

Theme: Trust

Topic: Trusting life enough to have the courage to come out of your hole!

UU Principal #6: we work for a peaceful, fair, and free world

Message: You can trust life to be a friend not foe.

Spiritual Focus: The Spirituality of using trust as a springboard for courage.

This Sunday we invite the children to reflect on the importance of trusting life and how that gives us courage and hope. It sometimes feels risky to trust life, but it's worth it

Story/Video: <https://youtu.be/nrkTxSHPrEw>

- "Everything that can be called love -- from shared joy to comfort in the darkness -- is gathered in the pages of this reassuring, refreshingly honest picture book."—The New York Times Book Review, Editors' Choice / Staff Picks From the Book Review
- From Newbery Medal-winning author Matt de la Peña and bestselling illustrator Loren Long comes a story about the strongest bond there is and the diverse and powerful ways it connects us all." - Amazon. Love is made of trust.

Activity idea for home: How do we learn to trust a new person? Through small acts of kindness.

As a family find ways to be kind to strangers. A small act ex: a smile, a kind greeting, an acknowledgement etc. Show the children through example that there are many opportunities to be kind to others. This helps to restore faith and trust in each other.