



Soul Matters

What does it mean to be
a people of JOURNEY?

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Welcome

Welcome to March's packet on "What Does It Mean to be a People of Journey?" We are excited about the four rich angles we're taking on Journey this month:

- Session 1. Journey In - Meditation
- Session 2. Journey Out - Pilgrimage
- Session 3. Journeys of Justice
- Session 4. Journey Beginnings
- Session 5. Journey Endings

Session 2 on pilgrimage stood out for me personally. Biking along the Camino de Santiago in Spain, I visited with the Christian pilgrims on their pilgrimage to St. James, tracing a journey that has been followed since medieval days. I found out that that particular week was especially holy, and sins would be washed away upon completion. Talk about a trip to transform yourself! Since then, I've found myself captivated by this idea of "transformative trips" and the way journeys aren't just about exploring a new place but deepening one's identity. I think of how our youth go on trips to Boston as a way of owning and enriching their UU identity. Just imagine if we UUs expanded our list of UU pilgrimages beyond this youth trip to Boston! What other places might serve as a "UU Mecca?" Transylvania? The Darwin Center in London? The Selma-Montgomery March route? As you think of your own list, I also encourage you to think about local places that might become a spiritual quest for you. For instance, I intend a pilgrimage to the Stanley Hotel in Estes Park, CO, site of Stephen King's movie "The Shining." His daughter, Naomi King, is a UU minister. Another local pilgrimage rarely taken is to visit a nearby UU congregation. How might that journey serve as a pilgrimage for deepening your identity as a UU?

The ritual elements in the packet also were a joy to think about. I've always loved introducing uniquely UU rituals to children. My father, Del Tweedie, member of Main Line UU Church in Devon, PA, tells visitors that "You never really understand Unitarian Universalism until you experience a UU memorial service." And so, in this packet, we've introduced a UU Memorial Service role play as part of understanding the way UU's mark the end of a life journey and celebrate its meaning.

In the justice session, you will be invited get the families and youth involved in one of your congregation's "justice journeys" - a witness, protest, march or a campaign. To prepare for this, you might want to invite one of the leaders of these actions to come in and talk about how this social journey has also been a personal journey for them, how their effort to change the world has ended up changing them.

Finally, since the session on Journey Endings is about UU Memorial Services, you may wish to let families know so that they can prepare themselves and inform you of recent deaths or important death anniversaries in the life of their family. Consider arranging for a visit from a pastoral care leader or minister who can share UU practices around death.

With gratitude for letting us journey with you,
Katie, on behalf of the entire Soul Matters Team

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Calendar Connections

March 2019 - Journey

Click on the name on each event for more information or inspiration.

Interfaith:

- [Holi](#) (Hindu) - March 21 (more [here](#) and [here](#))
- [Mardi Gras](#) - March 5
- [Ash Wednesday](#) (Christian) - March 6 (more [here](#))
- [Lent](#) (Christian) - March 6 - April 18 (A [humorous take](#))
- [Ostara](#)/ Spring or the Vernal Equinox (Wicca/Pagan) - March 20 (more [here](#))
- [Purim](#) begins (Jewish) - March 20-21 (more [here](#) and [here](#))
- [The Annunciation](#) (Christian) - March 25

Unitarian Universalist:

- [James Reeb](#) dies (1965) - March 11 (more [here](#) and [here](#).)
- [Susan B. Anthony's](#) Death - March 13
- [Climate Justice](#) Month - March 22 to April 22
- [Viola Liuzzo](#) dies (1965) - March 25

National & Cultural:

- [Women's History Month](#)
- Irish American Heritage Month
- [Peace Corps Established](#) - March 1 (1961)
- Season for Nonviolence - Jan. 30 - April 4
- Dred Scott Case - March 6 (1857)
- [International Women's Day](#) - March 8
- Daylight Savings Begins - March 11
- [St. Patrick's Day](#) - March 17
- [World Water Day](#) - March 22
- Archbishop [Oscar Romero](#) dies - March 24 (1980)
- [Selma–Montgomery march](#) - March 21-25 (1965)

For Fun and On the Fringe:

- [National Day of Unplugging](#) - first Friday of March / Mar. 2
- [Pi Day](#) - March 14
- Everything You Think is Wrong [Day](#) - March 15
- [Tolkien Reading Day](#) - March 25

Stories for All Ages

Our Souls Have to Catch Up

<https://storiesforpreaching.com/waiting-for-our-souls-to-catch-up/>

Theme Message: When attempting a journey, leave time for your soul to catch up.

Toribio Quimada - Making a Difference

In Tapestry of Faith, Faithful Journeys, The Journey Begins

<https://www.uua.org/re/tapestry/children/journeys/session1/132144.shtml>

"There was another reason Toribio did not learn to read when he was your age. It was not important in his family's religion. They were Catholics in a time and place where only priests were allowed to read the Bible. That was one book Toribio very much wanted to read, because he was very curious about religion. But when he was your age, Toribio had no books and could not read at all.

Toribio wanted more from life. He had many questions. He wondered what was true, what God was like, and how religion and faith were connected to all that he did." - from the story

Theme Message: When you are on a journey to find a loving God, having fellow travelers like UU's is a gift. Toribio was on an internal journey, not having others around him who believed the same way.

Frank Lloyd Wright

<https://storiesforpreaching.com/category/sermonillustrations/rest/> (scroll down to the fifth story on the list)

"...Years later the world-famous architect pointed to the important lesson he learned that day, but it was not the lesson his uncle had intended him to learn. "I determined right then," said Frank Lloyd Wright, "not to miss most things in life, as my uncle had." - from the story. Wright was a Unitarian.

Theme Message: It is the journey that is important, not the destination. Also, it's important to not let the treasure waiting at the end of the journey make us miss the many other treasures along the way

Sharing Silence - The Journey In

By Katie Covey, Soul Matters DRE

In the old days, Sundays were a day of rest from the hard physical work of farming for many people. Imagine what a delight to come to church to sing, to read, and to use your brain! Nowadays, we don't need a special day to use our brain, in fact, **more** information is one of the last things we need! You don't need to come here to get more information, you can Google just about anything you'd like to know.

There are three things that we don't get enough of these days - I call them Katie's "Three S's" - Sunshine, Service and Silence. We aren't getting enough time in **sunshine**, call it nature and being in your body. We aren't getting enough opportunities for **service** - of helping others when our noses are stuck in our screens. And finally, we aren't getting enough **silence**. Silence allows us to journey inward, into our deepest selves. So in honor of these three important reasons that you come here in spiritual community, the "story" today will be silence.

Sharing silence is very spiritual. It also is something that takes practice. So let's practice it today, 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... I will ring the chime 3 times to start our journey into silence. I will ring the chime 3 times to indicate the end of the journey in... (Ring the chime 3 times to begin) ...
[Ring the chime 3 times] 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).

Viola Liuzzo and Rev. James Reeb

UU's murdered on the Selma-Montgomery March

From Tapestry of Faith, A Chorus of Faiths, The Beloved Community, The March at Selma

<https://www.uua.org/re/tapestry/youth/chorus/workshop3/173645.shtml>

We honor and mourn the UU's who were murdered while taking part in the Civil Rights March in 1965. To be a people of journey means that we actually walk/roll/move for justice. We also recognize the journey of "transfiguration" as Rev. Mark Morrison Reed calls it. "Blood was spilled, and the slayings of Jimmie Lee Jackson, an African American activist, and James Reeb and Viola Liuzzo, two white UUs, triggered a transfiguration. This twentieth-century continuation of the American Revolution was a spiritual battle that brought the country closer to the freedom proclaimed in the Constitution and granted by the Emancipation Proclamation but reneged upon following the passage of the Fourteenth and Fifteenth Amendments."

<https://www.uuworld.org/articles/selmas-challenge>

We also recognize, with sadness, that it wasn't until whites were killed that our country really began to take notice of what was happening in Alabama. The current movements, Black Lives Matter, and Black Lives of UU, are educating us about the skewing of reporting and remembrances. As we collect stories of People of Color, we resolve to live and work so that Black Lives Matter.

Additional background

Selma's Challenge by Rev. Mark Morrison Reed, UU World Magazine, 1/2015

<https://www.uuworld.org/articles/selmas-challenge>

Theme Message: This story can be used to teach multiple lessons; "the journey toward justice requires sacrifice" or "We need to strive to tell our journeys of justice more fully."

Empty Your Cup - Zen Story (also used in Session 1 for 1-5th Graders)

Pour a cup as in this story.

Nan-in, a Japanese master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen.

Nan-in served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he no longer could restrain himself. "It is overfull. No more will go in!"

"Like this cup," Nan-in said, "you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?"

Theme Message: The journey inward begins with making room so that new stuff can come in.

Be the Boss - Zen Story (also used in Session 1 for 1-5th Graders)

A horse suddenly came galloping quickly down the road. It seemed as though the man had somewhere important to go.

Another man, who was standing alongside the road, shouted, "Where are you going?" and the man on the horse replied,

"I don't know! Ask the horse!"

Theme Message: Are we conscious of our journey or are we like the rider, letting the horse decide where to go? This story teaches us to be mindful of the journey we are on, and make decisions, not just be at the mercy of mindless activity.

Why Death is Like the Banana Tree (also used in Session 5 for 1-5th Graders)

From Tapestry of Faith, Love Will Guide Up, Love is Eternal

<https://www.uua.org/re/tapestry/children/loveguide/session6/168654.shtml>

Theme Message: In the journey of life, we make room for new life through death, in an endless circle.

A Few More Resources -

Magic Wanda's Travel Emporium (book)

By Joshua Searle-White

<https://www.uuabookstore.org/Magic-Wandas-Travel-Emporium-P16951.aspx>

Numerous stories with the theme of journey are within this book.

The Monk's Heavy Load (Zen story online)

<https://www.kindspring.org/story/view.php?sid=63753>

Theme Message: Let go of the resentments and judgements that weigh down our journey unnecessarily.

Song for All Ages

*Hymns and songs that can be used as a Story for All Ages.
Here's a way to invite the music people into multigenerational worship.
Ask them to offer the Song for All Ages with you or instead of
the minister, lay leader or religious educator.*

STJ #1018 Come and Go with Me

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

“The text of Come and Go with Me to that Land calls us to come and go to that land where we’ll all be united. . . . This African American spiritual describes a number of conditions and goals. The singer is journeying, moving from where she is to a better place. Although the word “land” is used to name the place, conditions conveying the nature of the place are described in each cycle of the song. This song can go on for a long time. As a child, I was sure it must be heaven that we were being called to consider – no pain, no sickness, nothing but joy, no more hatred.” (Bernice Johnson Reagon)

Many also think “African slaves used it to signal that the singer was planning an escape and inviting their brothers and sisters to join them.” (Keep Your Hand On That Plow, Rev. Myke Johnson (January 21, 2013) Allen Avenue Unitarian Universalist Church)

Book Recommendations

Moses: When Harriet Tubman Led Her People to Freedom (Caldecott Honor Book)

by Carole Boston Weatherford (Author), Kadir Nelson (Illustrator)

https://www.amazon.com/Moses-Harriet-Tubman-Freedom-Caldecott/dp/0786851759/ref=pd_sim_14_6?encoding=UTF8&pd_rd_i=0786851759&pd_rd_r=1d17a28e-fcd2-11e8-9132-f77df0a91bc1&pd_rd_w=VJcOP&pd_rd_wg=p5cZc&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=ZYG4TXMYST63J9KTCs1Y&psc=1&refRID=ZYG4TXMYST63J9KTCs1Y

“Tubman's religious faith drives this handsome, poetic account of her escape to freedom and role in the Underground Railroad. The story begins with Tubman addressing God on a summer night as she is about to be sold south from the Maryland plantation where she and her husband live: I am Your child, Lord; yet Master owns me, /drives me like a mule. In resounding bold text, God tells her He means for her to be free. ... Deep scenes of night fill many double pages as the dramatic paintings follow her tortuous journey, arrival in Philadelphia, and later trip to guide others. ... Whether filled with apprehension, determination, or serenity, Tubman's beautifully furrowed face is expressive and entrancing. ... –Margaret Bush, Simmons College, Boston

Theme Message: The Underground Railroad was a spiritual journey as well as a real journey out of slavery.

