



*Soul Matters*

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# Widening the Circle

RE Resources  
Pre-K and First Grade

February 2022

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# Welcome to Widening the Circle

Welcome to the Soul Matters Multi-Platform Packet for Pre-K through First Grades for the month of February. This year our monthly themes invite us to think about not only what values our UU faith calls us to but also the actions and skills that *our times* require of us. Pandemic time, along with our racial, political and environmental challenges, exposes the need for humanity to change and adjust in key ways. So each month we will explore a different skill that we need to lean into so that we don't just return to normal after the pandemic is over, but actually bring about a "new normal."

This month we explore the ways in which our times call us to "Widen the Circle." There are four ways we will explore the ways we can widen the circle. Here they are:

**Lesson A: Widening the Way We Accept Ourselves** - Understanding our Outsides and Insides

**Lesson B: Widening the Love We Share**- Celebrating all kinds of love

**Lesson C: Widening the History We Tell** - Black History Month

**Lesson D: Widening the Principles We Live By** - The 8th Principle proposal

This month, I'm excited about the stop action animation video created by Meg McGuire, a candidate for ministerial fellowship in Berkeley, CA. Meg is thrilled to give permission for other congregations to use her video about the 8th principle for Session D. I love that she has captured a complex topic into a Message for All Ages that children can engage with. I also love that we have creative people who use technology to make our faith accessible. Thank-you, Meg!

Additionally, I enjoyed coming up with a fingerplay in Lesson C from the poem by [Edwin Markham](#), Universalist, which is so pertinent to the theme of Widening the Circle. I first came across this poem on a plaque in the circular chapel at First Universalist Church, Denver, CO. There have since been renovations to the chapel, but the poem has always stayed in my heart. I am grateful for the opportunity to make it into a fingerplay for our littlest ones.

Especially this month, I'm also feeling so grateful for our [Widening the Circle RE Research Team](#) and the "regulars" who show up at our monthly Brainstorming Lab (see last page). This month and all year they have enriched our materials and widened my perspective. And maybe that's ultimately what this month is all about: A reminder that it takes all of us to widen the circles of justice, hope and love. So here's to doing the work together!

**Katie**, on behalf of the [entire Soul Matters Team](#)  
DRE for Soul Matters, [soulmattersre@gmail.com](mailto:soulmattersre@gmail.com)

PS. If you would like to read or review our overall approach to the 21-22 RE Packets, check out our ["Welcome to Soul Matters RE" Google Doc](#).

Legend:

1. **Purple Font** = online adaptations and alternatives
2. **Double asterisks (\*\*\*)** = books recommended by the Widening the Circle Research Team

# Calendar Connections

## February 2022

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

### Interfaith:

- [Nirvana Day](#)/Parinirvana Day -Buddha's entry into Nirvana (Buddhist) - celebrated on Feb. 8 by some but by most on the 15 February.

### Unitarian Universalist:

- Fannie Barrier Williams' [birthday](#) - Feb. 12 (1855)
- Susan B. Anthony's [birthday](#) - Feb. 15 (1820) (more [here](#); On her complex relationship to racism: [here](#), [here](#) and [here](#).)
- [Thirty Days of Love](#) - Side with Love Campaign - Jan.15 - Feb.14
- [The Edict of Torda](#) is issued - Feb. 18 (1568)

### National & Cultural:

- [Black History](#) Month (more [here](#))
- Season for [Nonviolence](#) - Jan. 30 - April 4 (more [here](#))
- [Groundhog Day](#) - Feb. 2
- Rosa Parks' birthday - February 4 (1930)
- [Freedom to Marry](#) Day - Feb. 12
- Mardi Gras - Feb. 13
- [St. Valentine's Day](#) - Feb. 14
- Toni Morrison & Audre Lorde's(past) birthday - Feb.18 (more [here](#) and [here](#) and [here](#))
- [President's Day](#) - Feb. 19
- Louis Riel Day (Canada) - Feb. 19 (more here: <http://louisrielday.com/> )
- National Association for the Advancement of Colored People ([NAACP is founded](#) - Feb. 12 (1909)
- Malcolm X assassinated - Feb 21 (1965), related Netflix series [HERE](#)
- [Trayvon Martin](#) is shot by George Zimmerman - Feb. 26 (2012)

