

Rededication Ceremony

Supplies needed:

1. Enough small candles so that each member has one to light.
2. Enough small paper plates to put the small candles in to keep the wax from burning them. (I used yellow & blue colored construction paper and made flower looking "protectors" that I slid about 1/2 way down on the candle over shorter blue tapered candles that I got at the Dollar store....3 for \$1) Most members wanted to keep their candle.
3. 1 large candle to be the "TOPS LOVE" candle..... I printed out TOPS LOVE in fancy lettering(blue on yellow paper) and cut it in a pretty shape and taped it on a 2"X8" white vanilla candle. I have printed the TOPS LOVE I did at the bottom of this if you want to use it to copy & print.
4. Copies of "Circle of Friendship" poem for everyone (or you could put it on a poster board for them to read)
- 5 13 flowers (those bunches of different flowers on 1 stalk you can get at the Dollar store work good ...just cut them off)
6. Print out..... cut and tape to each flower... 1 of the dedications listed below.
7. Table to set the "TOPS LOVE" candle on.... in the middle of members sitting in a big circle. I used a card table with a pretty blue cloth on it.

(Before the meeting starts, give 13 flowers out to 13 individuals. Attached to each flower have one of the 13 dedications printed out on paper. Ask them to please read it when asked and position them around the special "TOPS LOVE" candle.

Mistress of Ceremonies:

... I have learned that I cannot coast, it has to be a constant effort on my part... this was the "Tip of the year" that Pat Kinney sent out to the loop this year. It means we need to be constantly vigilant in our efforts at all times if we want TOPS to work for us.

There are times when TOPS hearts and minds need renewal and rededication.

Tonight, is the perfect time since it's the beginning of a New Year.

To the TOPS who are present, we say be of good spirit. You are special. Your time will come.

To the KOPS who are present, our hearts are full for you. You have reached your goal and we are so proud of you. We ask for your guidance and understanding. Be patient with us, for we need you and we will give to you in return.

I have this candle and I'd like it to represent "TOPS LOVE". We are going to adorn it with flowers for our rededication.

I have asked some of our members to help in performing our Rededication Ceremony Will # 1 come forward and read her part then place the flower around the base of the "TOPS LOVE" candle.....then # 2then#3.....& etc. through all 13.

1. This flower is for the entire TOPS organization.
2. This flower is for our own chapter: TOPS # 1263, Duncanville.
3. This flower is for each member attending this meeting and for all of those who could not attend tonight.

4. This flower is for the strength needed to reach our Goals.
5. This flower is for the KOPS who can remind us that it can be done.
6. This flower is for the help and inspiration given through our meetings.
7. This flower is for the encouragement we give to one another.
8. This flower is for those members who are floundering. May they now find themselves on the road to success.
9. This flower is for the new friends we have met through TOPS.
10. This flower is for the hope of controlling our emotions intelligently this year.
11. This flower is for the determination and achievement of having a good weight loss this year.
12. This flower is for peace of mind, respect for others, and happiness in a new slim life.
13. This flower is for the promise we make ourselves when we say the TOPS Pledge at each weekly meeting.

And now we ask ALL of you to please join us in a TOPS rededication pledge.

Please stand and repeat after me.

Today, as I rededicate myself to TOPS goals and purposes, I pledge:

To forget my past mistakes and work toward a slimmer figure.

To strive for fulfillment and attainment of my goal.

To believe in the power I have over myself and my weaknesses.

To lend a helping hand and a ready smile.

To be a better person, chapter member and TOPS friend.

This rededication symbolizes my commitment to make a new and fresh start from this day forward.

I am an intelligent person, that is why I joined TOPS. I will control my emotions and NOT allow myself to stay home because I fear that I might have gained.

Every time I am tempted to find fault with my chapter, criticize my fellow members, or think about quitting,

I WILL REMEMBER that my chapter can be no better than I help to make it.

My fellow members need my help as much as I need theirs, and if I should quit TOPS, I might never reach my goal.

Therefore, I hereby rededicate myself to support

My Chapter Through my weight loss and my actions to the best of my ability.