Brothers in Hope: The Story of the Lost Boys of Sudan (Coretta Scott King Illustrator Honor Books)

by Mary Williams (Author), R. Gregory Christie (Author), Gregory Christie (Illustrator)

https://www.amazon.com/Brothers-Hope-Story-Coretta-Illustrator/dp/1584302321/ref=pd_sim_14_2?encoding=UTF8&pd_rd_i=1584302321&pd_rd_r=2ab73c9b-fdf0-11e8-b705-cfc7af2bb581&pd_rd_w=19cRw&pd_rd_wg=cl3AT&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=7NPDVWHX5EEMN4K85EMF&psc=1&refRID=7NPDVWHX5EEMN4K85EMF

“During the mid-1980s, Sudan was embroiled in civil war in which over two million lives were lost. Williams bases this fictional picture book on the harrowing, real-life experiences of a band of approximately 30,000 southern Sudanese boys, between the ages of 8 and 15, who walked nearly 1000 miles searching for a safe refuge. Eight-year-old Garang Deng, one of the leaders, tells his story. Traveling by night, foraging for food, plagued by violence, hunger, illness, and death, the journey is a perilous one. They finally make it to a refugee camp in Ethiopia where they meet an American named Tom who helps them.” . – Mary N. Oluonye, Shaker Heights Public Library, OH (Amazon reviewer)

Theme Message: Journeys of courage are ones we can't take alone.

Lost and Found Cat: The True Story of Kunkush's Incredible Journey

by Doug Kuntz (Author), Amy Shrodes (Author), Sue Cornelison (Illustrator)

https://www.amazon.com/Lost-Found-Cat-Kunkushs-Incredible/dp/1524715476/ref=pd_sim_14_5?encoding=UTF8&pd_rd_i=1524715476&pd_rd_r=61a45d60-fdf0-11e8-b9cf-71dfd46c1872&pd_rd_w=FnLxz&pd_rd_wg=vilyV&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=KB6C05TABFM10GSG9GDM&psc=1&refRID=KB6C05TABFM10GSG9GDM

“This heartwarming true story about one lost cat's journey to be reunited with his refugee family gently introduces children to a difficult topic and shows how ordinary people can help with compassion and hope.” - Amazon.

Theme Message: On scary journeys, you are never alone as you think. You can always trust others to surprise you with help along the way.

Two White Rabbits

by Jairo Buitrago (Author), Rafael Yockteng (Illustrator), Elisa Amado (Translator)

https://www.amazon.com/Two-White-Rabbits-Jairo-Buitrago/dp/1554987415/ref=pd_sim_14_8?encoding=UTF8&pd_rd_i=1554987415&pd_rd_r=19d8d2cb-0530-11e9-a176-db5c0092f3eb&pd_rd_w=WPajV&pd_rd_wq=CvIUn&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=RBW67GRH923H2R17ND76&psc=1&refRID=RBW67GRH923H2R17ND76

“In this moving and timely story, a young child describes what it is like to be a migrant as she and her father travel north toward the U.S. border. They travel mostly on the roof of a train known as The Beast, but the little girl doesn’t know where they are going. She counts the animals by the road, the clouds in the sky, the stars. Sometimes she sees soldiers. She sleeps, dreaming that she is always on the move, although sometimes they are forced to stop and her father has to earn more money before they can continue their journey. As many thousands of people, especially children, in Mexico and Central America continue to make the arduous journey to the U.S. border in search of a better life, this is an important book that shows a young migrant’s perspective.”
- Amazon

Theme Message: Journeys toward a new life require getting on a path whose twists and turns you will not be able to see. Courageous journeys require a leap.

Two more possibilities:

The Conference of the Birds

by Alexis York Lumbard (Adapter), Demi (Illustrator), Seyyed Hossein Nasr (Foreword)

https://www.amazon.com/Conference-Birds-Alexis-York-Lumbard/dp/1937786021/ref=sr_1_2?s=books&ie=UTF8&qid=1545842624&sr=1-2&keywords=the+conference+of+the+birds

“Lavishly illustrated by award-winning illustrator, Demi, this magical and inspiring story of the adventures of a flock of wayfaring birds in search of their king will delight children with its tales of overcoming fear, physical hardship, and inner limitations. Based on an 800-year-old classical parable, and retold by mother of three, Alexis York Lumbard, it will provide parents with a unique opportunity to teach moral and spiritual development to their children.” - Amazon

The Fountain of Fair Fortune

from Tales of Beedle the Bard by J K Rowling

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

Honoring UU Identity

Each month we highlight history, wisdom tales and liturgy that are widely embraced among UU congregations and have a connection to the theme. It's an attempt to lift up how the theme shows up in our UU identity and "culture." We also include resources which are becoming more widely embraced because they are helping us change and grow. Ultimately, the centerpiece of our UU identity is the willingness to evolve and question "our identity."

UU History & Historical Figures

Viola Liuzzo and Rev. James Reeb

UU's murdered on the Selma-Montgomery March

Selma's Challenge by Rev. Mark Morrison Reed, UU World Magazine, 1/2015

<https://www.uuworld.org/articles/selmas-challenge>

From Tapestry of Faith, A Chorus of Faiths, The Beloved Community, The March at Selma

<https://www.uua.org/re/tapestry/youth/chorus/workshop3/173645.shtml>

We honor and mourn the UU's who were murdered while taking part in the Civil Rights March this month in 1965. We also recognize, with sadness, that it wasn't until whites were killed that our country really began to take notice of what was happening in Alabama. The current movements, Black Lives Matter and Black Lives of UU, are educating us about the skewing of reporting and remembrances. As we collect stories of People of Color, we resolve to live and work so that Black Lives Matter.

Your Own Historical Figure

Honor a member from your historical past who has contributed to your congregation being a people of Journey. Maybe it's someone who helped your congregation find or move to a new building. Maybe it is a person who made a pilgrimage to a special place. Or someone with a unique journey to becoming a UU. The key is to deepen your congregation's engagement with the monthly theme by identifying and celebrating someone from your church's history who helped shape its identity as a community of journey.

UU Wisdom Tales

The Velveteen Rabbit - The Journey of Becoming Real (min. 19:00 - 25:51)

<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.

Beloved UU Liturgy

STJ #1018 Come and Go with Me

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

Commentary: <http://farfringe.com/stj1018-come-and-go-with-me/>

Theme Connection: "Come and go with me to that land where I'm bound..."

STJ #1030 Siyahamba

Video: <https://www.youtube.com/watch?v=N1KZbMprW8U>

Commentary: <http://farfringe.com/stj1030-siyahamba/>

Theme Connection: We are marching in the light of God, we are rolling, walking, singing..."

STJ #1020 Woyaya

Video: Osibisa <https://www.youtube.com/watch?v=dIGD763mwL4>

Art Garfunkel: <https://www.youtube.com/watch?v=viwERI295zU>

Commentary: <http://farfringe.com/stj1020-woyaya/>

Theme Connection: "We are going, heaven knows where we are going, but we know within..."

Chapel

This chapel template is for programs that want to use our story and meditation recommendations for their pre-session worships rather than in the sessions themselves.

This template can also support smaller programs that are worship-centered with a few activities after. Again, just use our story and meditation recommendations to create a robust worship experience and then pick an activity or two from the session guides to complete your session plan.

Journey Centerpiece

Choose a color for a cloth, a chalice, an offering box, a way of sharing Joys and Sorrows (candles or rocks in water).

For “How are we a people of Journey?”

- Cloth Color: black
- Chalice: gold or silver
- Items: A variety of objects representing the Hero’s Journey
 - Star Wars, Harry Potter paraphernalia
 - Meditation tools (labyrinth, chime)
 - A rose, for the Journey begins with Child Dedication

Entering

Note: Post these and the following ritual words on the wall so that guests and newcomers can join in. When you offer Multigenerational services, offer these same words as a whole community of children, youth and adults.

Invite the singing bowl. (Ring the bowl)

“To this quiet place of beauty, we come from busy things

Pausing for a moment for the thoughts that quiet brings.”

Centering Music for Journey

STJ #1018 Come and Go with Me

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

Chalice Lighting

“We light this chalice for the warmth of love, the light of truth and the energy of action.” (or your own congregation’s words)

Offering (optional)

“We drop our coins in. We get back pride, to help other people feels good inside.”

Sharing of Joys and Concerns

“We listen to each other, it is a holy act

To share our joys and sorrows, with grace it flows on back.”

You may always say, “Pass.”

If you wish to share, say your name, then light a candle or drop a rock in the water for your joy or concern.
“For all the joys and concerns which remain unspoken, we light this candle/add this rock.”

Meditation

Pick a meditation from a session.

Story

Pick a story from a session or the “For All Ages” section.

Reflection

Engage the children in a discussion of the message/ take away of your story.

Extinguishing the Chalice

We gather the warmth of love, the light of truth,
and the energy of action into our hearts
Back into the world of do and say
Carry it forward into the dawning day.
Go Now in Peace, Amen.

Move your limbs to express the actions: gather using a cupping motion from the flame of the chalice to your heart, spread that outward again.

Preschool and Kindergarten Sessions

Session 1 The Journey Inward The Practice of Inward Reflection

Introduction

Message: Some journeys take place outside us; others take place inside us.
Spiritual Focus: The practice of inward reflection.

This session invites the children to experience a variety of ways to journey in, reflect and meditate.

Wonder Box

Place inside: a small mirror

What is in the wonder box? A mirror! What do you see in the mirror? A reflection of you! What do you see? A nose, some eyes, maybe a chin? That is what you look like from the outside. How do you know what kinds of things are inside you that you can't see in the mirror?

There are two kinds of things inside of you - your brain, your heart, your blood, your bones. You see your blood inside of you when you cut yourself, and maybe the inside of your skin.

Also inside of you is a special part called your soul, or inner light. You can't really see with your eyes. It is what makes you - you. Your special kindness, love, caring.

To see inside of you, you can meditate. That helps you go on a journey in.

Stories

Peaceful Piggy Meditation

by Kerry Lee MacLean (Author)

https://www.amazon.com/Peaceful-Meditation-Whitman-Prairie-Paperback/dp/0807563811/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

"What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier." - Amazon

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

Anh's Anger

by Gail Silver (Author), Christianne Kromer (Illustrator)

https://www.amazon.com/Anhs-Anger-Gail-Silver/dp/1888375949/ref=pd_sim_14_6?encoding=UTF8&pd_rd_i=1888375949&pd_rd_r=5d9aaf27-fd8b-11e8-9490-c1926e26e7de&pd_rd_w=GqliO&pd_rd_wg=uEOVr&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=SCAJGGW3JFEGOHYWQF72&psc=1&refRID=SCAJGGW3JFEGOHYWQF72

"...In Anh's Anger, five-year-old Anh becomes enraged when his grandfather asks him to stop playing and come to the dinner table. The grandfather helps Anh fully experience all stages of anger by suggesting that he go to his room and, "sit with his anger." The story unfolds when Anh discovers what it means to sit with his anger. He comes to know his anger in the first person as his anger comes to life in full color and personality. Anh and his anger work through feelings together with humor and honesty to find a way to constructively release their thoughts and emotions and to reach resolve with Anh's grandfather..." - Amazon

Theme Message: The journey from anger to calmness means a journey inward with meditation.

Meditation

- In many traditions from the East, everything is said to have a sacred sound.
- In Buddhist and Hindu chanting, the sound "Om" is often used to begin to look inward. You can then bring the beauty of the world into you by chanting the sound of things.
- Try this one, it is from India, chant with me "Om."
- How do you think a raindrop sounds? Example: "blip," "blip," "blip"
- This is harder, what is the sound of a tree? Example: "swish"
- This is a little harder, what is the sound of sadness? Let's take a moment and chant this sound together. Example: a low hum.
- Now, what is the sound of happiness? Example: "Ha, ha!" Let's try this one together.
- Finally, what is the sound of the Universe? Example: "Ah" or "Bzzzz"
- Let's chant this together.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

To Look With Absolute Attention

From *Tapestry of Faith, Miracles*

<https://www.uua.org/re/tapestry/multigenerational/miracles/session-2/activity-3>

"Carefully distribute objects and tools from the trays to a few tabletop stations. Form small groups at the stations. Invite participants to spend the next few minutes carefully and closely investigating, without harming, one or two objects. Encourage participants to select a single object and spend their time observing it on their own. Ask those observing in groups to keep conversation at whisper-level."

- from the activity

Dramatic Play with Meditation

Invite the children to dramatic play meditating with dolls and stuffed animals while playing some meditative music. Now help the dolls and stuffed animals take the journey inward. Will they invite the stuffed animals into the circle? Light a chalice? Sit in silence, take a walking meditation? Encourage dramatic play around meditation.

What kind of place might they create for meditation? Can they use blocks to create a quiet space? Or Legos to create a maze, a labyrinth? Are there pillows they could arrange?

