

PUTTING ALL YOUR EGGS IN ONE BASKET

From: PATTI STAMPER

Materials you will need:

Plastic Easter eggs (at least 6 per member)

A large Easter basket filled with Easter grass

Many slips of (preferably colored) paper, about 2" by 3/4"

The contest will run (Ash Wednesday) until the last meeting before Easter weekend. The object is to "give up" something each week. This can include things like giving up soda, coffee, cigarettes, snacks, sweets, eating in fast food restaurants, watching TV, etc. However, it can also include "giving up" making excuses for not exercising by walking at least 3 times a week, giving up being dehydrated by drinking 8 glasses of water a day, giving up poor eating habits by adding fruits and vegetables to your diet, or going vegetarian for 3 days a week. Each member will take a slip of paper and write down what they intend to give up, and then place the slip inside of a plastic egg. They then take the egg home with them and put it in a conspicuous place for the week, so it will be there to remind them to stay focused on their goal. At the next meeting they bring the egg in and read what was on their slip. If they were successful with "giving up" something for the whole week, the egg with the slip go into the Easter basket (make sure you put your name on the back of the slip of paper) . At the end of the contest, the person with the most eggs in the basket wins, and if someone gets ALL their eggs in the basket they get a special prize. I'll let you all determine what kind of prizes you'd like to give out, but they can include coupons for free dues, charms, or some small present like a candle or a coffee mug.