### For Fun and On the Fringe:

- [Superbowl](#) Sunday - Feb. 13
- [Don't Cry Over Spilled Milk](#) Day - Feb. 11
- International [Darwin Day](#) (Darwin's Birthday) - Feb 12
- Random Acts of [Kindness Day](#) - Feb. 17 (more [here](#))

# Lesson A:

## Widening the Way We Accept Ourselves

### Understanding our Outsides and Insides

(Core Story: The Hungry Coat)

#### Theme Angle

Our theme this month is “Widening the Circle.” In this lesson, we reflect on widening the way we accept ourselves, understanding our insides and outsides. Our society encourages us to spend time on our outsides - what we wear, our hair length, our skin, our height, our weight, how glib or funny we can be.

People mostly don’t portray the important things inside of them. Like what they are wondering about, what they believe, how they act, who they care deeply for, and how they make meaning in this world. These are things that make us who we are. These are the things which get us through the hard and sad times. These are the things which help us work for justice. Our faith reminds us, “It is the insides that matter most!”

#### Translating This for Young Children

We have “insides” and “outsides” as part of ourselves. It is the insides that matter most!

## Light It!

*We know that everyone approaches chalice lighting differently. Some use the same chalice lighting words for the entire month, while others pick a new one each week and tailor it to that week’s particular theme connection. So instead of offering specific chalice lightings for you to use, we offer four “places” for you to find the chalice lighting that fits your approach:*

- *Worship Web:* <https://www.uua.org/worship/words/chalice-lighting>
- [Tapestry of Faith and other common Chalice Lightings for Children](#)
- *Our monthly Soul Matters worship packets*
- *Your own congregation’s special chalice lighting words*

#### Extinguish It!

*Signal the end of “sacred time” or “Chalice time” with a short ritual for extinguishing the chalice. It might be just after any of the below sections or at the end of the session. Use a [candle snuffer](#) if you use real candles for dramatic effect, or just blow it out. Here are some resources for you to find the chalice extinguishing words that fits your approach:*

- *UUA:* <https://www.uua.org/genre/chalice-extinguishing>
- *Worship Web:* <https://www.uua.org/worship/words/closing/6049.shtml>
- *Katie’s Words*

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

# Introduce It!

## (Wonder Box)

### Outsides and Insides

**Reflection Object:** an anatomy [photo](#), [skeleton model](#), even the figure from the game [“Operation.”](#)

#### **Suggested Script**

“Here is our insides. It is called our anatomy. We have insides and outsides. Inside of us are bones, blood, intestines, brain, lungs, etc. But when we talk about our “insides” in our faith, we think of not just anatomy but of our love and caring that make us who we are.

Our theme this month is “Widening the Circle.” In this lesson, widen the way we accept ourselves, understanding our insides and outsides. TV and screens encourage us to spend time on our outsides - what we wear, our hair length, our skin, our height, our weight, how funny we can be.

People mostly don’t portray the important things inside of them. Like what they are wondering about, what they believe, how they act, and who they love. These are things that make us who we are. These are the things which get us through the hard and sad times. These are the things which help us work for justice. Our insides help us find joy and connection. Our faith reminds us, “It is the insides that matter most!”

So today we’re going to explore our understanding of our insides and outsides so we can widen the way we accept ourselves. Are you ready?! Let’s begin!”



# Tell It and Talk About It!

## (Story)

### Suggested Introductory Words

“A great way to explore how we have an outside and an inside is by sharing this wisdom tale. In this story, Nasruddin, a wise man, teaches the village about appearances. It’s a great reminder about how people judge others by their outsides.” Here we go!