Drawing to Music

Invite the children to draw to some meditative music and journey inward as they listen. What shapes and lines do they hear in the music, what colors? Meditative music Marconi Union Weightless

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

“Sunshine” (connection with nature and our bodies)

Walking and Pointing Follow the Leader

Invite the children to a variation of Buddhist Walking Meditation. Invite them to play Follow the Leader, only this time walk in a line silently. The leader points at something to notice, an unusual weed, the way a puddle rests, a small rock, and each person in line points at the object mindfully.

Service

Share the journey inward with the parents, by showing the space or dramatic play the children have engaged in, or the expressive art to music.

Session 2

The Journey Outward

The Practice of Adventure & Trying New Things

Introduction

Message: We grow when we make a journey that challenges us.

Spiritual Focus: The practice of pilgrimage.

Exploring and growing are part of making a journey. Today, a little car will make a journey called a pilgrimage around the landscape of the facility.

Wonder Box

Place inside: a little car

What is in the Wonder Box today? A little car!

The little car goes on a journey. It drives here and there (make driving noises and move the car around.) A journey can also be called a pilgrimage, if the journey is special.

This little car wants to take a pilgrimage to a chalice. (Drive the car around to a chalice). Hello, chalice!

This little car wants to take a pilgrimage to some special children. (Drive the car around to the children and tap them on the knee) Hello, children!

This little car wants to take a pilgrimage to see this congregation. Little car, we can do that later, OK? For now, let's have storytime.

Stories

Journey, Quest, Return (Aaron Becker's Wordless Trilogy)

by Aaron Becker (Author, Illustrator)

Share all three. They are wordless so use it as a silent moving picture book.

Guide to Reading a Wordless Book: http://candlewick.com/book_files/0763677302.kit.1.pdf

Journey: https://www.amazon.com/Journey-Aaron-Beckers-Wordless-Trilogy/dp/0763660531/ref=pd_bxgy_14_img_3?encoding=UTF8&pd_rd_i=0763660531&pd_rd_r=4ece4fa1-00a8-11e9-9c11-8d51749b796d&pd_rd_w=hy6CN&pd_rd_wg=TbzHg&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=V8RM7M0EY3PPAEHV70TT&psc=1&refRID=V8RM7M0EY3PPAEHV70TT

Quest: https://www.amazon.com/Quest-Aaron-Beckers-Wordless-Trilogy/dp/0763665959/ref=sr_1_1?ie=UTF8&qid=1544905788&sr=8-1&keywords=quest+by+aaron+becker

Return: https://www.amazon.com/Return-Aaron-Beckers-Wordless-Trilogy/dp/0763677302/ref=pd_bxgy_14_img_2?encoding=UTF8&pd_rd_i=0763677302&pd_rd_r=2d2cb10f-00a8-11e9-a4a0-976c58c08714&pd_rd_w=OTLTm&pd_rd_wg=RvokJ&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=RD30QJP8FAF9NPTXMKF8&psc=1&refRID=RD30QJP8FAF9NPTXMKF8

"Failing to get the attention of her busy father, a lonely girl turns back to a fantastic world for friendship and adventure. It's her third journey into the enticing realm of kings and emperors, castles and canals, exotic creatures and enchanting landscapes. This time, it will take something truly powerful to persuade her to return home, as a gripping backstory is revealed that will hold readers in its thrall. Caldecott Honor winner Aaron Becker delivers a suspenseful and moving climax to his wordless trilogy, an epic that began with the award-winning Journey and continued with the celebrated follow-up Quest." - Amazon

Theme Message: Extraordinary adventures and fantasy take us on the journey of the heart, a true-life journey in which we all experience loneliness, tension, and resilience.

Me On The Map (Rise and Shine)

by National Geographic Learning (Author), Alfredo Schifini (Author)

Book: <https://www.amazon.com/Map-Rise-Shine-Joan-Sweeney/dp/0517885573>

Video: <https://www.youtube.com/watch?v=b0cjSXC2rHE>

"Maps can show where you are anywhere in the world! This book will show how easy it is to find the places they know and love with help from a map." - Amazon

Theme Message: A journey out needs a map sometimes. What is a map, it shows you where you are!

The Journey of the Noble Gnarble (online story)

by Daniel Errico, Illustrated by Christian Colabelli

<http://www.magickeys.com/books/noblegnarble/index.html>

"I'm swimming up above the waves to see the sky of blue;
I've never seen it even once, and now it's time I do." - from the story

Theme Message: Taking a journey to a new place means you will learn a lot and grow a lot.

Meditation

In this meditation session, we will take a journey in our minds and hearts. Our imagination is a ticket to our journey, we can journey with our minds in any moment and at any time.

- I invite you to close your eyes if you are comfortable doing so. If not, just lower your eyes and look at your knees. No need to concentrate on looking at anything, just keep your gaze lowered.
- Have you ever taken a trip on a train? We can do so now, imagine that you are sitting at a window seat on a long, beautiful train driven by a steam engine.
- This train isn't going anywhere in particular, it is just rolling along.
- Sitting with you are your friends and loved ones, but they are all asleep.
- What do you hear? The shuffling of the train on the tracks, the steam puffing out of the engine's chimney, the gentle horn of the train?
- Feel the train rock you side to side as it steadily and swiftly passes through a beautiful countryside. You can *gently* rock side to side now if you would like to.
- You look out of the window and all of the houses, buildings, animals, people, lakes, rivers, trees, and pastures come into view and pass by you as soon as you see them.
- Take a moment and imagine this in silence.
- Keep rocking side-to-side, breathing in and out, letting the scenery pass by. What do you see?

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Songs and Fingerplays

Open Shut Them

<https://www.youtube.com/watch?v=ZnL5t3noBKE>

Fingers go on a journey up the arms.

Five Little Ducks Went Out One Day

<https://www.youtube.com/watch?v=pZw9veQ76fo>

A duck family goes on a journey over the hills and far away.

Maps and Globes

Collect a variety of maps and a globe, if you can find one, for the children to explore. Can they drive a little car on a map of streets?

Make a map of the room <https://www.prekinders.com/map-making-in-pre-k/>

“Sunshine” (connection with nature and our bodies)

Make a map of the Playground and take a journey

Create a map of an outdoor space. Can the children make a line on the map and follow it? What kind of journey will it be?

If indoors, use the map and draw different paths. Follow the paths and take an imaginary journey through the room.

Little Car Journey

Take the wonder box little car on a journey out of the room and explore the facility. Can little car drive quietly so you can visit the kitchen, the office, some other rooms? Where else would little car like to go on its journey? To the pulpit after the service?

Service (to others)

See if the minister is up for a visit by the group and little car. A pilgrimage to the pulpit to see the chalice in the big church? Invite the families to join you and find out about the history of your congregation's chalice.

Session 3

The Journey of Justice

Introduction

Message: We speak out for justice in many ways. One way is to take journeys called marches and protests. We walk/move/roll together to move justice forward.

Spiritual Focus: The practice of witnessing in a group by marching and protesting.

For our youngest children, we encourage them to hear the words and walk/move/roll for fairness and kindness.

Wonder Box

Place inside: a wind up walking or moving toy, or use your fingers to walk a [“Two Finger Puppet.”](#) Consider making a puppet who rolls in a wheelchair, too.

What is in the Wonder Box today?

A toy that moves!

We can make it move across the floor.

We walk/roll/move together to show everyone how many people think that there should be kindness and fairness for everyone.

It’s called a journey to justice. It shows people how many folks are concerned about kindness and fairness.

Stories

A is for Activist Board book

by Innosanto Nagara (Author)

https://www.amazon.com/Activist-Innosanto-Nagara/dp/1609805399/ref=sr_1_2?s=books&ie=UTF8&qid=1544712329&sr=1-2&keywords=a+is+for+activist+childrens+book

“Reading it is almost like reading Howard Zinn's A People's History of the United States, but for two-year-olds—full of pictures and rhymes and a little cat to find on every page that will delight the curious toddler and parents alike.”—Occupy Wall Street on Amazon

Theme Message: The journey to justice is doing things to make the world a fair place for all.

We March

by Shane W. Evans (Author, Illustrator)

https://www.amazon.com/We-March-Shane-W-Evans/dp/1250073251/ref=sr_1_1?s=books&ie=UTF8&qid=1544733927&sr=1-1&keywords=We+March

“On August 28, 1963, a remarkable event took place--more than 250,000 people gathered in our nation's capital to participate in the March on Washington for Jobs and Freedom. The march began at the Washington Monument and ended with a rally at the Lincoln Memorial, where Martin Luther King Jr. delivered his historic "I Have a Dream" speech, advocating racial harmony.” - Amazon

Theme Message: Marching together can show strength and the desire for a better world.

Swimmy

by Leo Lionni

https://www.amazon.com/Swimmy-Leo-Lionni/dp/0399555501/ref=sr_1_1?s=books&ie=UTF8&qid=1544733851&sr=1-1&keywords=swimmy+by+leo+lionni

“The tale is about how little fish join forces to fight off the big bully fish. However, story also demonstrates that one can still be an individual, even while banding together with others in pursuit of a common goal.” -

<https://www.whatdowedoallday.com/childrens-picture-books-about-protest/>

Theme Message: Working together helps change something.

Meditation

Prep: gather materials to make protest signs, cardboard or craft paper, markers, etc.

- Today we are going to do a type of “walking” meditation. Know that people move in different ways, some roll, scoot, or are unable to walk very far. We can do this meditation together in whatever way is appropriate for all who are present. This is a march for justice meditation. Have you ever been to a protest or march for justice?
- Think about one thing that you’d like the world to care about, draw a picture of what you care most about in this world. We are going to show these to the world in the style of a protest.
- Gather together in a line and hold your signs.
- How do you feel right now? Nervous, silly, excited, bored?
- You can do this around the room or the building, march together, and with each step imagine that you are becoming braver and braver, telling the world about what you care about.
- Is it a little scary to do this, wouldn’t it be harder if you didn’t have your friends with you.
- When you return to the room, sit quietly for a moment and think about how you feel now.
- Discuss.

- by Rev. Jaelynn Scott, Soul Matters Youth Meditation Consultant

Activities

Wind Up Moving Toy Parade

https://smile.amazon.com/dp/B01M4ROJ3R?tag=amz-mkt-chr-us-20&ascsubtag=1ba00-01000-s1050-win10-other-smile-us000-pcomp-feature-scomp-wm-5&ref=aa_scomp

Collect or order a variety of moving toys. Invite the children to create a parade using the wind-up moving toys.

Walk Around With Me by Nancy Kopman

https://www.youtube.com/watch?time_continue=27&v=TXrqyb97huM

Add “Move around/Wheel around” verses

Ants Go Marching

https://www.youtube.com/watch?v=2S_fbcGwOM

Two Fingered Walking Puppets

<http://www.auntannie.com/puppets/TwoFinger/>

Make these two fingered walking puppets and march them around. Can a puppet sit in a pretend wheelchair and roll around?

“Sunshine” (connection with nature and our bodies)

Marching outside

Take the marching outside weather permitting. If indoors, can you march with instruments?

Service

Invite another class to help with the Wind-Up Toy March and play with them.

Session 4

Journey Beginnings

Introduction

Message: UU's welcome babies to the journey of life by telling them they are a gift.

Spiritual Focus: We begin as blessings; The journey of life is about sharing our blessings. Helping young children learn about unique UU rituals for the beginning of life.

Leader Background, if you are unfamiliar with the UU Child Dedication Ceremony:

- <https://www.uua.org/beliefs/what-we-do/celebrations/births>
- <https://www.questformeaning.org/rites-of-passage/baby-child-dedications/>

Wonder Box

Place inside: a real or pretend rose

What is in the Wonder Box today? A rose!

A rose is a beautiful flower. We give a rose as part of our Child Dedication Ceremony for new babies and children to our congregation. Each new child gets the gift of a rose.

We mark the beginning of a new life with the rose and the Child Dedication Ceremony. It is the beginning of the journey of life.

Has anyone been a part of a Child Dedication Ceremony?

What happened?

You go up front of the sanctuary with your family. Your full name is spoken. Your family promises to keep you safe and help you grow up. The congregation promises to help you grow up. You get a gift of a rose. It means that you have started on the journey of life and everyone will help you.

Stories

Baby Blessings: A Prayer for the Day You Are Born (Paula Wiseman Books)

by Deloris Jordan (Author), James E. Ransome (Illustrator)

https://www.amazon.com/Baby-Blessings-Prayer-Paula-Wiseman/dp/1416953620/ref=sr_1_1?s=books&ie=UTF8&qid=1544800120&sr=1-1&keywords=Baby+Blessings%3A+A+Prayer+for+the+Day+You+Are+Born+%28Paula+Wiseman+Books%29

Theme Message: Starting the journey of life means receiving blessings from all who wish the best for you.

