



On the Road Together

The Path of Becoming



A Youth Group Resource
from Soul Matters
April 2021

Contents

WELCOME	2
SESSION 1 LETTING GO AND LETTING IN	3
SESSION 2 FINDING YOUR TRUE SELF	9
SESSION 3 BECOMING PEOPLE OF THE EARTH	14
SESSION 4 MAKING HOPEFUL PREDICTIONS	19
OFF ROAD EXCURSIONS	25
MORE RESOURCES	27

Note about session structure: Just a reminder that we organize each of the sessions as building blocks. This means that every session includes the following five standard sections or building blocks:

- I. Getting Started**
- II. Spiritual Practice**
- III. Discussion Starters**
- IV. Express Yourself**
- V. Fun & Games**

Welcome

Welcome to the “On the Road Together” youth packet! This month we travel the road of Becoming. Becoming is a journey with many different routes. This month we explore four of those routes, four of the ways by which our becoming unfolds.

Our becoming unfolds by...

Letting Go and Letting In (Session 1 & Easter/UU Source #4)

Finding Your True Self (Session 2 & Who are You Becoming?)

Becoming People of the Earth (Session 3 & Earth Day/7th Principle)

Making Hopeful Predictions (Session 4 & Who are We as Imaginators?)

And yet as we talk about the ways in which our becoming unfolds, it is important to also remember that, historically, we UU’s have been “leavers” - people who struggled not just to find ourselves but to untangle ourselves from the religious identities we were given. For many of us, our spiritual journeys did not begin with a blank slate; they began with the hunger to wipe that slate clean and begin anew.

So we UU’s have this important awareness that spiritual journeys are not simply about unfolding your true self, but also about untangling from your old self. Which means we are sensitive to the fact that many spiritual journeys begin with a goodbye - a separation, a decision to walk away.

So what does all this mean for us this month? Well, it seems a reminder that being a people of becoming involves tenderness. We are here not just to make room for each other’s unique stories; we are also here to make room for each other’s pain. Unbecoming who you are not and walking away to become your true self involve bravely walking away, enduring isolation and navigating grief. And so, if we are going to complete our journeys of unbecoming and becoming anew, we’re definitely going to need pit stops of kindness and tenderness along the way.

May this month be a time of pulling into one of those pit stops, together. Let both the unfolding and the unraveling begin!

Katie on behalf of the entire Soul Matters Team

Katie Covey, DRE for Soul Matters

soulmattersre@gmail.com

Session 1

Letting Go and Letting In

(Easter/UU Source #4)

Theme Angle:

When we think about becoming, we often think first of growing, of becoming more and more. But becoming isn't always just about expanding and adding. Much of the time it requires a letting go before we can let in.

And since this weekend is also the weekend when our Christian friends celebrate Easter, we will use the frame of letting go and letting in to explore that old story anew.

With all this in mind, what's one of the ways our faith guides us in the work of leaning into a people of Becoming? It reminds us that "becoming requires some letting go so we can let in the new!"

Leader Tip

You will be sharing videos and music through Zoom. Learn how to play music on Zoom: [How to play music and videos on Zoom](#), and how to play just music on Zoom [Soul Matters' How to play music PDF](#).

I. Getting Started

Connecting to Our Community & The Skill of Personal Sharing

Centering or Chalice Lighting Quotes

*"The path of awakening is not about becoming who you are.
Rather it is about unbecoming who you are not."*

Albert Schweitzer

Check In Prompt(s)

- What is one thing you've had to let go of in order to grow? In order to become fully you?

II. Spiritual Practice

Mindful Moment: The Freedom of Letting Go

Centering: Let's now get into our meditation positions.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Focus your eyes in front of you.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Mindful Moment: 5-Minute Letting Go Meditation for Minimalists

<https://www.youtube.com/watch?v=r-xt6D7h3e4>

Reflection:

- If comfortable, share some of the “clutter” you imagined letting go?
- How has getting older helped you better deal with letting go of the negative voices in your head?
- How do you find a place of calm and letting go in your day to day life?

III. Discussion Starters

Connecting to Our Minds & The Skill of Reflection

First Thoughts: Sharing our own thoughts - Letting Go and Letting In and Easter

Suggested Script

The theme this month is Becoming. When we think about becoming, we often think first of growing, of becoming more and more. But becoming isn't just about expanding and adding. Much of the time it requires some letting go so we can let in the new.

