

## **GRAND ASSEMBLY OF TEXAS INTERNATIONAL ORDER OF THE RAINBOW FOR GIRLS**

### **Merit Bar Requirements\***

#### Purpose

Merit bars are awarded with three goals in mind:

To instill in you the importance of service to others;

To give you an incentive to improve yourself; and

To help you understand the meaning of the words of the Ritual and the importance of its lessons in your life.

#### Requirements

A color bar is earned by completing one element in each of the three required areas: Service, Self-Improvement and Ritual.

The Merit Bar, Pot of Gold and Wreath have individual requirements to be met.

#### Satisfying the Requirements

A project for any merit bar must be submitted and approved *in advance* by the Mother Advisor or Merit Bar Advisor. Activities completed prior to your membership in Rainbow and without approval will not satisfy the requirements.

You may meet the Ritual requirement by presenting the appropriate lesson from memory, *without prompting*, either to the Mother Advisor, an Advisory Board Member or during an Initiation. If a member of the Advisory Board is related to you, you should present your work to someone other than that family member.

You may earn points by participating in another Assembly's activity. It is your responsibility to provide your Mother Advisor or Merit Bar Advisor with documentation from the other Assembly's Advisory Board.

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\* This document is a restatement of the Universal Merit System of the International Order of the Rainbow for Girls and is provided for use by Texas assemblies.

## Merit Bar

*Purpose:* The purpose of this bar is to encourage the new member to truly live the life she has obligated herself to live.

*Requirements:* The Merit Bar will be given to each new member once she has learned the Obligation from Initiation and presented it, without prompting, to the Mother Advisor or another member of the Advisory Board

## Red Bar

*Purpose:* The red bar represents the lesson of Love.

A Rainbow Girl completing these requirements will have an understanding of love for mother, father, siblings, neighbors and friends.

*Requirements: Complete at least one activity in each area.*

- Service:*
- \* Tutor another student or be a library buddy.
  - \* Record a book on tape for a library or organization that supports the blind.
  - \* Listen to students read in a classroom.
  - \* Read to another student or to a younger class of students.
  - \* Help an elderly person prepare a meal, clean the house, wash their car or walk their dog.
  - \* Bring in an application for a new Rainbow member.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Self-Improvement:*
- \* Complete a CPR or First Aid course.
  - \* Complete a babysitting certification course.
  - \* Plan and create a First Aid kit for your home or car.
  - \* Help your family set up a home evacuation plan.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Ritual:*
- \* Present Love's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.

## Orange Bar

*Purpose:* The orange bar represents the lesson of Religion.

A Rainbow Girl completing these requirements will have an understanding of loving her Creator and an appreciation of religious diversity.

*Requirements:* Complete at least one activity in each area.

- Service:*
- \* Assist with projects for any place of worship. These may include preparation or cleanup for activities such as dinners, weddings, funerals, missions, communion or seasonal decorating.
  - \* Help with Sunday School or Religious Education at your place of worship.
  - \* Attend the religious service of another member. (May include a service in the same religion as the girl's or another religion.)
  - \* Assist with Summer church school programs at any place of worship.
  - \* Visit the fatherless and the widows: volunteer to help shut-ins or at a children's home.
  - \* Create or help with an intra-church mailing program for the holiday season where members can send and receive cards from other members.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.

- Self-Improvement:*
- \* Complete a CPR or First Aid course.
  - \* Research Rainbow history.
  - \* Read about W. Mark Sexson in the Ritual and write and present a short paragraph on five or six facts you learned.
  - \* Participate in a religious youth group.
  - \* Participate in a youth religious outreach.
  - \* Research and make a three-minute speech on some aspect of a foreign religion or a religion that is new to you.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.

- Ritual:*
- \* Present Religion's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.

## Yellow Bar

*Purpose:* The yellow bar represents the lesson of Nature.

A Rainbow Girl completing these requirements will have an understanding of the out-of-doors.

