

Small Group Ministry
Group Session Plan
The Hats We Wear

Invite participants to bring one or more hats or pictures of hats that represent a memory or function. Have selection of hats and/or pictures available for participants.

Opening Words

baby bonnets, hoods of all sizes and shapes getting bigger as we grow,
helmets for our biking and team sports,
hard hats for dangerous work,
caps that advertise our teams, where we work, our favorite places,
hats for rank and status,
protection from the elements, hot and cold,
covering to keep our heads warm as our hair thins.
when to wear and when to go bare

Helen Zidowecki

Check in/Sharing: How is it with you today?

Topic/Activity

About hats: Tell us about the hat(s) or pictures that you have brought or chosen to talk about.

What is/has been the significance of hats in your life?

How have traditions about hats changed in your lifetime?

The hats we wear. Hats provide an identity from a time (not long ago) when everyone wore hats, many specific to a given trade, official position or function. So someone who had several roles would have several hats and would wear the appropriate one for the occasion. "Which hat will you be wearing?" meant "in which capacity will you be attending?"

Another origin is cited from an old Broadway couple who wrote, directed, acted, and produced between them. They lived in a tiny apartment and were getting in each other's way. They needed a code to communicate without having to break focus to look up and explain themselves. They chose to use their various hats because they lived in a time when hats were more in fashion. When I wear my blue hat, I'm writing; when I wear my green hat I'm just lounging; etc.

We wear — have worn --different hats at different times. And they mean different things.

Share the various "hats" that you wear in a day.

How aware are you of changing hats? How easy is it to switch hats?

Changing hats with others: Optional activity:

Put all of the hats in a designated space. Invite each participant to take a hat other than their own. Hold it. Feel it. Reflect in it. "Become one" with the hat.

Share why you selected that hat?

How does it feel to have someone else have (wear) your hat?

Are you able to put on other hats?

Are you able to let go of some hats?

Check out/Likes and Wishes: How was the session for you?

Closing Words: When you wear a hat, you become the dream that started when the hat was conceived. The original energy that was put into the hat doesn't die; it only changes forms and owners. The dream doesn't die; it is passed on, sometimes from generation to generation.

Anonymous

Small Group Ministry
Group Session Plan
The Hats We Wear



