

UU Source #3: The ethical and spiritual wisdom of the world's religions

Understanding

1. the mental quality, act, or state of a person who understands; comprehension, knowledge, discernment, sympathetic awareness, etc.
2. the power or ability to think, learn, judge, etc.; intelligence; sense
3. a specific interpretation or inference: one's *understanding* of a matter
4.
 - a. mutual comprehension, as of ideas, intentions, etc.
 - b. a mutual agreement, esp. one that settles differences or is informal and not made public that understands; having or characterized by comprehension, sympathy, etc.

Share Curiosity

Gather as a family before an evening meal. Have each member of the family name something they are curious about or something they learned that day. If you like, light candles as you share. Consider saying candle-lighting words that affirm asking questions, for example, "We give thanks for our curiosity and the answers it brings." Avoid editing or answering one another's questions, correcting information, or exchanging dialogue until everyone has shared. Where possible, provide resources and encourage family members to seek answers themselves. It is okay to validate questioning as a process that is as important, if not more important than, determining answers. (To keep this activity popular, avoid pressuring family members to do research every time a "wondering" is shared.)

Family Movie Night Ideas

Beauty and the Beast (2017)

<https://www.common sense media.org/movie-reviews/beauty-and-the-beast-2017>

"...the story encourages viewers to look beyond the superficial and to be compassionate, curious, humble, and generous. Director Bill Condon took care to make sure that this version had diverse supporting characters, including a gay LeFou (Josh Gad) -- Gaston's sidekick, who briefly dances with a man -- and people of color not represented in the animated version." - Common Sense Media

Family activity: I Spy/Video: <https://www.youtube.com/watch?v=m344VlHbmXM>

NEW RESOURCE!

NEW! Soulful Home Family Guides

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<https://www.soulmatterssharingcircle.com/soulful-home.html>.