

## Caravelle Sagesse Achrafieh

**Adhésion 2024**

**Date :** 23-11-24

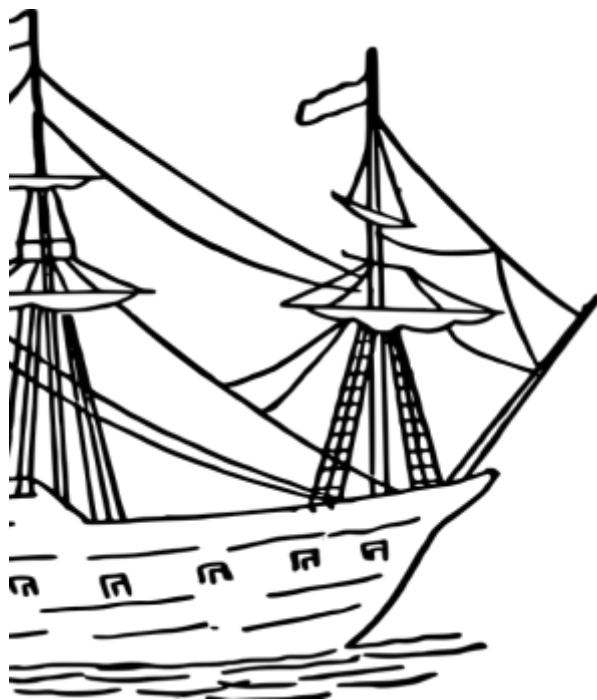
**Emplacement :** Sagesse Achrafieh

**Cotisation :** -

**Maitrises :** CT Rasha Sayegh

AT Anna Maria Imad

**Membres :** 17 Filles



**I. Thème : Sail To Sea The Phoenix Rise (1)**

**II. Programme :**

8h00 : Rencontre à l'emplacement

8h00-8h10 : Rassemblement

8h10-8h40 : Lancement du thème de l'adhésion **(2)**+ Point K

8h40-9h40 : Les Appels **(3)**

9h40-10h10 : Visas + Promesse **(7)**

10h10-10h50 : Temps de réflexion **(5)**

10h50-11h10 : Gouter + Point K

11h10-11h40 : Train d'enfer **(6)**

11h40-12h40 : Contract de Compétences **(4)**

12h40-1h30: Travail manuel **(8)**

1h30-1h45 : Cérémonie d'adhésion : Partir à bord

1h45-2h : Évaluation **(9)** + Photo + Point K

2h : Cloture

**III. Détails du programme :**

**Thème :**

The adhesion is the first reunion of the year, that will help the caravelles get more familiar with the methode. This reunion is a chance for new beginnings, new skills, and new information to be acquired and taught.

To start their new journey, the caravelles will have to sail the boat to sea, in order to SEA themselves, using all the knowledge they had about the guidisme, burning them in order to rise again with new information and sail into this new journey ahead.

By the end of the reunion, the caravelles will have enough information helping them rise into their own phoenix.

## (1) Lancement du thème :

There's going to be a radeau in a big bowl full of water, on this radeau will be a smaller bowl, in which the caravelle will put the papers we give them after writing on an experience or a special moment from her past journey. Once all the papers are placed in the bowl,, we will burn all the papers (like when the phoenix burns into ashes).

At the end, we will ask the caravelles to write the opposite of what they had written or what they wish to achieve/experience in their new journey and then put them in the bowl (the phoenix is reborn from its ashes).

Once the caravelles guess the theme, they will write it on a big carton and they will create in the middle a fire with their hand prints.

## (2) Les Appels :

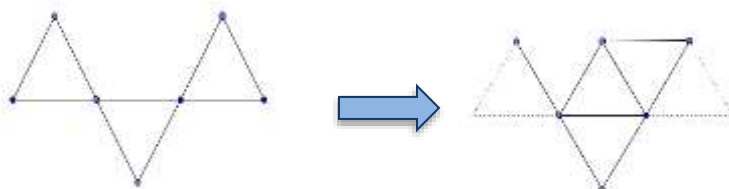
The caravelles will be given at the end of all these games les appels, and they will have to assign each game to one appel of their choice.

### Appel 1 : "Si tu veux être solidaire, combats l'indifférence et agis avec d'autres."

Divided into two groups, each team must stand in a line. Someone from each team will be holding balloons at a certain distance from the teams. The first person has to go to collect a balloon from his teammate and get back as fast as they can. Once back, they must hold the balloon between themselves and the teammate. The next person will do the same thing. The goal of this game is to form a chain at the end and to not let the balloons fall. If any balloon falls, the team must start over from the beginning. The fastest team who collects all the balloons wins.



### Appel 2 : "Si tu veux aller plus loin, fais le point et sors de tes frontières."



Enigme : 9 sticks form 3 triangles. Replace only 4 sticks in order to form 5 triangles.

