Fountain
- Heavy black plastic tub
- Plastic sheeting
- buckets for toting water
- real or faux ferns
- river stones
- headphones (4) and computer/sound system
- Rocking chairs (4)
- 2 Plastic cups for pencils
- colored pencils (3 doz)
- long heavy duty extension cord

17. **Journal Station** - Decorate your mini journals in which you will keep your thoughts, prayers, and inspirations from the week.

Supplies:

- Scrapbooking paper (small pads)
- Small journals
- Glue sticks (8 doz)
- 2 Small bowls or baskets to hold glue sticks
- Scissors (2 doz)
- Narrow ribbon
- Small buttons
- Small heart stickers
- Tacky glue
- plastic tablecloths for rectangular tables (6)
- Ultra fine sharpie markers (2 doz)
- Crayola markers (4 doz)
- 8 plastic cups to hold markers and scissors
- 4 tables
- 18 chairs
- 4 plastic table covers

18. **"Taste the Love" Cookie Station** - make tiny heart shaped sugar cookies in large toaster ovens throughout the week and serve them to participants along with cups of cold water. (Need work crew help with this station - needs to be near an outlet)

Supplies:

- Slice and bake sugar cookies (24 rolls)
- Two coolers - one for ice that gets replenished each day and one to keep cookie dough in
- Ziplock bags (gallon size)
- Two large toaster ovens (big enough for foil pans or small cookie sheets) borrow from local folks
- 1 rolling pin
- Roll of parchment paper
- Foil baking pans (small shallow) (8)
- Spatulas (2)
- Pot holders (4)
- Small heart cookie cutters (4)

- Plastic tray for serving cookies
- Cocktail napkins (1000)
- Two water dispensers
- Small dixie cups for water (1200)
- 1 tables
- 2 chairs
- Extension cord with multi-outlet for toaster ovens.
- 1 plastic table cover

19. **Heart Health Station**- short directed stretching and yoga workout (about 6 min.) that starts every 15 minutes on the quarter hour. Help focus our hearts and minds and bodies on God.

Supplies:

- Speaker and music source ([Deck get permission from Duke to use their app](#))
- Large canvas drop cloth
- 8 yoga mats
- Sign saying "remove shoes"
- Sign saying sessions begin on the quarter hour.
- Large canvas drop cloth

20. **Key Chain Art Station** - recycled art project reminds us of our commitment to allow our hearts to drive our decisions and relationships. (needs to be close to an outlet)

Supplies:

- alcohol inks (2 doz. bottles)
- Rubbing alcohol (70% -3 bottles)
- cheap white paper plates (1000)
- Small spray/mist bottles (12)
- Stayz on ink pads (12)
- Stayz on ink cleaner (3)
- Rubber stamps with heart images/words (12)
- Modge Podge acrylic spray sealer (4)
- 12/x/12 cardboard box (for spray station)
- Paper towels (6 rolls)
- Ultra fine black sharpie markers (2 doz)
- plastic cup for markers
- Beaded key chains
- small bowl to hold key chains
- Plastic drinking straws (1000)
- Heat Gun (1)
- Heavy duty Extension Cord
- 3 tables
- 12 chairs
- 3 plastic table covers)

21. Welcome Table

- 1 Table
- 2 chairs

General Supplies:

- Sound system (iPod or laptop)
- thumb drive with background music (check with Gina regarding licensing)