



Soul Matters

What does it mean to be a
people of COURAGE?

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Welcome

Welcome to the Soul Matters RE Packet for October's theme of "What Does it Mean to Be a People of Courage?" Since we're only in our second month of the church year and many of you are new subscribers, I want to give an overview of our approach like I did last month.

Here's a review of our approach to the Sunday Sessions portion of the Packet:

1. We use an interchangeable component approach. This allows you to reorder, replace or remove the components as best fits your context or time constraints. So while each session is filled with a number of components (Wonder box, reflection questions, story, mindfulness activity, games, crafts, song), you can treat them as options and building blocks.
2. We use an experiential rather than a "school" framework. In other words, each session strives to engage children in three fundamental spiritual experiences; what we call "the three S's":
 - Silence = meditation, listening, mindfulness.
 - Service = leadership, helping others
 - Sunshine = connection with nature and our bodies through outdoor activities or movement

We see the "three S's" as an antidote and alternative to competitive, media-saturated & materialistic culture.

3. Our Sunday Sessions frequently connect to the holidays and special events that happen during the month. For example, in the session on "Courage and taking action," there are resources that amplify and engage the fact that September is Bullying Prevention Month. This helps connect what happens in church with what is happening "in the world." It is our way of ensuring that faith engagement relates to and shapes our children's daily living.

Finally, we know that faith formation is about more than "religious education classes." So we include resources for children's chapel, Stories For All Ages, book recommendations, parent and family resources and ideas for youth and young adult ministry. And for those who have a longer program, a second hour or a Wednesday Family Night, we've included an "Add On" section with ideas for further exploration.

I'm so grateful for this opportunity to partner with you as you offer your important ministries to so many!

Katie

Katie Covey
Soul Matters RE Resources Coordinator
soulmattersre@gmail.com

Calendar Connections

Click on the name on each event for more information or inspiration.

Interfaith:

- [Feast of St Francis of Assisi](#) (Christian) - Oct. 4
- World Communion Sunday (Christian) - Oct. 7
- [Sukkot: Feast of Tabernacles](#) (Jewish) - Oct. 5 - Oct. 11*
- [Diwali: Festival of Lights](#) (Hindu) - Oct. 19
- National Observance of [Children's Sabbath](#) - Oct. 20-22
- [Reformation Day](#) (Christian) - Oct. 31
- [Samhain](#) (Wiccan) - Oct. 31 - Nov. 1

Unitarian Universalist:

- Birthday of [e e cummings](#) - Oct. 14

National & Cultural Holidays:

- [LGBTQ History Month](#)
- [Breast Cancer Awareness Month](#)
- [Bullying Prevention Month](#)
- [Indigenous Peoples Day](#) - Oct. 9
- [National Coming Out Day](#) - Oct. 11
- [UN Sunday](#) - Oct. 22
- Halloween, All Soul's Eve - Oct. 31

Important Historical Events:

- Birthday of Mohandas Gandhi - Oct. 2 (1869)
- Apple introduce new iPod - Oct. 13 (2005)
- John Brown's Raid - Oct. 16 (1859)
- Laquan McDonald is killed by officer Jason Van Dyke in Chicago - Oct. 20 (2014)
- Suffrage Movement March In New York - Oct. 23 (1915)
- War of the Worlds radio lay causes mass hysteria - Oct. 30 (1938)

For Fun and On the Fringe:

- World Vegetarian Day - Oct. 1
- First episode of Unitarian [Rod Serling's](#) "Twilight Zone" - Oct. 1 (1959)
- [Mad Hatter Day](#) - Oct. 6
- [World Smile Day](#) - Oct. 6
- [Clergy Appreciation Day](#) - Oct. 8

Stories for all Ages

A Sea of Pink

<http://www.uua.org/re/tapestry/children/sing/session9/sea-of-pink>

Tell “A Sea of Pink” from Tapestry of Faith, Sing to the Power, Session 9 and hand out pink armbands. Gets at the theme of courage against bullying.

The Wise Teacher’s Test

<http://www.uua.org/re/tapestry/children/tales/session2/story1>

From Tapestry of Faith’s Moral Tales, Session #2 Conscience, Hearing the Inner Voice. Addresses the theme of having the courage to act on truth.

Life of an Ally

<http://www.uua.org/re/tapestry/youth/call/workshop5/172096.shtml>

From Tapestry of Faith, Heeding the Call for youth, story of a woman who preceded Rosa Parks. Courage to act.

The Wolf of Gubbio

<http://www.uua.org/re/tapestry/children/welcome/session9/118424.shtml>

For St. Francis’ Day/ Blessing of the Animals (Oct. 4). From Tapestry of Faith, Wonderful Welcome.

A Different Kind of Superhero; The Story of Christopher Reeve

<http://www.uua.org/re/tapestry/children/journeys/session3/132246.shtml>

Start out by wearing a Superman Cape or T-shirt. Addresses the courage to persevere.

Toibio Quimada Making A Difference

<http://www.uua.org/re/tapestry/children/journeys/session1/132144.shtml>

About the Universalist Church of the Philippines from Tapestry of Faith, Faithful Journeys. Hold up your favorite book, or a favorite book from a child, perhaps Harry Potter. Celebrates the courage to follow your heart.

Supriya’s Bowl

<http://www.uua.org/re/tapestry/children/lovesurrounds/session12/activity2>

A story of how a little girl saved her village from hunger. Good for Children’s Sabbath Sunday (Oct. 22). Use with musical instruments for a collaborative telling. From Tapestry of Faith, Love Surrounds Us, A Peaceful and Fair World

Fire, Water, Truth and Falsehood

<http://www.uua.org/re/tapestry/children/toolbox/session3/fire-water-truth>

Celebrates how being courageous and telling the truth will finally win out. From Ethiopia, as told in Tapestry of Faith, Toolbox of Faith, Integrity. Tell with a candle and a cup of water.

Songs for All Ages

(Hymns and songs that can be used as a Story for All Ages)

#1026 If Every Woman in the World

Here's a story about a courageous woman who followed her heart.

Karen MacKay is a songwriter in West Virginia. She wrote this song from her deep connection to the living tradition of West Virginia women's music; a tradition that, in Karen's hands and voice, continues to be the means for perpetuating the simple ancient wisdom of mountain women.

In 1982, suffering harassment at work and unsure of her life's direction, Karen spent a weekend with "Aunt Jenny" and received the wisdom that has guided her life and music ever since. "Just git out there and play yer banjer. Git out there and play yer music and give 'em all you've got!" Two weeks later Karen had quit her job. A year later she had written and recorded the songs on her first album, "Annie Oakley Rides Again." The final song on that album was If Every Woman in the World.

Karen's strong belief in the power of women to influence global culture and bring peace to the world found a deep expression in this song, and women all over the world have responded by passing it on from woman to woman, country to country. It has been sung at the 1985 International Women's Conference in Nairobi, as well as at retreats and gatherings throughout Canada and the United States. It was included on the CD, O Beautiful Gaia, recorded by Carolyn McDade and the women of three different bioregions in Canada and the United States.

The song's current form incorporates three new verses written especially for its inclusion in this Unitarian Universalist (UU) hymnal supplement. If Every Woman in the World portrays a powerful dream of planetary peace that begins inside the heart of each person who sings it. The most important thing to remember in singing this music is to heed the simple wisdom of "Aunt Jenny" Wilson, "Just git out there...and give 'em all you've got!" "

<http://www.uua.org/worship/music/hymnals/journey/songinformation>

Here's the original article with some possible additions to a For All Ages Story

http://www.hotwirejournal.com/pdf/hw_v1_n3.pdf

Follow the Drinking Gourd - Courage to take action

Project the Big Dipper constellation.

