

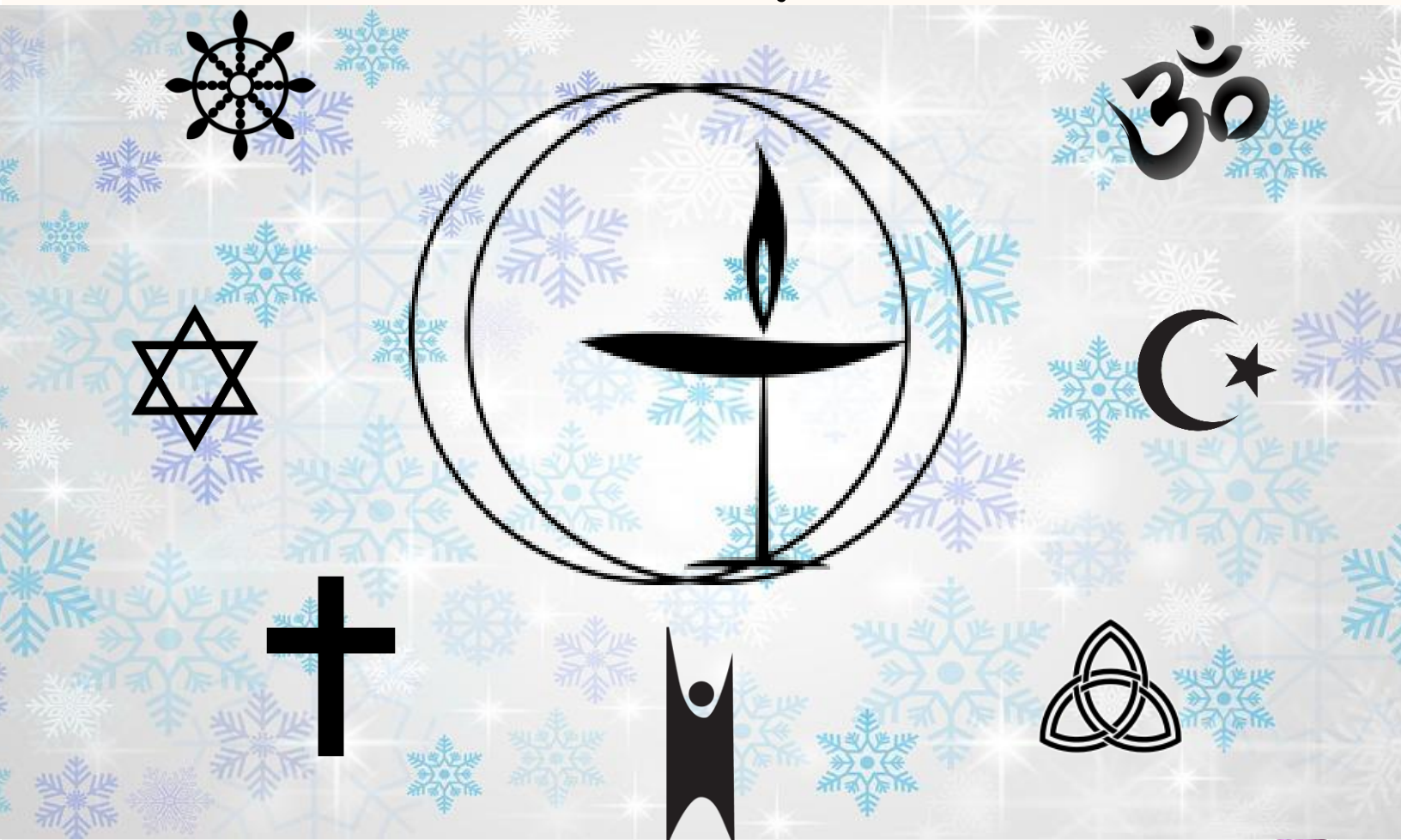
Holidays and Holy Days



All Year



Holidays and Holy Days



Fall-Winter-Spring
Edition

Acknowledgments:

I'd like to say a huge thank you to Charlene Brotman for giving me permission to undertake this rewrite. She and co-author Barbara Marshman had a vision that led to a beloved and enduring curriculum.

I also am grateful to my wife and children who have put up with my obsessive work on this project this summer.