Keep Love in Your Heart, Little One

by Giles Andreae, illustrated by Clara Vulliamy

https://www.amazon.com/Keep-Love-Your-Heart-Little/dp/1589250664/ref=sr_1_1?s=books&ie=UTF8&qid=1534373207&sr=1-1&keywords=Keep+Love+in+Your+Heart+little+one

"It's the only sure way to be happy, the only sure way to be free. Believe in yourself and believe in your dreams, and you'll be what you dream you can be." A joyful tale of parental love and a child's boundless enthusiasm for life.

Theme Message: The journey of beginning life with hopes for the child.

Meditation

Prep: Bowls of water for each child.

- In some Christian churches, the beginning of life's journey is celebrated with baptism. Babies are washed or sprinkled with water, some even dip the baby quickly in a tub of water.
 - As we use water to clean, so do some believe that water can make our hearts clean and ready for new journeys.
 - Take a moment to relax. Tighten up your face and body muscles and release a few times. Take a few deep cleansing breaths.
 - Now place the bowl of water in front of you.
 - Take a few moments and notice the mystery of water, think about its importance in our lives, how we need it to survive. How our earth's surface is mostly water, how water goes into the ground, travels through the air, into the clouds, and back to us again.
 - Now dip your fingers/limbs in the water, notice how that feels.
 - Wash each of your hands/limbs slowly and mindfully, feeling the water against your skin.
 - Splash a bit of water on your face, refreshing yourself. Splash a little on your friends.
 - Now, you get to baptize yourself. Take a bit of the water and wash your forehead, imagine that you are cleansing away anything that stands in the way of you being who you want to be in the world.
- By Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

The Circle of Life - from the Lion King

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

Play the video including the introduction of the cub to the world. There will be cubs born and lion kings die, over and over in the circle of life.

Optional - Continue the circle of life with these excerpts from the Lion King

Remember Who You Are

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

Simba is grown and needs to remember that his father lives on in him.

He Lives in You

<https://www.youtube.com/watch?v=shYouqOEE48>

Simba has a new cub, completing the circle of life.

Re-Enact Child Dedication Ceremony

Say these words or something like them for each child and present each with a rose or other flower.

"You are unique. There is no one else like you in the entire world. Your parents and your family welcome you in all your uniqueness. We give you this rose, different from every other rose in the world, as a symbol of your uniqueness.

We welcome you to this community. Water is the stuff of life, water connects all living things, all of humanity. The rose is dipped in water to symbolize your essential connection with all of us in this community."

(Dip the rose in the water and touch the rose to the child's forehead, and give the rose to the child.) -
from Rev. Dan Harper <https://www.danielharper.org/misc3.htm>

Rose Play

Place the roses in a vase. Invite the children to draw them.

Wrap the rose stem in florist tape. Add a ribbon. Write the child's name on the ribbon.

Invite the children to bless each other using water and a rose.

You may wish to set aside the roses after the children lose interest, so that they last until it is time to go home.

Baby Play

Invite play with baby dolls and stuffed animals. What might the children do for the beginnings of the journey for these toys? What kind of journey might these toys go on?

Real Baby Visit

Is there a baby who could visit? What are the hopes of the family for their new baby? How does the baby react to a rose? Different babies have different temperaments just like us. Some might be afraid of the rose, some might want to grab it and eat it, some might just gaze at it. How sweet if the preschool children could bless the baby and promise to be its friend and help it.

Service

Who has been a part of a Child Dedication Ceremony to start the journey of life? Ask around in the congregation or among the families. Would they like to share pictures or a story of what it was like with the children?

Take some photos and post them on your congregation's social media, describing the unique UU Child Dedication Ceremony that was re-enacted as part of the theme of the journey of life.

Make sure you have photo permissions (or photo-opt out notices) so that you may post children's photos. It is not recommended to post names of children who are in photos.

Session 5

Journey Endings

Introduction

Message: The end of a life is a time to celebrate all the gifts that the person gave with their life.

Spiritual Focus: Saying thank-you for sharing in the life of that person.

This session invites the children to reflect on death. Let the families know beforehand so they can tell you if there are any special issues going on in their family, such as the recent death of a pet or grandparent.

Wonder Box

Place inside: a dead leaf

What is in the wonder box? A leaf. It is dead. It is not green anymore. It is brown and brittle. Why did the leaf die? (it got too cold outside, or it was time for a new leaf to grow)

The end of the journey for the leaf is to die. The end of all journeys of life is death. We have a special service for people who die, called a Memorial Service. The Memorial Service is a time when we get together and are sad that the person died. We tell about our memories of that person. Sometimes they are funny memories. Sometimes they are sad memories. People might cry, people might laugh. It is a time to celebrate that the person had lived, and we will remember them.

Stories

The Fall of Freddie the Leaf: A Story of Life for All Ages

by Leo Buscaglia (Author)

https://www.amazon.com/Fall-Freddie-Leaf-Story-Life/dp/0943432898/ref=sr_1_1?s=books&ie=UTF8&qid=1544803045&sr=1-1&keywords=fall+of+freddie+the+leaf+book

“This story by Leo Buscaglia is a warm, wonderfully wise and strikingly simple story about a leaf names Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.” - Amazon

Theme Message: The journey of life and death is a story with a beginning and end.

Lifetimes: The Beautiful Way to Explain Death to Children

by Bryan Mellonie (Author), Robert Ingpen (Author)

https://www.amazon.com/Lifetimes-Beautiful-Explain-Death-Children/dp/0553344021/ref=pd_sim_14_2?encoding=UTF8&pd_rd_i=0553344021&pd_rd_r=f6aa210c-ffb8-11e8-a4a0-976c58c08714&pd_rd_w=sviKJ&pd_rd_wg=2kdAa&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=NVWBNPVAMG7QMWN7SQSM&pvc=1&refRID=NVWBNPVAMG7QMWN7SQSM

“Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people...” - Amazon

Theme Message: The journey of life and death happens to all living things. “The book tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.” - Amazon

Meditation

- A practice called tonglen (pronounced tongue-lynn) is used when someone we love dies.
- We have been talking about a very difficult subject. First we should make sure we are ok.
- Imagine that there is spout at the top of your head, pouring into your body a beautiful, glittery liquid that slowly fills you up. It makes you feel warm and loving. Let it start at your feet and fill up your legs, your tummy, chest, neck and head.
- Now, you are completely full, sit there for a moment and just feel warm and loved.
- Think of someone you may have lost, or a pet that you have lost.
- Imagine that they, like you are filling up with the very same warm, loving liquid.
- Think that they are ok, imagine that they feel loved and held.
- You can do this for as many people, animals as you would like.
- Take a moment to talk about how this made you feel.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

The Circle of Life - from the Lion King, again

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

Play the video including the introduction of the cub to the world. There will be cubs born and lion kings die over and over in the circle of life.

Optional - Continue the circle of life with these excerpts from the Lion King

Remember Who You Are

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

Simba is grown and needs to remember that his father lives on in him.

He Lives in You

<https://www.youtube.com/watch?v=shYouqOEE48>

Simba has a new cub, completing the circle of life.

Memorial Service

From Tapestry of Faith, Chalice Children, Feeling Sad

<https://www.uua.org/re/tapestry/children/chalicechildren/session13/298380.shtml>

“...Say, in these words or your own:

Sometimes at a memorial service, family members share their stories. Sometimes there is a book that everyone signs, where people can leave a loving note for the family. Sometimes there are pictures of the person who has died. People also might share mementos-objects or things that make you think of and remember the person. Did anyone bring a picture or a memento of a loved one who has died?...” from the activity

Leaf Collage

Gather a variety of dead leaves, stalks, seed pods and twigs when you go outside. Return to the indoor tables (or use outdoor tables) to create a leaf collage with glue and cardstock.

“Sunshine” (connection with nature and our bodies)

Collect leaves and other dead plants, seed pods and stalks for the leaf collage.

Service

Invite the parents to listen to the quiet song from the shell or watch the turtles Journey to come out.

Share the visiting animal with the older children. Invite the preschoolers to remind the older children how to keep the Journey of the animal by being quiet and slow movements.

First through Fifth Grade Sessions

Session 1 The Journey Inward

Introduction

Message: Some journeys take place outside us; others take place inside us.

Spiritual Focus: The practice of inward reflection.

This session invites the children to experience a variety of ways to journey in, reflect and meditate.

Reflections

Prop: a small mirror

A mirror! What do you see in the mirror? A reflection of you! What do you see? A nose, some eyes, maybe a chin? That is what you look like from the outside. How do you know what kinds of things are inside you that you can't see in the mirror?

There are two kinds of things inside of you – First are the parts of your body - your brain, your heart, your blood, your bones. You see your blood inside of you when you cut yourself, and maybe the inside of your skin.

Also inside of you is a special part called your soul, or inner light. You can't really see with your eyes. It is what makes you - you. Your special kindness, love, caring.

To see inside of you, you can meditate. That helps you go on a journey in.

Stories

Empty Your Cup - Zen Story

Pour a cup as in this story.

Nan-in, a Japanese master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen.

Nan-in served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he no longer could restrain himself. "It is overfull. No more will go in!"

"Like this cup," Nan-in said, "you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?"

Theme Message: The journey inward begins with making room.

Be the Boss - Zen Story

A horse suddenly came galloping quickly down the road. It seemed as though the man had somewhere important to go.

Another man, who was standing alongside the road, shouted, "Where are you going?" and the man on the horse replied,

"I don't know! Ask the horse!"

Theme Message: Are we conscious of our journey or are we like the rider, letting the horse decide where to go? This story teaches us to be mindful of the journey we are on, and make decisions, not just be at the mercy of mindless activity.

Meditation

- In many traditions from the East, everything is said to have a sacred sound.
- In Buddhist and Hindu chanting, the sound "Om" is often used to begin to look inward. You can then bring the beauty of the world into you by chanting the sound of things.
- Try this one, it is from India, chant with me "Om."
- How do you think a raindrop sounds? Example: "blip," "blip," "blip"
- This is harder, what is the sound of a tree? Example: "swish"
- This is a little harder, what is the sound of sadness? Let's take a moment and chant this sound together. Example: a low hum.
- Now, what is the sound of happiness? Example: "Ha, ha!" Let's try this one together.
- Finally, what is the sound of the Universe? Example: "Ah" or "Bzzzz"
- Let's chant this together.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Guided Meditation

From Tapestry of Faith, Love Connects Us, Peace Inside

<https://www.uua.org/re/tapestry/children/loveconnects/session10/161983.shtml>

Creative visualization is one way to journey inward.

Art Meditation

Drawing to Music

Invite the children to draw to some meditative music and journey inward as they listen. What shapes and lines do they hear in the music, what colors? Meditative music Marconi Union Weightless

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

“Sunshine” (connection with nature and our bodies)

Walking Meditation

From Tapestry of Faith, Love Connects Us, Peace Inside

<https://www.uua.org/re/tapestry/children/loveconnects/session10/161982.shtml>

Meditation doesn't always have to be still. Take a walking meditation outdoors or in, and see what it feels like to journey within while walking.

Service

Invite parents to join in a meditative space after the service with the children leading them in a meditation of their choice.

Session 2

The Journey Outward

The Practice of Pilgrimage

Introduction

Message: We grow when we make a journey that challenges us.

Spiritual Focus: The practice of pilgrimage.

Exploring and growing are part of making a journey. A pilgrimage is a journey to a special place with a special meaning.

Reflection

Prop: a walking stick

The theme for this month is “How are we a people of journey?” Today we are going to explore journeying outward as one way we are a people of journey. Sometimes a journey is called a pilgrimage - a journey to a special place with a special meaning not just a place to see. And your method of getting there may not be a walk. It may be a different way of moving, a roll, a drive.

When people walk on a pilgrimage, they sometimes carry a walking stick or [staff](#). Gandalf in the Lord of the Rings carried a staff. Moses carried a staff in the Bible story about leading the Hebrews out of Egypt. Yoda in Star Wars has a staff. These tales of Lord of the Rings, Star Wars, and Harry Potter are called “The Hero’s Journey.” They are all about the hero learning and discovering who they are and being brave enough to be who they really are. That’s why they are so popular and why we love to hear stories like these.

Can you think of a pilgrimage that is important to you?

How has the journey helped you grow?

A walk/roll/move to a special bench where you found out there was going to be a new family member.

A place you visited which gave you a special sense of calm and centeredness.

What about a favorite spot here where you like to visit.

We can share this staff as we walk pilgrimages to special spots here in this place today.

Stories

Journey, Quest, Return (Aaron Becker’s Wordless Trilogy)

by Aaron Becker (Author, Illustrator)

Share all three. They are wordless so use it as a silent moving picture book.