What the Lyrics mean: http://www.followthedrinkinggourd.org/What_The_Lyrics_Mean.htm

With the book **Follow the Drinking Gourd** by Jeanette Winters:

https://www.youtube.com/watch?v=pw6N_eTZP2U

<https://www.youtube.com/watch?v=40oXJCoqrlq>

Book Recommendations

Henry's Freedom Box: A True Story from the Underground Railroad

by Ellen Levine (Author), Kadir Nelson (Illustrator)

https://www.amazon.com/Henrys-Freedom-Box-Underground-Railroad/dp/043977733X/ref=as_li_ss_tl?ie=UTF8&qid=1490546003&sr=8-1&keywords=henry%27s+freedom+box&linkCode=sl1&tag=learnthroulit-20&linkId=086b0deb8ba41e01618b2a01d8c5ca30

Henry's Freedom Box tells the true story of Henry, a young boy who grows into a man under the harsh conditions of slavery, all the time yearning to be free. After he is separated from his family for the second time (once as a son, once as a father), Henry comes up with the idea of mailing himself to freedom in the north.

Courage

by Bernard Waber

https://www.amazon.com/gp/product/0618238557/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0618238557&linkCode=as2&tag=learnthroulit-20&linkId=FYPF5I3Y42SNDKIC

Peep!: A Little Book About Taking a Leap

by Maria van Lieshout

https://www.amazon.com/gp/product/0312369158/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0312369158&linkCode=as2&tag=learnthroulit-20&linkId=TMLIXLBFYT5AVY4Q

Invite children to act this one out with you, as chicks!

Mirette on the High Wire

by Emily Arnold McCully

https://www.amazon.com/gp/product/0698114434/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0698114434&linkCode=as2&tag=learnthroulit-20&linkId=DMJ4UVMKWRPWPGXK

Lay a rope on the floor and pretend to balance on it while telling this story.

Follow the Drinking Gourd

by Jeannette Winters

https://www.amazon.com/Follow-Drinking-Gourd-Jeannette-Winter-ebook/dp/B00KUQE82/ref=sr_1_1?s=books&ie=UTF8&qid=1498842094&sr=1-1&keywords=follow+the+drinking+gourd+by+jeannette+winter

YouTube video of the book: <https://www.youtube.com/watch?v=40oXJCqrlq>

Sessions

Session 1.

The Meaning of Courage; Feeling Fear and Choosing to Act (St. Francis Day Options)

Young Children (P - K)

Wonder Box

Place inside: a small rubber snake or a pipe cleaner or piece of rope.

I wonder what is in the box... (pull out the little rubber snake) Are you afraid of snakes? Sometimes they startle me! But if they aren't poisonous what are we afraid of? They are often little garter snakes which are very helpful because they eat slugs, leeches, and rodents. Could you be courageous, feel your fear, and then choose to act to help a snake? Could you be courageous and choose to act and hold this little pretend snake in your hand? Invite the children to hold the rubber snake.

Story

Crictor (Reading Rainbow Books) by Tomi Ungerer

https://www.amazon.com/Crictor-Reading-Rainbow-Books-Ungerer/dp/0064430448/ref=sr_1_8?ie=UTF8&qid=1498754389&sr=8-8&keywords=snake+story+book

Crictor read to a python: <https://www.youtube.com/watch?v=KizoVJYqixg>

Mindfulness

Ring the bell. Let's listen to all of the sounds around us as we are very quiet together. Now, lie down and pretend you are a sleeping snake, all warm under the sun. It feels so good to lie in the sun! We are warm and sleepy little snakes. A little person comes walking by. Will they hurt us? This little person wants to help us! Yes, they are a little scared of us. Yes, we snakes are a little scared of them! But we feel that fear and choose to act courageously. We wiggle out of the way, and the little person gently helps us by stroking us with a blade of grass. We are happy! The little person walks away, and we find another place in the sun. When you are ready, little snakes, wake up and join me as children again!

Songs and Finger-plays

Play it outdoors! Pretend you are a snake!

Silly Slippery Snake

(to the tune of "If You're Happy and You Know It)

Oh, I wish I was a silly, slippery snake

Oh, I wish I was a silly, slippery snake

Oh, I'd slither across the floor

And I'd slip under the door

Oh, I wish I was a silly, slippery snake

Snake finger-play: <http://fingerplays-b3ok.blogspot.com/2012/09/s-n-k-e.html>

Game - outdoors

Make a Bubble Snake

<http://www.housingaforest.com/rainbow-bubble-snakes/>

Arts and Crafts

Playdough snakes!

“Sunshine”(connection with nature and our bodies)

Go outside and look for nice spots for a snake to sun themselves! Pretend to be a snake. Curl up in the warm sun. Roll in the grass. Stick out your tongue and smell the flowers.

Service

Give your playdough snake to someone else and make a friend.

Elementary Aged Children (1 - 5th)

Reflection Questions

What do you think of when you hear the word “courage?” (The lion from the Wizard of Oz? Being brave? Superheroes?) Being courageous means feeling fear and still acting in spite of it.

This month the theme is “What does it mean to be a people of courage” and we can tease out the different ways of thinking of courage like this... What does it mean to be a people of:

Courage and Heart - Following your heart

Courage and Letting Go of Fear - Expanding your horizons & trying something new

Courage and Taking Action - taking action for what is right

Courage and Keepin’ On - Persevering in the face of adversity; facing suffering with dignity.

Can you think of times when you saw courage, or felt it in yourself? A time when you followed your heart, let go, stood up for what is right or faced suffering with dignity? (When you had to get a shot, when you were lost but then found your way, When you were a new kid, etc.)

Use a stuffed lion or other animal (for St. Francis’ Day) as a talking stick and pass it around the circle to share reflections about courage.

Story

The Wolf of Gubbio (for St. Francis’ Day)

https://en.wikipedia.org/wiki/Wolf_of_Gubbio

Or one of the Stories for All Ages or Book Recommendations.

Video

St. Francis’ Day at St. John the Divine, NY.

<https://www.youtube.com/watch?v=FbiKr1QhPQM>

Celebrates finding the courage to be with animals.

Mindfulness

Walking Meditation from Tapestry of Faith, Love Connects Us, Peace Inside
<http://www.uua.org/re/tapestry/children/loveconnects/session10/161982.shtml>

Game

Courage Tag from Tapestry of Faith, Moral Tales, Session #14 Courage
<http://www.uua.org/re/tapestry/children/tales/session14/123669.shtml>

Craft Activity

Create a badge of courage using the reflections and stories of courage from the Reflection. Invite the children to create badges. Give a badge to someone who faced their fear of getting an injection, a badge to someone who was lost in the woods. What would a badge for an injection look like? What picture might it have on it?

“Sunshine”(connection with nature and our bodies)

Invite someone to visit with a pet snake, lizard, or other “scary” pet, such as a hissing cockroach. Introduce rules, such as no one is forced to touch the pet, move slowly and quietly, and other rules the owner may suggest. Some children will want to hold it, some will be fearful. If possible, create an environment where children are invited to face their fears, and try touching it. Use the words, “We can feel our fear, and then we can choose to act courageously and try something new.” Take a walk and look for grasshoppers or other small bug to hold for a while then release.

Movement

The Courage Workout from Tapestry of Faith, Moral Tales, Session 14
<http://www.uua.org/re/tapestry/children/tales/session14/activity4>

Lighting Matches

Working with fire takes courage and skill. The goal of this activity is to offer an opportunity to feel fear and choose to try to overcome it.

Invite the participants to practice lighting a match. Use wooden safety matches. Notice how holding the match upright makes it burn slowly, while holding it upside down give the fire more fuel, and consumes the wood faster and is likely to burn your fingers.

Review fire safety rules. Have a pan with sand in it so that dropped matches do not burn the table.

If they are afraid of the fire, what are they afraid of? (Burning themselves) How can they face their fear and act on it?

Practice lighting a candle.

Service

Invite the children to think about ways they might help in the coming days, such as lighting the chalice for the adult service sometime. It takes courage to light the wick or flame, and courage to be in front of people!

Suggest that they offer to light a candle at the dinner table for their family.

