

This Week in Lifespan Faith Development at the Unitarian Church in Westport, CT curated

by Mary B. Collins, Director of Lifespan Faith Development

SUNDAY, Nov.27, 2016 - Parents bring Pre-Schoolers to the Lower Level (school entrance pathway)

- **Connie Rockman is telling a story so any wiggly children may start upstairs and come down after it.**
- **Pre-K & Wiggly Children – in the Lower Level PINE ROOM –** The session is based on the Soul Matters Theme of the month: Story. **THEME: “Who Am I?” learning each other’s stories.**
Principle # 1: Each person is Important, & Principle # 3 Accept one another and keep on learning together. *possible activities:* Beach Ball ice-breaker toss, or Paint & tell, or story prompts, free play.

Youth Notes:



- Nov 27 - please arrive at 8am – to prep for wreath sales , dress warmly, and stay through second service. **NO 9-12th Youth Group on Sunday Night- enjoy Thanksgiving service & vacation with your families**
WREATH SALES BY YOUTH GROUP will be on Sunday, NOV. 27th & De. 4th in the Courtyard after both services (Small \$20. Large \$40. + \$5. per bow)



Next Weekend

- **SAT. Dec. 3** –6:30-8:30pm - a Drumming and Teaching Circle in support of the Standing Rock Lakota- bring drums if you have them – Questions contact jimfrancek25@gmail.com
- **SUN. DEC. 4th** - Parent take time for your spiritual consideration on December theme of month: PRESENCE- 10:15-10:45am- ChapelContact *Mary Collins* Mary.dre@uuwestport.org to RSVP

All Congregation Holiday Party

- **Sat. Dec. 17 – 6pm Potluck (open craft table to create Jingle sticks and peace tree with symbols of world religions) 7pm Caroling PLEASE RSVP at the latest by Dec. 11th**
<http://www.signupgenius.com/go/904054ea8a923a02-holiday1>

HOME Link for Adults and older youth: This week’s: Quotes, Video, Movie, and a Spiritual Exercise, to contemplate as we listen and share stories with friends and family this Holiday season.

QUOTES to contemplate

- “Hidden in all stories is the One story. The more we listen, the clearer that [universal] Story becomes. Our true identity, who we are, why we are here, what sustains us, is in this story. The stories at every kitchen table are about the same things, stories of owning, having and losing, stories of sex, of power, of pain, of wounding, of courage, hope and healing, of loneliness and the end of loneliness. Stories about God. In telling them, we are telling each other the human story.” ~ **Rachel Naomi Remen, *Kitchen Table Wisdom***
- “Listening is soul work. It can help the living find the meaning to go on in the midst of trying circumstances, and it can help the dying accept the brevity of their lives. Without listening, there

can be no story. And without stories, we cannot complete the unfinished work of healing." ~
Richard Stone, *The Healing Art of Storytelling*

VIDEO

- **"The Dance of Storytelling" by Ish Ait Hamou (about 19 minutes)** Ish is a 28 yr old Belgian Moroccan who writes, directs and dances stories. His life's journey of storytelling pushes the boundaries and creates a new and important art: "the dance of storytelling" and talks about the impact of stories. <https://www.youtube.com/watch?v=2s7-Ghrzx3E>

MOVIE: *Monumental Myths (about 47 minutes - 2008)* Talk about different sides of a story! Travel across the United States in a 1965 Airstream Trailer as filmmaker Tom Trinley visits historic sites and monuments unveiling the many sides of history not told on the landscape or in history books. On-camera appearances by Howard Zinn, James Loewen, Lonnie Bunch and Adam "Fortunate Eagle" Nordwall. Inspired by "Lies My Teacher Told Me" and "A Peoples' History of the United States."
Full Movie here: <https://www.youtube.com/watch?v=cQIMrw8gSVQ>

Spiritual Exercise: What's Your Sentence?

Author and motivational expert, Daniel Pink advocates distilling the essence of your life's story down to one single sentence. ***It's a focusing device that connects people to clearer purpose.***

Here's how Pink describes the exercise:

- <https://www.youtube.com/watch?v=gw2xSdp4bOc&feature=youtu.be>

Here's how classrooms of children and youth took on the exercise:

- <https://www.youtube.com/watch?v=UrLdUzeymal>
- <https://www.youtube.com/watch?v=JEpVaWZc-Ks>

After you come up with your sentence, figure out a way to keep it front and center. Carry it in your purse or wallet. Hang it by your desk. Leave it in your sock drawer or glove compartment in order to stumble upon it when you need it most.

Most of all, use this exercise to ask yourself: Do I know the purpose of my life's story? Or have I allowed my life to become a muddle of mixed and undeveloped storylines? Do I know central theme of my life or do the plotlines of others dictate my days?

Share how the creation of your sentence helped you see or embrace something new about your story with family or friends

Parent NOTE

- **New or didn't yet? Please Complete REGISTRATION** so we have your permission for your children to be active in our program, and know about allergies, behavior policy and if it's okay if we take pictures of your children. Here's a [2016-2017 Registration Link](#) for PARENTS to give your Pre-K through 12th graders permission to participate.