

# Mutual Assistance

## Facilitator Guide

Program Information	
<b>Content Area(s)</b>	Mutual assistance, service and philanthropy, communication
<b>Core Value (s)</b>	Mutual Assistance
<b>Length of Program</b>	105 minutes
<b>Recommended time to hold program</b>	4th meeting of new member program
<b>Recommended Facilitators</b>	Recommended advisors that would be good sources of support are brotherhood/VP advisor, education, programming or chapter counselor.

Logistics		
<b>Room Set-Up</b>	Classroom set-up or conversation circle (may need larger space for activity)	
<b>Audio Visual Needed</b>	Laptop, A/V, Internet, Slide advance	
<b>Collateral Materials</b>	<b>Participant Handouts</b>	<b>YES</b>
	<b>Video</b>	<b>NO</b>
<b>Supplies Needed</b>	New member binders, extra board of director work sheets, hula hoops	

Session Notes
1. If you cannot find a hula hoop, things like a yard stick is a good substitute. You'll need to change how people stand, but it will accomplish the same effect.

Facilitator Reminders
1. This session does not have as many customization opportunities, but it's a little bit shorter than other meetings so there could be room to add additional activities.

**Session Outline**

5 mins	<b>Announcements</b>
	This is an opportunity for you to make any pertinent announcements for the week.

10 mins	<b>Review Chapter 8 (Structure of the Fraternity)</b>
	<ul style="list-style-type: none"> <li>• <i>Go over the structure, explaining the General Fraternity structure, how that relates to the administrative office, as well as how chapters are a part of it</i></li> <li>• <i>Read ‘Friends of Beta’ and discuss what a friend of Beta is and their role in our organization – have them read this in popcorn style.</i></li> <li>• <i>Read information on interfraternalism and discuss what interfraternalism is and how Beta has long been a supporter of this</i></li> </ul> <p><i>*Popcorn style reading</i></p> <p><b>FRIENDS OF BETA</b></p> <p>While the fraternity has always operated as a private entity with esoteric elements, the involvement of parents, sweethearts and other “friends of Beta” has always been encouraged. Dating back to the Civil War, female friends of the Fraternity helped safeguard chapter possessions during times of peril. From the origins of the Bridge Builder Poem to the official Beta flower, credit is due to non-members. Today, some of the most dedicated and trusted chapter advisors are not members of the society.</p> <p>Historically, the phrase Friend of Beta (FOB) was created to label any non-member of the fraternity who provided some sort of volunteer support to the organization. It has become a part of the vernacular of the staff, Beta alumni, Beta undergraduates, and the interfraternal community. Many of Beta Theta Pi’s chapters enjoy the contributions of male and female FOBs when geographical constraints limit local Beta advisors. Other chapters enjoy the council of interfraternal professionals who give them time at Beta programs, like The John and Nellie Wooden Institute for Men of Principle, to help our chapters.</p> <p>Friends of Beta have won the Fraternity’s top award for chapter advising. Friends of Beta have won the Fraternity’s award for interfraternal contributions. Many Friends of Beta have given uncounted hours and unrecognized efforts to help Beta Theta Pi succeed. For this giving of self we must remain forever grateful.</p> <p><b>What are your thoughts on Friends of Beta?</b></p> <p><b>Why is it important that we include them?</b></p> <p><b>Beta has long been a strong support of the interfraternal movement. Spend a few minutes reading to yourself some of the ways we have contributed over the years.</b></p>