For instance:

The chrysalis needs to **let go** of stillness and being folded up...in order to **let in** the transformation into a butterfly with wings.

A quarterback needs to **let go** of being the star of the show and throwing for touchdowns...in order to **let in** the running back getting the ball and being the one to score the touchdowns for the team.

An ice skater needs to **let go** of the fear of falling...in order to **let in** the gravity defying the triple axel.

Invite the youth to think of other examples of letting go/letting in. Music, surgery, making friends, climbing a tree.

Since our Christian siblings are celebrating Easter, we can use the frame of letting go and letting in to explore the old story of Easter anew.

In the story of Easter in the New Testament of the Bible, Jesus had to **let go** of living a normal life as a carpenter's son...in order to **let in** the skills and wisdom to **become** a religious leader.

He had to **let go** of speaking in the countryside where people loved him... and go to the seat of government in Jerusalem in order to **let in** his message and speak truth to power.

Jesus had to **let go** of hoping he might avoid a trial and sentence in order to **let in** the will of God [the spirit of life and love]. His death let in the possibility that he would become remembered for his message.

Jesus' followers had to **let go** of Jesus as a teacher among them, in order to **let in** the determination to **become** teachers themselves.

Reflection/Discussion

- When have you had to let go to let in?
- How does letting go and letting in work for you as part of the story of Easter?
- What insights does the Christian story offer you with this framework?

Widening the Conversation: Engaging the Thoughts of Others - Letting Go and Minimalism

Materialism literally “stuffs” our lives so full that there is little room for things of depth. There is a movement called minimalism which encourages people to simplify their life to let in more calm, more time for relationships and more depth. Let’s check it out and see what we think!

Use one or all of the following videos as the foundation of your discussion:

I Tried Minimalism for 1 year: Everything Changed
<https://www.youtube.com/watch?v=UNkxzabeZcE>

Let's Talk About Minimalism
<https://www.youtube.com/watch?v=Oh-Y4ggZn0E>

What minimalism really looks like...
https://www.youtube.com/watch?v=jrf_dMnatW0

Discussion Prompts:

- How does the minimalist movement speak to you? Or not speak to you?
- How might it help you to be content, to live according to your values, becoming true to yourself?
- How might stuff contribute to difficulty in letting go for you?
- What small steps of simplifying your life might you consider?

IV. Express Yourself

Connecting to Our Creativity & The Skills of the Expressive Arts

What to Hold On To, What to Let Go Of

What to Hold On To, What to Let Go Of?

<http://creativityintherapy.com/2017/10/what-do-you-need-to-hold-on-to-and-let-go-of-a-creative-exercise/>

Drawing prompts of hands, heart and mind.

Reflection Question: What appeared when you let go?

V. Fun & Games

Connecting to Our Bodies & The Skill of Play

The Wheel of Kindness - Letting In Kindness

One of the sources of our UU faith is “Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves.” UUs have long welcomed this as a call to kindness. This is another way to honor Easter. Yes, Easter is about the miracle of Jesus overcoming death and coming back to life. But we also honor Jesus’ life by remembering the many ways he offered kindness and love to those who society treated as unwanted and unlovable. In this spirit, dive into the Wheel of Kindness game below. Leaders: You can edit or make your own as well!

Wheel of Kindness: <https://wheelofnames.com/pkv-v72>

Session 2

Finding Your True Self

(Who are You Becoming?)

Theme Angle:

Who are we meant to become? What unique gifts can we share with the world? That is for us to find out for our whole lives. Growing into what special and unique about us isn't always easy. Society is constantly pressuring us to become something we're not. So, what's one of the ways our faith guides us to being a people of Becoming? It tells us, "Resist what others want you to be and become your true and unique self!"

Leader Tip

You will be sharing videos and music through Zoom. Learn how to play music on Zoom: [How to play music and videos on Zoom](#), and how to play just music on Zoom [Soul Matters' How to play music PDF](#).

I. Getting Started

Connecting to Our Community & The Skill of Personal Sharing

Centering or Chalice Lighting Quote

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure. ...
We ask ourselves,
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
- Marianne Williamson

Check In Prompts

- What made you most you as a little kid? And how does this now manifest in your teenage years?