Session 2. Courage and Heart; Courage to Follow Your Heart (Sukkot Option)

Young Children (P - K)

Wonder Box

Place inside: a heart

What is in the wonder box? It is a heart. The heart stands for courage to follow your heart. You know what is in your heart. There is a voice inside of you which speaks to you about what is important.

Story

Giraffes Can't Dance *by Giles Andreae*

YouTube Video - <https://www.youtube.com/watch?v=kVzblgpgQnk>

Don't Be Afraid, Little Pip *by Karma Wilson*

https://www.amazon.com/Dont-Be-Afraid-Little-Pip/dp/0689859872/ref=sr_1_1?s=books&ie=UTF8&qid=1500570871&sr=1-1&keywords=Don%27t+be+afraid+little+pip

Other books about Dance found at <https://delightfulchildrensbooks.com/2010/12/10/dance/>

Mindfulness

Dance Meditation - swirl and twirl to some happy music

Pharrell Williams' "Happy" <https://www.youtube.com/watch?v=y6Sxv-sUYtM>

Song - play it outdoors!

Start with Ring Around the Rosie, then invite the children to dance to any Nursery Rhyme.

The Farmer in the Dell

London Bridge

Arts and Crafts

Create paper chains to decorate a Sukkah and to dance with.

“Sunshine”(connection with nature and our bodies)

Celebrate Sukkot, an outdoor Jewish holiday - the courage to be who you are even when life is uncertain.

Take a sheet or blanket outside and build a fort over a branch, jungle gym, or table.

Share a story about the Festival of Booths (Sukkot) like

Sadie's Sukkah Breakfast (Sukkot & Simchat Torah)

by Jamie Korngold (Author), Julie Fortenberry (Illustrator)

https://smile.amazon.com/Sadies-Sukkah-Breakfast-Sukkot-Simchat-ebook/dp/B00MVDROD0/ref=sr_1_45?ie=UTF8&qid=1500584435&sr=8-45&keywords=sukkot+book

Service

Join the coffee hour and dance with congregants. Play and sing Ring Around the Rosie with them.

Invite parents to a snack in the sukkah.

Elementary Aged Children (1 - 5th)

Reflections

Prop - singing bowl or gong or bell

Ring the bell 3 times.

Invite the children to listen to all of the sounds around them until the bell no longer sounds.

Invite the children to listen to their breath until the bell no longer sounds.

Invite the children to try to hear and feel their heart beating until the bell no longer sounds. (they may place their hand over their heart.)

Did you hear or feel your heart? Sometimes, courage is explained by someone having the courage to follow their heart. We try to follow our heart by listening to an inner voice inside of us, the voice of our heart.

Have you ever experienced a time when you followed your heart? (admitting a mistake, taking back some gum that you shoplifted, feeling different and deciding to act on it, not doing what your friends were doing)

Sometimes it takes courage to follow our hearts, like telling someone we are gay. We may be able to smother the message of our hearts, but we may not be happy if we do so.

The Jewish faith celebrates a holiday at this time called Sukkot. It is celebrated outside in a rough shack that a family builds together. It symbolizes the happiness of the harvest and the courage to live and celebrate even in the face of life's uncertainties.

Story

The Wise Teacher's Test

from Tapestry of Faith's Moral Tales, Session #2 Conscience, Hearing the Inner Voice

<http://www.uua.org/re/tapestry/children/tales/session2/story1>

On Sukkot and Simchat Torah (Sukkot & Simchat Torah)

by Cathy Goldberg Fishman (Author), Melanie Hall (Illustrator)

https://smile.amazon.com/Sukkot-Simchat-Torah-ebook/dp/B00M0DH1H0/ref=sr_1_42?ie=UTF8&qid=1500581831&sr=8-42&keywords=sukkot+book

Video

Sukkot in Israel

<https://www.youtube.com/watch?v=iZ8WLRNEDWg>

Mindfulness

Guided Meditation from Tapestry of Faith, Love Connects Us, Peace Inside

<http://www.uua.org/re/tapestry/children/loveconnects/session10/161983.shtml>

Song

Day You Were Born

<https://www.youtube.com/watch?v=MjGEY1oe2mU>

Craft Activity

Create a Sukkah model

<https://holidayppy.com/holidays/How-to-Build-a-Miniature-Sukkah-Sukkot-Craft-for-Kids>

“Sunshine”(connection with nature and our bodies)

Find a tree, lie down underneath and look up through the branches at the sky. What is the voice of the heart of the tree? What messages do you hear from your inner voice when you gaze at the sky through the branches?

Games

Have You Ever...? Game from Tapestry of Faith, Moral Tales, Session 2

<http://www.uua.org/re/tapestry/children/tales/session2/123171.shtml>

Barnyard (listening is important if we are to listen to our hearts)

<http://www.uua.org/re/tapestry/children/tales/session2/123155.shtml>

Service:

Teach the game “Barnyard” to other groups.

Share a Sukkah model as a centerpiece at the congregation’s coffee table. Make a sign for the table saying “Happy Sukkot, The Jewish Festival of Booths, from the children! Be courageous in the face of life’s uncertainties.”

Create a booth for the congregation and serve coffee outdoors!

<http://www.myjewishlearning.com/article/how-to-build-a-sukkah/>

Session 3. Courage and Letting Go (Children's Sabbath Options)

Young Children (P - K)

Wonder Box

Place inside: a clothespin

What is in the Wonder Box today? A clothespin! It snaps, it might pinch! It chases everyone! But what if we let it hop onto our shirt (Clip the clothespin onto your sleeve). It didn't pinch, it just sat there. I let go and had the courage to see what would happen. Would anyone else like to invite the clothespin to sit on their shirt?

Sometimes it take courage to let go and see what will happen.

Story

Beautiful Oops! Board book *by Barney Saltzberg.*

Celebrates the courage to try something and make a mistake.

https://www.amazon.com/Beautiful-Oops-Barney-Saltzberg/dp/076115728X/ref=sr_1_1?s=books&ie=UTF8&qid=1500641375&sr=1-1&keywords=beautiful+oops

Peep!: A Little Book About Taking a Leap

by Maria van Lieshout (Author, Illustrator)

https://www.amazon.com/Peep-Little-Book-About-Taking/dp/0312369158/ref=sr_1_1?s=books&ie=UTF8&qid=1500641263&sr=1-1&keywords=peep+a+little+book+about+taking+a+leap

Mindfulness

Invite the children to sit and listen to the sound of a bell, a gong, or singing bowl until it disappears. Say something like this: "We let go of our busy things. We sit so still. We invite the sound of the bell. We listen until the sound is gone."

Finger play

Play with the hands first, then try the clothespins.

Open shut them, open shut them, give a great big clap (snap)!

Open shut them, open shut them, put them in your lap.

Creep them, creep them, creep them, creep them, right up to your chin.

Open wide your little mouth, but do not put them in!

<https://www.youtube.com/watch?v=ZnL5t3noBKE>

Game

Trust Walk - Courage to Let Go and be led blindfolded. From Tapestry of Faith, Love Will Guide Us, #15

<http://www.uua.org/re/tapestry/children/loveguide/session15/169024.shtml>

Arts and Crafts

Decorate their clothespins with markers.

“Sunshine”(connection with nature and our bodies)

If there is room outdoors, find a place to twirl and run and let go of the tightness in their body. Take the clothespins outside and twirl with them. Can they fly through the air?

Service

Decorate a clothespin for another person, to remind them to let go and try something new. It might be for a parent or a friend.

Elementary Aged Children (1 - 5th)

Reflection Questions

Prop - a piece of very lightweight fabric that almost floats or a helium balloon that is not fully filled, so that it floats but does not rise. Or a dandelion seed or other air distributed seed.

Letting go is scary. Letting go means letting go of control. No one wants to be out of control. But you can't control everything. You can't control outcomes. You have to have the courage to let it go. A tree lets go of its seeds without knowing what will happen to them. A dandelion lets the air blow away its seeds. We let go of a balloon and it floats away. We let go of a scarf and it floats off to one side.