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Introduction

I began teaching the Holidays and Holy Days curriculum to the 4th and 5th graders of my congregation about 10 years ago. It has been by far my favorite curriculum to teach. Every Sunday is a new and exciting holiday party! Over the years, I have adapted the lessons in the curriculum, adding some, removing others, and tweaking them a bit. The original curriculum was written in 1983, by Charlene Brotman and Barbara Marshman. In it the authors state,

"Holidays are the natural, age-old vehicle of religious socialization. Their festivities tell a story which children absorb with delight, through experiences far more than through words. Decorations, colors, costumes, dances, lights, songs, foods, festivity, gifts, excitement, pageantry, solemnity, ceremony, and ritual-it is of these that tradition is woven, that memories, beliefs, values, fears, hopes, and reverence are transmitted. A holiday is not something to talk about... it's something to DO."

As in the original, this curriculum emphasizes how Unitarian Universalists draw from different sources for inspiration and wisdom. The six sources we affirm and promote are:

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
2. Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
6. Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Each holiday includes a "Unitarian Universalists Believe..." statement that emphasizes UU beliefs and values. Through this, all of our seven principles are covered.

1st Principle: The inherent worth and dignity of every person;

2nd Principle: Justice, equity and compassion in human relations;

3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations;

4th Principle: A free and responsible search for truth and meaning;

5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large;

6th Principle: The goal of world community with peace, liberty, and justice for all;

7th Principle: Respect for the interdependent web of all existence of which we are a part.

The original curriculum contained an audio cassette with songs to go with each lesson. One new feature in this curriculum is the many video links that have been included. Some links are to songs, others are to stories. Many of the lessons give you options for telling a story: either use the script given, read a recommended book, or use video links. I find that showing the children a very short video can be effective in keeping them engaged with the story. Some of the lessons include additional or alternate crafts, recipes and game ideas. Each lesson has all the links added to a resource section at the end, but I have also made them available on my website for easy access:

<https://sites.google.com/hotmail.com/re-vision-uu/>

As our understanding and sensitivities about cultural appropriation have changed since the 1980's, I have tried to rewrite lessons to be sensitive to these concerns.

One of the joys of the digital age is the ease with which updates can be made. I plan to release updated versions every couple of years.

I hope you enjoy using the new Holidays and Holy Days as much as I have. Please feel free to contact me with questions, comments or suggestions for revision at rcraine@hotmail.com.

Planning Tables

Use the following tables to help you plan your year. This gives a quick look at the origin of each holiday, the dates for the upcoming year, and notes on how the holiday moves through the years.

FALL HOLIDAYS			
Holiday	Religion/Place of Origin	Date 2018-19	Comments
Opening/First Day	UU		
Rosh Hashanah and Yom Kippur	Jewish	Sept. 10 and 19	Moves around September/early October
John Murray Day	UU	Around 9/30	flexible
Sukkot	Jewish	Sept. 23-30	Moves from late September to mid-October
St. Francis Day/Henry Bergh	Christian/UU	Oct. 4	HB's Birthday is in August, and the ASPCA was founded in April, but this is a natural connection could move to spring
Indigenous People's Day	Humanist	Oct. 8	Recently adopted in many parts of Americas to replace Columbus Day
Dussehra	Hindu	Oct. 19	Usually October, sometimes late September
UNICEF Day	Humanist	Oct. 31	
Day of the Dead/Día de los Muertos	Catholic/Pagan/Mexico	Nov. 2	
Diwali	Hindu	Nov. 5	Moves October-November
Hogbetsotso	Ghana	Nov. 3	First Saturday in November
Mawlid al-nabi	Islam	Nov. 20	Moves backward about 11 days each year
Dance of the Deer	Indigenous--Huichol	Fall	Flexible

WINTER HOLIDAYS

Holiday	Religion/Place of Origin	Date 2018-19	Comments
Hanukkah	Jewish	12/2-12/10	Moves throughout December
UU pilgrimage	UU	Any	Flexible
Midwinter/Yule	Pagan	Dec. 21	
Kwanzaa	African American	12/26-1/2	
Our New Year	Ancient Roman	January 1	
3 Kings Day/Día de los Reyes	Christian	January 6	
Fête du Vodun	Voodoo/Benin	January 10	
MLK Day	Humanist	January 21	3 rd Monday in January
Imbolc/Candlemas	Pagan	Feb. 1/2	
Chinese New Year	Buddhist	Feb. 5	Moves between late January to late February
Powamu	Indigenous/Hopi	Jan/Feb	Late January to early February
Susan B Anthony Day	Humanist	Feb. 15	
Mardi Gras/Ash Wednesday	Catholic	March 5	Moves between early February-early March