	<p><b>INTERFRATERNAL HISTORY</b></p> <p>The history of Beta Theta Pi cannot be written without significant reference to the interfraternal movement and the Fraternity’s contributions. From her earliest days, Beta Theta Pi pioneered an open and collaborative spirit that, while preserving a role of leadership for Beta, helped all Greek organizations succeed. For example:</p> <ul style="list-style-type: none"> <li>• The convention of 1848 was held in Hudson, Ohio, the site of Western Reserve College. To generate interest and publicity in the papers the chapter invited the university president and the members of Alpha Delta Phi to attend the public exercises, which they did. This goes down in history as the first inter-fraternal event.</li> <li>• William Raimond Baird, <i>Stevens 1878/Columbia 1881</i>, exhaustively researched all Greek organizations seeking a suitable partner to merge with his own Alpha Sigma Chi. Since no authoritative resource on the subject existed Baird published his research as Baird’s Manual of American College Fraternities. It was remarkable at the time given fraternities were <i>sub rosa</i> and it continues to be the definitive guide to date.</li> <li>• Willis O. Robb, <i>Ohio Wesleyan 1879</i>, an early editor of The Beta Theta Pi magazine, stimulated interest through correspondence with fellow editors for an interfraternity meeting in 1883, leading to formation of what would become the College Fraternity Editors Association (CFEA.) The name of the organization has since changed to the Fraternal Communicators Association (FCA.)</li> <li>• In 1909, Francis W. Shepardson, <i>Denison 1882/Brown 1883</i>, was among the first officers of the North-American Interfraternity Conference (NIC), serving as its first secretary. Both he and Robb had played an integral part in the founding committee of the conference which acts much like the Interfraternity Council (IFC) for international organizations.</li> </ul> <p><b>What are your thoughts on Beta’s interfraternal history? How can we bring that spirit to our campus today?</b></p>
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10 mins	<p><b>Mutual Assistance</b></p>
	<p>So, last week we spent a good deal of time talking about Trust – about how we must remain true to ourselves so that we may know for who we truly are. This week we’re going to talk about our first core value of Mutual Assistance. Real quick, turn to the person next to you and talk to them for a minute about how you define Mutual Assistance.</p> <p><b>Can I get a few people to share what they said or heard about Mutual Assistance? Facilitator will take a few examples.</b></p> <p><b>That’s great. Now, can I get a different person to read the statement on the screen aloud?</b></p>

	<p>Betas believe that men are mutually obligated to help others in the honorable labors and aspirations of life. <b>What does that mean? What sticks out to you from this statement? Anything specific?</b></p> <p>There are a couple specific words that I see in this sentence: believe, obligated, others, and honorable. First and foremost, we believe that we exist to give back. When we say believe, it means something different than if we were just to say, we <i>should</i> do this... We <i>BELIEVE</i> that this is why we exist; it is in the core of our being.</p> <p>We talk about it as an obligation. It is our duty to give back. To help. That we don't exist to simply help each other, right? That we exist to help <u>others</u>. You don't have to be a Beta for me to help you. In fact, we seek out ways to help others – even if it's just a well-timed smile. And beyond helping, that there are only certain tasks and ways we will help. We commit ourselves to helping in the honorable ways, right? We're going to return to this in just a little bit, but be thinking about those things as we move through tonight.</p>
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30/55	<b>Helium Hula Hoop</b>
<b>PP 4</b>	<p>For maximum impact, facilitators should play this up by never leaving their helium hoop unattended and by only laying it down if there is something else on top of it. The single reference of “this is my helium hoop” is all it takes to set the idea in people’s minds.</p> <p>Participants will only be able to touch the hoop with the tips of their index fingers and may only touch the hoop from underneath. Keep fingers straight and level, no curling. Move the whole hand to move up and down. They must maintain contact with the hoop at all times. If they lose contact, they must immediately re-establish contact. Demonstrate this by bumping the hoop up at appropriate times to plant the upwards movement in their minds.</p> <p>Group gets into a tight circle and brings their hands to waist height. Lay the helium hoop on their fingers and see what happens. Grab the hoop protectively as it gets almost out of the groups reach. Reset and try again.</p> <p>Once the group catches on, let them know the objective is to lower the hoop until everyone’s hands are touching the ground, while maintaining contact with the hoop. Remind the group of the requirement to maintain contact with the hoop constantly during the exercise.</p>
	<p>The following questions should be used to process and debrief the activity:</p> <ul style="list-style-type: none"> <li>• How did the group deal with the challenge?</li> <li>• What was the reaction of the group on the first try?</li> <li>• What skills did it take to succeed as a group?</li> <li>• What is it like being constantly reminded to keep your fingers on the loop?</li> </ul> <p>The following relate this activity to fraternities:</p> <ul style="list-style-type: none"> <li>• Is there symbolism in this exercise that can be tied to our community?</li> </ul>

