

# Merit Bar System

## Guidelines

Service bars are awarded as they are earned and may be earned in any order. Bars are awarded by completing three of the four suggested requirements listed for each category. Service beads will be awarded for each element of the requirements completed. Once three requirements are completed, the girl will be awarded the color bar. The girls should wear the bars in ROYGBIV order, even if some bars still need to be earned. The Pot of Gold and Wreath projects may not be started until all color bars are earned.

## Record Keeping

Each girl's progress should be monitored by the Mother Advisor and recorded on the form provided in the Appendix. To assist the Mother Advisor, a Merit Bar Advisor can be appointed from among the members of the Advisory Board.

## Satisfying the Requirements

A girl will 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.

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

## Other Options

The following sections describe the list of requirements for each of the bars. Mother Advisors and Advisory Boards may add projects to the list of those provided.

Prior to a girl undertaking a project in the Service, Self-Improvement or Leadership categories, it should be approved by the Mother Advisor/Merit Bar Advisor as satisfying the relevant requirement.

## **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.

### **Suggestion**

Girls may find this easier to complete if the Assembly recites the Obligation in unison at the beginning of each closed meeting.

## **Red Bar**

### **Purpose**

The red bar represents the lesson of Love.

A Rainbow Girl completing these requirements will develop understanding of family, health and life cycles.

### **Requirements**

Complete at least one activity in three areas.

#### **Service**

Help an elderly person, neighbor or your own family with house or yard work.

Collect supplies for your local food bank or shelter.

Assemble and distribute blessing bags to the homeless.

Volunteer at your local food bank, community meal or shelter.

Volunteer in a terminal illness care center, hospital nursery or neo-natal intensive care unit.

#### **Self-Improvement**

Complete a CPR, First Aid or Lifeguard course.

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.

Participate in an adopt-a-grandparent program.

Research and give a presentation on a health issue.

#### **Leadership**

Plan a learning or service activity for your Assembly that is centered around family, health or life-cycles.

#### **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 develop an understanding of sacred themes and faith as well as an appreciation of religious and cultural diversity.

### **Requirements**

Complete at least one activity in three areas.

#### **Service**

Assist with projects for a place of worship (church fundraisers, facilities maintenance).

Assist with the Religious Education program for younger members of your church.

Participate in a youth mission trip.

Serve as an acolyte or similar.

Participate in church service projects in your community.

#### **Self-Improvement**

Select a topic of religious or cultural significance, research it and make a presentation to the Assembly.

Participate in a religious youth group.

Attend the religious service of another member. (This may include a service in the same religion as the girl's or another religion).

Complete Confirmation Class or similar.

Participate in church choir.

Complete a project in genealogy or archeology. For example, prepare a family tree.

#### **Leadership**

Plan an Assembly activity that is centered around a religious or cultural observance.

#### **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 a greater understanding of the plants and animals that make up the world around us.

### **Requirements**

Complete at least one activity in three areas.

#### **Service**

Complete a project dealing with recycling, composting or energy conservation.

Plant a tree.

Assist with a community garden or beautification project.

Assist your local animal shelter or rescue.

Participate in Highway Adopt-a-Mile program or Green Up Day.

#### **Self-Improvement**

Research and present about an environmental or conservation issue.

Plant a flower or vegetable garden. Tell us about your experience.

Learn about or participate in an agricultural process such as milking, sugaring or fiber harvesting.

Keep a pet that you are responsible for. Tell us about your experience.

Research or give a presentation on a specific animal or animal care.

#### **Leadership**

Plan an outdoor, nature-based learning or service project for your Assembly.

#### **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 legacy created by the arts. Arts may include performance arts, culinary arts, sewing and fiber arts, pottery, painting, crafting, photography, martial arts.

### **Requirements**

Complete at least one activity in three areas.

#### **Service**

Participate in performance art in hospitals, convalescent homes or children's hospitals or as part of a fundraiser for a charity.

Make favors, crafts or goodies for those in need, such as residents of shut-ins or children's hospitals.

Create art for sale or raffle to benefit a charity.

Serve as a volunteer mentor or instructor for one of the arts listed above.

