

1. **Gathering Activity:** Have pictures of the constellations (Cygnus, Perseus, Corona Borealis, Cassiopeia, Orion, Big Dipper, and Virgo) on the seminary tables in front. Give each YW a chance to identify the constellation on a piece of paper.

2. **Introduction:** Before cell phones, GPS, satellites, or even maps, people navigated the globe by looking up to the heavens. Star constellations that we can see tonight have been around since before Christ's birth. They have been a light and a standard to help people find their way home. This year the Mutual theme comes from Doctrine and Covenants 115:5 "Arise and shine forth that thy light may be a standard for the nations." As children of God, we are being asked to be a standard, a light for people to find their way back to their Heavenly Father. Tonight as we introduce the YW program we are going to use stars and constellation to help teach and guide you about the Young Women's program.

3. **Young Women Motto and Logo:** Just as stars shine brightly in the night time sky, the Young Women's logo is a torch burning brightly. It is surrounded by the Young Woman Motto: "Stand for Truth and Righteousness". The Moto invites all young women to make a commitment to hold up their light by being an example and remaining worthy to make and keep sacred covenants and receive the ordinances of the temple. When I think of the Young Woman's motto, it makes me think of _____.

4. **Young Women Theme/ Values**

Constellations were created to bring order to the night time chaos in the heavens. The stars helped remind people of important stories and lessons learned. Every Sunday we recite a Young Women's theme that helps bring our lives out of the worldly chaos and reminds us of who we are. Please stand with me to recite the theme, found in your program.

We are daughters of our Heavenly Father, who loves us and we love Him. We will stand as witnesses of God at all times and in all things and in all places as we strive to live the Young Women values, which are

Faith, Divine Nature, Individual Worth, Knowledge, Choice and Accountability, Good Works, Integrity, and Virtue

We believe as we come to accept and act upon these values, we will be prepared to strengthen home and family, make and keep sacred covenants, receive the ordinances of the temple, and enjoy the blessings of exaltation.

The Young Women's Values are not only found in the Theme but also in Personal Progress, so it is important to understand what they mean. We are going to play a little game. Eight Young Women will introduce a star or constellation and explain the significance of it. Meanwhile, look under your chair to see if you have a YW Value taped to the bottom. As a group we are going to match the Values with the Constellations.

Faith: The New Star

Our first value isn't represented by a constellation; it is represented by a star. One of the most important stars in the history of the world: The New Star that proclaimed the birth of Jesus Christ. In the old world the Wise Men had faith that if they followed this star they would find their New King. In the new world many people waited with faith to see the New Star that was prophesied by Samuel the Prophet.

What value does the New Star represent?

The value of Faith is important to me because _____.

Divine Nature: Cygnus

The Cygnus constellation is also known as the swan. You will find it in the summer sky, sometimes he is swimming in the Milky Way. Once there was an ugly duckling that couldn't see past his awkward appearance. In despair he flew away to escape the pain of being so different. Yet later, as he saw his reflection in a pond, the truth of his divine nature was realized. He was and had always been a swan.

What value does the Cygnus constellation represent?

The value of Divine Nature is important to me because _____.

Individual Worth: Perseus

The Perseus constellation is named after a Greek Hero. He saved the Princess Andromeda from the local sea monster by hunting down the formidable Medusa with her deadly hair. Once Perseus cut off Medusa's head, he used it to turn the sea monster into stone and save Princess Andromeda. Perseus believed in himself, his self worth, and has become known as The Hero.

What value does the Perseus constellation represent?

The value of Individual Worth is important to me because _____.

Knowledge: Corona Borealis

Corona Borealis is a small constellation relative to the others on this table. In Greece it was known as a Crown. Although most of us would love to wear a crown on a daily basis, it is the information and wisdom that is in our heads that is more valuable than the jewelry that adorns the top.

What value does the Corona Borealis constellation represent?

The value of Knowledge is important to me because _____.

Choice and Accountability: Cassiopeia

The Cassiopeia constellation represents one of the most scandalous stories of the heavens. Cassiopeia was a queen who not only boasted of her daughter, Andromeda's beauty, but also that her own beauty was unmatched. For her actions, the consequences not only included the risk of Andromeda's life but also that Cassiopeia, herself, would be humiliated for all

eternity. Cassiopeia was held accountable for her vanity by being positioned in her constellation upside down on her throne.

What value does the Cassiopeia constellation represent?

The value of Choice and Accountability is important to me because _____.

Good Works: Orion

Although we have talked about many Greek myths, many different cultures have used the same constellation to represent other important stories. Yet Orion with his bright 3 star belt is almost universally recognized. In the winter sky Orion's light shines boldly for all of us to see. When we let our lights shine brightly, the world will see us and we can draw other's gaze heavenward. Let your light so shine before men that they may see your god works and glorify your Father in heaven.

What value does the Orion constellation represent?

The value of Good Works is important to me because _____.

Integrity: Big Dipper

The Big Dipper or the Big Bear is another commonly known constellation. Its stars shine brightly in the summer sky. It contains the "pointer stars" that help you find the North Star. In our life it is our integrity that helps keep our actions pointed towards Christ. Just as star gazers know they will not be lead stray from the North Star, by holding onto our integrity will be not be lead away from our Savior.

What value does the Big Dipper constellation represent?

The value of Integrity is important to me because _____.

Virtue: Virgo

There are many different stories about what the constellation Virgo means. In the middle ages, the Virgo constellation was sometimes associated with the Blessed Virgin Mary. Mary was a woman among women. She was found worthy to carry and be the mother of the Messiah and Savior of the world. No one can doubt that she exemplified virtue in her thoughts and actions.

What value does the Virgo constellation represent?

The value of Virtue is important to me because _____.

5. Personal Progress

Introduce the new Personal Progress Chart

- 6. Age-Group Purpose Statements and Symbols** We have three other constellations we would like to share with you. However these will not be found in the night time sky, they are of our own creation.

The Beehive Constellation

The beehive was a symbol of harmony, cooperation, and work for the early pioneers of the Church. Beehive was also the first name by which young women were known. Beehives today learn to work together in cooperation and harmony as they strengthen their faith in Jesus Christ and prepare to stand for truth and righteousness.

The Rose Constellation

The emblem of the rose was adopted by the Mia Maids to represent love, faith, purity as they strengthen their testimony and accept and act upon the Young Women Values.

The Laurel Wreath Constellation

The laurel wreath is giving to someone who finishes a significant achievement as a symbol of honor and accomplishment. Laurels today are finishing their preparation to make and keep sacred covenants and receive the ordinances of the temple.

7. Routine Commitments

Sunday Meetings,
Weekly Mutual Meetings,
Temple Trips

8. Special Yearly Events

Girls Camp (July 9-14)
Trek (August 2-4)
Young Women in Excellence (November)

9. Closing Remarks from Young Women's President

(The Young Woman Program is like the constellations in the sky. It helps us stand and shine for the world. But is also revolves around one truth, one star, the gospel of Jesus Christ.)

10. Closing Remarks from the Bishopric

(Arise and Shine Forth)