**The Hungry Coat:** A [Mullah Nasruddin](#) Wisdom tale

**Online story:** <https://www.uua.org/re/tapestry/children/tales/session6/123344.shtml>

**Preview of Video and Song by Lea Morris:** <https://www.youtube.com/watch?v=tqPMMcOIL-g>

### Reflection Prompts

- What part of the story will you remember most?
- Why did Mullah Nasruddin put food in the pockets of his coat?
- How have you been treated differently depending on how you look?

### ***More about our video story and song project with Lea Morris...***

*The Soul Matters Team is thrilled about this year’s creative collaboration with Lea Morris. Each month Lea tells one of our selected & theme-based wisdom tales and then shares a reflection & song inspired by that story. It’s a beautiful blending of her wonderful story-telling skills, luminous songwriting and joy-filled singing.*

*As with all ten of the videos Lea is creating, the purchase price per video is \$20.*

With your purchase comes the **following usage rights:**

- *Playing the video in online and in-person worship services (including recorded services)*
- *Playing the video in online and in-person children’s religious education programs/presentations (including ones that are recorded and posted online)*
- *Sending out a link to the video to parents so they can watch it with their children at home as part of their family spiritual life activities*

***Purchase all ten at a lower price:*** Follow this link to purchase all ten of Lea’s story/song videos on all ten of our Soul Matters themes at: <https://www.hopesingseternal.me/stories/alltenstorysongs>

# Explore It!

## (Group Activities and Experiential Learning)

Here are a variety of suggestions for digging deeper into the theme. Choose the one(s) just right for your group! In many cases, these will work as well online as in-person. We also offer an online adaptation or alternative and *highlight it in purple*.

### Explore It with...

#### Fingerplay

Jack in the Box Inside and Outside

<https://www.mamalisa.com/?t=es&p=3677>

#### Video

Sesame Street: Inside and Outside

<https://www.youtube.com/watch?v=80SsMVDpD4g>

#### Making Homemade Bagels\*\*

*Explore the theme tangibly while making circle bagels. Reflect on “insides” and “outsides” of the hole and the dough. As published in April Rosario’s UU Kids Spiritual Themed Recipe Book, used with permission.*

Ingredients: 1 cup flour, 1 Tbsp baking powder, ½ cup Greek yogurt, Pinch of salt,  
Handful of shredded cheese

Directions: Mix all ingredients and knead into playdough texture dough. Form into bagels and bake at 350 for 20-25 min.

##### Substitutions

- 1 cup almond flour can be substituted for the 1 cup all-purpose flour
- dairy free Greek yogurt can be substituted for regular Greek yogurt
- cheese can be replaced with raisins or chocolate chips
- melted butter or water can be used in place of egg wash

Tip 1! The bagels expand when they bake so you’ll want to make sure they have plenty of room, so they don’t stick together.

Tip 2! To make sweet bagels use vanilla Greek yogurt and add in 1 teaspoon cinnamon and/or a handful of raisins instead of the shredded cheese.

#### **More about April’s UU Kids Spiritual Themed Recipe Book**

If you’re looking for a fun way to keep kids/youth and families engaged in faith formation and religious education this UU Kids Spiritual Themed Recipe Book may be just what you’re looking for!



It was created by April Rosario, DRE at First Parish Taunton, Mass, and a member of our Soul Matters Widening the Circle RE Research Team. We are so excited to share the news about her wonderful creation! With a total of 14 past Soul Matters themes and 23 recipes there is something for everyone. Each recipe has Think About It and Talk About It sections to provide a deeper dive into each of the spiritual themes. This book is great for multi-platform RE as it can be sent out to families for them to use on their own as part of their own faith journey, or it can be used for virtual and/or in person curriculum.

