

HANDOUT - to PARENT'S of PRE-K & Wiggly children - Jan. 01, 2017 - THEME: Prophetic Personal Plan- Resolutions



Today we are talking about things that can help us create a better future world, to create a prophecy of good in the year ahead. We are stronger and smarter together as a church community. When we work together we can increase our connection, power and progress.

As Unitarian Universalists we believe each person is important and that we should work for a peaceful, fair, and free world. Resolutions are one way to remind us to believe in ourselves and let our light shine. When we sing the song, "This little light of mine" we are singing about the power within each of us to make ourselves and the world a better place. **UU Principles 1: All people are important, Principle 2: Be kind in all you do**

Activities:

- Story: The Stars Will Still Shine by Cynthia Rylant
- extra online story: Squirrel's New Year's Resolution by Pat Miller (*YouTube video 6:45 mins*) <https://www.youtube.com/watch?v=ImVzcMmcXuA>
- SONG: This Little Light of Mine <https://www.youtube.com/watch?v=QCN893hzueQ>
- Activity creating a little light that represents being proud of ourselves.

ADULT PROGRAMS JANUARY 2017

BOOK DISCUSSIONS - *So start reading now!*

- **ALL Church Read: Waking Up White by Debbie Irving (we have a limited of books on order – contact Ray@uwestport.org)** Rev. John will lead the discussion on Jan. 29th
- **We Are Called to Rise by Laura McBride** - Kathy Kurzatkowski Adult Program chair and teacher at Norwalk C.C. will lead this talk on a topical book of fiction on Jan. 22

MEDITATION –*Choose what time works for you!*

- **Foundations of Mindfulness** (Buddhist based meditation series of 6 sessions with **Nina Nagy, certified meditation teacher**) PLEASE RSVP to ninazcara@gmail.com
 - **SUNDAYS: Jan. 8, 15, 22, Feb 5, 12, 19** – at **12:30-2:00pm** – *ELM Rm* (lower level)
- **30 minutes of Meditation- Spiritual Practice - between services** - Janet Luongo will lead meditation: **RSVP to Jluongo3@optonline.net**
 - **Sundays Jan. 8th & ongoing every week** (unless notified), 10:15-10:45am - *ELM room*
- **Basics of Meditation (series of 4 sessions) with Manjushri** (Bernard Bensussan) RSVP to Jluongo3@optonline.net
 - Certified meditation teachers.**TUESDAYS Jan. 10, 17, 24, 31st - 7:00-8:00pm – in LIBRARY**



SPIRITUAL EXERCISE from Soul Matters for January 1, 2017

curated by Mary B. Collins, Director of Lifespan Faith Development

Pick a Day and Make it Prophetic

This month is full of prophetic holidays. But too often our culture turns them into parties or excuses for another day off, or worse yet, ignores them all together. In one way or another, we allow these holidays to become small. This exercise invites us to not let that happen. Your assignment: Pick at least one of the major holidays of January and find your personal way of keeping it “large”-keeping it’s radical and prophetic potential alive.

New Year’s Day: Resolving to lose a few pounds is important, but one wonders if that alone is worthy of New Year’s potential. This quote by L. Ron Hubbard suggests it’s not: “The best way to [predict] any future is to cause one... The future isn’t a pattern laid out to abuse and bully you. The future is a beautiful playground.” So this year, ask yourself: Are your New Year’s resolutions too small? Are they really big enough to bring down your “bully”? Are they radical enough to make life feel like a playground again?

MLK Day: Parker Palmer writes, “Avoid the bad habit of domesticating the prophet of your choice, turning him/her into a cheerleader for your way of thinking and way of life.” These words tragically describe what so often happens each January to Martin Luther King Jr. His call for equality and justice is regularly reduced to an invitation to embrace diversity and ignores his demand to turn the economic social order on its head. Treating him as a “saint” ends up hiding how radical he was. So this year, what can you do to honor “the radical MLK”? Here is some inspiration:

- http://www.huffingtonpost.com/peter-dreier/martin-luther-king-was-a-1_b_6498740.html
- <http://www.beacon.org/The-Radical-King-P1049.aspx>.
- <http://www.newyorker.com/magazine/2016/08/22/bryan-stevenson-and-the-legacy-of-lynching>
- https://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice

Inauguration Day: Regardless of whether you voted for Mr. Trump or not, his election taught all of us that we live in bubbles that distort the reality around us. It’s not just the pollsters that didn’t listen well; none of us seem to be good at listening to and understanding each other. So consider making this Inauguration Day about prophetic listening. For some of us, that means listening better to the unemployed Detroit factory worker. For others of us, it means making sure our fears as immigrants and minorities are heard. All of us, though, need to wrestle with how this election calls us to listen better and change our ways. So treat this Inauguration Day like it was one of those prophets of old; figure out how it is “judging us,” “warning us of danger” or “calling us to become something new.” Make at least one major commitment that represents what you figure out.

Roe v Wade Anniversary: UU theologian and minister, Rev. Dr. Rebecca Ann Parker, writes, “It is a mistake to see [the prophet] as an isolated, heroic individual. It is better to see him/her as the crest of a wave. “ No justice effort represents this more than the achievement of Roe v. Wade. The fight for women’s reproductive rights was – and is - definitely a driven by a prophetic wave rather than one single celebrated prophet. To honor that, consider stepping up you participation in the wave of reproductive rights.

One final note: Regardless of which holiday you focus on, pay attention this month to the thread that ties all of them together. Each in their own way asserts that we are prophets of our futures. Each declares that our destinies are not determined. All of them remind us that we are not puppets that life pushes around.