	<ul style="list-style-type: none"> <li>• What would someone walking by the group during this exercise have said were our strengths and limitations?</li> <li>• What role does accountability play within fraternities and sororities?</li> </ul> <p>Outcomes:</p> <ul style="list-style-type: none"> <li>• We trap ourselves by holding on to our scared cows – sometimes it’s best to let go of the idea that the hoop is helium.</li> <li>• Everyone needs different kinds of support in the group – one way of pushing and encouraging someone doesn’t always work for every person in the fraternity.</li> </ul> <p>Even the brightest and best leaders can make mistakes. It’s important to always check your emotions and ego and make sure you are not contributing to problems by trying to solve them.</p>
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10 mins	<p><b>LORE: John Holt Duncan</b></p>
	<ul style="list-style-type: none"> <li>• <i>Have new members read the story of John Holt Duncan in ‘popcorn style’</i></li> <li>• Debrief:             <ol style="list-style-type: none"> <li>a. What are your initial reactions to this story?</li> <li>b. How does it relate to mutual assistance?</li> <li>c. How does it relate to what we have been talking about with Friends of Beta and Interfraternilism?</li> <li>d. How can we relate these lessons to what we are doing as a chapter/colony at (school name)?</li> </ol> </li> </ul> <p>JOHN HOLT DUNCAN</p> <p>Founder John Holt Duncan was the first president of Beta Theta Pi, having been selected for the position prior to the Founding on August 8, 1839. Perhaps you have been to the Administrative Office and seen John Holt Duncan's wooden leg in the Beta Museum. I wonder if you know how he got that wooden leg or what happened after he got it.</p> <p>For about 10 years after graduation from Miami University, John Holt Duncan practiced law in his home state of Mississippi. He then moved to Bexar County, Texas and became a judge. But in that terrible war that divided the United States, he also was called to service in the Confederate Cavalry and became a Captain in Company C of Col. Haupt's Regiment of the Texas Cavalry. He fought with General Price in one of the most bitter campaigns, the campaign in Missouri and Arkansas where you never were sure who was a soldier and who was a guerrilla. Price's forces made a raid in the northern-held territory and engaged the Union Army on September 30, 1862, at Newtonia in extreme southwestern Missouri south of Joplin. During that engagement when his Company was facing Union forces with superior numbers, John Holt Duncan was wounded in the leg while "gallantly charging the enemy." To save him, the</p>

Confederate surgeons had to amputate his right leg. But they could not take him with them because of the pursuit of the Union forces.

So they left him at a farmhouse where a member of the Confederate army lived. There he was cared for by the farmer's wife and his family. It was well known that the penalty for harboring Confederates was death. As fate would have it, the farmer came home on leave soon after Duncan was left there. A few days later along came the Union Cavalry and found John Holt Duncan, the farmer who had cared for him, and the farmer's wife and his children. They took Founder Duncan and the farmer and stood them up against the barn. They killed the farmer in full view of his family and in full view of John Holt Duncan. They would have killed John Holt Duncan too if it had not been for the intercession of the farmer's weeping widow and children. After recovering Duncan returned to Bexar County and served as a judge for a year. He then relocated to Houston and practiced law while also serving as city attorney, county clerk, and city recorder for a number of years. Though these positions provided him with an adequate income, he lived very frugally, almost as if he were destitute.

He never married even though deeply enamored with a lovely woman. Though their relationship spanned the years, they denied themselves the pleasure of marriage and children. Even his friends were puzzled by his strange behavior and some regarded him as an eccentric miser.

On May 27, 1896, John Holt Duncan died in an old soldier's home in Austin, Texas, virtually penniless. Do you know why he was penniless? Because from the day that he was wounded and saw the devotion of that farmer, he deemed it his solemn duty to support and educate the children of the man murdered for his sake. So from the day he was wounded until he went into the old soldier's home, he spent virtually every cent he made caring for and supporting the farmer's widow and family. You see, John Holt Duncan had character — Beta character. Character sparkles like the diamond of our badge.

10 mins	<b>Service and Philanthropy – Honorable Labors</b>
	<p>So, moving beyond that activity, what <i>does</i> mutual assistance look like in everyday life? We talk about how we believe that it's our duty/we're obligated to help others, <b>but does that mean that we're obligated to help others in every situation? What do you think?</b></p> <p>We feel that we are obligated to help in the honorable labors. So, <b>what does that mean? What are we saying when we talk about helping in the honorable labors of life? What are some things that we do as Betas to promote this core value?</b></p> <p>So if we take this idea of being connected and the idea of being obligated to one another in the honorable labors of life let's talk about what that means for service. How do we serve our communities? What communities are we a part of? What are ways we can serve all of them?</p> <ul style="list-style-type: none"> <li>- Greek community at the school</li> </ul>