Please contact April Rosario via email at [dre@firstparishtaunton.org](mailto:dre@firstparishtaunton.org) with any questions. PFD copies are available for purchase for \$45 each. Please send payment via PayPal to @UUdre or [dre@firstparishtaunton.org](mailto:dre@firstparishtaunton.org)

### **Notes on the Activity**

#### **\*\*ARAO MC Context from the Widening the Circle Research Team**

The WTC team chose this activity because of its experiential reinforcement of the theme. As children make and stretch their bagel dough it is a tangible representation of Widening the Circle. Fun and delicious, too!

## **Making “Inside and Outside” Masks**

Use a [blank mask](#). Invite the children to draw things that people see on their outsides - like their hair, their jewelry, etc. Now, invite the children to turn the mask over and draw the things that are on their insides:

- Like what they are wondering about,
- Who they love,
- What they care about.

These are things that make us who we are. These are the things which get us through the hard and sad times. These are the things which help us work for justice. Our faith reminds us, “It is the insides that matter most!” Share the inside drawings with each other.

## **A Pep Talk**

*Show this video of Kid President reminding us to widen the acceptance of ourselves and use the power of our insides.*

#### **Kid President/Soul Pancake “I Think We All Need a Pep Talk”**

[https://www.ted.com/talks/kid\\_president\\_i\\_think\\_we\\_all\\_need\\_a\\_pep\\_talk](https://www.ted.com/talks/kid_president_i_think_we_all_need_a_pep_talk)

## **A Meditation**

#### **[Indra’s Magnificent Jeweled Net](#) from Tapestry of Faith, Building Bridges**

*Read as a meditation to introduce the vast interdependent web of which every person is a part!*

# Lesson B:

## Widening the Love We Share

### Celebrating all kinds of love

(Core Story: For Estefani)

#### Theme Angle

The theme of the month is Widening the Circle. For this lesson, we reflect on Widening the Circle of Love, especially since we are close to Valentine’s Day. We widen the circle when we spread love to everyone, including refugees and asylum seekers. We focus on refugees and asylum seekers because they are often “not loved.” So when it comes to widening the circle, our faith clearly tells us, “Love is for everybody.”

#### Translating This for Young Children

Love is for everybody.

## Light It!

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#### Extinguish It!

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# Introduce It!

## (Wonder Box)

**For Estafani, Third Grade, Who Made Me a Card**

**Reflection Object:** a heart or Valentine's card

Many thanks to [Jenni Papp](#) who suggested this poem for us!

### **Suggested Script**

"Here is a heart. Our theme is Widening the Circle. For this lesson, we reflect on Widening the Circle of Love, especially since we are close to Valentine's Day.

I'm going to share a video of Aracelis Girmay's poem "For Estefani, Third Grade, Who Made Me A Card." It involves a mysterious word "LOISFOERIBARI."

Show the animated poem video: <https://www.youtube.com/watch?v=DciYMCC0M1w>

Love is for Everybody. We widen the circle when we spread love to everyone. One group of people who especially need this message are refugees and asylum seekers. They and we need to hear the message, "Love is for Everybody" that is in the poem, to help overcome the losses that refugees feel. "A refugee is a person who is seeking a safe haven after being forced to flee violence... or war... Many refugees around the world live in vulnerable conditions, including refugee camps, informal settlements and on the streets." - [Source](#)  
So when it comes to widening the circle, our faith clearly tells us, "Widen the love we share."

Are you ready?! Let's begin!"

### **Special Guest Strategy**

Who in your congregation is a poet? Invite them to share how their poetry comes to them. Or invite someone who is working with refugees to share how they have widened the circle of love.

# Tell It and Talk About It!

## (Our Story: The Silence Seeker)

### Suggested Introductory Words

“Today’s story is an example of the way we can widen our circle of love and include caring for refugees and asylum seekers. A young boy mistakes his mother’s words. She says the new neighbor is an “asylum seeker” meaning a refugee seeking to make a home in a new country. The young boy hears “silence seeker.” Someone looking for quiet. By caring about a new refugee, a little boy tries to offer him his companionship and knowledge of the places in his city. Let’s listen to the story together!”