II. Spiritual Practice

Connecting to Our Soul & The Skill of Mindfulness

Creative Visualization: Your Gift

Centering:

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Focus your eyes in front of you or close them.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Creative Visualization: Your Gift

Imagine that you are walking down a path. There are trees on either side. You hear little animals rustling in the leaves.

You look down the path and see a house. You walk up and gently knock on the door.

The door opens and a wise person smiles at you. The wise person beckons you in.

You share a meal. You sit by their fire. You share the quiet.

Breathing in, breathing out. You are at peace.

You smile at the wise person. They smile back and look deep into your eyes.

Then they nod and walk to a cupboard.

They open the cupboard and bring out a box. Imagine the box.

What is it made of?

How big or small is it?

They walk with the box over to you and lay it in your lap.

You look at it and look at the wise person.

The wise person nods at you to open it.

You rest your hands on the box. What do you feel?

You slowly open the box. What is inside?

You see something inside the box. Look at it. This is your gift.

Lift your gift out of the box and turn it all around. What does it look like?

Can you see it clearly or does it seem faded or unclear?

Does it make a sound? Listen.

Does it have a smell? Inhale.

Spend a few moments examining your gift. [PAUSE]

Now place it back in the box.

Close the box and hand it to the wise person.

Watch as the wise person returns it to the cupboard.

Stand up and stretch.

You know that you are able to always return to the wise person and their house.

You know that your gift is here, and also now a part of you.

Say goodbye to the wise person, and walk out the door.

Continue on the path for a little ways, then start to return to us here and now.

Remember your gift as you open your eyes.

May you carry the memory of your gift with you always.

Reflection: If you feel comfortable sharing, what did you experience?

III. Discussion Starters

Connecting to Our Minds & The Skill of Reflection

First Thoughts: Sharing our own thoughts - What is Important to You?

What are your values?

<https://www.winona.edu/resilience/Media/Values-Activity-Worksheet.pdf>

Discussion Prompts (from the resource above)

- Do these values guide your words and actions? If so, how?
- How do you feel when you make choices in line with your identified values versus times when you don't?
- What changes can you make in your life so that your choices and actions are more consistently in line with your values?

Widening the Conversation: Engaging the Thoughts of Others

Often the journey of becoming is guided by one's credo. These statements of belief and purpose ground us, keep us on track and remind us who we most want to be. But the truth is few of us actually write them. However, we do stumble upon them. That's right, we come across someone else's words and they feel as though they are ours. Every word may not fit perfectly but the essence of the piece captures the essence of us. Holding on to their words helps us hold on to ourselves.

Spend some time with the credo-like piece below, written by 6 year old Tarak McLain. Share what part spoke to you. Was it a particular line or two? Or something more general? Listen to the audio piece that describes how Tarak came to write his piece. (4 minutes) Oh, and if you end up inspired to write your very own credo, by all means, that counts too!

Thirty Things I Believe

<https://www.npr.org/templates/story/story.php?storyId=99478226>

IV. Express Yourself

Connecting to Our Creativity & The Skills of the Expressive Arts

Activity: Make a Collage of Who you have been and who you are becoming

Get in touch with the wholeness of who you have been and who you are becoming.

First: Find 5 pictures in magazines which capture the past.

Here's some guidance: Don't just find any old 5 pictures. Instead find five pictures that capture five key stages/chapters of your life, five chapters that are key to who you have been. The goal is not only to capture pieces of you, but to pull them together in one space. Use them to create a collage.

Discussion/Reflection: When you are done, share with your group and reflect on them together with the following questions:

- What do you see in the wholeness of the pictures that you may not have noticed before when looking at them all by themselves?
- How do they tell the story of who you are?
- Where's the through line?
- Where's the bend in the road that says so much about you?

Final Task: Find one more picture, one that represents that "emerging you" - the you that is just now joining the story.

Discussion/Reflection:

- What does the picture represent?
- Looking at all of the pictures, how does each past picture still live in you?
- What message or invitation do they have for the "emerging you"?

V. Fun & Games

Connecting to Our Bodies & The Skill of Play

Who Are You Becoming? Show and Share

Use this time to share a bit about ways that youth have used their special gifts or discovered new things about themselves during the isolation of COVID.