### Appel 3 : "Si tu veux respecter la vie, découvre la nature et lutte pour un environnement plus humain."

Each girl will think of a nature fact and then she will write or draw on a paper an action/plan she wishes to do to improve this fact and help the environment.

**Appel 4 : "Si tu veux devenir toi-même, ose te confronter à d'autres et donne le meilleur de toi-même."**

In a bowl will be a bunch of questions, each girl has to draw any paper out, read the questions and answer in 30 seconds. If someone doesn't want to answer they can say "pass" but only once. This is a light way to push their limits and connect.

Questions:

1. If you could have dinner with any fictional character, who would it be and why?
2. What's one thing people would be surprised to know about you?
3. What's the strangest thing you believed as a child?
4. If you had to pick a new name for yourself, what would you choose?
5. What's something you secretly find fascinating but rarely talk about?
6. What's your weirdest hidden talent?
7. If you could instantly master any skill, what would it be?
8. What's a song you'd be embarrassed to admit you love?
9. What's the most random or useless fact you know?
10. If you could swap lives with one friend for a day, who would it be and why?
11. What's something you've done that you'll never do again?
12. What's the most ridiculous thing you've ever said or done in public?
13. What's your go-to comfort food, and why?
14. If you could relive one day in your life, which one would it be?

**Appel 5 : "Si tu veux construire le monde, prends ta part de responsabilité et mets tes compétences au service des autres."**

Divided in pairs, one person is responsible for guiding the other to build a specific structure while they're blindfolded. We will give the guide a structure to build with materials like small cube, cups and shapes. The guide has to verbally tell the other caravelle where to put everything and how. Three teams will be playing at the same time the first one that finishes wins.

**Appel 6 : "Si tu veux bâtir l'avenir, fais équipe avec d'autres et garde confiance."**

The caravelles will stand in a circle. The game is to be able to juggle while talking altogether. We will start with one ball. One caravelle has to throw the ball to someone else in the circle while calling her name. Once the ball is caught, that caravelle throws it to another person, again calling out her name. Then we will introduce a second a third a fourth ball etc... The goal is to keep the ball moving around the circle without dropping it.

Before the ceremony d'adhesion, the caravelles will be asked 3 questions to help them choose their appel:

- Comment cet Appel fait écho à mon expérience de vie, ma personnalité et ma relation avec mon entourage ?

- En quoi cet Appel me rappelle les actes quotidiens que j'entreprends et les choses qui me tiennent à cœur ?
- Comment cet Appel m'aide à définir mes objectifs et à faire mes choix ?

### (3) Contrat de compétences :

Each girl will be asked to individually choose a major or passion she wishes to achieve, then come and have an « interview » with the maitrise who will be asking her questions as to why they should accept her in this post. The caravelles will have to use arguments from her past experiences or research she did on the subject in order for her to get better at it. In the end the maitrise will explain in detail what is the contrat de competences and its procedures.

### (4) Promesses + visas

#### Promesse :

The caravelle will be divided in two teams and each team will be given the steps of the promesse, they have to act it out in the right order in a small scenario with different acts and explain everything that they made and why they made it that way. The best team that portrays the etapes de la promesse wins.

#### Visas:

The caravelles will be introduced to the visas in the following way:

We will give them the title of each visa:

- 1- Témoin de la foi
- 2- Créativité
- 3- Santé
- 4- Environnement
- 5- Animation
- 6- Vie à bord
- 7- Vie de camp
- 8- international

Among them will be other random « visas » titles (Secourisme, Nature et climat, Chant, Invention, Vie marine). They are going to guess which are the actual visas.

After introducing the visas to the caravelles we will complete one point in each to assist the girls in learning and getting more familiar with them.

#### → Témoin de la foi :

**Je présente un saint au Noyau: sa vie, sa spiritualité, les lieux bénis portant son nom, une prière qui lui est accordée,...**

Divided into four teams, each team will choose a saint and will tell us more about their lives, experiences and spiritual journey in a creative way.

→ Créativité :

**J'apprends à préparer de la confiture et des légumes lacto-fermentés.**

Divided into two teams, the caravelles will explain the steps of each preparation in 30 seconds. And they have to do it while impersonating Chef Antoine.

→ Santé :

**Je connais les principes pour une alimentation équilibrée et je découvre deux super aliments.**

The caravelles will be given all types of nutrients and will have to put them in the right category: Increase, Move toward and Reduce. Then, they will be asked to give us two really good nutrients.

→ Environnement :

**J'apprends à connaître les constellations et je connais leurs mythes.**

The girls will be given the constellations and their names with their mythology individually. They will have to match which is for which.

→ Animation :

**Je filme et je réalise un montage sur une activité réalisée par le Noyau en respectant les règles d'un montage**

The caravelles will be given 5 minutes to film a video of themselves, as if it's a news live anchor, where there is one reporter and each caravelle is being interviewed.

