

FAMILY TAKE-IT-HOME JANUARY 28, 2018

2-5th graders CHAPEL Topic: "Intention & Action- Letting Go & Begin Again"

Read STORY "*The Answer is in Your Hands*" (on back) then discuss to

encourage an understanding of the intentions for all of the characters in the story, while helping the children to understand and integrate the idea of taking action on your intentions, whether harmful or of goodwill. (By allowing his intentions to change, the boy prevented harm).



- How do you suppose the bird felt, when it was in the boy's hands?
- How do you suppose the old woman felt, when the children were testing her? When the boy had the bird behind his back?
- How do you suppose the boy was feeling? Why do you think he wanted so badly to prove the old woman wrong?
- What would you have been feeling if you were one of the children standing with the boy?
- Why did the old woman answer the boy's question by saying, "The answer is in your hands?" What would you have done, if the bird was in your hands?

Initially, it wasn't the boy's intention to learn to value the life of the bird; it was his intention to disprove the old woman's wisdom. Sometimes we are not at our best, but we learn, and can let go of our mistakes, and always choose to return to good intentions & actions in our lives!



We can as the song says *RETURN AGAIN to the home of our soul*

<https://www.youtube.com/watch?v=KkxWD2p9cxs>

Guided Meditation on Intention (from Soul Matters)



Move into a comfortable position and close your eyes if you are comfortable.

Relax your toes, your calves, your knees, your hips, your torso, your shoulders. Feel the tension in your fingers and hands release. Feel your elbows and biceps relax. Take a deep breath and feel your lungs move deeply and slowly. Move your tongue from the top of your mouth, relax your jaw, and ears, and eyebrows.



Imagine walking down a path. What is around you? ...

You meet a living thing on the path. It is the image of your inner voice. What does it look like?

.....

Imagine your inner voice whispering to you about your true self. What does it say?

Imagine that you have been given an intention. What is it?.....

The intention becomes a smooth stone. You put it in your pocket and keep walking down the path.

You forget about your inner voice, and it disappears.

You walk along and trip over a rock jutting up in the path. You fall and then sit up rubbing the place where you landed....

Your inner voice returns and helps you up, and sets you back on your path. It reminds you of your stone.

You reach in your pocket and feel the smooth stone which is your intention. You smile because you can always find it again, and be reminded of your intention. Feel that deep satisfaction of knowing you can trip up, but always return to your intention....

Remain in this place of Intention and peace for ten breaths. (Ring a bell)

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

- **Choose a real smooth stone for your intention on a walk together. Carry the smooth stone of Intention with you!**

STORY: The Answer is in Your Hands

Adapted from an Indian folk tale. Adapted from an Indian folk tale. In Tapestry of Faith, Moral Tales, Do No Harm. <https://www.uua.org/re/tapestry/children/tales/session11/story1>



There was once a wise woman who lived by herself near a small village. Rumor had it that she could always accurately predict when the rains would come, or help heal a sick child with herbs, or calm angry neighbors and help them to resolve their fights and arguments. People came from all over the land to meet with her and seek her advice on matters both small and great. Her reputation was such that was said she was never wrong — not ever.

Some of the children of the village didn't believe that it was possible to always be right. Surely she could not know everything! They decided to test her knowledge. First they asked her to answer questions about the planets, the animals, and the world. No matter how hard the questions, she always answered correctly.

The children were amazed at her knowledge and learning and most were ready to stop testing the wise woman. However, one boy was determined to prove that the old woman couldn't know everything. Hatching a devious scheme, he told all of his friends to meet him at the woman's home the following afternoon so he could prove she was a faker.



All through the next day he hunted for a bird. Finally he caught a small songbird in a net. Holding it behind his back so no one could see what was in his hands, he walked triumphantly to the wise woman's home.

"Old woman!" he called. "Come and show us how wise you are!"

The woman walked calmly to the door. "May I help you?" she simply asked.

"You say you know everything — prove it — what am I holding behind my back?" the young boy demanded.

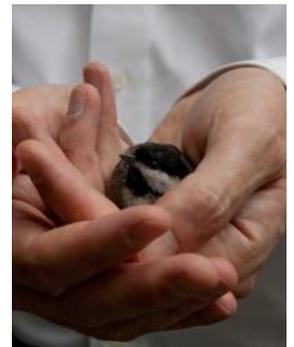
The old woman thought for a moment. She could make out the faint sounds of a bird's wings rustling. "I do not say I know everything — for that would be impossible," she replied. "However, I do believe you are holding a bird in your hands."

The boy was furious. How could the woman have possibly known he had a bird? Thinking quickly he came up with a new scheme. He would ask the woman whether the bird was alive or dead. If the woman replied, "alive," he would crush it with his hands and prove her wrong. If she answered, "dead," on the other hand, he would pull the living bird from behind his back and allow it to fly away. Either way he would prove his point and the wise woman would be discredited.

"Very good," he called. "It is a bird. But tell me, is the bird I am holding alive or dead?"

The wise woman paused for a long moment while the boy waited with anticipation for his opportunity to prove her wrong. Again the woman spoke calmly, "The answer, my young friend, is in your hands. The answer is in your hands."

The boy realized that the wise woman had once again spoken correctly and truthfully. The answer was indeed in his hands. Feeling the bird feebly moving in his hands as it tried to escape his grasp, he felt suddenly very ashamed.



The answer was in his hands — slowly and gently he brought his hands to the front of his body. Looking into the eyes of the delicate bird he apologized, "I am sorry little one," and he opened his hands to let her go free.