Guide to Reading a Wordless Book: http://candlewick.com/book_files/0763677302.kit.1.pdf

Journey: https://www.amazon.com/Journey-Aaron-Beckers-Wordless-Trilogy/dp/0763660531/ref=pd_bxgy_14_img_3?encoding=UTF8&pd_rd_i=0763660531&pd_rd_r=4ece4fa1-00a8-11e9-9c11-8d51749b796d&pd_rd_w=hy6CN&pd_rd_wg=TbzHg&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=V8RM7M0EY3PPAEHV70TT&psc=1&refRID=V8RM7M0EY3PPAEHV70TT

Quest: https://www.amazon.com/Quest-Aaron-Beckers-Wordless-Trilogy/dp/0763665959/ref=sr_1_1?ie=UTF8&qid=1544905788&sr=8-1&keywords=quest+by+aaron+becker

Return: https://www.amazon.com/Return-Aaron-Beckers-Wordless-Trilogy/dp/0763677302/ref=pd_bxgy_14_img_2?encoding=UTF8&pd_rd_i=0763677302&pd_rd_r=2d2cb10f-00a8-11e9-a4a0-976c58c08714&pd_rd_w=OTLTm&pd_rd_wg=RvokJ&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=RD30QJP8FAF9NPTXMKF8&psc=1&refRID=RD30QJP8FAF9NPTXMKF8

“Failing to get the attention of her busy father, a lonely girl turns back to a fantastic world for friendship and adventure. It’s her third journey into the enticing realm of kings and emperors, castles and canals, exotic creatures and enchanting landscapes. This time, it will take something truly powerful to persuade her to return home, as a gripping backstory is revealed that will hold readers in its thrall. Caldecott Honor winner Aaron Becker delivers a suspenseful and moving climax to his wordless trilogy, an epic that began with the award-winning Journey and continued with the celebrated follow-up Quest.” - Amazon

Theme Message: Extraordinary adventures and fantasy take us on the journey of the heart, a true-life journey in which we all experience loneliness, tension, and resilience. The hero’s journey is about the journey of discovering and owning who you are.

Meditation

In this meditation session, we will take a journey in our minds and hearts. Our imagination is a ticket to our journey, we can journey with our minds in any moment and at any time.

- I invite you to close your eyes if you are comfortable doing so. If not, just lower your eyes and look at your knees. No need to concentrate on looking at anything, just keep your gaze lowered.
- Have you ever taken a trip on a train? We can do so now, imagine that you are sitting at a window seat on a long, beautiful train driven by a steam engine.
- This train isn’t going anywhere in particular, it is just rolling along.
- Sitting with you are your friends and loved ones, but they are all asleep.
- What do you hear? The shuffling of the train on the tracks, the steam puffing out of the engine’s chimney, the gentle horn of the train?
- Feel the train rock you side to side as it steadily and swiftly passes through a beautiful countryside. You can *gently* rock side to side now if you would like to.
- You look out of the window and all of the houses, buildings, animals, people, lakes, rivers, trees, and pastures come into view and pass by you as soon as you see them.
- Take a moment and imagine this in silence.
- Notice your breath going in and out with the rocking of the train.
- Your meditation is like the train, the scenery out of the window is your thoughts. As you ride the train, let your breath rock with the train, when a thought comes up, just imagine it is beautiful scenery.
- Think: “How nice, I see a thought out of my window, it passes you as soon as you see it. Then return to your breathing and sound and feeling of riding on a train.
- Take a few more moments to try this meditation.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Activities to Go with the Trilogy of Books:

http://candlewick.com/book_files/0763677302.kit.1.pdf

Paper Lantern Craft

<http://www.allthewonders.com/crafts/journey-paper-lantern-craft/>

Based on the lantern in the Journey trilogy, make your own lantern to light you on your way for your own journey.

Draw Your Door to your journey

Doors often signal the beginning of a journey. Can you think of some doors in stories you are familiar with? A door in Harry Potter? A door in The Lion, the Witch and The Wardrobe? A door in Star Wars?

Draw your own door to the Journey!

“Sunshine” - connection to Movement and Nature

Special Spot with the Walking Stick

Did you share a special place which you like to stop at here in our facility or on the grounds? Invite the children to visit the spots, with the “host of the spot” using the walking stick as they guide everyone to their spot and share how they feel when they journey to it.

It might be hanging upside down on the monkey bars in the playground and looking at the world that way.

It might be under an evergreen tree, in a little hidey - hole and looking out at the world.

It might be a special place in the sanctuary.

Service (to others)

Create an obstacle course of the Hero’s Journey, perhaps with help from the Youth Group. Include ways for children with mobility issues can participate:

1. Ordinary World - Starting the Journey with a place to remind about instructions
2. Call to Adventure - Walking down a path
3. Refusal of The Call - a Barrier to climb through, such as under a table.
4. Meeting the Mentor - a Yoda, Jedi, wizard, or other helpful character or person who offers encouragement.
5. Crossing the First Threshold - Climb over something
6. Tests, Allies, Enemies - a variety of obstacles, helpers, and challengers
7. Approach to The Inmost Cave - the hardest part, a cave under a blanket
8. Ordeal - Making it through the tunnel
9. Reward - Bringing back something in the cave (a treat for everyone, perhaps)
10. The Road Back - a balance beam or rope or board to walk on
11. Resurrection - a special pipe cleaner to wear around your wrist
12. Return With the Elixir - return with snacks and drinks.

Session 3

Journey of Justice

Introduction

Message: We speak out for justice in many ways. One way is to take journeys called marches and protests. We walk/move/roll together to move justice forward.

Spiritual Focus: The practice of witnessing in a group by marching and protesting.

There are marches for justice taking place all over the country, as folks walk/roll/move to witness something they would like to be changed - keeping immigrant families together, protesting gun violence, helping people of color find justice. Being on the journey of justice means speaking out for fairness and kindness.

Reflections

Prop: a sign with PEACE on it.

Here's one protest sign which you might see on a march. It says simple PEACE. Has anyone been on a march? What happened?

Unitarian Universalists have worked for justice and one way is to march, or walk/ roll/move, in a group to let people know that we care about justice and want something changed.

Stories

Children's Books about Protest

<https://www.whatdowedoallday.com/childrens-picture-books-about-protest/>

Theme Message: a great variety of protests and the causes which were involved for journeys of justice.

Valentine's for the Governor

From Tapestry of Faith, Faithful Journeys, Get Involved

<https://www.uua.org/re/tapestry/children/journeys/session11/132585.shtml>

Theme Message: Walking in a march isn't the only way to let people know that something must be changed. Writing letters and in this case sending Valentines is another way on the Journey to Justice.

Meditation

Prep: gather materials to make protest signs, cardboard or craft paper, markers, etc.

- Today we are going to do a type of "walking" meditation. Know that people walk in different ways, some roll, scoot, or are unable to walk very far. We can do this meditation together in whatever way is appropriate for all who are present. This is a march for justice meditation.
- Think about one thing that you'd like the world to care about, make a protest sign to use in our march for justice meditation. Keep it short, a word, a short sentence, a picture.

- Gather together in a line and hold your signs. How does it feel to be in a group of other's marching for freedom and justice together.
- How do you feel right now, nervous, silly, excited, bored?
- You can do this around the room or the building, march together, and with each step imagine that you are becoming braver and braver, telling the world about what you care about.
- Is it a little scary to do this, wouldn't it be harder if you didn't have your friends with you.
- When you return to the room, sit quietly for a moment and think about how you feel now.
- Discuss.

by Rev. Jaelynn Scott, Soul Matters Youth Meditation Consultant

Activities

Along the Migrant Trail Game

From UUSC Guest at Your Table resources

<https://www.uusc.org/wp-content/uploads/2018/10/UUSC-Migrant-Justice-Activity.pdf>

“This activity is intended to help introduce elementary and middle school aged children to the difficult journey many migrants undertake from Central America to the United States. Through drawing cards that either advance or pause their journey along a board representing the migrant trail, participants will learn about types of help and hindrances that many migrants experience along their journey.” - from the Activity.

As suggested by Leah Purcell, Director of Family Ministry, Albany, NY

Speak Out Role Plays

From Tapestry of Faith, Faithful Journeys, Speak Out

<https://www.uua.org/re/tapestry/children/journeys/session10/leaderresource2>

“After they have presented the scenario, pose the questions provided and invite the children to suggest what should happen next. You may wish to then have children improvise what might happen if the characters followed through on participants' suggestions of what people in that scenario might do.” - from the activity

Making Signs for a Congregational Service Opportunity, optional

If your congregation is part of a march or service opportunity, invite the children to make some signs.

“Sunshine” (connection with nature and our bodies)/ Movement

MOVE IT! IF YOU WANT JUSTICE AND YOU KNOW IT, CLAP YOUR HANDS

From Tapestry of Faith, Faithful Journeys, Get Involved

<https://www.uua.org/re/tapestry/children/journeys/session11/132571.shtml>

Service

Taking Part in a Congregational Service Opportunity

If there is a congregational service opportunity, encourage families to participate and share information about how they can participate.

Session 4

Journey Beginnings

The Practice of Marking the Start

Introduction

Message: UUs welcome babies to the journey of life by telling them they are a gift.

Spiritual Focus: We begin as blessings; The journey of life is about sharing our blessings.

Helping young children learn about unique UU rituals for the beginning of life. Leader Background, if you are unfamiliar with the UU Child Dedication Ceremony: <https://www.uua.org/beliefs/what-we-do/celebrations/births>

<https://www.questformeaning.org/rites-of-passage/baby-child-dedications/>

Reflections

Prop: a real or pretend rose

A rose is a beautiful flower. We give a rose as part of our Child Dedication Ceremony for new babies and children to our congregation. Each new child gets the gift of a rose.

We mark the beginning of a new life with the rose and the Child Dedication Ceremony. It is the beginning of the journey of life.

Has anyone been a part of a Child Dedication Ceremony?

What happened?

You go up front of the sanctuary with your family. Your full name is spoken. Your family promises to keep you safe and help you grow up. The congregation promises to help you grow up. You get a gift of a rose. It means that you have started on the journey of life and everyone will help you.

Stories

Baby Blessings: A Prayer for the Day You Are Born (Paula Wiseman Books)

by Deloris Jordan (Author), James E. Ransome (Illustrator)

https://www.amazon.com/Baby-Blessings-Prayer-Paula-Wiseman/dp/1416953620/ref=sr_1_1?s=books&ie=UTF8&qid=1544800120&sr=1-1&keywords=Baby+Blessings%3A+A+Prayer+for+the+Day+You+Are+Born+%28Paula+Wiseman+Books%29

Theme Message: Starting the journey of life means receiving blessings from all who wish the best for you.

Meditation

Prep: Bowls of water for each child.

- In some Christian churches, the beginning of life's journey is celebrated with baptism. Babies are washed or sprinkled with water, some even dip the baby quickly in a tub of water.
 - As we use water to clean, so do some believe that water can make our hearts clean and ready for new journeys.
 - Take a moment to relax. Tighten up your face and body muscles and release a few times. Take a few deep cleansing breaths.
 - Now place the bowl of water in front of you.
 - Take a few moments and notice the mystery of water, think about its importance in our lives, how we need it to survive. How our earth's surface is mostly water, how water goes into the ground, travels through the air, into the clouds, and back to us again.
 - Now dip your fingers/limbs in the water, notice how that feels.
 - Wash each of your hands/limbs slowly and mindfully, feeling the water against your skin.
 - Splash a bit of water on your face, refreshing yourself.
 - Now, you get to baptize yourself.
 - Take a bit of the water and wash your forehead, imagine that you are cleansing away anything that stands in the way of you being who and what you want to be in the world.
 - How did that feel?
- By Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Video: The Circle of Life - from the Lion King

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

Play the video including the introduction of the cub to the world. There will be cubs born and lion kings die, over and over in the circle of life.

Optional - Continue the circle of life with these excerpts from the Lion King

Remember Who You Are: <https://www.youtube.com/watch?v=yGQnGQzIAmA>

Simba is grown and needs to remember that his father lives on in him.

He Lives in You: <https://www.youtube.com/watch?v=shYougOEE48>

Simba has a new cub, completing the circle of life.

Re-Enact Child Dedication Ceremony

Say these words or something like them for each child and present each with a rose or other flower.

"You are unique. There is no one else like you in the entire world. Your parents and your family welcome you in all your uniqueness. We give you this rose, different from every other rose in the world, as a symbol of your uniqueness.

We welcome you to this community. Water is the stuff of life, water connects all

living things, all of humanity. The rose is dipped in water to symbolize your essential connection with all of us in this community.”

