



2-3rd & 4-5th graders

NOVEMBER 5, 2017

FAMILY TAKE-IT-HOME by Mary Collins Children's Program Coordinator

TOPIC: ABUNDANCE

Unitarian Universalist Principle # 4

Search for what is true



Activities on Sunday morning:

Congregation and children all bring a vegetable for Stone

SERVICE: Make STONE SOUP to share with congregation.

STORY: The Difference Between Heaven And Hell *Adapted by Elisa Pearmain from a Japanese and Chinese folk tale.*

Long ago there lived an old woman who had a wish. She wished more than anything to see for herself the difference between heaven and hell. The monks in the temple agreed to grant her request. They put a blindfold around her eyes, and said, "First you shall see hell."

When the blindfold was removed, the old woman was standing at the entrance to a great dining hall. The hall was full of round tables, each piled high with the most delicious foods — meats, vegetables, fruits, breads, and desserts of all kinds! The smells that reached her nose were wonderful.

The old woman noticed that, in hell, there were people seated around those round tables. She saw that their bodies were thin, and their faces were gaunt, and creased with frustration. Each person held a spoon. The spoons must have been three feet long! They were so long that the people in hell could reach the food on those platters, but they could not get the food back to their mouths. As the old woman watched, she heard their hungry desperate cries. "I've seen enough," she cried. "Please let me see heaven."

And so again the blindfold was put around her eyes, and the old woman heard, "Now you shall see heaven." When the blindfold was removed, the old woman was confused. For there she stood again, at the entrance to a great dining hall, filled with round tables piled high with the same lavish feast. And again, she saw that there were people sitting just out of arm's reach of the food with those three-foot long spoons.

But as the old woman looked closer, she noticed that the people in heaven were plump and had rosy, happy faces. As she watched, a joyous sound of laughter filled the air.

And soon the old woman was laughing too, for now she understood the difference between heaven and hell for herself. The people in heaven were using those long spoons to feed each other.

MINDFULNESS - Poem Meditation -anonymous

**I wish you enough sun to keep your attitude bright,
I wish you enough rain to appreciate the sun more.
I wish you enough happiness to keep your spirit alive,
I wish you enough pain so that the smallest joys in life appear much bigger.
I wish you enough gain to satisfy your wanting,
I wish you enough loss to appreciate all that you possess.
I wish you enough hello's to get you through the final good-bye.**

TAKE IT HOME

MINDFULNESS – read poem Then Spend some time thinking about the wishes you might wish for your friends and family and everyone gets a turn sharing.

MOVEMENT - Abun-Dance! –<https://www.youtube.com/watch?v=rZGrufYSQPc>

Try out three easy dance moves, or make up your own. Put on some tunes and dance the abun-dance. Dance your gratitude for being alive