### The Silence Seeker by Ben Morley and Carl Pearce

Video: [https://www.youtube.com/watch?v=-nYR\\_7nTOWE](https://www.youtube.com/watch?v=-nYR_7nTOWE)

Book: [HERE](#)

### Reflection Prompts

- What was your favorite part of the story?
- How did you feel when the boy finally smiled?
- Have you ever been with someone who doesn’t understand the language?

### Notes on the Book

#### \*\*ARAOMC Context

We chose this book because of how it brings the awareness of asylum seekers and can start a discussion about asylum seekers. Since the story doesn’t directly address the issue of asylum seekers and refugees, we suggest using the resources for teaching children from the [UN Refugee Agency](#), including short animations and discussion guides. Many thanks to [Sam Dickerson](#), DRE for the Chalice UU Fellowship of the Conejo Valley, CA for suggesting this book.

**Online Permission Note:** *Tamarind Publishers, an imprint of Penguin Random House, has authorized its books for online use as long as you follow their specific use guidelines found [HERE](#). Just scroll down to the section titled “Penguin Random House Publishers.”*

# Explore It!

## (Small Group Activities and Experiential Learning)

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### Explore It with...

#### Valentine Heart Cards

Cut out hearts. Help the children fill in the words, "Love is for Everybody" and then decorate it. Use as Valentine's cards for a local refugee organization, or other people who may need an affirmation of caring.

#### An Interview

##### **Congregational Visitor (online or in person)**

In the spirit of cultivating multigenerational relationships, continue the conversation with your special guest.

# Lesson C: Widening the History We Tell Black History Month

(Story: Finding Your Way Ethelred Brown)

## Theme Angle

The theme this month is Widening the Circle. This lesson is about Widening the History We Tell. Many of the stories about African Americans were overlooked or deliberately ignored. In this lesson, we will discover several figures in history whose stories deserve to be told. It is time that we, as a faith, widened the circle of the history we tell. Happy Black History Month!

## Translating This for Young Children

Happy Black History Month!

## Light It!

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## Extinguish It!

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# Introduce It (Wonder Box)

## The Magnificent Dr. Gladys Mae West

**Reflection Object:** a smartphone with Google Maps on it.

**Suggested Script:**

“Here is the app called Google Maps. If you need directions home or to a bookstore or to church, you can use Google Maps to tell you the way. Google Maps uses GPS which stands for Global Positioning System. It was developed by a team led by Dr. Gladys Mae West, an African American mathematician. “Her work has at last been written into history.” - [source](#)

The theme this month is Widening the Circle. This lesson is about Widening the History We Tell. Many of the stories about African Americans were overlooked or ignored. It is time that we widened the circle of the history we tell. Too often in this country, the stories of African Americans have been excluded. We lift that up during Black History Month in the hopes that it becomes a year-round and all the time experience. Are you ready?! Let’s begin!”



# Tell It and Talk About It

## Our Story: Finding Your Way Ethelred Brown

### Option #1 Finding Your Way Ethelred Brown

#### Suggested Introductory Words

“Here’s a story about the first African American Unitarian minister. We didn’t used to tell this story. But now we want to find stories about African Americans that have been forgotten or ignored. Ready? Let’s begin!”

Read the story from Tapestry of Faith’s Faithful Journeys curriculum, “[Finding Your Way Ethelred Brown](#).”

**Leader Note:** The story is long for young children. Shorten it and use simpler words for this age group.

Use his [photo](#), a [printout of the Jamaican flag](#), and a [picture of Harlem in the 1920s](#). Show these items as you tell the story.

#### Reflection Prompts

- What part of the story do you remember the most?
- What did you like about the story?
- Have you ever kept on trying and trying until something finally happened?