(Dip the rose in the water and touch the rose to the child's forehead, and give the rose to the child.) - from Rev. Dan Harper <https://www.danielharper.org/misc3.htm>

Friendship Circle for the Journey

Adapted from the Child Dedication Words at <https://www.questformeaning.org/rites-of-passage/baby-child-dedications/>

One of the parts of the Child Dedication Ceremony is for the children to promise to help the new baby or child grow and learn on the journey of life.

Expand on this promise by offering a Friendship Circle for the Journey for the children. Invite them to stand in a circle. Put their arms on each other shoulders, or link elbows (give each person a choice) and repeat after the leader,

Leader: We are the future and hope.

Children: repeat

Leader: We pledge ourselves to nurture the rising of the light.

Children: repeat, etc. after each leader sentence

Leader: We stand in this Friendship Circle for the journey of life.

Leader: We promise to help each other learn, listen and challenge.

Leader: We promise to build a community that will bring truth, hope and courage to the world.

Leader: Are you ready to dedicate yourselves to each other?

Leader: We are prepared.

Leader: We dedicate our minds and hearts to each other and to each family.

Move your arms to cross each arm in front of each other and grasp the hands of your neighbors.

Sing Make New Friends <https://www.youtube.com/watch?v=sMAxP-95yn4>

Leader: May this Friendship Circle for the Journey help remind us to help each other as we grow up. Amen.

Serve refreshments, if desired, to celebrate the ritual.

Rose Play

Place the roses in a vase. Invite the children to draw them.

Invite the children to bless each other using water and a rose.

You may wish to set aside the roses after the children lose interest, so that they last until it is time to go home.

Real Baby Visit

Is there a baby who could visit? What are the hopes of the family for their new baby? How does the baby react to a rose? Different babies have different temperaments just like us. Some might be afraid of the rose, some might want to grab it and eat it, some might just gaze at it. How sweet if the preschool children could bless the baby and promise to be its friend and help it.

“Sunshine” (connection with nature and our bodies)/ Movement

Celebrate the Friendship Circle for the Journey outside in a circle. After singing the song, turn the circle into a “Follow the Leader” Game.

Service

Think of ways you can offer to help the younger children grow and learn. Is it possible to play Ring around the Rosie with the preschoolers? Or read a book to them? What ways can you think of helping them grow and learn?

Session 5

Journey Endings

Introduction

Message: The end of a life is a time to celebrate all the gifts that the person gave with their life

Spiritual Focus: Saying thank-you for sharing in the life of that person.

This session invites the children to reflect on death. Let the families know beforehand so they can tell you if there are any special issues going on in their family, such as the recent death of a pet or grandparent.

Reflections

prop: a dead leaf

Here is a leaf. It is dead. It is not green anymore. It is brown and brittle. Why did the leaf die? (it got too cold outside, or it was time for a new leaf to grow)

The end of the journey for the leaf is to die. The end of all journeys of life is death. We Unitarian Universalists have a special service for people who die, called a Memorial Service. The Memorial Service is a time when we get together and are sad that the person died. We tell about our memories of that person. Sometimes they are funny memories. Sometimes they are sad memories. People might cry, people might laugh. It is a time to celebrate that the person had lived, and we will remember them.

Stories

The Fall of Freddie the Leaf: A Story of Life for All Ages

by Leo Buscaglia (Author)

https://www.amazon.com/Fall-Freddie-Leaf-Story-Life/dp/0943432898/ref=sr_1_1?s=books&ie=UTF8&qid=1544803045&sr=1-1&keywords=fall+of+freddie+the+leaf+book

“This story by Leo Buscaglia is a warm, wonderfully wise and strikingly simple story about a leaf names Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.” - Amazon

Theme Message: The journey of life and death is a story with a beginning and end.

Why Death is Like the Banana Tree

From Tapestry of Faith, Love Will Guide Up, Love is Eternal

<https://www.uua.org/re/tapestry/children/loveguide/session6/168654.shtml>

Theme Message: In the journey of life, we make room for new life through death, in an endless circle.

After Life: Ways We Think About Death (available as a Kindle Edition)

by Merrie-Ellen Wilcox (Author)

https://www.amazon.com/After-Life-Think-About-Death-ebook/dp/B07H3NL9W2/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1544902962&sr=1-1

“Why do we die? Why can't we live forever? What happens to us after death? Moving between science and culture, After Life: Ways We Think About Death takes a straightforward look at these and other questions long taboo in our society. By showing the fascinating, diverse ways in which we understand death, both today and throughout our history, the book also shines a light on what it is to be human. Each chapter includes a brief

telling of a death legend, myth or history from a different culture or tradition, from Adam and Eve to Wolf and Coyote, and ends with a section on a common theme in our thinking about death, such as rivers and birds in the afterlife, the colors that different cultures use to symbolize death, and, of course, ghosts. The final chapter is about grief, which is both a universal human experience and unique to each person.” - Amazon

Theme Message: Each religion and culture marks the end of the journey of life with death rituals.

Meditation

- A practice called tonglen (pronounced tongue-lynn) is used when someone dies.
- We have been talking about a very difficult subject. First we should make sure we are ok.
- Imagine that there is spout at the top of your head, pouring into your body a beautiful, glittery liquid that slowly fills you up. It makes you feel warm and loving. Let it start at your feet and fill up your legs, your tummy, chest, neck and head.
- Now, you are completely full, sit there for a moment and just feel warm and loved.
- Think of someone you may have lost, or a pet that you have lost.
- Imagine that they, like you are filling up with the very same warm, loving liquid.
- Think that they are ok, imagine that they feel loved and held.
- You can do this for as many people, animals as you would like.
- Take a moment to talk about how this made you feel.

- From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

The Circle of Life - from the Lion King, again

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

Play the video including the introduction of the cub to the world. There will be cubs born and lion kings die, over and over in the circle of life.

Continue the circle of life with these excerpts from the Lion King

Remember Who You Are

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

Simba is grown and needs to remember that his father lives on in him.

He Lives in You

<https://www.youtube.com/watch?v=shYouqOEE48>

Simba has a new cub, completing the circle of life.

Role Play a Memorial Service - The End of the Journey of Life

From Tapestry of Faith, Signs of Our Faith, Remembering Our Loved Ones

<https://www.uua.org/re/tapestry/children/signs/session8/287805.shtml>

"Find or write opening and closing words. Opening words might be, "We will take time to remember loved ones who are no longer with us. I will light this chalice as we begin our memorial ritual." Closing words might be, "These who have gone before us have blessed us with their presence. We treasure the memories of their lives, with joy and sometimes sadness. Though we may miss them, we are thankful for the legacy they leave behind. We are grateful for their lives." - from the Activity

"Sunshine" (connection with nature and our bodies)

Outside Walk/Memorial Garden

Go outside and look for signs of the circle of life. Leaves, old plants, dead bugs, buds, birds flying, trees growing, children playing, elders visiting.

If you have a memorial garden as part of your ground, visit the space and talk about how people are remembered - in love and through memories.

Service

If there is a memorial plaque or memorial garden, invite the children to see if there are simple maintenance activities that they might offer to help with, such as raking leaves or dusting.

Youth

Here are a variety of components for use in your Middle School/Sr. High Groups. In addition, check out:

- *The Stories for All Ages* section
- *This month's Soul Matters Small Group Packet (after all, isn't Youth Group a Small Group Ministry?!)*
- *An adult worship service on "Being A People of Journey"*

Exploring the Journey Inward

Message: Some journeys take place outside us; others take place inside us.

Spiritual Focus: The practice of inward reflection.

Story: The Life of the Buddha

From *Tapestry of Faith, Building Bridges, Waking Up- The Life of Buddha*

<https://www.uua.org/re/tapestry/youth/bridges/workshop9/185202.shtml>

"After six years of seeking, one day Siddhartha came to a bodhi tree and sat down beneath it, vowing not to leave until he knew the Truth of how to conquer suffering and death. While meditating and searching his heart, he came to understand how he was connected to all life, and how to conquer suffering and death. He had become the Buddha—the awakened one." - from the story

Theme Message: The Buddha journeyed inward to find the truth, and so can we.

Walking Meditation

From *Tapestry of Faith, Love Connects Us, Peace Inside*

<https://www.uua.org/re/tapestry/children/loveconnects/session10/161982.shtml>

Theme Connection: One way of journeying in is to engage in a walking meditation, and really practice mindfulness of where and what we are.

Meditation

- I invite you to take a few deep breaths, let go of the business of your life with each out breath. Take your time.
- Now, take a few silent moments to journey inward. Close your eyes if you are comfortable doing so. What is the landscape of your mind in this moment? Imagine a landscape that reflects how you feel right now.
- Maybe it is hilly, with lots of struggles and stress. Maybe it is serene, like a mountain lake. Is your mind busy like a rushing stream?
- Are there any insects, trees, flowers? How's the sky? Just play and explore the landscape of you mind in this moment.
- Is there anything that you need an answer to or are struggling with?
- Imagine that a path to that answer, solution, appears. It is beautiful and enticing.
- Take that path, do this for a few silent moments.

- Around the bend, you see a beautiful chest, in this chest is your answer in the form of a vase full of elixir that holds the wisdom of your mind.
- Lift the vase and drink the elixir, let the power of your own wisdom warm you.
- Gradually allow the landscape, the treasure, the path to dissolve away. Just stay with the warmth of your solution, your answer.
- Gently come back into the space.
- Discuss.

- *from Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant*

My Spiritual Journey

From Tapestry of Faith, Spirit of Life, Exploring Spirituality

<https://www.uua.org/re/tapestry/adults/life/workshop1/159104.shtml>

“Your spiritual journey began with your birth, and it leads to now. Draw the high peaks, the low valleys, the plateaus where your life seemed to coast along, the deserts, the wilderness, or the oases...” - from the activity

“Sunshine” - experiences outdoors, in nature, or with movement)

When do you feel most centered and ready to journey in? Often it is in a natural environment. Invite the group to take a mini-journey quest. Take a blanket and sit in one place in silence. What thoughts come to mind?

Exploring the “Journey Outward”

The practice of the Hero’s Journey

Message: We grow when we make a journey that challenges us.

Spiritual Focus: The practice of pilgrimage.

The Hero’s Journey - Joseph Campbell

<https://www.youtube.com/watch?v=GNPcefZKmZ0>

“This quick summary of The Hero's Journey (Original concept by Joseph Campbell) is based on the Christopher Vogler adaption of the hero's 12 stages:

1. Ordinary World
2. Call to Adventure
3. Refusal of The Call
4. Meeting the Mentor
5. Crossing the First Threshold
6. Tests, Allies, Enemies
7. Approach to The Inmost Cave
8. Ordeal
9. Reward
10. The Road Back
11. Resurrection
12. Return With The Elixir

This monomyth / mythology is an epic path to self-discovery, facing your fears, and living your life's purpose.” - from the video.

How do the “Hero’s Journey” movies fit these 12 stages - Star Wars, Harry Potter, Lion King, The Lion, the Witch and the Wardrobe, The Matrix. What other movies remind you of the Hero’s Journey?

How does the Hero’s Journey apply to the journey of your life?

Music - Cello Wars (Star Wars Parody) Lightsaber Duel - The Piano Guys

<https://www.youtube.com/watch?v=BgAlQuqzl8o>

What will be the twist in the Hero’s Journey of your life? Each journey will be unique and unexpected, just like this version of the Star Wars theme- done with cellos! Watch the video, then share your thoughts about your own journey, based on the 12 stages shared above.

Games

Light Saber Pool Noodle duels. <https://www.techydad.com/2015/05/foam-lightsaber-games-for-star-wars-day-or-any-day-for-that-matter/>

Meditation

- This practice is called aimless wandering, it is just like “walking meditation” but done with the spirit of journey. It is a Shambhala Buddhist practice.
- The instruction is to move slowly and listen to where your heart is leading you. Go outside if you can, you may have room indoors to do this if the weather is inclement.
- Remember to pause, notice any beauty that draws you, breathe deeply, stay silent.
- Trust that your body and heart know where to take you.
- Bring something back that caught your attention, discuss.
 - *From Rev. Jaelynn Pema Scott, Soul Matters Youth Meditation Consultant*

Star Wars Text Edited

http://www.classtools.net/movietext/201601_Z8DHjW

Make your own Star Wars Text video of the scrolling text! Use the tool to create a scrolling text describing the Hero’s Journey.

“Sunshine” - experiences outdoors, in nature, or with movement

Boogie Storm make Simon’s dream come true! | Auditions Week 5 | Britain’s Got Talent 2016

<https://www.youtube.com/watch?v=Ax7tmaYObIQ>

Get up and dance with the stormtroopers as they move through their epic journey!