Pass around the prop and invite the participants to describe something they had to have the courage to let go. Or invite them to imagine something they have to let go. (a wounded baby bird, a friend who moved to another state, a recipe, voices saying they can't do it, really wanting a certain prize, expectations that they will learn an instrument)

In the Christian faith, believers say “Let go and let God.” In the UU faith, god can mean mystery, ultimate reality, the spirit of life, or sometimes we don't even like the word god. The word isn't important because the courage to let go is needed whether we let God, let the spirit of life, or let whatever happens, happen.

Story

The Sword of Wood

from Tapestry of Faith, Moral Tales, Session #3 Faith Hope and Prayer.

The courage to let go.

<http://www.uua.org/re/tapestry/children/tales/session3/123194.shtml>

Discussion

Discuss the Sword of Wood Story

<http://www.uua.org/re/tapestry/children/tales/session3/123195.shtml>

Video

Listen and let go of something you would like to let go. (4 minutes)

Canon in D (*Pachelbel*) played by Per-Olov Kindgren

<https://www.youtube.com/watch?v=jXC9tuumjiA>

Moonshadow by Cat Stevens (use with meditation below)

<https://www.youtube.com/watch?v=hrOrDW5j1KU>

Mindfulness

Guided Meditation from Tapestry of Faith, Faithful Journeys, Superman

How might you have the courage to let go of the ability to walk?

<http://www.uua.org/re/tapestry/children/journeys/session3/132251.shtml>

Game

Thinking outside the Box

Invite the participants to brainstorm uses for a box. How many ways can they think about a box? As a shoebox, a gerbil house, a time machine? Encourage them to be creative, and have the courage to let go of traditional ways of seeing a box.

Move It

Another Way Relay from Tapestry of Faith, Faithful Journeys

<http://www.uua.org/re/tapestry/children/journeys/session3/132233.shtml>

Craft Activity

Design a superhero from Tapestry of Faith, Faithful Journeys:

<http://www.uua.org/re/tapestry/children/journeys/session3/132238.shtml>

Superhero Cuffs:

<http://www.readingconfetti.com/2013/08/tp-roll-super-hero-cuffs.html>

“Sunshine”(connection with nature and our bodies)

Being outside helps us release things we can't control. The natural world reminds us that there are bigger things than ourselves, and there is beauty which we don't create.

Is there a hill to run down and let go?

Is there a place with enough room to twirl around and fall down into grass?

Play a game of Elbow Tag in which the third person has to let go.

<http://www.playworks.org/playbook/games/elbow-tag>

Service

Celebrating the gifts of children for Children's Sabbath Sunday

- Make superhero cuffs for another child or another group. Or ask the minister or lay leader who might need a pair.
- Share a game of elbow tag with all ages of congregants, after the service.
- Create a poster of Kasserian Ingera to post in a hallway.

"And how are the children?"

Among the most accomplished and fabled tribes of Africa, no tribe was considered to have warriors more fearsome or more intelligent than the mighty Masai. It is perhaps surprising, then, to learn the traditional greeting that passed between Masai warriors: "Kasserian Ingera," one would always say to another. It means, "And how are the children?"

<http://www.uua.org/worship/words/reading/and-how-are-the-children>

Celebrate the courage to let go of our cultural expectations. Focus on the children. This is also suggested in the Youth and Young Adult Section.

Session 4. Courage and Taking Action (Diwali Options)

Young Children (P - K)

Wonder Box

Place inside: an unlit tea candle

Here is a candle in the wonder box. We use candles at birthday parties. We use candles for worship. We light this candle (light it) for the warmth of love, the light of truth and the energy of action. We light the candle for the courage of taking action for what we believe. The candle stands for the energy of action. We are a people of courage to take action for what is right. Invite the children to blow out the candle, gently so the wax doesn't spray.

Story

Grandfather Gandhi by Arun Gandhi

https://www.amazon.com/Grandfather-Gandhi-Arun/dp/144242365X/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=&sr=

Let's Celebrate 5 Days of Diwali!

(Maya & Neel's India Adventure Series, Book 1) (Volume 1)

by Ajanta Chakraborty, Vivek Kumar

https://www.amazon.com/Celebrate-Diwali-Neels-India-Adventure/dp/1945792051/ref=pd_sim_14_4?encoding=UTF8&pvc=1&refRID=ZG5ME69YSDGDBKNQ7Q3E

For Diwali, Hindus light thousands of diya, little lamps, to celebrate the victory of light over darkness.

Mindfulness

Sit quietly. Imagine a bright light shining in your body. That light warms you and shines all over. Each time you breathe in, the light grows. Each time you breathe out, the light comes out and shines on everyone like love. Breathe in, breathe out. Invite the bell and listen until the sound disappears.

Song

Light a Candle for Peace

<https://www.youtube.com/watch?v=50i-KO-uNU8>

This Little Light of Mine

<https://www.youtube.com/watch?v=QCN893hzueQ>

Finger-play Game

Extend hand with 5 fingers upright.

5 little candles standing tall
Burning brightly, count them all
Puff, I blow with all my might
And out goes one little candle light.

Fold one finger down each time. Then so on for 4, 3, etc.

Arts and Crafts

Make clay or playdough diyas, little lamps, for the family dinnertable. Use playdough or clay and a tea light candle.

“Sunshine”(connection with nature and our bodies)

Place floating candles (unlit) in a basin with water, outside or inside. Invite the children to play with them. At the very end of playtime, light the candles and invite the children to watch them for a bit, without touching, then blow them out.

Service

Share a candle with the worship leader.

After the service, take a look at the candle or oil lamp which is used for the chalice lighting. Help the person who is cleaning/putting it away. Where does it go?

Take the diya home and use for the family centerpiece at dinner.

Teach the finger-play to another group.

Elementary Aged Children (1 - 5th)

Reflection Questions

Prop - a congregational banner (Black Lives Matter, Rainbow Flag, Transgender Flag, Standing on the Side of Love) or other symbol of congregational action. If the banner is hung permanently, take a walk outside to see it.

Why do we hang these flags here? They stand for issues which our congregation feels strongly about and has taken action on. Do you know which issues these symbolize?

Has anyone participated in taking action about these issues? How? (attended a Standing on the Side of Love Rally, marched in a Pride parade, sat in a booth, etc.) Sometimes courage is expressed by taking action. It is important to take action for the things we believe in.

Story

A Sea of Pink

<http://www.uua.org/re/tapestry/children/sing/session9/sea-of-pink>

Discussion on the Sea of Pink Story

<http://www.uua.org/re/tapestry/children/sing/session9/230020.shtml>

I Dissent: Ruth Bader Ginsburg Makes Her Mark by *Debbie Levy*

https://www.amazon.com/Dissent-Ruth-Bader-Ginsburg-Makes/dp/1481465597/ref=pd_sim_14_2?encoding=UTF8&psc=1&refRID=EFSKDTFHQWW1RXQZ85W6

Grandfather Gandhi by *Arun Gandhi & Bethany Hegedus*

https://www.amazon.com/Grandfather-Gandhi-Arun/dp/144242365X/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=&sr=

The Story of Rama and Sita and the Story of Diwali

In which good triumphs over evil, the light triumphs over the darkness.

https://www.youtube.com/watch?v=uad2pS_T80I

Racial Prejudice in the Story of Belonging

Fannie Barrier Williams in Tapestry of Faith, Faithful Journeys, Session 4

<http://www.uua.org/re/tapestry/children/journeys/session4/132836.shtml>

Malala Yousafzai: Warrior with Words by Karen Leggett Abouraya

https://www.amazon.com/Malala-Yousafzai-Karen-Leggett-Abouraya/dp/1681860074/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=&sr=

Role Play

Bullying Scenarios from Tapestry of Faith, Sing to the Power, Session 9

<http://www.uua.org/re/tapestry/children/sing/session9/230022.shtml>

Follow the Drinking Gourd Scenarios from Tapestry of Faith, Love Will Guide Us

<http://www.uua.org/re/tapestry/children/loveguide/session15/169020.shtml>

Video

For the Heroes: *A Pep Talk From Kid President*

Who has been the hero to you?