**Online Permission Note:** *Tapestry of Faith material has been authorized for online use. See <https://www.uua.org/re/tapestry/downloading>*

# Explore It

## (Small Group Activities and Experiential Learning)

*Here are a variety of suggestions for digging deeper into the theme. Choose the one(s) just right for your group! In many cases, these will work as well online as in-person. When an activity doesn't work for both in person and online, we offer an online adaptation or alternative and **highlight it in purple**.*

### Explore It with...

#### Song Video

Black History Song

<https://www.youtube.com/watch?v=Ky21iG9FiAU&t=17s>

#### Art with Skin Tone Colors

[Multicultural Markers](#) or [Crayons](#) - Invite the children to color people with these skin tone markers. What do they notice about the variety of beautiful colors?

### Games and Play

#### Play Red Light, Green Light

You might ask what the game Red Light, Green Light has to do with Black History Month, but it all makes complete sense when you meet [Garrett Morgan](#)! Garrett Morgan was an African American inventor who patented the 3-position traffic signal.

#### Train Play

Do you have a train set? Celebrate [Elijah McCoy](#)! Elijah McCoy was born in Canada and was known for his 57 US patents which were concentrated on making the steam engine work better. He invented a lubrication system that allowed oil to be distributed evenly around the engine's moving parts which decreased friction and allowed the engines to run longer, last longer and not overheat. Oh, and he is the one responsible for the common phrase, "The real McCoy!"

#### Dress Up Corner - Doctors

Celebrate Patricia Bath! [Dr. Patricia Bath](#) was the first African American to complete a residency in ophthalmology and the first African American female doctor to receive a medical patent! She invented a medical device that helped in the treatment of cataracts. Provide items for doctor dramatic play.

## Dance and Movement

Celebrate Aretha Franklin, Queen of Soul, with some tunes and dancing! "American history wells up when Aretha sings", [president Obama explained](#) in response to her performance of "A Natural Woman" at the 2015 Kennedy Center Honors. "Nobody embodies more fully the connection between the African-American spiritual, the blues, R&B, rock and roll—the way that hardship and sorrow were transformed into something full of beauty and vitality and hope". Her [Greatest Hits YouTube video](#) features some great danceable music, such as Respect and I Say a Little Prayer. Don't forget about "[Think.](#)" The book, [RESPECT](#), would be a great addition for a rest after moving!

## Learn about Black UU's

Black Lives of UU's teach-in resources include stories of four Unitarians and Universalists born in the 19th century who lived into the 20th: Lewis McGee, Frances Ellen Watkins Harper, Fannie Barrier Williams, and Annie B. Jordan Willis. With each story are questions and **activities** to further connect with these figures and what their achievements mean for us today. <https://www.uuteachin.org/copy-of-teachin2-education-child-yo>

## A Universalist Poem as Fingerplay

*Invite the children to recite this poem about widening the circle of love.*

*First, describe the meaning of "heretic, rebel, a thing to flout" as someone who doesn't belong.*

*Then, invite the children to repeat each line after you so they become familiar with it.*

*Next, add hand motions so that it becomes a fingerplay and say it together!*

Outwitted - Poem by [Edwin Markham](#), Universalist. Fingerplay by Soul Matters' Katie Covey

He drew a circle that shut me out— [draw a smallish circle in the air in front of you]

Heretic, rebel, a thing to flout. [frown, and fling hands and fingers away from you as if to push or toss away]

But Love and I had the wit to win: [cross hands over heart, point thumb to oneself, point finger to temple as a witty brain]

We drew a circle that took him in! [draw a huge wide circle with arms outflung.]

Variation: Repeat with the word "they/them" instead of "he/him."