<b>FN</b>	<ul style="list-style-type: none"> <li>- Community of the city/town</li> <li>- Community of Greek members all over the country</li> <li>- IFC</li> <li>- Beta (the general fraternity)</li> <li>- Others?</li> </ul> <p><b>Beta allows each of its chapters to choose their own philanthropy and service causes. Why do you think we do that as an organization?</b></p> <p><i>Answer: To allow our members to be fully invested in the cause that they're working with, have an impact on a local level, etc.</i></p> <p><i>Shift the conversation toward service and philanthropy. Lead a conversation about the importance of service and philanthropy. Define the differences:</i></p> <p>Service is putting in hours to better the community around you, such as helping at a homeless shelter, Big Brothers Big Sisters, a beach clean up, etc.</p> <p>Philanthropy is either raising awareness or raising money for a certain cause. You do not have to bring in 50 thousand dollars to have a philanthropic effort.</p> <p>Just as much as we strive to make our brotherhood great it is also important for us to remember what it takes to make our communities great. When we talk about service and philanthropy it's how can this community, our Beta community, can have an impact on our larger community. When we serve we are able to help those in the honorable labors and aspirations of life with action. With philanthropy we are able to advocate for others who may not be able to do so for themselves. We are given a platform to make a statement about communities we are connected to and give them voice.</p> <p>When we think about both service and philanthropy in this way we can see how it changes the why of those activities and allows us to build stronger relationships with each other and our greater community.</p> <p>This value is about more than just building a strong brotherhood. It is about promoting the social welfare of everyone.</p>
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<b>25 mins</b>	<b>Board of Directors</b>
	<p><i>Instructions for this activity are below.</i></p> <p><i>Have new members refer to the Board of Directors worksheet. Have extras in case someone forgets their binder.</i></p> <ol style="list-style-type: none"> <li>1. To understand how we interact with other people, filter relationships, participate on teams, and engage the workplace, it is critical that we are aware of how we have constructed the current relationships in our lives and how that impacts our values,</li> </ol>

behavior and ability to grow. This exercise helps us reflect on that infrastructure through Board of Directors illustration.

2. Boards are typically made up of a chairperson and members. A board has general control for the direction, stability and viability of an organization. Taking this concept to a personal level, who or what is on your board? Who do you rely upon for guidance, support or advice? Who holds a chair of influence or control in your life? What other things impact you and your decisions?
3. Write your personal mission statement for life in the center of your page.
4. List the names of the people, things, feeling or pressures that currently hold a place on your Board of Directors. List each separately. (IE: Fear of failing, health concerns, parents want you to perform in a certain way, family expects you to have a certain type of job, significant other, etc.)
  - a. "What Questions do you have?"
  - b. "I will give you 10 minutes to complete this."
  - c. "Please keep to yourself and refrain from talking"
5. *Allow ten minutes for participants to complete, then ask the following (if you have time constraints, feel free to eliminate questions as you see fit):*
  - a. Are there people, things, feeling or pressures on your Board that have veto power over any decisions? If so, place a "v" next to them.
  - b. Underline the names of people, things, feeling or pressures that wouldn't have been on your Board three years ago.
  - c. On the bottom of the page, list any person, thing, feeling or pressure that has been on your Board in the past three years, but is no longer.
  - d. Are there people, things, feeling or pressures you would like on your Board that aren't there now? If so, list them at the top of the page.
  - e. Circle the names of people, things, feeling or pressures on your Board which you would like to remove.
  - f. If there are people, things, feeling or pressures that you want to be on your Board which you haven't let join, write them down and place a star next to them (your peer group, etc.)
  - g. Draw a box around the person, thing, feeling or pressure that is most likely the co-chairs of your Board. If you feel there is more than one you can choose more than one.
6. *Break into pairs. Ask each participant to share one thing from their reflection with the group. Provide examples to encourage participation.*
  - a. What does this activity tell you about those who are closest to you?

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	<ul style="list-style-type: none"> <li>b. How have these individuals influenced your values?</li> <li>c. How does this activity relate to your life at work?</li> <li>d. What is your personal mission?</li> <li>e. Who were you surprised to write down?</li> <li>f. Was this activity difficult – why?</li> </ul> <p>7. <i>Relate the activity back to mutual assistance in a full group discussion.</i></p> <ul style="list-style-type: none"> <li>a. What does this activity have to do with mutual assistance?</li> <li>b. Does our chapter/colony have a board of directors? If so, who’s on it?</li> <li>c. <i>*Prompt new members/pledges to discuss good and bad influences on the chapter/colony ‘board’. Other fraternities, campus culture, the General Fraternity, advisors, exec, etc.</i></li> </ul>
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15 min	<b>Song Practice</b>
	<p><i>Teach the following songs, or supplement with others as each chapter sees fit:</i></p> <ul style="list-style-type: none"> <li>• The Loving Cup</li> <li>• Wooglin to the Pledge</li> </ul>

5 mins	<b>Post Work (different for each chapter)</b>
	<ul style="list-style-type: none"> <li>• Son of the Stars             <ul style="list-style-type: none"> <li>○ Chapter 12 – Men of Principle Initiative</li> <li>○ Chapter 13 – Scholastic Achievement</li> </ul> </li> </ul>