<https://www.youtube.com/watch?v=tqF1Enrqo2g>

Mindfulness

Serenity Prayer Bracelets

<http://www.uua.org/re/tapestry/children/loveconnects/session10/161985.shtml>

Game

A Circle That Kept Me Out, Part 1 from Tapestry of Faith, Faithful Journeys

<http://www.uua.org/re/tapestry/children/journeys/session4/144684.shtml>

A Circle that Took Me In, Part 2 from Faithful Journeys

<http://www.uua.org/re/tapestry/children/journeys/session4/132274.shtml>

Craft Activity

Make diyas for Diwali. Use playdough or clay to make a pinch pot. Insert a tea light.

Watch a potter make a diya on a wheel: <https://www.youtube.com/watch?v=RI2XfyIS72U>

Here's a way to make it an oil lamp:

<http://www.idiva.com/news-iparenting/decorative-clay-diyas-for-diwali/33023>

Courage to Understand Racism

Suggested by the BLUU White Supremacy Teach In

ACTIVITY: Teaching Tolerance Discovering my Identity

<http://www.tolerance.org/lesson/discovering-my-identity>

This activity created by Teaching Tolerance presents an opportunity for children to think about how they identify. Invite the group to list how they would describe who they are to someone else. After offering an opportunity to share this, ask the group about the books they've read. Who are they about? Ask how many in

the room read books with characters who identify the same way they do? Tell the story of Marley Dias (links to her story are in the Teaching Tolerance activity). Marley was tired of reading about “white boys and dogs.” She decided to do something about it and she started a campaign to collect books that feature girls of color called #1000blackgirlbooks.

<http://grassrootscommunityfoundation.org/1000-black-girl-books-resource-guide/>

Song

Light a Candle for Peace

<https://www.youtube.com/watch?v=50i-KO-uNU8>

This Little Light of Mine

<https://www.youtube.com/watch?v=QCN893hzueQ>

“Sunshine”(connection with nature and our bodies)

Create **Rangoli Chalk** designs on the sidewalk for Diwali, the Festival of Lights. In addition, invite the children to create symbols of peace and issues of action by the congregation.

Video from India: <https://www.youtube.com/watch?v=1XArGaQT-jQ>

Simple chalk Rangoli for children: <https://www.activityvillage.co.uk/chalk-rangoli>

Create **“Faithful Footprints”** out of chalk outdoors on the sidewalk, using this activity from Tapestry of Faith, Faithful Journeys. <http://www.uua.org/re/tapestry/children/journeys/session3/132232.shtml>

Service:

Hold a Fair Trade Chocolate Sale with S’Mores
from Tapestry of Faith, Love will Guide Us, Session 15

<http://www.uua.org/re/tapestry/children/loveguide/session15/169025.shtml>

Create a banner parade with all the flags and banners of the congregation.

Pledge to try to prevent bullying.

Create a “We Stoop to Conquer” Club and pledge to pick up at least one piece of trash each day. Create business cards and invite others to join the club as “card carrying members.”

Participate in a congregational action such as Crop Walk, UNICEF, or other group project.

Session 5. Courage and Keepin' On (Halloween)

Young Children (P - K)

Wonder Box

Place Inside: a teddy bear or other small stuffed animal

Here's a little bear! We often have a little animal who is special to us, who helps us sleep, and who snuggles with us. What if we leave our bear somewhere, or lose it? Has it happened to you? We are worried and scared for our little snuggly animal. We keep on looking until we find it! We have to have the courage to keep looking and not give up.

Story

Read one of the stories used in Chalice Children for Teddy Bear - Lost!

<http://www.uua.org/re/tapestry/children/chalicechildren/session27/300431.shtml>

Guess How Much I Love You by Sam McBratney

https://www.amazon.com/Guess-How-Much-Love-You/dp/0763642649/ref=sr_1_1?s=books&ie=UTF8&qid=1500661270&sr=1-1&keywords=mother+how+much+i+love+you

Mindfulness

We sit very still so our bear can hear our breathing. We close our eyes and think of how much we love our snuggly animal. We can wrap our arms around ourselves and give ourselves a hug. We know we will have the courage to keep on looking if we lose our little snuggly bear. Listen to the sound of the bell until it is gone.

Song - play it outdoors!

Itsy Bitsy Spider (Keep on little spider!)

https://www.youtube.com/watch?v=w_ICi8U49mY&list=PLNrahOk4rrDy55riL3BrJKx_daFTjOG&index=13

Hookey, Spookey with the Bear

Sing Hokey, Pokey with the words Hookey, Spookey for Halloween.

<https://www.youtube.com/watch?v=4EnaAFyrcQM>

Game

Teddy Bear Hide and Seek

<http://www.uua.org/re/tapestry/children/chalicechildren/session27/300432.shtml>

Goin' on a Bear Hunt (use hunt as in "looking for a bear.")

<http://www.uua.org/re/tapestry/children/chalicechildren/session27/300433.shtml>

Arts and Crafts

Make a yarn bracelet or necklace for a snuggly stuffed animal at home.
Dress up the stuffed animals in the room in a costume for Halloween.

“Sunshine”(connection with nature and our bodies)

Go on an outdoor treasure hunt for something in each color - red, blue, green, yellow, orange and purple. Even if it is hard, can they keep on?

Service

Make a yarn bracelet or necklace for the stuffed animals in the Preschool Room at church.

Elementary Aged Children (1 - 5th)

Reflection Questions

Prop - a model horse or other old fashioned item

Imagine doing something over and over that is very hard. But you must have the courage to keep on keepin' on. Sometimes we must have the courage to persevere, keep going, with dignity.

Imagine traveling by horse and buggy along dusty dirt roads in summer heat, fording streams, swatting mosquitoes, wearing clothes with long sleeves and a high collar. Or, making the same trip on icy roads, beginning in the dark of a cold winter morning, whipped by bitter wind, with sleet stinging your face.

Or to try to put out a fire with only drops of water. To have to have the courage to fly over hot flames to shake a few drops.

Or have the courage to make a great Halloween costume from scratch, risk failing and have to work really hard to make it happen.

Or the courage to bicycle across Ghana with only one good leg?

Do you know of stories about this kind of courage and perseverance?

(Wizard of Oz, losing game after game of soccer, keeping on going with a broken bone, courage in the face of constant bullying)

Story

The Iowa Sisterhood - Eliza Tupper Wilkes Riding for Faith, Hope, and Love
from Tapestry of Faith, Toolbox of Faith, Session #10 Courage and Conviction
<http://www.uua.org/re/tapestry/children/toolbox/session10/109755.shtml>

The Brave Little Parrot

<http://www.uua.org/re/tapestry/children/tales/session15/123709.shtml>

Book by Rafe Martin

[https://www.amazon.com/Brave-Little-Parrot-Rafe-](https://www.amazon.com/Brave-Little-Parrot-Rafe-Martin/dp/039922825X/ref=sr_1_1?s=books&ie=UTF8&qid=1498844838&sr=1-1&keywords=Brave+little+parrot)

[Martin/dp/039922825X/ref=sr_1_1?s=books&ie=UTF8&qid=1498844838&sr=1-1&keywords=Brave+little+parrot](https://www.amazon.com/Brave-Little-Parrot-Rafe-Martin/dp/039922825X/ref=sr_1_1?s=books&ie=UTF8&qid=1498844838&sr=1-1&keywords=Brave+little+parrot)

Emmanuel's Dream: The True Story of Emmanuel Ofose Yeboah *by Laurie Ann Thompson.*

Courage to bicycle across Ghana with one good leg.

https://www.amazon.com/gp/product/044981744X/ref=x_gr_w_bb_sout?ie=UTF8&tag=x_gr_w_bb_sout-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=044981744X&SubscriptionId=1MGPYB6YW3HWK55XCGG2

A Scary story for Halloween about courage and Keepin' On.