*Requirements: Complete at least one activity in each area.*

- Service:*
- \* Complete a project dealing with recycling, composting or energy conservation.
  - \* Plant a tree.
  - \* Study oceanography, botany, gardening, H.O.P.E. (Householder's Options to Protect the Environment), ecology, women's health, or health and beauty.
  - \* Participate in Highway Adopt-a-Mile program.
  - \* Locate recycling bins and facilities in your local community.
  - \* Organize and coordinate an Assembly recycling project for one term.
  - \* Help with an outdoor cleaning project around your home, school or neighborhood.
  - \* Assist an elderly or disabled neighbor with their flower planting, leaf raking or other outdoor activity.
  - \* Sponsor a water stop at a local charity-sponsored fun-run, walk, marathon or bicycle rally.
  - \* Create a bird feeder or birdbath for a neighbor or a local park.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.

- Self-Improvement:*
- \* Research health issues of teenage girls.
  - \* Arrange and go on an educational nature walk with a park ranger taking three younger children.
    - ✓ Some parks are more/less friendly than others for small children. Use your best judgment before including others in your nature walk.
    - ✓ For a city park, taking younger children will help you to help them better understand the importance of conservation.
    - ✓ For a long hike in a National Park, small children would not be appropriate.
  - \* If you live in a small town, meet with the city park conservation or maintenance coordinator to learn more about how the park is maintained.
  - \* Some venues may make an ideal outing for your Members

and Pledge groups to have a joint activity or to have a recruiting outing to begin Pledge groups in your area.

- \* Prepare and present a three-minute speech to the Assembly on conservation and recycling.
  - \* Go camping or backpacking with a qualified (trained) guide and learn about the area that is being explored.
  - \* Create a collection or research guide to insects, animals or plants in your area.
  - \* Learn and demonstrate ten wild animal calls.
  - \* Create an outdoor survival and first aid kit, along with a written guide of safety instructions for any outdoor outing.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Ritual:*
- \* Present Nature's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.

## Green Bar

*Purpose:* The green bar represents the lesson of Immortality.

A Rainbow Girl completing these requirements will have an understanding of the continuum of life (infancy through death).

*Requirements: Complete at least one activity in each area.*

- Service:*
- \* Volunteer in a terminal illness care center, hospital nursery or neo-natal intensive care unit.
    - ✓ Some facilities may have minimum age requirements.
    - ✓ Consider other facilities unique to your area that may allow younger volunteers, such as pastoral care centers, homeless shelters and day care facilities for children of the homeless.
  - \* Go to a local care center and volunteer to read, do crafts or a gardening project. Facilities that may allow youth assistance include:
    - ✓ Retirement homes and communities.
    - ✓ Nursing homes.
    - ✓ City recreation centers.
    - ✓ Recreation programs for the elderly.
    - ✓ Masonic home.
  - \* Complete a project in genealogy or archeology. For example, prepare a family tree.
  - \* Bring in an application for a new Rainbow member.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Self-Improvement:*
- \* Interview a person over 80 years of age about their life and give a three-minute speech about his or her life to the Assembly.
  - \* Complete a babysitting course.
  - \* Write and give a three-minute speech on the necessary information that a babysitter needs.
  - \* Participate in an adopt-a-grandparent program.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Ritual:*
- \* Present Immortality's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.

## Blue Bar

*Purpose:* The blue bar represents the lesson of Fidelity.

A Rainbow Girl completing these requirements will have an understanding of teamwork and self-confidence.

*Requirements: Complete at least one activity in each area.*

- Service:*
- \* Complete projects dealing with conflict resolution, stress management or leadership.
  - \* Attend all Assembly meetings, the religious observance and Founder's Day celebration for one year.
  - \* Assist Jurisdictional Rainbow Alumni Association.
    - ✓ Older members might help start collecting names and addresses to assist the Supreme Inspector/Deputy in starting an Alumni Association in your Jurisdiction.
    - ✓ All members could help find Majority members of your local Assembly and plan and coordinate a reunion dinner or special event.
  - \* Bring a poem to share at a meeting or a book on famous quotations and sayings.
  - \* Coordinate an Assembly walk-a-thon in members' neighborhoods to collect old eyeglasses for donation to the Lions Club or others who sponsor these projects.
  - \* Assist a local community service organization with one of their projects.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Self-Improvement:*
- \* Participate in team sports.
  - \* Learn about team building.
  - \* Do a special activity with your Little Sister or a younger Rainbow Girl outside of a regularly scheduled Rainbow meeting or activity.
  - \* Prepare and give a three-minute speech on why Rainbow members observe Founder's Day and the Obligation Sunday or Rainbow Sunday.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Ritual:*
- \* Present Fidelity's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.