Show 'n Share

- What new things have you tried during this crazy time of COVID isolation? A new instrument, video game? Show and share it.
- What new things have entered your life? A new pet? A new family member? Regular family time on Zoom? Show and share it.
- How have you become different than when you started this crazy time last year? How many inches have you grown? Have you changed the way you cut (or don't cut) your hair? Learned a new skill? Learned a new way to have fun? Show and share it
- How have you discovered and read any great stories and books? Show and share them. What about movies?

Session 3

Becoming People of the Earth

(Earth Day/7th Principle)

Theme Angle:

Especially as we face the climate crisis, we are called to become people of the earth rather than people over the earth. Our 7th UU principle inspires us towards this with its call to “Respect for the interdependent web of all existence of which we are a part.” So, what’s one of the ways our faith guides us into being a people of Becoming? It says, “Honor your connection to the earth by becoming a protector of it!”

Leader Tip

You will be sharing videos and music through Zoom. Learn how to play music on Zoom: [How to play music and videos on Zoom](#), and how to play just music on Zoom [Soul Matters’ How to play music PDF](#).

I. Getting Started

Connecting to Our Community & The Skill of Personal Sharing

Centering or Chalice Lighting Quote

Time spent among trees is never wasted.
- *anonymous*

Check In Prompt(s)

- When has nature “taken care of you” by offering you comfort, connection, freedom or escape?

II. Spiritual Practice

Connecting to Our Soul & The Skill of Mindfulness

Mindful Moment: Pale Blue Dot

Centering: Let's get into our meditation positions.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Focus your eyes in front of you.

Find your breath moving in your body in and out.

Mindful Moment: Becoming People of the Earth

Screen Share the [Google Earth planet](#), (other options - a [photo](#) of our planet or a model of Earth, such as an [Earth Marble](#), [Earth Ball](#))

This is our planet Earth. Until astronauts went into space, no one had a photo for what our planet looked like. Now, there are marbles, beach balls, globes, Google maps, and photos. We've even got a photo from 6.4 billion miles away that shows us the [Pale Blue Dot, as Carl Sagan called it](#).

(Show this 1.34 minute video of Sagan pointing out the earth from beyond Jupiter) [PAUSE]

It is a spiritual moment to see our planet in space, and realize we all live on this planet home. It has [changed people's lives](#). What would our life be like if many more people stopped fighting each other, and became people of the earth, caring for our planet and for each other? Imagine a planet of people of the Earth. [PAUSE]

May this Earth Day help more people and ourselves cherish our pale blue dot, and live in a way that honors our planet home.

Suggestion: Recruit someone from your congregation who has been part of Earth Day in the past, or even remembers the world's first Earth day in 1970, like Katie, author of the packet, does. Invite them to add to the meditation a poem or reading, or a short reflection about their own feelings about Earth Day.

III. Discussion Starters

Connecting to Our Minds & The Skill of Reflection

First Thoughts: Sharing our own thoughts -

- Are you optimistic or pessimistic about the future of the planet? What hopeful signs have you discovered? What fatalistic signs have you discovered?
- Do you think the generations that come after you will be more vigilant or more defeated when it comes to convincing the world to take climate change seriously?

Widening the Conversation: Engaging the Thoughts of Others

Option #1. The Egg - We are all one.

Read this short story together, volunteers can each read a paragraph or line.

- **The Egg**
http://www.galactanet.com/oneoff/theegg_mod.html

Discussion Prompts:

- What stood out for you?
- How did this make you feel?
- What would it be like if all of us realized we are interconnected?

Option #2. Environmental Racism

Choose one or two of these videos on the topic of Environmental Racism and discuss.

A. What is Environmental Justice?

Environmental justice, explained

https://www.youtube.com/watch?v=dREtXUij6_c

What is Environmental Justice?

<https://www.youtube.com/watch?v=LE4-wDKgG1w>

Why Climate Change is Anti-Justice

https://www.youtube.com/watch?v=Q5KjpYK12_c

B. Digging Deeper

This 16-Year-Old Indigenous Activist is Fighting for Environmental Justice

<https://www.youtube.com/watch?v=LJog0VAWVas>

Frontline Youth: Fighting for Climate Justice

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

IV. Express Yourself

Connecting to Our Creativity & The Skills of the Expressive Arts

Earth Art

Using whatever medium you prefer or is at hand, create some Earth art. Use blue, green, white and brown. Create the art for Earth Day. Will it be from frosting? Colored pencils? Veggies? T-shirts?