Read aloud Chapter 31 of Tom Sawyer and Becky Fletcher lost in a cave from **The Adventures of Tom Sawyer** by *Mark Twain.*

<https://www.cliffsnotes.com/literature/a/the-adventures-of-tom-sawyer/summary-and-analysis/chapters-3132>

Use a story from the "For All Ages" section or the book recommendations.

Song

If I Only Had the Nerve *from Wizard of Oz*

<https://www.youtube.com/watch?v=-aqvP3W0JG8>

Video

Persistence on Sesame Street (with David Beckham)

<https://www.youtube.com/watch?v=xullohbcT7I>

Anti-Bullying: Stop It *by the Church of Latter Day Saints*

<https://www.youtube.com/watch?v=FYVvE4tr2BI>

Take a Stand

<https://www.youtube.com/watch?v=OcqAF8GcBlw>

Mindfulness

Awareness Exercise From Mindfulness based Stress Reduction:

<http://www.themindfulword.org/2012/mbsr-mindfulness-based-stress-reduction/>

Start by taking your mind inwards for a moment by focusing on the breath. Take a few gentle deep breaths, from the belly. In and out. Re—lax... Let go...Continue to breathe for as long as you wish.

Now take your mind outwards. See your thoughts, feelings, moods, and sensations as objects floating down a stream, coming into view and vanishing from sight. Simply watch without judgment or analysis. Just watch them pass.

Now pluck an object from the stream and focus on it. Let the other sensations and thoughts go by in the background. Note any new thoughts or feelings that arise from observing this object. Sit with these thoughts and feelings for a moment.

Whenever you're ready to leave this object behind, simply deposit it on a leaf and let it float downstream.

Game

Bully on the Path from Tapestry of Faith, Moral Tales, Session #14 Courage

<http://www.uua.org/re/tapestry/children/tales/session14/123670.shtml>

Hi, My Name is Joe from Tapestry of Faith, Moral Tales, Courage and Perseverance

<http://www.uua.org/re/tapestry/children/tales/session15/123710.shtml>

Craft Activity

Write out a huge number with persistence. How about a nonillion with 30 zeros?

Check out other numbers at <http://www.zerohedge.com/article/what-does-trillion-dollars-look-0>

Printing Press (for Reformation Day)

Luther's 95 Theses which started the Protestant Reformation was reproduced on the new invention of a printing press. Cut potatoes in half and dip in paint to make your own printing press.

<https://reformationlady.wordpress.com/2011/10/21/reformation-day-fun/>

“Sunshine”(connection with nature and our bodies)

Follow the Leader from Tapestry of Faith, Love will Guide Us, Session #15

<http://www.uua.org/re/tapestry/children/loveguide/session15/169017.shtml>

Service

Make a recipe which takes perseverance and serve to the congregants after the service for Halloween.

Whipped Cream on fruit: <http://www.uua.org/re/tapestry/children/tales/session15/123715.shtml>

Ice Cream: <http://www.instructables.com/id/How-to-Make-Homemade-Ice-Cream-in-a-Bag/>

Fruit Kabobs (chunks of fruit skewered on kabob sticks): <http://www.food.com/recipe/colorful-fruit-kabobs-304813>

Chapel

Here's a format for a Children's Chapel or Circle Time. Mix and match the components to fit your program. We recommend some type of ritual that is the same most every Sunday, to create comfort and memories even with discontinuous attendance. Post the words on the wall so that guests and newcomers can join in. When you offer Multigenerational services, offer these same words as a whole community of children, youth and adults.

Welcome Centerpiece

Choose a color for a cloth, a chalice, an offering box, a way of sharing Joys and Sorrows (candles or rocks in water). Orange or brown for autumn?

Entering

Invite the singing bowl. (Ring the bowl)

"To this quiet place of beauty, we come from busy things
Pausing for a moment for the thoughts that quiet brings."

Songs

Siyahamba #1030 <https://www.youtube.com/watch?v=N1KZbMprW8U>

When the Spirit Says Do # 1024 <http://www.uua.org/re/tapestry/children/welcome/session14/119830.shtml>

Follow the Drinking Gourd https://www.youtube.com/watch?v=pw6N_eTZP2U

Chalice Lighting

"We light this chalice for the warmth of love, the light of truth and the energy of action." (or your own congregation's words)

Offering (optional)

"We drop our coins in. We get back pride, to help other people feels good inside."

Sharing of Joys and Concerns

"We listen to each other, it is a holy act

To share our joys and sorrows, with grace it flows on back."

You may always say, "Pass."

If you wish to share, say your name, then light a candle or drop a rock in the water for your joy or concern.

"For all the joys and concerns which remain unspoken, we light this candle/add this rock."

Meditation on Courage

Move into a comfortable position and close your eyes if you are comfortable. One of the sources of Unitarian Universalism is the "Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion and the transforming power of love."

Breathing in, I see myself as a mountain- breathing out, I feel solid, nothing can move or distract me. In breath: Mountain; outbreath: solid. (from *Thich Nhat Hanh's Pebble Meditation*)

Stay in this place of courage and love for ten breaths. Then I will invite the bell.

Breathing in, I see myself as a powerful figure, breathing out I challenge evil with justice, compassion and love.

In breath: power; outbreath: love.

Stay in this place of courage and love for ten breaths. Then I will invite the bell.
Ring the bell.

Return slowly to this room, to your body, open your eyes when you are ready.

Story

Chose a story from the packet- see "Stories For All Ages" section.

Songs, redux

Extinguishing the Chalice

We gather the warmth of love, the light of truth,
and the energy of action into our hearts
Back into the world of do and say
Carry it forward into the dawning day.
Go Now in Peace, Amen.

Move your arms to express the actions: gather using a cupping motion from the flame of the chalice to your heart, spread that outward again.

Add Ons

Resources to expand or deepen your programming. For those who have a longer program, a second hour or a Wednesday Family Night.

Resources Connected to October's Holy Days and Holidays:

Feast of St Francis of Assisi - Oct 4:

<http://www.reallifeathome.com/10-ideas-for-celebrating-st-francis-of-assisi-with-young-ones/>

Indigenous People's Day (Columbus Day in many states) - Oct. 09:

Rethinking "Discovery" <http://www.tolerance.org/exchange/rethinking-discovery>

Sukkot - Jewish Feast of Tabernacles - Oct. 5 - Oct. 11:

<http://reformjudaism.org/jewish-holidays/sukkot/sukkot-explained-families-young-children>

Simchat Torah & Shmini Atzeret (Jewish festival where the Torah scrolls are unwound and rewound) Oct. 13:

http://www.chabad.org/kids/article_cdo/aid/354747/jewish/Simchat-Torah.htm

[e e cummings birthday](#) -Oct. 14

Enormous Smallness

A picture book story of E. E. Cummings

by Matthew Burgess

<https://www.amazon.com/Enormous-Smallness-Story-Cummings/dp/159270171X>

National Observance of Children's Sabbath - Oct 15:

<http://www.uua.org/worship/holidays/childrens-sabbath>

Diwali (Hindu festival of lights) - Oct. 19:

Kids Activities at <https://www.activityvillage.co.uk/diwali>

Rangoli: An Indian Art Activity Book (Parents' Choice Recommended) by Suma O'Farrell

https://www.amazon.com/gp/product/0984962409/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0984962409&linkCode=as2&tag=pbpa-20&linkId=5053YZLLDHK472B2

Epic of the Ramayan, the story of Diwali (2 hours)

https://www.youtube.com/watch?v=rAM9x_GF9VY

The shortened version https://www.youtube.com/watch?v=uad2pS_T80I

<http://www.storytimeyoga.com/kids-yoga-celebrate-diwali-with-the-story-of-lakshmi-and-rohini/>

Halloween, All Soul's Eve - Oct. 31:

Halloween Dance in Costumes!:

<https://www.youtube.com/watch?v=rMNoZmi9b7o&list=RDrMNoZmi9b7o#t=53>

Reformation Day Fun - Oct. 31

Pin the Tail on the Theses, Bobbing for Solas!