## Indigo Bar

*Purpose:* The indigo bar represents the lesson of Patriotism.

A Rainbow Girl completing these requirements will have an understanding of civic duty and cultural diversity.

*Requirements: Complete at least one activity in each area.*

- Service:*
- \* Correspond with a Grand Representative from another Jurisdiction and prepare a three-minute presentation to your Assembly about Rainbow in that other Grand Jurisdiction.
  - \* Complete a project in municipal history or geography.
  - \* Attend a municipal council meeting.
  - \* Participate in your school's student council.
  - \* Learn how to determine who the government representatives are for your home address. Research and list the names of your city (or county), state and national government representatives.
  - \* Assist a local cemetery in placing (and later removing) flags from the graves of veterans for Memorial Day.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Self-Improvement:*
- \* Interview a veteran and prepare a report about his or her experiences.
  - \* Give a three-minute speech in the Assembly on the history of votes for women in your state or country.
  - \* Volunteer for the League of Women Voters or other organization that promotes voter awareness.
  - \* Write a letter to your state or national legislative representative.
  - \* Organize a Veteran's Day or Memorial Day celebration.
  - \* Work with the American Legion or Veterans of Foreign Wars.
  - \* Learn proper flag etiquette and prepare a three-minute speech to teach this etiquette to your Assembly.
  - \* Participate in ROTC.
  - \* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.
- Ritual:*
- \* Present Patriotism's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.

## Violet Bar

*Purpose:* The violet bar represents the lesson of Service.

A Rainbow Girl completing these requirements will have unselfishly served the Masonic Community.

*Requirements:* Complete at least one activity in each area.

*Service:* Accumulate 100 points by performing the following (or similar) tasks. You may also volunteer to serve other service organizations as an Assembly or in small groups.

<u>Service Examples:</u>	<u>Points:</u>
* Serve a Masonic or Eastern Star meal	10/hour
* Work the coat check at a Masonic event	10
* Visit a Masonic Home	10
* Visit a Shrine or Scottish Rite Hospital	10
* Attend a Masonic or Eastern Star function	10
* Bring in a Petition for a new Rainbow member	10
* Pro-tem at another Assembly	
- Speaking Part	10
- Non-Speaking Part	5
* Participate in a Ceremony	
- Speaking Part	10
- Non-Speaking Part	5
* Help with a Rainbow-sponsored service project	10
* Serve lunches at the local Salvation Army with another Rainbow girl	10
* Help make lunches at a local homeless shelter with another Rainbow girl	10
* Assembly Committee participation	
- Investigation Committee	10/visit
- Audit/Budget Committee	10/audit
- Newsletter Committee	10/issue
- Telephone Committee	10/event
* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.	

- Self-Improvement:*
- \* Take ten minutes to reflect on how you feel when you have given of your time to someone else. Tell your Assembly about your experience and feelings.
  - \* Mentor another Rainbow member by helping her to learn the Obligation and Traditional Instructions.
- Ritual:*
- \* Present Service's lecture from memory, *without* prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.

## Pot of Gold

*Purpose:* The Pot of Gold award represents the lesson of Charity.

*Requirements:* Complete at least one activity in each area.

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|-------------------------|---|
| <i>Service:</i>         | <ul style="list-style-type: none"><li>* Plan and implement a service project for the Assembly. This may be done in a group of up to three girls.</li><li>* Organize and participate in a special ceremony and present it at your Assembly at an Open Meeting.</li><li>* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.</li></ul>             |
| <i>Self-Improvement</i> | <ul style="list-style-type: none"><li>* Plan and implement a fundraising project for the Assembly. This may be done in a group of up to three girls.</li><li>* Volunteer to help with or participate in all fundraising projects sponsored by your Assembly for one year.</li><li>* Choose another activity approved by your Mother Advisor or Merit Bar Advisor.</li></ul> |
| <i>Ritual:</i>          | <ul style="list-style-type: none"><li>* Present Charity's lecture from memory, <i>without</i> prompting, to the Mother Advisor, an Advisory Board Member, or during an Initiation.</li></ul>  |

## Wreath

*Purpose:* The Wreath award represents the other treasures that should become a part of a Rainbow Girl's everyday life.