Or will your art be musical?

Earth Music

Invite all the youth to dig through their own music or one of their favorite music source sites to find and share their favorite “save or care for the earth” song.

V. Fun & Games

Connecting to Our Bodies & The Skill of Play

Earth Day Scavenger Hunt!

Introduce the Scavenger Hunt with the following rules:

Consider reminding the youth to be careful as they rush to find their treasures, we don't want to accidentally encourage them to run over their young sibling! ;-)

Return with the item and share it with the group.

Note: If you would like to set a timer and keep points, check out this site: <https://nerdschalk.com/zoom-scamenger-hunt/>

Invite the youth to find the following items in their house, one at a time.

Have them share each item and why it meets the criteria:

Find something that...

Is green

Is recyclable

Is made of natural ingredients

Is grown by the sun

Represents a connection to nature

Is reusable

Is part of the web of life

Has a star, moon or planet on it

Is blue

Has a flower on it

Bonus: shows our planet!

Chat about It Prompts/Questions:

- What else would you include in the Scavenger Hunt?
- If the first prize was a wish for the planet, what would you wish for?

Session 4

Making Hopeful Predictions

(Who Are We as Imaginators?)

Theme Angle:

The theme of Becoming invites us to think of the future. Who are we becoming as we grow up as Unitarian Universalists? It's normal for human beings to want to control and know their future, and yet we can only control the future so much. Sometimes the answer will be hazy, and we have to trust. So, what's one of the ways our faith guides us into being a people of Becoming? It tells us "Predict the future as best you can but be open and trust what unfolds."

Leader Tip

You will be sharing videos and music through Zoom. Learn how to play music on Zoom: [How to play music and videos on Zoom](#), and how to play just music on Zoom [Soul Matters' How to play music PDF](#).

I. Getting Started

Connecting to Our Community & The Skill of Personal Sharing

Centering or Chalice Lighting Quote

The only thing that makes life possible is permanent, intolerable uncertainty: not knowing what comes next."

— Ursula K. Le Guin, [The Left Hand of Darkness](#)

Check In Prompts

- What was your best ever prediction?

II. Spiritual Practice

Connecting to Our Soul & The Skill of Mindfulness

Mindful Moment: The Future You

Centering: Let's now get into our meditation positions.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Focus your eyes in front of you or close them.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Mindful Moment: The Future You (5 min)

https://www.youtube.com/watch?v=HHIXMt82P_E

III. Discussion Starters

Connecting to Our Minds & The Skill of Reflection

First Thoughts: Sharing our own thoughts - Predict the future

When we think about the future, it's normal for human beings to want to control and know what is going to happen. Yet, most of the time the future will be hazy and we have to trust. But it still is fun to imagine together... So, imagine yourself in the future.

- Imagine yourself in 5 years? That would be 2026. How old will you be then?
- In 10 years, in 2031. How old will you be then?
- In 20 years, in 2041.
- When you are 60 years old!

Discussion Prompts:

- What do you think life will be like?
- What do you hope your life will be like?

Visitor Suggestion: Invite an elder who can share what life was like then they were 6 years old, 15 years old, and 20 years old, as a contrast. Ask them if they could have predicted their current life back then. What is especially surprising? What is especially challenging? What do they really like?

Widening the Conversation: Engaging the Thoughts of Others

10 Future Predictions to Blow Your Mind from World's Best Futurists

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

Reflection Prompts

- What surprised you?
- What felt meh?
- What felt challenging?

IV. Express Yourself

Connecting to Our Creativity & The Skills of the Expressive Arts

Write a letter of gratitude from your future self

Pretend you are present 5 years in the future. What would you say to your present day self? Write a letter thanking yourself.

Address it to "Dear Self at [15/16/17] years old,

Here I am at [20/21/22] years old. I just wanted to say thank you for being you and for doing the things that you did when I was in high school.

[Writing prompts]

What challenges did you overcome in high school that your future self is grateful for?

What part of you has been allied to change, shine or grow?

How have you changed from your younger self?

How might have you been courageous that your future self is grateful for?