Mistress of Ceremony says:

Thank you.....

Remember to love yourself. You are one of a kind. No one else is like you. Take time for yourself - you are important. And remember always that TOPS loves you.

Next.....

To symbolize the spread of TOPS Love and Rededication I've asked our Leader Barbara to help me start the lights in our "Circle of Friendship" by lighting her candle from the TOPS LOVE candle and passing the light to another member and then we will each light our candle from the member next to us until we are all have ours lit.

Now I would like for us to read the poem, that I passed out, together called " The Circle of Friendship" that someone on the loop wrote.

"Within our circle of friendship We'll find the help we need.
If we'll be true to ourselves and each other
And follow the TOPS rules and creed,
As we face a bright tomorrow
In the warmth of our candles bright gleam
Loving, caring, and sharing
We'll achieve and keep our impossible dream."
Thank you....now.....If you can, turn the lights off do soand read the "A Creed to Live By" to them by candlelight, while they hold their candles. Makes it very impressive!

Mistress of Ceremonies reads :

A Creed To Live By

Don't underline your worth by comparing yourself with others. It is because we are different that each of us is special. Don't set your goals by what other people dream important. Only you know what is best for you.
Don't take for granted the things closest to your heart.
Cling to them as you would your life, for without them life is meaningless. Don't let your life slip through your fingers
by living in the past or for the future. By living your life one day at a time, you live all the days of your life. Don't give up when you still have something to give. Nothing is really over until the moment you stop trying. Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other. Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave. Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.
Don't dismiss your dreams. To be without dreams is to be without hope; to be without hope is to be without purpose.
Don't run through life so fast that you forget not only where you've been but also where your going. Life is not a race,
but a journey to be savored each step of the way.
Then if you have time this is very good to read.

Motivation

M is for Main! You've heard the expressions "main man" and "you're my main friend". Well, you have to be your own main person! There are other people who are important to you in your life, but you have to be the " main" one!

O is for Only! Whatever it is that you want to do, whether it's going out for that new job or whether it's losing some weight , you are the "only" one who can do this for yourself. And it should be "only" for you not ,others that you choose to do it.

T is for Timing! Things take time! You don't think Monet painted those water lilies overnight. Everything that is worthwhile is being nourished by time! It takes "time" to plan good menus, and "time" to exercise. Give yourself "time"...You deserve it!

I is for Individual! Even if you have a twin or 5 or 6 siblings, you are still an individual. An individual is one that makes up his or her own mind and that beats his or her drum to

a certain rhythm. You are an "individual"

V is for Victory. We usually hear this word at the Olympics, but every day you can feel victorious! When you plan to do something and you accomplish it, it is a victory -- no matter how big or small! Be "victorious!"

A is for Attitude. There are three kinds of attitude -- positive, negative, and numb. Which one are you? Two lead you down the hill, and one takes you to the top! Trying to find something positive in the things

around you will guide your attitude in a positive direction! Keep your "attitude" Positive

T is for Tolerance. There is so much that can bother us in a day. Our jobs; sometimes even our family and friends! We are tested each day to find out what our breaking points are. If tolerance was a book, each of its pages would have only one word printed on it, and that word would be patience. Be patient and practice "tolerance!"

I is for Ideas. Always thinking of ideas is an exercise that few practice. Most people start off by saying, "Hey, I got a great idea," but they never finish it. It just stays an idea. The trick is to continually think about your ideas until they become a reality.

O is for Optimism. Half full or half empty? You've heard that expression so many times. You can think that things are going to work out, or you can think that things will never work out! If you believe that things in your life will never work out, trust me, they never will! But if you can think about something, and keep thinking about the joys and happiness it will bring you, you will be that optimistic person you've always wanted to be! Stay "optimistic!"

N is for Nerve. It takes nerve to get on the roller coaster at Six Flags! It takes nerve to bungee jump! For me, it takes "nerve" to get up here and give a program. And even though I have to read what I give it's good information that we all need. Anything worthwhile takes a little nerve!