*Requirements:* Complete at least one activity in each area. Your Mother Advisor or Merit Bar Advisor may have other suggestions that would be acceptable to fulfill the requirements.

- Cultural Arts:* Complete a project in one of the following areas: music, theater, art, movies, crafts, dance, museums, etc. Some examples include
- \* Prepare and present to the Assembly a performance of a piece of music or a monologue from a play.
  - \* Work on a craft activity, including preparing materials, participating and giving assistance to others during the activity and reporting on the activity at the next Rainbow meeting.
- Language Arts:* Complete a project in one of the following areas: communication, foreign language, sign language, writing, reading, etc. Some examples include
- \* Learn sign language.
  - \* Write a short story.
  - \* Write an article for your local newspaper about the Assembly's Installation or recent service project that benefited the community.
  - \* Work with the sponsor of any project, fundraising or service activity to write and design flyers to advertise the event.
- Industrial Arts:* Complete a project in one of the following areas: cooking, sewing and fashion design, photography, child care, interior design, home improvement, architecture, etc. Some examples include
- \* Sew a garment for yourself or a costume for a play.
  - \* Prepare a meal for the family.
  - \* Help with completing a term scrapbook or a Grand Assembly scrapbook, including sorting and cutting pictures, gluing and labeling pictures and souvenirs, and helping to arrange on the scrapbook pages. Report on your activity at the next Rainbow meeting.
- Science and Technology:* Complete a project in one of the following areas: computers, astronomy, astrology, inventions, wildlife, domestic pet care, etc. Some examples include
- \* Prepare a diorama of the solar system.
  - \* Pet-sit for a neighbor for a week.
  - \* Give a short oral report on the activities of a local zoo or

animal rescue service.

- \* Tutor senior citizens or younger students on basic computer skills at a Senior Center, Community Center or other location in your community that has public computer access.
- \* Prepare and give a short presentation on the various constellations that may be viewed in your sky, what each constellation looks like and how to find them.

**GRAND ASSEMBLY OF TEXAS  
INTERNATIONAL ORDER OF THE RAINBOW FOR GIRLS**

**Merit Bar Proposal**

Name: \_\_\_\_\_

Proposal for:

<input type="checkbox"/> Red Bar	<input type="checkbox"/> Indigo Bar
<input type="checkbox"/> Orange Bar	<input type="checkbox"/> Violet Bar
<input type="checkbox"/> Yellow Bar	<input type="checkbox"/> Pot of Gold
<input type="checkbox"/> Green Bar	<input type="checkbox"/> Wreath
<input type="checkbox"/> Blue Bar	

Element:

<input type="checkbox"/> Service	<input type="checkbox"/> Self-Improvement
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For Wreath Only:

<input type="checkbox"/> Cultural Arts	<input type="checkbox"/> Industrial Arts
<input type="checkbox"/> Language Arts	<input type="checkbox"/> Science and Technology

Describe your proposed activity:

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How will you demonstrate that you completed the activity proposed?

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Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

**GRAND ASSEMBLY OF TEXAS  
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**Service Report**

Name: \_\_\_\_\_

Date of Service: \_\_\_\_\_

Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

Event: \_\_\_\_\_

\_\_\_\_\_

Service Performed: \_\_\_\_\_

\_\_\_\_\_

*(for events not sponsored by your Assembly **or** individual events)*

Advisory Board Member/Adult: \_\_\_\_\_  
*(signature)*

Points Awarded: \_\_\_\_\_ Date: \_\_\_\_\_



# GRAND ASSEMBLY OF TEXAS INTERNATIONAL ORDER OF THE RAINBOW FOR GIRLS

## Merit Bar Record

Name: \_\_\_\_\_

Date of Initiation: \_\_\_\_\_

### Merit Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Ritual	Obligation				

### Red Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Love's lecture				

### Orange Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Religion's lecture				

### Yellow Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Nature's lecture				

### Green Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Immortality's lecture				

### Blue Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Fidelity's lecture				

### Indigo Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Patriotism's lecture				

### Violet Bar

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Service's lecture				

## Pot of Gold

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Service					
Self-Improvement					
Ritual	Charity's lecture				

## Wreath

Element	Project	Date Proposed	Date Approved	Date Completed	Date Bar Awarded
Cultural Arts					
Language Arts					
Industrial Arts					
Science & Technology					