What did you stop or start doing more or less of?

Who are you grateful for?

What choices did you make that has made your future self happier or more confident?

Sign it, Your Future Self in 5 years.

Share it with the group. Then tuck it away to be found when you really are 5 years older!

V. Fun & Games

Connecting to Our Bodies & The Skill of Play

Back to the Future - with the Magic 8 Ball (and a Magic Bowl)

We all would like to know the future. Use the 8 ball (or a Magic Bowl) to ask questions about who we are becoming as Unitarian Universalists, then branch out into some fun. Invite youth who own a Magic 8 ball to join you with yours and share the reading of the answers.

Make a Magic Bowl

In addition to or as an alternative to a Magic 8 Ball toy, you can use the phrases in Resource #1 at the end of this session. Invite youth to make a Magic Bowl. Simply cut apart the phrases and place them in a bowl. Mix them up and draw one for your answer. This page could be sent home in advance.

Ask Your Questions

Who are we becoming? It's time to predict the future and what better way than to ask a Magic 8 ball (or Magic Bowl). I'm sure this is the most accurate way to check on who we are becoming, right? I bet the minister uses it, and the Board of Trustees! If they don't they should!

First off, plan your questions. They have to be yes or no questions.

Each youth asks their question and then read off their answer from the Magic 8 Ball, or Magic Bowl

Here are a few question ideas:

Will we become a church playing all sorts of music?

Will we be drumming? Playing the harp? Guitar? Playing rock music?

Will we only have children lead the worship? Youth? Grandparents? Babies?

Will we have many ministers? Will we have no minister?

Will we become a church with a building to worship in?

Will we have a treehouse? A swimming pool? A basketball court? A skateboard park?

Will we become known for our justice work?

Will we host a soup kitchen? Will we offer beds and shelter for the night? Will we build a community garden? Will we host a thrift store? Will we march every MLK day?

Will our church become a place of love? Will we become a place of kindness?

Will all people find a place here?

Will we become the most extraordinary church in the city? The state? The country? The universe?

Now, invite the youth to ask their own questions, they can get silly and off-topic, because just being together is an important part of church.

Resource #1 - Magic Bowl Answers

Here are the 20 answers found on the icosahedron (20-sided figure) inside the Magic 8 ball. Consider sending home this list or inviting the youth to download it and print it out. Then invite them to cut apart the phrases and draw them from a bowl.

As I see it, yes.

Ask again later.

Better not tell you now.

Cannot predict now.

Concentrate and ask again.

Don't count on it.

It is certain.

It is decidedly so.

Most likely.

My reply is no.

My sources say no.

Outlook not so good.

Outlook good.

Reply hazy, try again.

Signs point to yes.

Very doubtful.

Without a doubt.

Yes.

Yes – definitely.

You may rely on it.

Off Road Excursions

Things to Do Outside of Regular Sessions

Easter Can Hunt - Belonging to Justice

If you have outdoor room to spread out, try this variation of an Easter Egg Hunt. Instead of eggs and candy to compete to find, hide [cans of food](#) to be donated to your local food bank. Collect can donations for a few weeks beforehand, inviting folks to drop off cans in a sturdy tub outside your facility.

Invite the youth and/or older elementary children to hide the cans before the hunt.

Invite the younger children to find the cans and bring them to a central collecting spot. Be sure to have several sturdy collection baskets, otherwise the collection of cans will be too heavy to lift!

Children enjoyed this so much that one year, they begged to hide the cans a second time, just so they could find them.

Then ask everyone to help load up the cans and take them to your local food bank or other food distribution choice.

Easter Justice Project Hunt (as created by LeeAnn Williams, DLRE of UU Church of Arlington and Erica Shadwosong, DRE First Unitarian Church of Pittsburgh and shared with enthusiasm by Ashley Egan, Youth Packet Creative Crew member)

Invite the Youth Group to come up with about three service projects. Youth hide plastic eggs for the younger children. The children drop the eggs in one of the three projects they would like to do. This chooses the project!

Examples: lead a retirement community Bingo (pre-Covid suggestion but maybe soon?), create a little free library of books on church grounds (ps. If no one wants to build a “[Little Library](#)” just a watertight plastic storage container and a sign will do), leave May Day baskets for the congregation's elders, make treat bags for the Animal Shelter. What can the youth come up with to honor our principles, becoming a people of justice.

