



The Feast: Girls' Mini Weekend Event Resource

This event was written and run for Muslim and Christian girls aged 12-16. It could be used with little adaptation for girls of other faiths and/or none. It would work well with girls who already know each other, or complete strangers. With newly acquainted young people we'd recommend spending longer doing ice-breakers at the beginning to ensure they feel at ease and to enforce mixing.

This event runs for 23 hours, including a sleepover and trip to an outdoors centre. You could easily take away these two activities and do a day event, watching the film and then doing the activities. We started the event at 6pm, and finished it at 5pm the next day. The film isn't particularly girly so would work for a mixed group too.

A Note about the film

The film used for this event is 'The one hundred foot journey' is rated PG. It's a fun film that explores the meshing of cultures; French, Indian and British. There is nothing risky or that would raise any alarm bells but there is a romantic sub-plot which ends in a French girl

NB: You'll need the correct license to show the film valid at the venue you chose to run the event by British law.

Session Outline

Friday

Time	Activity	Description	Resources
5 min	Arrive, welcome + housekeeping		
10 min	Ice-breaker	Name juggling	Bean bags/juggling balls
10 min	Ice-breaker	'Speed dating'	Appendix 1
15 min	Team games	Toilet roll mummies! Who's house?	Loo roll Appendix 2
5 min	Guidelines for Dialogue		Guidelines for Dialogue
10 min	Faith or culture?	Is it because of faith or culture?	Appendix 3
5 min	Best thing!	What's the best thing about your culture?	
120 min	Movie and dinner!	Food and watching 'The hundred foot...'	Food and movie
30 min	Post-movie discussions	TRUE or FALSE. Who said that? What did you think?	Appendix 4 Appendix 5
15 min	Room transformation	Getting the room ready for bed	
15 min	Hot chocolate		
630 min	Bed		

Saturday

Time	Activity	Description	Resources
30 min	Optional prayers	Prayer time for Christians/Muslims	
30 min	Breakfast!		Food!
30 min	Clearing-up	Wash-up and	
30 min	Game	Apples to Apples!	Game
60 min	Faith conversations	Home is where the heart is!	Apples, puff pastry, jam, spices. Appendix 6
165 min	Outdoor centre!		
45 min	Lunch		
60 min	Blending vs separating	Session looking at how we work with other cultures but stay distinctive.	Appendix 7 Magazines, scissors, glue, craft box.
30 min	The problem of housing...	Looking at the Shelter campaign for housing.	
30 min	Feedback news report	In small group make a news report of the day	
5 min	Home time	Parents/guardians collect. Tidy-up!	

Leader's notes

Arrive

It's really important to make people feel at ease as they come in, especially as some might be particularly nervous about staying overnight. Making name labels takes the pressure off learning names, which can be hard in a new group, especially if names from different cultures are unfamiliar to the young people.

It might be an idea to play some music as people come in, and make sure leaders are welcoming and chatting to the young people informally. Then gather everyone together and use this time to do the house-keeping (toilets, emergencies etc).

Ice-breaker: name juggling

This is a fun game which will help you to learn everyone's names. You'll need 3 or 4 juggling balls or bean bags.

Get the entire group to stand in a circle, reasonably well spread apart. Start by throwing the ball/bag to someone across the circle and saying your name. Ask them to do the same and repeat until everyone's had the bag/ball at least twice and people start to know other names. Now change it so when you pass the ball/bag you need to say the name of the person you are passing to. Repeat until everyone's had the bag/ball a couple of times.

Now explain that you are going to make up a sequence, which will involve every person. They need to remember you passed to them and who they passed to. Throw to the first person, saying their name loudly. They should then throw to someone else, but not to you. Repeat the process until everyone has had the ball/bag and the last person returns it you. Go through the same sequence again checking everyone knows it and keep going without stopping. Once the second or third round has started throw in a second bag/ball (it's more fun if this is a surprise so try and hide it!). Add up to 4 additional bags/balls. If everyone is paying attention (and can catch!) it will feel like you are juggling! Often they fall on the floor and it gets chaotic, but that's all part of the fun. If you have time try the sequence backwards, again adding balls/bags. You could even have one going forwards, and the other back!