Cook for a community meal or fundraiser for a charity.

#### **Self-Improvement**

Take lessons in any of the arts listed above.

Participate in school or community theater, band or choir.

Participate in a dance troupe.

Participate in a competition or exhibition of your art.

#### **Leadership**

Give a class on your art to the Assembly.

Plan a service project in which your art benefits your community.

#### **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 three areas.

#### **Service**

Volunteer to be a book buddy or peer tutor.

Attend all Assembly meetings, the religious observance, and Founder's Day celebration, for one year.

Assist another Assembly or Grand Assembly as a substitute.

Assist with your local Pledge Group.

Assist Jurisdictional Rainbow Alumni Association.

#### **Self-Improvement**

Participate in team sports or extracurricular clubs.

Research and make a presentation about stress management, building self-esteem and conflict resolution.

Complete courses dealing with conflict-resolution, stress management or leadership.

#### **Leadership**

Plan a service project for your Assembly which aids troubled youth.

#### **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 three areas.

#### **Service**

Serve as a Grand Representative, including correspondence or visitation to the other Grand Jurisdiction.

Participate in student government.

Attend a select board, municipal council or school board meeting.

Participate in a service project for emergency services, veterans, your local library, cemetery association or community park.

#### **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, province or country.

Register to vote.

Contact a state or national legislative representative about an issue that concerns you.

Contact a town or city representative to learn about what they do and what problems face your community.

#### **Leadership**

Plan a service project for your Assembly which aids veterans or your town or state government.

#### **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 three areas.

#### **Service**

Participate in five service projects for the Assembly

Help another member learn her Ritual work

Help serve a Masonic Family meal

Attend or assist with a Masonic function

#### **Self-Improvement**

Research and give a presentation about a different Masonic group or Masonic Family history.

Write a program for you Assembly to present.

#### **Leadership**

Plan a service project for your Assembly which aids Rainbow Girls or your Masonic Family.

#### **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**

#### **Service**

The Pot of Gold is earned with a single project, approved by the Advisory Board, which benefits a person in need, some charity organization or your community. The plan should be executed by the girl, including assessing the need, receiving permission from the beneficiary, keeping in contact with the beneficiary and delegating some tasks to others for completion.

## **Gold Wreath**

### **Purpose**

The wreath award represents the other treasures that should become a part of a Rainbow Girl's everyday life.

### **Requirements**

To earn this bar, a Rainbow Girl would have to satisfy requirements in each of the following categories:

#### **Cultural Arts**

Complete a project in one of the following areas: music, theater, art, movies, crafts, dance, museums, etc. For example, prepare and present to the Assembly a performance of a piece of music or a monologue from a play.

#### **Language Arts**

Complete a project in one of the following areas: communication, foreign language, sign language, writing, reading, etc. For example, learn sign language or write a short story.

#### **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. For example, sew a garment or prepare a meal for the family.

#### **Science and Technology**

Complete a project in one of the following areas: computers, astronomy, astrology, inventions, wildlife, domestic pet care, etc. For example, prepare a diorama of the solar system or pet-sit for a neighbor for a week.

## **Additional Awards**

In addition to the merit bars, there are three additional awards:

### **Ritual Proficiency Pin**

Present the Secret Work from memory, without prompting, for the Mother Advisor.  
Correctly answer 20 questions picked at random from a list of 80 questions to be established by the Supreme member in each Jurisdiction

### **Petition Pin**

Actively recruit new members for your Assembly by being the primary signer on 10 petitions. These petitions must be girls that are known and recruited directly – not courtesy recommendations.

### **Attendance Pin**

This pin should represent consistent attendance for an extended period of time. No excused absences should be included, except in the case of illness or family emergency.

### **Additional Color Beads**

The Supreme Inspector and Grand Worthy Advisor may award beads which are not of the seven colors for performing certain tasks throughout the year.

	<b>Service</b>	<b>Self-Improvement</b>	<b>Leadership</b>	<b>Ritual</b>
<b>Red</b>				
<b>Orange</b>				
<b>Yellow</b>				
<b>Green</b>				
<b>Blue</b>				
<b>Indigo</b>				
<b>Violet</b>				