SPRING HOLIDAYS			
Holiday	Religion/Place of Origin	Date 2018-19	Comments
Holi	Hindu	March 3	
Purim	Jewish	March 20	Moves late February-Late March
St. Patrick's Day	Catholic	March 17	
Nowruz	Iranian New Year	March 20-21	
Festival of Masks	Indigenous/Western Africa	Spring	Flexible
Easter	Christian	April 21	Late March-April
Passover	Jewish	April 19-27	Late March-April
Earth Day	Humanist	April 22	
Buddha's Birthday	Buddhist	May 29	Moves April-May
Japanese Children's Day	Japan	May 5	
Mother's Peace Day	Humanist	May 12	2 nd Sunday in May
Eid al- Fitr/ Eid al- Adha	Islam	June 4 August 11	Both will move back about 11 days each year, so one or the other should be spring holidays for next several years
Flower Communion	UU		Last Lesson

SUMMER HOLIDAYS

*Available as a separate summer edition or in the “Holidays and Holy Days—All Year” curriculum.

Holiday	Religion/Place of Origin	Date 2018-19	Comments
Duanwu	China	June 18	Usually in June or late May
Father’s Day	U.S./World	June 17	3 rd Sunday in June
Midsummer	Pagan/World	June 21	Celebrations vary around the solstice date
4 th of July	U.S.	July 4	
Ivan Kupala Day	Pagan/Christian/ Slavic Countries	July 7	Some places celebrate on June 24
Pi Approximation Day	World	July 22	7/22 = 3.14, not to be confused with Pi Day, March 14 th !
The Heracleia	Ancient Greece	Late July	Late July/Early August
World Friendship Day	World	July 30	
Picnic Day	Australia	August 6	First Monday in August
Tanabat/Qixi Festival	Japan/China	July 7	Varies between July 7 and August 7
Nemoralia and the Assumption of Mary	Pagan/Ancient Rome Christian	August 15	Nemoralia is celebrated on a full moon in mid-August Assumption of Mary is August 15
Krishna Janmashtami	Hindu	Sept. 2	Varies, August-September
Water Communion	UU		Varies

The First Day

Introductions and Anticipations

the Purpose:

To get acquainted; to sample the curriculum; to feel a kinship to children all over the world; to identify as a UU



Unitarian Universalists:

Believe under the sky all people are one family.

the Plan

GATHER

MEET and GREET each other

EXPLAIN and DISCUSS class covenant/expectations

FIND OUT what we will be doing as we celebrate "Holidays
And Holy Days"

CELEBRATE by playing games and sharing a snack.

CLOSURE

Planning ahead

- Copies of Holidays and Holy Days cards printed on cardstock and cut out
- Snack foods from around the world
- Set up to show short video clips

Leader's Guide

Meet and Greet:

As this is the first class together, this is a time to get to know each other and to set class routines. You may have nametags for the children or they may make their own. Introduce your opening words, chalice lighting, check-in and offering practices. These are the things that will take place during the "Gathering" portion of all future lessons. Having all the teachers for a group decide and agree on routines ahead of time is helpful.

Explain and Discuss Classroom Covenant or Expectations:

Creating a Class Covenant is something you could do together as a group, or if you have one that the kids are used to from previous years, this is a good time to review it. It is helpful to have these expectations visible in the classroom, so you can refer to them if children are having trouble following them. Try to keep it to just a few, positive statements.

Learn About Holidays and Holy Days:

Introduce the curriculum. Start by questions like: What are your favorite holidays? What are some of the special things you do on those holidays? What other holidays do you know about? Share the list of "Holidays We Will Celebrate" and "Things We Will Do."

Play the "Holidays and Holy Days" card game. This plays like "Go Fish" but instead of saying "Go Fish," say "Go UU." Use this as a time to talk about things they may already know or want to know about other holidays and religions.

- Deal 5 cards to each player, set the rest of the pile in the center.
- If children have a matching pair, they lay it face up in front of them, but first read and share about the holiday.
- On a player's turn, they can ask another player for a holiday card that matches one in their hand. If the player doesn't have the card, they say "Go UU" and the first player draws once to see if they can "fish their wish."
- Play continues until all the holiday pairs have been matched.

Celebration:

Show one or more of the video clips from the resource section. Share some snacks from around the world, like seaweed snacks, hummus or edamame.