→ Vie à bord :

**Je fabrique un outil de pêche**

The girls will be divided into two teams. Each team on a 2 minutes timer, they are gonna have to make a fishing rod using the materials below :

1. Stick
2. Fishing Line or String
3. Paperclip or Small Hook - For catching small fish or practice "fish".
4. Scissors - For cutting the line or string.
5. Tape or Glue - To secure the line to the rod.

Using this mini fishing rod to try to catch small items, like paper fish or bottle caps floating in a small bowl. And we will see who can "catch" the most items in a set amount of time

→ Vie de camp :

**Je sais comment ranger un sac à dos pour un camp et matériels nécessaires pour un camp volant**

Divided in teams each team will get a bunch of materials and a bunch of things to take with them on papers. Each team has to tell us what they chose to take with them and why and in what order did they put the necessary items in their backpack. They will be timed, the first team to finish wins.

→ International :

**Je me filme entrain de chanter le chant mondial.**

The girls will get each a fill in the blanks lyrics of the chant mondiale that they have to complete depending on what they know of it. Then, they are going to help each other complete it and film themselves singing it.

#### **(5) Train d'enfer :**

The caravelle will get the lyrics of the song cut out and out of order, they are going to have to put them back together in the right order and will have 7 minutes to learn it before we take the papers out of their hands.

They are going to have to create instruments with what they can have and do a concert singing the Train D'enfer.

#### **(6) Temps de réflexion :**

Le temps de réflexion is going to be about how to be resilient and how to discover perseverance with the help of God's presence in our lives. In their new journey, the caravelles might face challenges and obstacles that will stop them from experiencing new things. That's why this temps will help them learn how to persevere in difficult times.

- Activity : Paper Tower Challenge

The caravelles will be divided into three teams. The goal of this game is to build the tallest tower within a time limit. But, the maitrise will try to put the caravelle through different challenges (use only one hand, take only four papers,...). This will test their perseverance and see how the girls will get through these obstacles. The winner isn't only the team with the tallest tower but also the one who didn't give up and kept trying.

- Sainte Rafqa's Story

We are going to give to each one the story of Sainte Rafqa written in the methode and ask them to highlight what they think is important. Once done, we will have a small discussion about it and see what needs to be really highlighted.

- Reflection:

We will put in a bowl, facts about Sainte Rafqa: la sainte patronne des caravelles. Each fact describes moments of perseverance and resilience in sainte Rafqa's spiritual journey. Each caravelle will take a fact and use it to inspire her in her journey.

\* The love of God is the most powerful force in the world. It can heal the deepest wounds and bring hope to the darkest places.

\* Suffering is a gift from God, an opportunity to grow in faith and to offer up our sufferings for the salvation of others.

\* "I have always trusted that God would never abandon me, even in the most difficult moments of my suffering. His will is my strength and my peace."

\* "The pain is great, but I bear it for love of God. It is through suffering that the soul grows closer to Him."

- \* "I will never cease to pray, for through prayer, I find the courage to persevere."
- \* "When the burden seems too heavy, I surrender it to the Lord. It is He who carries me."
- \* "In every trial, I trust in the will of God. His plan is greater than my pain."
- \* "Endurance is not about the absence of pain, but the strength to carry it with love for God."
- \* "When life becomes unbearable, I find solace and strength in prayer. It is through prayer that I endure."
- \* "Peace does not come from the absence of suffering, but from the presence of God in the midst of it."
- \* "Even when darkness surrounds me, I know that God's light will guide me through."
- \* "I endure all things because of the grace that comes from God alone."
- \* "I do not fear suffering; I embrace it with joy, for it brings me closer to Christ."
- \* "In my weakness, I find the strength to endure, for it is not I, but God who sustains me."
- \* "When the burden is heavy, I turn to prayer, for it is through prayer that I find the courage to persevere."
- \* "His love is my refuge and my strength, and in His arms, I find the peace to endure all things."
- \* "When all seems lost, I hold on to hope, for I know that God will never leave me."
- \* "Suffering does not break me; it shapes me, for in it I become more united to Christ."

**(7) Travail manuel :**



**(8) Évaluation :**

An evaluation of the day will be made via this activity. The girls are going to assemble small stones. We will tie a ficelles onto two cups and hang one from each side of the hanger. One cup corresponding to successful and well-acquired times and the other on the contrary.



P.S.: We are going to explain to them at the beginning what is the Point K and we are going to apply it as an example during the adhesion.



#### IV- Liste de Materiels :

- Big bowl
- Small bowls
- Papers
- Pens
- Big carton
- Carton Charcutier
- Peinture
- Ballons
- Cubes, legos, things to build
- Ball
- Colored ficelle
- Cups
- Clothe hanger
- Print outs
- Zarad
- Bamboo
- Small cubes
- Boite de brico
  
- Gouter
- Water Gallons