# Lesson D:

## Widening the Principles We Live By

### The 8th Principle Proposal

(Core Story: The 8th Principle)

#### Theme Angle

Our theme this month is Widening the Circle. This session is about how we hope to widen the UU principles we live by and add another principle to make 8. Some people (and maybe your own congregation) have added or want to add an 8th principle. In [children's language](#) it says: "Build the beloved community, free from racism and oppression." (This was created by DREs in collaboration with Paula Cole Jones and is used widely across the country in RE programs.) In [adult language](#), it says, "journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions." Our faith is a living tradition. That means that it is an ever-growing faith, pushing us to grow in the process.

#### Translating This for Young Children

We change and grow, as people and as our church. We are thinking of a change and adding to our principles.

## Light It!

*We know that everyone approaches chalice lighting differently. Some use the same chalice lighting words for the entire month, while others pick a new one each week and tailor it to that week's particular theme connection. So instead of offering specific chalice lightings for you to use, we offer four "places" for you to find the chalice lighting that fits your approach:*

- *Worship Web:* <https://www.uua.org/worship/words/chalice-lighting>
- [Tapestry of Faith and other common Chalice Lightings for Children](#)
- *Our monthly Soul Matters worship packets*
- *Your own congregation's special chalice lighting words*

#### Extinguish It!

*Signal the end of "sacred time" or "Chalice time" with a short ritual for extinguishing the chalice. It might be just after any of the below sections or at the end of the session. Use a [candle snuffer](#) if you use real candles for dramatic effect, or just blow it out. Here are some resources for you to find the chalice extinguishing words that fits your approach:*

- *UUA:* <https://www.uua.org/genre/chalice-extinguishing>
- *Worship Web:* <https://www.uua.org/worship/words/closing/6049.shtml>
- *Katie's Words*

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

# Introduce It!

## (Wonder Box)

### Octo means Eight

Leader Background on the 8th Principle: <https://www.8thprincipleuu.org/>

**Reflection Object:** an octave musical scale baby toy xylophone, 8 notes on a piano to make a scale, [guitar octaves explained on YouTube](#). OR an octopus stuffie or photo (get it - 8 legs!)

### Suggested Script

Here's an 8 note octave. [play it] (or an 8-legged octopus.) OCTO means 8 in Latin. So an 8 note scale is called an "octave" and an 8-legged sea creature is called an octopus. So why are we learning about the number 8? It's because we might add an 8th principle to the principles we promise to live by in our faith. Right now there are SEVEN Principles in our Unitarian Universalist faith. In children's language the Seven Principles are [adult language see [HERE](#)]:

- Each person is important.
- Be kind in all you do.
- We help each other learn.
- We search for what is true.
- Each person has a say.
- Work for a peaceful world.
- The web of life's the way.

Our theme this month is Widening the Circle. This session is about how we might widen the UU principles we live by and add another principle to make 8. We are talking about OCTO, 8 because some people want to add an 8th Principle. Some people (and maybe your own congregation) have added or want to add an 8th principle. In children's language it says:

"Build the beloved community, free from racism and oppression." (This was created by DREs in collaboration with Paula Cole Jones and is used widely across the country in RE programs." <https://esuc.org/8th-principle-faqs/>

(In [adult language](#), it says, "journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.")

Maybe we will end up calling it our OCTO principle!

We change and grow as children. Once you were babies, now you are older. Our Unitarian Universalist faith changes and grows, too. Now, we have seven principles. Maybe we will change and have 8. So, let's explore Widening the Principles we live by and the 8th principle. ... Are you ready?! Let's begin!"

# Tell It and Talk About It!

## Our Story: What is the 8th Principle?

### Suggested Introductory Words

“Here’s a video story about the proposed 8th Principle. It was made by Meg McGuire, who is working towards being a UU minister. She made it for the children in the church where she was a ministerial intern. She’s sharing it with all UU children. Here we go.”

### What is the 8th Principle (Video)?

Video: What is the 8th principle? A Message for All Ages by Meg McGuire

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

### Reflection Prompts

- What did you like the most?
- Did you see the sparkly sequins on the 8th principle circle?