Ice-breaker: speed dating

This is not actually dating!!! It's just inspired by the format of speed-dating events which provide a good forum to get to know others quickly. Split all the young people into two groups, A and B (it would be better if you split them by faith). The groups need to be equal so, if they aren't, include a leader. Ask group A to scatter themselves around the room. Group B should then go and stand with a member of group A. Then give the question (see Appendix 1), which they will have 2 minutes to discuss. After two minutes ask group B to move clockwise to a new partner and give them a new question. Repeat until everyone in

group A has spoken to everyone in group B. There are example questions in the appendices if you need some inspiration.

Team games: Toilet roll mummies!

Split your group into smaller groups of 4 or 5. Give each group three toilet rolls and 5 minutes to turn one of their team members into a mummy! Inform them that their mummies will be involved in a race against the other mummies, and points will be deducted if their 'costume' doesn't survive. Mark them out of 10 in each of the three categories; style, durability and position in the race!

Variation: Give the team a bag of balloons and sticky tape so they can add them to the mummies for style. You could get the mummies to pop each other's balloons rather than race.

Team games: Who's house?

Give each team a set of pictures of people and their houses (see Appendix 2) found in the appendix all cut up and mixed up. Give them five minutes to match the person/people to their home. The team with the most correct matches wins. (You may want to add your own, or take away any you think are too difficult).

Guidelines for Dialogue

These are essential in setting the right tone before entering in to faith discussions. They are available [on our website](#) simply click to download. There are many ways you can through them with your group, here are two ideas;

Method One

Take turns reading a Guideline out loud each, going round in a circle. Elaborate on what some of them mean, and ask why they young people think they're important. At the end make sure everyone agrees to stick to the Guidelines throughout the weekend's discussions.

Method Two

Give everyone a few minutes to read the Guidelines by themselves quietly. Then get them into pairs and ask them to tell each other what their favourite Guideline is and why. Ask a few of them to share with the whole group. Then make sure everyone agrees to stick to the Guidelines throughout the weekend's discussions.

Faith or Culture?

Divide the young people into small groups of 4-6 people. Explain that you are going to give them a list of activities that people do and decide if they are for religious or cultural reasons. Encourage them to make a decision either way for each activity, but if they really are stuck they can say both but they should to defend their reason why. This won't be an easy activity but it will encourage the young people to think about the different between faith and

culture. You'll find a list in Appendix 3, but feel free to add your own. When the groups have finished take time to feed back to each other.

The best thing!

Very simply, put the young people into pairs with someone of a different faith and ask them to share the best, or their favourite thing about their culture. Encourage them to ask each other questions about what they've shared. You could then share them with the whole group if you wanted.

Movie and Pizza!

This bit is pretty straight-forward! Watch the film and if you're serving dinner it's a good time to do two things at once!

The film (The Hundred Foot Journey) is in English but there is frequent use of Hindi and French (not subtitled). You could get the young people to shout out a translation if they know it when they hear either of the languages.

The film is just under 2 hours long.

Post movie discussions: TRUE or FALSE?

A quick and active game to recap the themes explored in the film. This also gets the young people on their feet after a mellow couple of hours. Designate one side of the room to be 'TRUE' and the opposite side 'FALSE'. Use the True or False questions in Appendix 4 or make up your own. If something is false ask if anyone knows what really happened.

Post movie discussions: Who said that?

Divide the groups into teams of about 4. Give them each a set of pictures of the main characters. Explain that you are going to read them a quote and they have to decide together who said the quote. Give them a minute to decide and then on a countdown have a volunteer from each team raise their picture. You could give a prize to the highest scoring team, if you would like. There's a list of quotes in Appendix 5.

Post movie discussions: What did you think?

A more informal 10 minutes in the groups to discuss the movie. What did they like? What didn't they like? Did they have a favourite character? You could write out questions if you think your group needs a bit more structure.

Bed!

Time for hot-chocolate and a well-earned break...

Prayer times, breakfast etc...

It's good to allow time for prayers. Fajr prayer will be before sunrise so check the time and make a space available for young people to pray if they need/want to.

You may also want to have someone lead a prayer time for the Christians. It is best to make it optional so nobody feels under pressure to attend.