Service

Create a Hero’s Journey Obstacle Course for the younger children. Include activities for mobility challenged children.

1. Ordinary World - Starting the Journey with a place to remind about instructions
2. Call to Adventure - Walking down a path
3. Refusal of The Call - a Barrier to climb through, such as under a table.
4. Meeting the Mentor - a Yoda, Jedi, wizard, or other helpful character or person who offers encouragement.
5. Crossing the First Threshold - Climb over something
6. Tests, Allies, Enemies - a variety of obstacles, helpers, and challengers
7. Approach to The Inmost Cave - the hardest part, a cave under a blanket
8. Ordeal - Making it through the tunnel
9. Reward - Bringing back something in the cave (a treat for everyone, perhaps)
10. The Road Back - a balance beam or rope or board to walk on
11. Resurrection - a special pipe cleaner to wear around your wrist
12. Return With the Elixir - return with snacks and drinks.

Exploring the “Journey of Justice” The practice of witnessing for a cause

Message: We speak out for justice in many ways. One way is to take journeys called marches and protests. We walk/move/roll together to move justice forward.

Spiritual Focus: The practice of witnessing in a group by marching and protesting.

Stories

Here are some of the ways which people are making journeys of justice. If your staff or congregants are involved in a Journey for Justice, invite them to share their work and experiences:

Immigrants make “Journey 4 Justice” to save TPS

<https://www.afsc.org/blogs/news-and-commentary/immigrants-make-journey-4-justice-to-save-tps>

“After six weeks of traveling across the United States, the TPS Journey 4 Justice bus arrived in Washington, D.C. on Tuesday, Sept. 25, 2018. The bus carried more than 50 immigrants with Temporary Protected Status (TPS), their family members, and other civil rights leaders who are crossing the country over 12 weeks to mobilize communities to protect the life-saving immigration program.” - from the article

Quakers, Rabbis, Imams Protest for Migrant Rights Because ‘Love Knows No Borders’

https://www.huffingtonpost.com/entry/interfaith-border-protest-migrants_us_5c112943e4b0ac53717af2ce

“On Monday (12.10.18), the protesters sang hymns and prayed out loud as they approached the border fence to perform a ceremonial blessing, with a group of about 100 who were willing to risk arrest forming the vanguard.” - from the article

Denver Freedom Riders

<https://www.youtube.com/watch?v=56FMw58-s7Q>

“This is the story of the Denver Freedom Riders and their multiple freedom rides to Ferguson (twice in November of 2014). They are taking all that they've learned and gained to throw a conference this MLK day (Jan 19th, 2014) called The Denver Freedom Riders Present: Black Lives Matter.” - from the video

I Want to Be the Change; Youth march in Washington to protest gun violence, Summer, 2018

<https://www.uuworld.org/articles/march-our-lives>

Selma-Montgomery March - March 1965

[Selma–Montgomery march](#) - March 21-25 (1965)

Vignettes from "Eyes On the Prize" relating to the March 7-21, 1965 Selma to Montgomery marches.

Games

Along the Migrant Trail

From UUSC Guest at Your Table resources

<https://www.uusc.org/wp-content/uploads/2018/10/UUSC-Migrant-Justice-Activity.pdf>

“This activity is intended to help introduce elementary and middle school aged children to the difficult journey many migrants undertake from Central America to the United States. Through drawing cards that either advance or pause their journey along a board representing the migrant trail, participants will learn about types of help and hindrances that many migrants experience along their journey.” - from the Activity. As suggested by Leah Purcell, Director of Family Ministry, Albany, NY

Meditation

Pilgrimage is an important contemplative experience for all of the world’s major religious traditions. It is understood that the journey towards a place and the hardship endured on the way are a way of showing devotion and respect to the place one is visiting.

For this session’s meditation, you may want to find an important place of the fight for justice in your hometown.

- Learn about the place, beforehand.
- You may want to make sacred offerings or gather money to leave at the place that you are visiting.
- On the journey, you may want to sing some of the “songs of freedom,” to meditate or pray at the place you arrive, and to honor those who fought for justice and freedom.
- When you leave take the spirit of the fight for justice in your heart and know that it is now a part of you.

- *From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant*

Service

Many of our leaders and congregations are taking part in journeys of justice. Invite the group to interview someone who has participated and write an article for the newsletter or social media
Take part in a congregational service opportunity!

Marking the “Beginning of the Journey”

The Practice of Rituals for Beginnings

Message: UUS welcome babies to the journey of life by telling them they are a gift.

Spiritual Focus: We begin as blessings; The journey of life is about sharing our blessings.

Rituals for Beginnings in the Journey of Life

Child Dedications:

Has anyone in the group seen a Child Dedication. It is a unique UU ritual for beginnings. A new baby is named and presented to the community. The child and their family receive a rose without thorns. The children and youth pledge to help the baby grow. <https://www.uua.org/beliefs/what-we-do/celebrations/births>

The Circle of Life - from the Lion King

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

Play the video including the introduction of the cub to the world. There will be cubs born and lion kings die, over and over in the circle of life.

Coming of Age:

Traditional UU COA hymn:

STJ #1020 Woyaya

Video: Osibisa <https://www.youtube.com/watch?v=dIGD763mwL4>

Art Garfunkel: <https://www.youtube.com/watch?v=viwERI295zU>

Commentary: <http://farfringe.com/stj1020-woyaya/>

COA Ritual Reading: <https://www.uua.org/worship/words/service/rite-of-passage>

Has anyone been in a Coming of Age ritual or program. What was it like? What rituals do you remember, if any?

Bridging into Young Adulthood

In many congregations it is tradition to give a rose with thorns to those bridging into young adulthood or graduating from high school, to contrast with the Child Dedication of a rose without thorns. Now, the thorns of life become part of what we can't protect you from, but which will teach you.

Words for Bridging: <https://www.uua.org/worship/words/ceremony/132849.shtml>

Other Beginnings:

First Day of Middle School

First Day of High School

First Day of Driver's License

Other firsts?

Create a ritual for marking a ritual for a beginning of your choice.

The description is excerpted from <https://www.uuworld.org/articles/creating-rituals-with-for-children>

1. Beginning of the ritual

“A common way to signal a ritual’s start is by sound: a verbal cue, or special music, or tapping a fork against the side of a glass. Visual cues work, too. If you think about a simple birthday celebration, the “beginning” is as basic as turning out the lights before presenting the cake.

Ritual beginnings make us aware that something special is about to happen, functioning like the “Once upon a time” of a fairy tale.”

2. Ritual Core Action

“If you can’t think of a ritual action, a great place to start is by mentally going through the list of four elements (earth, air, fire, and water), and asking if any of them fit the core emotional truth. A ritual of remembrance, for example, could include lighting a candle (fire) and talking about a deceased pet or person, or planting a tree for them (earth). If a ritual is about letting go, then the action of burying something in the ground is a possibility or releasing something to the wind or water.

Just remember this: Start with your ritual’s purpose and let that guide you to a central ritual action. Your best chance of success is to keep it simple and to be playful. If you set a tone of having fun, of everybody having their say, then family members won’t feel awkward or too embarrassed to participate.”

3. Ending the ritual

"Closing" expresses gratitude and closes the ritual in a way that helps participants carry its spirit forward.

Divide into groups. Plan the ritual and offer it for the rest of the group.

Meditation

Prep: Bowls of water for each youth.

- In some Christian churches, the beginning of life’s journey is celebrated with baptism.
- As we use water to clean, so do some believe that water can make our hearts clean and ready for new journeys.
- Take a few deep cleansing breaths.
- Now place the bowl of water in front of you.
- Take a few moments and notice the mystery of water, think about its importance in our lives, how we need it to survive. How our earth’s surface is mostly water, how water goes into the ground, travels through the air, into the clouds, and back to us again.
- Now dip your fingers/limbs in the water, notice how that feels.
- Wash each of your hands/limbs slowly and mindfully, feeling the water against your skin.
- Splash a bit of water on your face, refreshing yourself.
- Now, you get to baptize yourself.

- Take a bit of the water and wash your forehead, imagine that you are cleansing away anything that stands in the way of you being who and what you want to be in the world.
- How did that feel?

- From Rev. Jaelynn P. Scott, *Soul Matters Youth Meditation Consultant*

Games from Deep Fun

<https://www.uua.org/youth/library/adults-ministry/deepfun/deep-sharing>

Electricity

(Electricity is created in Rituals about Journeys)

(Ask if everyone is comfortable touching hands and be respectful to those who don't want to deal with touch at that moment.)

Also known as "Pass the Squeeze."

Everyone sits or stands in a circle, holding hands. One person squeezes the hand of the person to her right, who squeezes the hand of the person to his right, and the squeeze is "passed" around the circle until it returns to its starting place. Try this game with your eyes closed, or with multiple squeezes in different directions.

Red Light / Green Light (the stop and go of the journey)

Choose one person (the caller) and send them to the far end of the space. The caller remains stationary, turned away from the rest of the group. When they call "Green light!" the group moves towards them. When they call "Red light!" they have to stop. The caller turns around quickly and if she sees any members of the group still moving, those players have to return to the beginning. The goal of the game is to touch the caller without being seen moving.

Variation: Tie the group into pairs with rope and have them hop toward the caller. Try it with one of the pair closing his eyes.

"Sunshine" - experiences outdoors, in nature, or with movement

What movement might be included in a beginning ritual? Movements representing growth and expansion, such as "Standing Like a Tree"

Words: <https://www.uua.org/re/tapestry/multigenerational/trees/workshop2/leader-resource2>

Tune: <https://www.youtube.com/watch?v=ulFmEv2enNo>

Service

Teach the song "Standing Like a Tree" to other children and congregants, as a way of centering themselves for whatever journeys they will be undertaking.

Marking the “Journey Endings”

The practice of memorial services

Message: The end of a life is a time to celebrate all the gifts that the person gave with their life

Spiritual Focus: Saying thank-you for sharing in the life of that person.

This session invites the youth to reflect on death. Let the families know beforehand so they can tell you if there are any special issues going on in their family, such as the recent death of a pet or grandparent.

Video excerpts for story:

The Circle of Life - from the Lion King

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

Play the video including the introduction of the cub to the world. There will be cubs born and lion kings die, over and over in the circle of life.

Mufasa’s Death

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

The cub’s father is killed in a stampede.

Remember Who You Are

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

Simba is grown and needs to remember that his father lives on in him.

He Lives in You

<https://www.youtube.com/watch?v=shYouqOEE48>

Simba has a new cub, completing the circle of life.

Write your own Epitaph

<https://mindfulpractice.files.wordpress.com/2008/11/write-your-epitaph.pdf>

How would you like to be remembered?

Reflections by Forrest Church

From Tapestry of Faith, Riddle and Mystery, Thinking of death

<https://www.uua.org/re/tapestry/children/riddle/session6/157217.shtml>

"What does "really living" mean? How should we live? In three special ways, according to Reverend Church. These three ways are his "mantra," he tells us. A mantra is something a person says over and over again in order to remember and do what the mantra says. This is Forrest Church's mantra: "Want what you have. Do what you can. Be who you are."—from the story

The Brothers - Life and Death

From Tapestry of Faith, Amazing Grace, Right and Wrong Together

<https://www.uua.org/re/tapestry/children/grace/session10/115448.shtml>

"... How can one speak of death without life? Death is like a desert until rain falls, then, all the living things sprout miraculously from the rocks and sand. He smiled. "And how can one speak of life without death, to which all things are certain to return?" - from the story

Theme connection: The journey of life includes death.

Meditation

- Discuss the topic of the meditation, explain that this is an optional activity and if someone would like to step out of the room, that is ok.
- View this video together: <https://www.ghanaweb.com/GhanaHomePage/NewsArchive/The-women-paid-to-cry-at-the-funerals-of-strangers-in-Ghana-672702>
- Mourning deeply is an important part of many Middle Eastern, African, & Indigenous traditions. Mourning deeply can be a meditation to help us let go at the end of a life's journey.
- Take a few moments to do a simple breathing meditation together...take a few deep breaths and focus on your breathing.
- Begin this session of mourning with a light moan or a gentle hum. Think about the losses of yourself, of your friends, of the world. Allow your moan to hold empathy and mourn those losses.
- Do this for a few moments, you may want to stay with a light moan. You may want to get louder. Allow yourself to explore even if it feels forced or fake.
- Before you end, return to a light moan together. Let go of your sadness and say goodbye with this final moan.
- Take a few moments to discuss how this feels and to address any sadness that may have entered the room.