Natural Egg Dyes Event - Belonging to the Earth

Who in your congregation uses [natural dyes](#) to color eggs? Invite them to offer a Zoom event and teach the youth how to use cabbage, onion skins, beets, turmeric, etc. to create dyes.

Easter Basket Mission - April 4 - Belonging to Kindness

Remember the delight in hunting for eggs and finding Easter baskets? Who in your congregation would benefit from a Kindness Mission in which colored eggs, jellybeans, even a small Easter basket, are left at their front door?

Tax Day - April 15 - Belonging to the Adult World

Doing taxes feels like a big marker for becoming an adult, and something youth are wildly unprepared for. Invite a congregant who is knowledgeable in doing taxes to offer a Zoom tutorial.

Movies and Playlists

Watch a movie together online involving the theme of “Becoming.”

- People who have Netflix can download an extension from Chrome, and then watch a movie all together (in different locations), putting comments on the side. Here’s the link to learn more: <https://www.netflixparty.com/?fbclid=IwAR23nxb4v3jUvSPxFXazaLDfYBO0MUq8SErXvD9dxMMaJz96VaBZL6SGRAA>
- Watch a Movie together on Zoom and use the chat box to share comments on the side.

[Fighting With My Family](#) - (PG-13) British biopic about girl wrestling. Becoming herself.

[The Truman Show](#) (PG) An insurance salesman discovers his whole life is actually a reality TV show. Becoming real.

[Smoke Signals](#) (PG-13) Arnold rescued Thomas from a fire when he was a child. Thomas thinks of Arnold as a hero, while Arnold's son Victor resents his father's alcoholism, violence and abandonment of his family. Becoming true to oneself.

[Captain Fantastic](#) (R) In the forests of the Pacific Northwest, a father devoted to raising his six kids with a rigorous physical and intellectual education is forced to leave his paradise and enter the world, challenging his idea of what it means to be a parent. Becoming reconciled.

[Minimalism: A Documentary](#) (TV-14) People dedicated to rejecting the American ideal that things bring happiness are interviewed in this documentary showing the virtues of less is more. Becoming more.

[Soul](#) (PG) Pixar Animation. After landing the gig of a lifetime, a New York jazz pianist suddenly finds himself trapped in a strange land between Earth and the afterlife. Becoming authentic.

Soul Matters Sharing Circle Playlists

Click [here](#) for all [Spotify playlists](#).

Click [here](#) for all the [YouTube playlists](#).

More Resources

Share Your Ideas for Future Monthly Packets!

If you come across an activity, reflection piece or meditation that would be great for any of our upcoming theme packets, send it our way at soulmattersre@gmail.com

2021 Themes:

May: Story
June: Play

Other Resources and Sources of Support

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/>

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 Music Playlists

We create two different playlists on the monthly theme each month: one in Spotify and another in YouTube. Music connects us to the themes in a way like nothing else.

Click [here](#) for links to the [Spotify playlists](#) for each month.

Click [here](#) to check out the [YouTube playlists](#).

Chalice Home Guide

Each monthly Chalice Home packet will be designed to be sent to your families and will include a family worship and family activity that is built around adding a new item/symbolic object to your family's home "altar" or as we refer to it, "Chalice Home." These activities and objects will connect to our monthly themes and lift up a different source of spiritual nourishment. Here's the link to the Chalice Home page on our website:

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

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>.

There are three types of subscriptions: congregational, family and gift subscriptions. Check them all out!

Packet Author

***Katie Covey, Soul Matters Director of Religious Education,
with the help of a wonderful circle of thought partners!***

A special thanks goes out to our Creative Crew: Ashley Egan, Carter Smith and Ivy Breivogel

Thanks as well to the other [Soul Matters Team](#) members who contribute to the content and shape of these packets, especially Rev. Scott Tayler, our Team Lead, and Susan Arnold, our administrator.

Join the Crew!

We would love one or two more Youth Leaders, Religious Educators or Youth Advisors to join our Creative Crew for this year. Contact Katie (soulmattersre@gmail.com) if you are interested. The role involves a once-a-month Zoom chat on the theme.



© 2020-21 Soul Matters ALL RIGHTS RESERVED

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