Start the day with a hearty breakfast. We recommend pancakes with lots of exciting toppings!

Games: Apples to Apples?

This is a great game to play with young people, it includes everyone and helps people get to know each other better. I recommend ensuring you use the British Isles version as it is easier for young people living in the UK.

If you aren't lucky enough to have access to an Apples to Apples set then play a game that helps break the ice, gets young people talking, and includes everyone.

Faith conversations: Home is where the heart is!

Roses

If you have access to an oven this is a great activity to start with. It's fun, fairly easy and a good chance to explore how we can put our own stamp on things. The girls will be tasked with making a pastry rose using fruit and spices of their choice. If you watch the short video [here](#) you can see how easy they are to construct.

We recommend prepping as much as possible so it won't take too long to put together. (i.e. chopping up the fruit, putting it in lemon water, cutting out the pastry). We used plums as well as apples and gave the girls a choice of all spices; cinnamon, nutmeg, ginger etc. Encourage the girls to make their own choices and celebrate their unique designs.

While they are baking in the oven get into smaller groups and discuss the questions in Appendix 6, sticking to the guidelines for dialogue.

Outdoors Centre and Lunch

When we ran this event we went to an outdoor centre and completed a low ropes course which was great fun and got the girls working together. If you don't have the facilities to do this then consider running a wide game. There are lots to choose from, and some don't require as much space as you might think.

Staying distinctive: blending and separating

Start by laying out the quotes (see Appendix 7) around a table. Take it in turns to read a quote aloud, and ask what the girls think about the quote. Do they agree or disagree with the person? Why? Can they guess who said it?

Once you've been through all the quotes and had a good conversation about them invite the girls to make a cultural collage on a large board of piece of paper. Give them each a space to work on their own around the corners and sides and find images that reflect their background/culture (it's a good idea to have fashion, food, eastern and western mags to

choose from). In the centre of the board/paper ask the girls to stick things from their culture/background that they believe make their country great.

The problem of housing

As a way of thinking of how we could help others we looked at Shelter's pre-election campaign and wrote to our local prospective MPs about what their intentions were in regard to housing. Through their website Shelter provided really useful statistics and other resources which we were able to use.

Check Shelter's website for their current campaign, they usually have something relevant and easily accessible.

Feedback: News reports

It's important to know how the young people found the event, so make time for feedback at the end.

Split the girls into two groups. Tell them they are to make a brief news report about the events of the past 24 hours to communicate them to the outside world. In particular they should share any highlights, anything learnt and some funny memories they'll take home. Give them 15 minutes to prepare and then bring everyone back together and watch each other perform. This is a really good way to capture what they thought about the event.

Appendix 1: Speed 'dating'

Tell each other about your favourite holiday

Tell each other about your neighbourhood

Tell each other about your faith community

Tell each other about your family

Tell each other about your hobbies

Tell each other a joke or funny story

Tell each other something unusual about yourself

Tell each other about the food you enjoy

Tell each other about someone who you look up to, or who inspires you

Tell each other about your name, what it means, why your parents gave it to you etc...

Appendix 2: Who's House?



10 Downing Street, home of Prime Minister



David Cameron, Prime minister of the UK.



Balmoral Castle, Scottish royal residence



Queen Elizabeth II



Lambeth Palace, residence of Archbishop of Canterbury



Right Rev. Justin Welby, Archbishop of Canterbury



The Whitehouse, residence of US President



Barack Obama, President of the USA



Home of Oprah Winfrey



Oprah Winfrey



The Osbourne family home



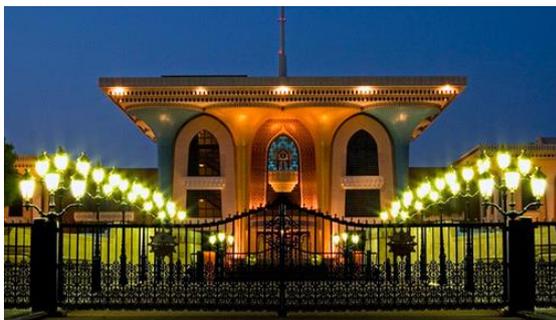
The Osbournes



Kensington Palace, home of Duke and Duchess



The Duke and Duchess of Cambridge



Al Alam Palace, home of Sultan of Oman



Sultan Qaboos bin Said Al Said of Oman

Appendix 3: Faith or culture?