<https://reformationlady.wordpress.com/2011/10/21/reformation-day-fun/>

For Fun:

First episode of Unitarian Rod Serling's "Twilight Zone" was registered 10/1/1959

Yes, Rod Serling was a Unitarian Universalist

<https://www.youtube.com/watch?v=zT-ey-fJNXy>

Imagine RE's "Fifth Dimension" curricula for MS <http://www.imagine-re.com/the-fifth-dimension.html>

Stream episodes from Amazon (free with Prime) https://www.amazon.com/16-Millimeter-Shrine/dp/B005HQKUGG/ref=sr_1_1?s=instant-video&ie=UTF8&qid=1498745273&sr=1-1&keywords=twilight+zone

Mad Hatter Day - Oct. 6

An Alice in Wonderland themed summer program from AZ

<https://static1.squarespace.com/static/5443b5f2e4b052501deba666/t/55714ae1e4b08c9f83ccf9b1/1433488097627/Program+Flyer.pdf>

World Smile Day - Oct. 6

http://www.educationworld.com/a_lesson/eight_activities_celebrate_world_smile_day.shtml

Resources For General Theme Exploration:

The Meaning of Courage

Feeling fear yet choosing to act

Monsters, Inc. - Movie, G, 1 hr. 32 min. <http://www.imdb.com/title/tt0198781/>

Courage and Heart

Following your heart and the courage to be yourself

Transgender Kids - documentary: <https://www.youtube.com/watch?v=5yNlhkmycU>

Courage and Letting Go

Expanding your horizons: Kid's books about trying new things

<http://www.whatdowedoallday.com/childrens-books-about-trying-new-things/>

Courage and Taking Action

Taking action for what is right

Treasure Chest for Change: <http://www.tolerance.org/exchange/treasure-chest-change>

Modern Day Heroes: <http://www.tolerance.org/modern-day-heroes>

Courage and Keepin' On

Persevering in the face of adversity; facing suffering with dignity

The Good Dinosaur: A charming story of a dinosaur with a good heart who learns the meaning of courage on his way home after many adventures:

<http://www.spiritualityandpractice.com/films/reviews/view/28068/the-good-dinosaur>

Youth and Young Adult

Here are a variety of components for use in your Middle School/Senior High/Young Adult Groups.

In addition, check out:

- the Stories for All Ages section
- this month's Soul Matters Small Group Packet (after all, isn't Youth Group a Small Group Ministry?!)
- an adult worship service on "A People of Courage"

Stories

For Courage and keepin' on:

On the Trail of No More Deaths (Immigration and Courage and Keepin' On)
from Tapestry of Faith, Heeding the Call Youth Program

<http://www.uua.org/re/tapestry/youth/call/workshop4/171800.shtml>

For Courage and taking action:

Life of an Ally from Tapestry of Faith, Heeding the Call

<http://www.uua.org/re/tapestry/youth/call/workshop5/172096.shtml>

For Courage and taking action:

A great one especially for Middle School! Sunny Side Mary
from Tapestry of Faith, Gather the Spirit Multigenerational

<http://www.uua.org/re/tapestry/multigenerational/gather/workshop5/149580.shtml>

For Courage and Heart:

The Chair Men *by Robert Fulghum* from Tapestry of Faith, Heeding the Call

<http://www.uua.org/re/tapestry/youth/call/workshop9/173018.shtml>

Art

For Courage and Heart:

Draw a Response to "Song of the Open Road" *by Walt Whitman*

<http://www.uua.org/re/tapestry/adults/life/workshop8/159375.shtml>

Kasserian Ingera

Among the most accomplished and fabled tribes of Africa, no tribe was considered to have warriors more fearsome or more intelligent than the mighty Masai. It is perhaps surprising, then, to learn the traditional greeting that passed between Masai warriors: "Kasserian Ingera," one would always say to another. It means, "And how are the children?" Celebrate the courage to let go of our cultural expectations. Focus on the children. Create a banner or poster.

<http://www.uua.org/worship/words/reading/and-how-are-the-children>

Reflection

For Courage and Letting Go:

The Serenity Prayer

http://www.huffingtonpost.com/2014/03/18/serenity-prayer-wisdom_n_4965139.html

For Courage and taking action:

Oppression Continuum and Discussion Questions from Tapestry of Faith, Heed the Call Youth Program

<http://www.uua.org/re/tapestry/youth/call/workshop5/172086.shtml>

Privilege and Oppression

Discussion from Tapestry of Faith, New UU Adult Program, Workshop 8

<http://www.uua.org/re/tapestry/adults/newuu/workshop4/160334.shtml>

Hard Truths

Finding out about one person's connection to his ancestors and slavery

From Tapestry of Faith, Love Connects Us, Seeing Truth

<http://www.uua.org/re/tapestry/children/loveconnects/session12/162366.shtml>

Play with the game, **Two truths and a Lie**

<http://www.uua.org/re/tapestry/children/loveconnects/session12/162355.shtml>

And weave **God's Eyes**

<http://www.uua.org/re/tapestry/children/loveconnects/session12/162356.shtml>

Video Sessions

For the Meaning of Courage:

Courage to Tell a Hidden Story *with Emam Mohammed, woman photojournalist.*

https://www.ted.com/talks/eman_mohammed_the_courage_to_tell_a_hidden_story

For Courage and Heart

Following your heart

We're all hiding something, let's find the courage to open up with Ash Beckham.

A closet is no place for a person to truly live.

https://www.ted.com/talks/ash_beacham_we_re_all_hiding_something_let_s_find_the_courage_to_open_up

For Courage and taking action

The Danger of Silence *with Clint Smith*

Finding the courage to speak up against ignorance and injustice

https://www.ted.com/talks/clint_smith_the_danger_of_silence

For Halloween Sunday or an October Social Night

Watch Unitarian Rod Serling's Twilight Zone. He was nearly branded a Communist when he tried to make social commentary on TV, so he took his justice fight into Sci-Fi plots.

Use the resources in the Add On's for Calendar Dates.

The Collaboration Project - Fear

What are you afraid of? This would be good to start a conversation on fear and courage.

<https://www.youtube.com/watch?v=HjfbZ849JqI&spfreload=5>

Skits and Theatre

Is this Acting With Courage? Scenarios from Tapestry of Faith, Heeding the Call, Workshop #5

<http://www.uua.org/re/tapestry/youth/call/workshop5/172084.shtml>

Theodore Parker and the Crafts

From Tapestry of Faith, The New UU Adult Program, Social Justice Philosophy and Practice.

<http://www.uua.org/re/tapestry/adults/newuu/workshop4/160331.shtml>

If I were a Superhero

From Tapestry of Faith, Heeding the Call, Workshop 9

<http://www.uua.org/re/tapestry/youth/call/workshop9/173020.shtml>

Speeches

Courage to speak in front of people

Everyone writes down the title of a crazy, fictitious speech such as

- "How snow contributed to the fall of the Roman Empire"
- "How spaghetti was discovered"
- "My most successful invention"
- "If teens ruled the world"

Put them in a hat. The first speaker pulls out a topic at random and delivers a 1-minute speech with no hesitations or repetitions, and then passes the hat to the next person. Don't worry if you don't know a thing about your ridiculous topic! The goal is to deliver the speech with so much authority and poise that you impress everyone with your amazing knowledge and confidence!

