



4-5th grade children

DECEMBER 17, 2017

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

TOPIC: SEEDS OF HOPE & the Winter Solstice

Unitarian Universalist Sources:

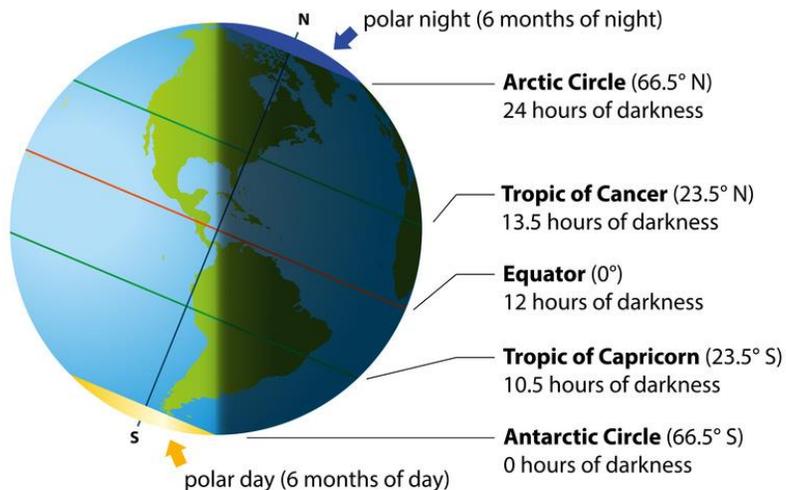
Wisdom of Earth Based Religions, Direct Experience of transcending Mystery, and the Use of Reason & Science

Activities on Sunday morning:

The Tilt of the Earth ACTIVITY,
Make a Clove Orange,
STORY : The Shortest Day: Celebrating the Winter solstice by Wendy Pfeffer

- **How can we be a people of hope in this time of darkness and possibility, rest and hibernation, and waiting?**
(We can keep hope alive by playing games, by taking care of each other, by reading books? Creating something?...)
- **What way do you keep hope alive during winter?**

winter solstice (December 21)



TAKE-IT-HOME – Faith Development options:

“Sunshine” WALK together - Mindful of hope (connection with nature and our bodies)

Invite them imagine the web of life from the Meditation as they walk. Can they find leaves waiting with hope on the ground to turn into soil? Can they find little holes where bugs are waiting with hope for warmer weather? Can they find little plants still growing, waiting with hope that they will be able to grow all winter? Can they find a big tree which has lost all its leaves, waiting with hope to grow new ones next spring?

SERVICE

- Wash some windows to maximize the sun and light which comes in, during the darkest time of the year.
- Gift a pomander to someone in a nursing home <https://www.thoughtco.com/yule-pomander-magic-2562946>

Say a MEAL TIME BLESSING

*For the golden corn
 For the apples on the tree
 For the golden butter
 For honey from the bees
 For fruits and nuts and berries
 That grow along the way
 For Father Sun and Mother Earth
 We give our thanks today
 Blessings on our food and peace be on the earth*



Blessing From <https://www.themagiconions.com/2016/04/5-favorite-waldorf-mealtime-blessin>