

March 3, 2019

Topic: Journey

Theme: Meditation

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

FAMILY TAKE HOME

Theme Message: To journey in, we find a quiet place and meditate.

Sharing silence is very spiritual. It also is something that takes practice. So let's practice it as a family, together, with all the ages for [one minute or whatever length of time seems right but do try to give an estimate so folks can anticipate.] Invite the silence into your being. Get into a comfortable position. Take a deep breath and relax. Move your tongue away from the roof of your mouth. Let your shoulders drop. Relax your whole body and invite the silence in... ring a chime or bell 3 times to start our journey into silence; ring the chime 3 times to indicate the end of the journey in... Amen. May It Be So.

Theme Message: Silence is the doorway to an inward journey. Ironically, it's only by being silent that we hear ourselves (our deepest selves).

For younger ones: The Velveteen Rabbit - The Journey of Becoming Real

<https://www.youtube.com/watch?v=ng13xakqtqs>

This UU favorite celebrates the idea that each journey is a journey of transformation. Indeed, as a religion, you might say that our "salvific moments" are our individual journeys. The journey itself saves us. This classic children's tale takes that idea and adds the message that the most important journey is that of being loved into being real. Its tender message echoes the circle of life, in which one ending becomes a beginning.

For older ones: The Fountain of Fair Fortune (a journey)

from Tales of Beedle the Bard by J K Rowling

Video: <https://www.youtube.com/watch?v=cTg5xAsNUf4>

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Once a year an unfortunate is given the opportunity to flee their way to the fountain, to bathe in its waters receiving its fair fortune forever more. We follow the three witches Amata, Asha and Altheda as they quest through the several challenges they are put against, fighting their problems during their adventure. Alongside the witches a muggle knight, Sir Luckless, has found himself amongst the quest, in hope to protect and serve as he aims to prove his position. The Fountain of Fair Fortune is the adaptation from J.K. Rowling's fairy tale collection, The Tales of Beedle the Bard. We own no rights to the book, and is solely used as an educational film.

Activity: Together make a 'special' meditation space/place ☺ in your house or bedroom. Make sure it's a quiet place or corner, put down a couple pillows, incense and wind chimes. Whatever makes you feel relaxed enough to take the inner journey.