Muslims eating dates to break their fast.

Christians not smoking.

Muslim women covering their head.

Hindus being vegetarian.

Christians not going shopping on Sundays.

Muslims eating curry.

Christians eating quiche.

Muslims fasting during Ramadan.

Christians having their main worship/church service on a Sunday.

Sikhs wearing a turban.

Christian wearing a WWJD band.

Muslims wearing jewellery as protection from the evil eye.

Appendix 4: True or False?

Hassan's middle name is Iqbal (TRUE)

The Kadam family enter Europe in France. (FALSE – it was The Netherlands)

When they lived in London they lived near Luton airport (FALSE – it was Heathrow)

The Kadam restaurant is called 'Masion Mumbai' (TRUE)

Jean-Pierre tells everyone he saw Papa buying dog-food (FALSE – it was cat food)

The mayor says Madam Mallory is as stubborn as a cow (FALSE – it was an Ox)

Hassan's starting salary was €320 a week (TRUE, rising to €350 after 3 months)

Their mother's old spice box has different spices in it (FALSE – there are 8 compartments, 7 jars)

The Michelin star people call at 8 on a Tuesday (FALSE – 7pm on Monday)

A silver taxi takes Hassan when he leaves for Paris (TRUE)

Appendix 5: Who said that?

'Where there is the family that is the home.' (Papa)

'Breaks break for a reason' (Papa, and then later Hassan)

'you people like to keep everything in the family' Madam Mallory

'they have no sense of culture or tradition' Jean-Pierre

'Indian cannot become French and French cannot become Indian' Papa

'Maybe 200 years is long enough' Hassan

'A funeral! The death of good taste.' Madam Mallory

'Food is memories' Hassan Kadam

'Asking for a discount doesn't mean I'm poor. It means I'm thrifty.' Papa

'Five mother sauces. You must find them in your heart. Then, bring them to your pots.' Marguerite

'That old man is crazy' Jean-Pierre

'To survive here, we have to adapt – we need to make use to what is close to us, and then we pray to God that is works.' Hassan



Papa



Madam Mallory



Hassan Kadam



Marguerite



Jean-Pierre

Appendix 6: Roses Questions

“Be in the world as if you were a stranger or a traveller along the path.” – Hadith 40

“Our bodies are like tents that we live in here on earth. But when these tents are destroyed, we know that God will give each of us a place to live. These homes...are in heaven and will last forever. While we are here on earth, we sigh because we want to live in that heavenly home.” - 2 Corinthians 5:1-2 (Bible)

Both of these Scriptures say that our life on earth is temporary and our real home is in heaven. Do you believe this is true? Why or why not?

What is your favourite thing about your home culture? What is your favourite thing about British culture?

Do you practice your faith differently when you live in a different place? How?

Do you know what is it like to live in one place but be from somewhere else? What is something good about that? What is something hard?

In the movie, they said, “Indian cannot become French and French cannot become Indian.” Do you agree with that? Why or why not?

In the movie, Papa said, “Where our family is...is home.” What does this mean? Do you agree?

Appendix 7: Staying distinctive: blending and separating quotes

A people without the knowledge of their past history, origin and culture is like a tree without roots. – **Marcus Garvey**

A nation's culture resides in the hearts and in the soul of its people. – **Mahatma Gandhi**

Preservation of one's own culture does not require contempt or disrespect for other cultures. – **Cesar Chavez**

Love begins at home, and it is not how much we do... but how much love we put in that action. – **Mother Teresa**

My home is in Heaven. I'm just traveling through this world. – **Billy Graham**

My mixed-race background made me a broad person, able to relate to different cultures. But any woman of colour, even a mixed colour, is seen as black in America. So that's how I regard myself. – **Alicia Keys**

O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. – **Qur'an 49:13**

In Christ's family there can be no division into Jew and non-Jew, slave and free, male and female. Among us you are all equal. That is, we are all in a common relationship with Jesus Christ. Also, since you are Christ's family, then you are Abraham's famous "descendant," heirs according to the covenant promises. – **The Bible: Galatians 3:28-19**