Adapted from <http://www.lionswhiskers.com/2011/03/5-minute-courage-workout-fate-worse.html>

Mindfulness Practices

Empathy Meditation from Tapestry of Faith, Heeding the Call, for Youth:

<http://www.uua.org/re/tapestry/youth/call/workshop4/171803.shtml>

For Courage and Letting Go: Untried Wings

Story and Journaling from Tapestry of Faith, Spirit of Life New UU Adult Program, Workshop 8:

<http://www.uua.org/re/tapestry/adults/life/workshop8/159371.shtml>

<http://www.uua.org/re/tapestry/adults/life/workshop8/159372.shtml>

Serenity Prayer Bracelets

God grant me the serenity

to accept the things I cannot change;

courage to change the things I can;

and wisdom to know the difference.

<http://www.uua.org/re/tapestry/children/loveconnects/session10/161985.shtml>

Courage and Fear Guided Meditation

<https://www.youtube.com/watch?v=4DUypdeqCpE>

Bowing to Our Adversaries

by Caitriona Reed on Spiritual Practices for Activists by JoAnna Macy

<http://www.joannamacy.net/spiritual-practices-for-activists.html>

"As we go forth for the healing of our world, there are forces and institutions which we will and must challenge. The men and women who serve these structures will appear as our opponents. Here is a formal group practice which helps to free us from fear and illwill toward such persons, and to ground us in an all-embracing compassion."

Dance Meditation (Courage and Heart)

Give yourself permission and courage to follow your heart and rock, sway, and dance.

Dance meditation music: <https://www.youtube.com/watch?v=tSVvVw7qVYo>

Games

Immigration Web

from Tapestry of Faith, Heeding the Call, for Youth

<http://www.uua.org/re/tapestry/youth/call/workshop4/171804.shtml>

Environmental Justice Tea Party

from Tapestry of Faith, Heeding the Call for Youth, Workshop 9

<http://www.uua.org/re/tapestry/youth/call/workshop9/173019.shtml>

Time and Memory - Drawing a Penny

Illustrating the Palestinian/Israeli conflict

From Tapestry of Faith, Heeding the Call for Youth, Workshop 6

<http://www.uua.org/re/tapestry/youth/call/workshop6/172126.shtml>

A Whole Session on Courage!

From Tapestry of Faith, Virtue Ethics for Youth: Courage

With great suggestions for Story and Activities. Good for introducing “courage.”

<http://www.uua.org/re/tapestry/youth/virtueethics/workshop10>

Music

Brave by Sara Bareilles

Could you dance like this?

<https://www.youtube.com/watch?v=QUQsqBqxoR4>

Fight Song

by Rachel Platten

Platten has said the song was inspired by hurtful experiences in her own life, and she wrote it as a reminder to believe in herself and to inspire others to do the same.

<https://www.youtube.com/watch?v=xo1VInw-SKc>

Superwoman by Alicia Keys

Keys plays a variety of women in different jobs and settings, showing that every woman can be a superhero, just by being herself: “For all the mothers fighting / for better days to come / and all my women, all my women sitting here trying / to come home before the sun / and all my sisters coming together / saying yes I will / yes I can.”

<https://www.youtube.com/watch?v=-AphKUK8twg>

The Script - Hall of Fame ft. will.i.am

The video, like the song, reinforces the powerful message to never give up.

<https://www.youtube.com/watch?v=mk48xRzuNvA>

Fighter by Christina Aguilera

Aguilera describes how her struggles in life challenged her to become a stronger and smarter woman. The song has become an empowering anthem for anyone who needs a nudge of courage to take a stand.

<https://www.youtube.com/watch?v=PstrAfoMKIc>

What are your songs of courage?

Service

Learning from the Past - Interviews of Elders,

Add your own questions, to include questions about times of courage.

<http://www.uua.org/re/tapestry/youth/call/workshop6/172131.shtml>

Make bumper stickers to distribute, with Courage Slogans

From Tapestry of Faith, Heeding the Call

<http://www.uua.org/re/tapestry/youth/call/workshop6/172129.shtml>

Choose a service project from RandomKid: The Power of ANYone at <http://www.randomkid.org/>

Family and Parent Resources

These resources support parents as they try to live out and engage our themes with their children. Playing off our monthly theme question of “What does it mean to be a people of Courage?”, we can also ask ourselves “What does it mean to be a parent of Courage” or “What does it mean to be a family of Courage?” As you use these resources to engage these questions, keep in mind some additional ways to use them with other parents or your church community:

- Read it and reflect with those in your family.
- Share and discuss them with other parents or another family.
- Use them in a Parent Circle that meets on Sunday afternoon or mid-week.
- Use them at a Wonderful Wednesday night that includes dinner, spiritual practice and activities on the theme, including times together as families, and separate as kids and adults. Be sure to gather at the end for a goodnight hug and lullaby!

Building Courage in Kids – How to Teach Kids to Be Brave

<http://www.heysigmund.com/building-courage-in-kids/>

Fears and Children - strategies

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1612>

And How are the Children?

<http://www.uua.org/worship/words/reading/and-how-are-the-children>

Four Powerful Ways To Raise Courageous Children in 2017

<https://www.courageworks.com/2017/01/four-powerful-ways-raise-courageous-children>

UU Views of Prayer

<http://www.uua.org/beliefs/what-we-do/spirituality/prayer>

David and Goliath

A Multigenerational Workshop from Tapestry of Faith
Wisdom from the Hebrew Scriptures, David and Goliath

<http://www.uua.org/re/tapestry/multigenerational/hebrewscriptures/workshop1>

Celebrating Animals in our Lives

St. Francis’ Day blog by Michelle Richards

<http://www.uuworld.org/articles/celebrating-animals-our-lives>

<http://www.uuworld.org/articles/costume-choices>

Courage and Keepin’ On Video

The Good Dinosaur

A dinosaur with a good heart who learns the meaning of courage on his way home.

<http://www.spiritualityandpractice.com/films/reviews/view/28068/the-good-dinosaur>

Courage to be yourself - Transgender documentary

<https://www.youtube.com/watch?v=5yNlhkmycU>

Additional Resources from Katie Covey

Katie creates curriculum distinct from Soul Matters. You can learn more about all she offers at <http://www.uure.com>. If you have purchased her curriculum, here are sessions from it that relate to the theme of Courage.

Elementary ages:

From [Picture Book UU](#):

Session #20 - Henry Climbs a Mountain

Session #34 - Miss Rumphius

From [Picture Book World Religions](#)

Session #3 - Savitri

Session #11 - Brave Little Parrot

From [Picture Book Bible Tales](#)

Session #6 Moses Blanket

Session #8 Queen Esther

Session #9 Daniel in the Lions Den

Session # 11 David and Goliath

From [Spirit of Adventure](#)

Session #5 A Special Doctor

Session #8 Clara Barton, Universalist

Session #28 Try Something New

Session #35 Blessing of the Animals

Youth:

From [Lodestone, Magnetize Your Middle School](#)

Session #UU5 - Heresy Sunday

October Social Night - A Scary Stories Evening

Upcoming Support & Collaboration Opportunities

Come play and think together!

August

RE Implementation Lab for Welcome (Sept. Packet)

Wed, Aug. 16, 2017, 1 p.m. ET

How we plan to use September's packet on Welcome in our programs!

September

RE Brainstorming Lab on Hope (Dec. Packet)

Wednesday, Sept. 6, 2017, 1 p.m. ET

Share ideas for what should be included in December's packet on Hope!

RE Implementation Lab for Courage (Oct. Packet)

Wednesday, Sept. 20, 2017, 1 p.m. ET

Let's help each other think about using October's packet on Courage in our programs!

On-Going Resources and Support

Don't forget about our [RE Leader Support Facebook page](#).

It's a great on-going source of support. Your colleagues are available to support you at the click of a button and with the ease of a post: <https://www.facebook.com/groups/545202255591601/>

Check out the Pinterest page on Courage. Images and links to the books, videos, activities and more as mentioned in this packet. <https://www.pinterest.com/soulmattersre/2017-courage/>

Offer your teachers and parents spiritual nourishment and inspiration by encouraging them to like the Soul Matters Inspiration Facebook Page: <https://www.facebook.com/soulmatterssharingcircle/>



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