**Online Permission Note:** *Meg McGuire, candidate for UU Ministerial Fellowship, Berkeley, CA is thrilled to have other congregations use her video.*

# Explore It!

## (Small Group Activities and Experiential Learning)

Here are a variety of suggestions for digging deeper into the theme. Choose the one(s) just right for your group! In many cases, these will work as well online as in-person. When a more involved online adaptation or alternative is needed, [we highlight this in purple](#).

### Explore It with...

#### Fingerplay

Two, Four, Six, Eight

[https://www.youtube.com/watch?v=\\_YnhCHkuqh8](https://www.youtube.com/watch?v=_YnhCHkuqh8)

#### Games

##### 8 Box Hopscotch

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

Write a word for each principle in each box!

- important
- kind
- learn
- search
- say
- peace.
- web
- beloved

#### Number 8 Preschool Activities

Explore the number 8!

[http://www.preschooexpress.com/number\\_station/number8\\_apr07.shtml](http://www.preschooexpress.com/number_station/number8_apr07.shtml)

#### A Poster about the 8th Principle

Make a Poster of the Seven Principles and add the 8th Principle. Suggestions include making each principle a building block with the 8th principle being added by a crane. Or a pizza divided into 8 slices, with one on the pizza serving knife, etc. Or use cut out circles as Meg did in the story video above.

- Each person is important.
- Be kind in all you do.
- We help each other learn.
- We search for what is true.
- Each person has a say.
- Work for a peaceful world.
- The web of life's the way.
- Build the beloved community, free from racism and oppression.



# Opportunities for Leader Support

## Come share together

### **Online Zoom Labs, Join Us!**

#### **Zoom Information:**

All Labs take place on Zoom at <https://zoom.us/j/5857099120>

Audio only: Dial: +1 408 638 0968 or +1 646 558 8656 Meeting ID: 585 709 9120

Password: 333

### **RE Leader Labs - Katie's Overview and Group Sharing!**

In our leader labs, Katie gives an overview of the packet for the next month's theme, and then RE Leaders share challenges, opportunities and take-aways. These meetings are recorded and posted on the [Soul Matters YouTube Channel](#).

- **Wed. Feb. 9, 2021, 1 p.m. ET for March's theme of Renewing Faith**

### **Brainstorming Labs**

In our brainstorming labs, RE Leaders support Katie by sharing ideas for upcoming packets. Attendees like the way it gives them ideas in advance. The packets are always stronger when our sharing circle members pitch in their creativity!

**Meeting time:** *First Wednesday of the Month at 1 pm ET. Brainstorm on the upcoming theme 2 months away.*

- **Wed. Feb. 2, 2022, 1 p.m. ET May theme of Nurturing Beauty**

# 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](#).

## **“On the Road Together” - Soul Matters Senior High Youth Packet**

A monthly packet for High School Youth Groups! Here's the link to the [Soul Matters Youth Packet](#) page on our website.

Sessions with resources for Check In, Spiritual Practice, Discussion Starters, Expressing Yourself with the Arts, Fun and Games, and Off-Road Excursions.

## **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!

## ***Soul Matters RE Packet Author & Support Team***

***Packet Author: Katie Covey, Soul Matters Director of Religious Education***

Thanks to all the Soul Matters Religious Educators who send in suggestions for our monthly packets and participate in our monthly packet brainstorming calls. Special thanks to the Brainstorming Lab Regulars - Samantha Dickerson, DRE at Chalice UU Fellowship of the Conejo Valley, CA, Jenni Papp, DRE at the Southwest UU Church, North Royalton, OH and Katy Carpman, DRE at the Emerson UU Church, Houston, TX for their great suggestions each month.

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Thanks also to the other [Soul Matters Team](#) members who contribute to the content and shape of these packets:

Rev. Michelle Collins, Soul Matters Small Group & Special Projects Researcher  
Rev. Scott Tayler, Soul Matters Team Lead



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