- *From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant*

Games from Deep Fun

<https://www.uua.org/youth/library/adults-ministry/deepfun/deep-sharing>

God in the Dark

In a darkened space, have the group lie on the floor facing up. Ask the group to pose anonymous questions to the ceiling. Heavy philosophical questions are good, as are more personal ones. Here are some good ones:

Suppose you have a magic box. It can be any size or shape. In it can be anything you want that would make you happy. What is in your box?

Suppose a doctor had just told you that you have only one year left to live. What would you do differently? How would you change your life?

Let the answers come from anyone who feels moved to speak.

“Sunshine” - experiences outdoors, in nature, or with movement

Walk outside to connect with life and the circle of life. Observe how there is life and death visible all around us - in dead leaves, in seed pods, in children and elders. Spend time being mindful of the circle of life. Make sure to visit any memorial garden spot if your congregation offers one.

Service

If your congregation has a memorial garden, invite the group to check on it and see if it needs any simple maintenance which they can offer to help with.

Movies with a Theme of Journey

Fly Away Home (PG)

<https://www.common sense media.org/movie-reviews/fly-away-home>

Theme Connection: A journey from grief to life, and from egg to geese migrating.

Hitchhiker’s Guide to the Galaxy (PG)

<https://www.common sense media.org/movie-reviews/the-hitchhikers-guide-to-the-galaxy>

“...In search of the meaning of life, the crew visit with diverse communities on different planets, including a cult led by Humma Kavula (John Malkovich), who ritually worship a sneeze, and an architect of custom planets Slartibartfast (Bill Nighy), who offers to rebuild earth for the currently homeless Arthur.” - Common Sense Media

Theme connection: A journey to find the meaning of life. Isn’t that what everyone is doing?

The Fountain (PG-13)

<https://www.common sense media.org/movie-reviews/the-fountain>

“Elaborately plotted across time and space, THE FOUNTAIN follows the undying love between a man and woman over three different eras. In 2006, a scientist named Tommy Creo (Hugh Jackman) and his wife, Izzi (Rachel Weisz), struggle with her brain cancer. ...And yet the film suggests that the very concept of "finishing" must give way to cycles and renewals, as indicated by repeated images of passageways and circles.” - Common Sense Media review

Theme Connection: The journey of life is a circle.

Movies about the “Hero’s Journey:”

"Star Wars"

"The Matrix"

"Spiderman"

"Harry Potter"

"Lion King"

"Lord of The Rings"

Books

Furthermore

by Tahereh Mafi (Author)

<https://www.amazon.com/Furthermore-Tahereh-Mafi/dp/1101994762>

"... bringing Father home is no small matter. In order to find him she'll have to travel through the mythical, dangerous land of Furthermore, where down can be up, paper is alive, and left can be both right and very, very wrong. It will take all of Alice's wits (and every limb she's got) to find Father and return home to Ferenwood in one piece. On her quest to find Father, Alice must first find herself--and hold fast to the magic of love in the face of loss." - Amazon

As suggested by Ashleigh Rhodes, St. John's UU Church, Cincinnati, OH

Graphic Novels of Classic Epics of Journey

The Iliad (Marvel Illustrated)

by Roy Thomas (Adapter), Miguel Angel Sepulveda (Adapter), Homer

<https://www.amazon.com/Iliad-Marvel-Illustrated-Roy-Thomas/dp/0785123830>

The Odyssey (Marvel Illustrated)

by Roy Thomas (Author), Homer (Author), Greg Tocchini (Illustrator)

[https://www.amazon.com/Odyssey-Marvel-Illustrated-Roy-](https://www.amazon.com/Odyssey-Marvel-Illustrated-Roy-Thomas/dp/0785119086/ref=pd_sim_14_1?encoding=UTF8&pd_rd_i=0785119086&pd_rd_r=3605ec35-fd87-11e8-9a63-6faf7087f18c&pd_rd_w=Ox2TP&pd_rd_wg=EhC0A&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=QSQDCHRRXAG34TX21H8J&psc=1&refRID=QSQDCHRRXAG34TX21H8J)

[Thomas/dp/0785119086/ref=pd_sim_14_1? encoding=UTF8&pd_rd_i=0785119086&pd_rd_r=3605ec35-fd87-11e8-9a63-6faf7087f18c&pd_rd_w=Ox2TP&pd_rd_wg=EhC0A&pf_rd_p=18bb0b78-4200-49b9-ac91-](https://www.amazon.com/Odyssey-Marvel-Illustrated-Roy-Thomas/dp/0785119086/ref=pd_sim_14_1?encoding=UTF8&pd_rd_i=0785119086&pd_rd_r=3605ec35-fd87-11e8-9a63-6faf7087f18c&pd_rd_w=Ox2TP&pd_rd_wg=EhC0A&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=QSQDCHRRXAG34TX21H8J&psc=1&refRID=QSQDCHRRXAG34TX21H8J)

[f141d61a1780&pf_rd_r=QSQDCHRRXAG34TX21H8J&psc=1&refRID=QSQDCHRRXAG34TX21H8J](https://www.amazon.com/Odyssey-Marvel-Illustrated-Roy-Thomas/dp/0785119086/ref=pd_sim_14_1?encoding=UTF8&pd_rd_i=0785119086&pd_rd_r=3605ec35-fd87-11e8-9a63-6faf7087f18c&pd_rd_w=Ox2TP&pd_rd_wg=EhC0A&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=QSQDCHRRXAG34TX21H8J&psc=1&refRID=QSQDCHRRXAG34TX21H8J)

Family and Parent Resources

*These resources help parents as they engage the question: "What does it mean to be a family of Journey?"
In addition to families using them at home, you might also use them to engage parents collectively, for instance in a Parent Circle that meets on Sunday afternoon or mid-week.*

With Your Kids

(Ideas to engage Journey as a Family)

Family Adventure Ideas

Pilgrimage - the Journey Out

What places would be considered pilgrimages in your family? A special bench in a park where you shared news of a new family member? A place where a pet is buried? A National Park where a child made their first big hike? Name these places as places of pilgrimage for your family.

Stories To Read Together

Journey, Quest, Return (Aaron Becker's Wordless Trilogy)

by Aaron Becker (Author, Illustrator)

Share all three. They are wordless so use it as a silent moving picture book.

Journey: https://www.amazon.com/Journey-Aaron-Beckers-Wordless-Trilogy/dp/0763660531/ref=pd_bxgy_14_img_3?encoding=UTF8&pd_rd_i=0763660531&pd_rd_r=4ece4fa1-00a8-11e9-9c11-8d51749b796d&pd_rd_w=hy6CN&pd_rd_wg=TbzHg&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=V8RM7MOEY3PPAEHV70TT&psc=1&refRID=V8RM7MOEY3PPAEHV70TT

Quest: https://www.amazon.com/Quest-Aaron-Beckers-Wordless-Trilogy/dp/0763665959/ref=sr_1_1?ie=UTF8&qid=1544905788&sr=8-1&keywords=quest+by+aaron+becker

Return: https://www.amazon.com/Return-Aaron-Beckers-Wordless-Trilogy/dp/0763677302/ref=pd_bxgy_14_img_2?encoding=UTF8&pd_rd_i=0763677302&pd_rd_r=2d2cb10f-00a8-11e9-a4a0-976c58c08714&pd_rd_w=OTLTm&pd_rd_wg=RvokJ&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=RD30QJP8FAF9NPTXMKF8&psc=1&refRID=RD30QJP8FAF9NPTXMKF8

Family Journeys - Marking the end of the journey of life

When Families Grieve - Sesame Street

<https://www.youtube.com/watch?v=a2VpflpbOmk&t=23s>

<https://sesamestreetincommunities.org/activities/explaining-what-happened/>

Family Movie Night Ideas

Lion King (G)

<https://www.commonsemmedia.org/movie-reviews/the-lion-king>

Theme Connection: The journey of life is a circle of birth, life and death.

For You

(Support for Parents as Faith Formation Guides)

Unitarian Universalist Child Dedication Ceremonies - Marking the Beginning of the Journey of life

If you are interested in the UU Child Dedication Ceremony, contact your worship leader or minister.

<https://www.uua.org/beliefs/what-we-do/celebrations/births>

<https://www.questformeaning.org/rites-of-passage/baby-child-dedications/>

UU Family Rituals for other times on the Journey of Life

<https://www.uuworld.org/articles/creating-rituals-with-for-children>

NEW RESOURCE!

Soulful Home Family Guides

Invite your parents to explore the themes at home with their family by subscribing to our monthly parent guides, **Soulful Home**. Here's the link to the Soulful Home page on our website:

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

Consider sharing the link in your church newsletter or the weekly emails you send to parents.

Here's [a link](#) to a PDF flyer you can post on your bulletin boards or hand out to new families.

Related Resources from Katie Covey

Katie creates curriculum distinct from Soul Matters. You can learn more about all she offers at www.uure.com . If you have purchased her curriculum, here are sessions from it that relate to the theme of Journey.

Elementary Ages

From [Spirit of Adventure](#):

Session #28 - Try Something New!

Session #29 -Treasure Maps and N.C. Wyeth

From [Picture Book UU](#):

Session #12 - Grandad's Prayers of the Earth

Session #17 - On the Night You Were Born

Session #18 - The Everything Seed

Session #20 - Henry Climbs a Mountain

Session #28 - Spring Equinox

From [Picture Book Bible Tales](#)

Session #7 - Exodus

Session #10 - Jonah and the Great Fish

From [Picture Book World Religions](#)

Session #10 - Tenzin's Deer

Session #13 - The Mountains of Tibet

Youth

From [Lodestone, Magnetize Your Middle School](#)

UU Unit

Session #UU8 - Road Trip to Another UU Congregation

Death Unit

Session #DB - Death Cafe

Session #D3 - Death Clarifies Life

Session #D5 - Before I Die Wall

Holiday Unit

Session #H4 - Spring Equinox

Opportunities for Support and Connection

Come play and think together!

March Online Zoom Labs

RE Brainstorming Lab on Soul Matters themes

Wednesday, Mar. 6, 2019, 1 p.m. ET - for the theme of *Beauty for June* using the “Matrix of Sources” for guided ideas. This lab is not recorded.

RE Implementation Lab for Journey (March Packet)

Wednesday, Mar. 13, 2019, 1 p.m. ET - for the theme of *Wholeness for April*

Katie offers highlights of the Packet and we share ideas on how we are implementing the theme.

Note: The above Soul Matters RE Labs are on the First and Second Wednesdays of each month. We set them at a consistent time, so you can put them into your calendar and plan ahead.

- First Wednesday - Brainstorming Lab on theme in 2 months
- Second Wednesday - Implementation Lab on the upcoming month’s theme.
- Implementation Labs are recorded and posted on the Soul Matters YouTube Channel at https://www.youtube.com/channel/UCe2pmT_ATh-pbkjF2m7rFOA

RE Leader Facebook Page

Don’t forget about our RE Leader Support Facebook page. Here is where our colleagues post bulletin board pictures, share books, and ideas. It’s a great ongoing source of support. Your colleagues are available to support you at the click of a button and with the ease of a post:

<https://www.facebook.com/groups/545202255591601/>

NEW! Soulful Home Family Guides

Invite your parents to explore the themes at home with their family by subscribing to our monthly parent guides, **Soulful Home**. Here’s the link to the Soulful Home page on our website:

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Consider sharing the link in your church newsletter or the weekly emails you send to parents.

Here’s [a link](#) to a PDF flyer you can post on your bulletin boards or hand out to new families.

Pinterest Page

Check out the Pinterest page on Journey. Images and links to the books, videos, activities and more as mentioned in this packet.

<https://www.pinterest.com/soulmattersre/2019-journey-march/>

Inspiration Facebook Page

Offer your teachers and parents spiritual nourishment and inspiration by encouraging them to join the Soul Matters Inspiration Facebook Page. Use the memes for your congregational FB page, as well:

<https://www.facebook.com/soulmatterssharingcircle/>

Soul Matters Spotify Music Playlists:

Discover musical inspiration on each of our monthly themes through our playlists:

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

Sunday Morning Templates Archive

Check out the templates we've collect so far: https://docs.google.com/document/d/1QMEuUIS_8tk-Kicb6ksSZ_5BtM942Efi8NMg45gIOAc/edit?usp=sharing

A Reminder About Our Approach in the Soul Matters Packets:

Our monthly Soul Matters RE packets are designed to support your unique session designs. Our sessions do have a general flow to them (From Circle Time/Reflection to Story to Activities) but we see our sessions mostly as “buckets of flexible building blocks” that you can pick from to build/serve your own particular structure.



Soul Matters
SHARING CIRCLE

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Learn how to join at <http://www.soulmatterssharingcircle.com>