This year we will learn about how children all over the world celebrate their holidays. We can understand people better when know what their beliefs are. We can see how our UU ideas are similar in some ways and different in some ways from other beliefs. This gives us a chance to think through our own ideas about God and prayer and the right way to live.

Share the UU belief statement:

“Unitarian Universalists believe under the sky all people are one family.”

This is an old Chinese proverb. What do you think it means?

Each Sunday we will put up a statement in our room that says something that UU’s believe.

Closure: Share closing words/Extinguish the chalice

Additional Resources:

Videos:

If the World were a Village of 100 People (3:11)

<https://www.youtube.com/watch?v=FtYjUv2x65g>

The World’s Family (1:35)

https://www.youtube.com/watch?v=ni_at59TzMA

First Day



Under the Sky all People
are One Family

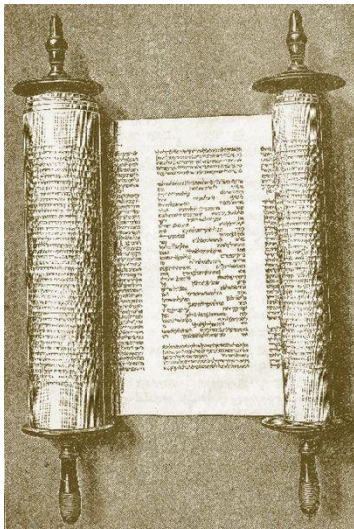


Rosh Hashana

The First Day of the Jewish New Year

- In early fall, usually September
- A special horn called a shofar is blown

Rosh Hashana

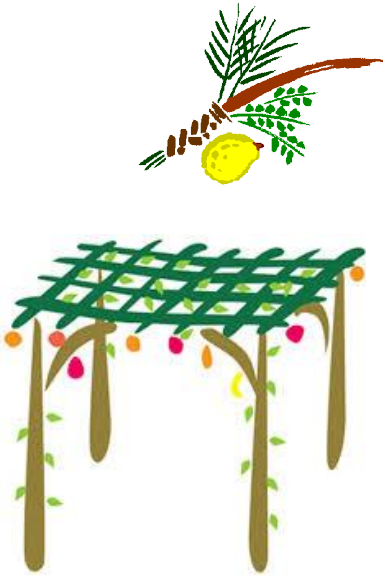


Yom Kippur

The Day of Atonement

- Last day of Jewish New Year
- Fasting
- Special music: Kol Nidre

Yom Kippur



Sukkot

Jewish Harvest Festival

- Build a sukkah outside
- Symbols are the Lulav made of special plants and the Etrog—fruit like a large lemon

Sukkot

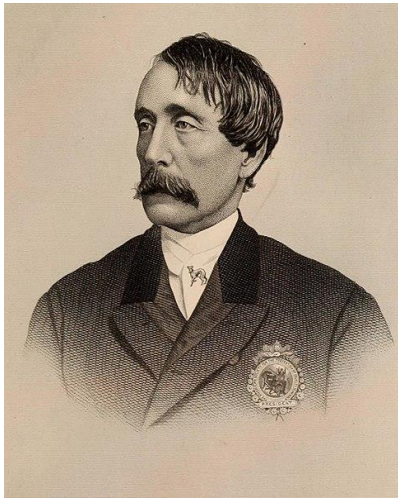


St. Francis Day

Christian Saint born in Italy in 1182

- Kind and compassionate
- Loved animals and nature

St. Francis Day

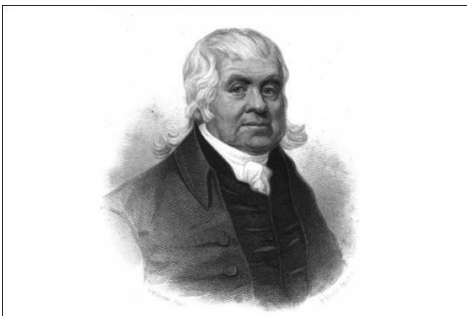


Henry Bergh Day

A Unitarian. Founder
of the ASPCA—

The American Society
for the Prevention of
Cruelty to Animals

Henry Bergh Day



John Murray Day

English Preacher who
brought Universalism
to the United States in
1770.

John Murray Day



Indigenous
People's Day

A day to celebrate the
history, contributions
and culture of Native
Americans.

Indigenous
People's Day



Dusserha

A Hindu festival that
celebrates the victory
of good over evil.

Dusserha



UNICEF Day

A day to learn about
and celebrate the
accomplishments of
the United Nations
Children's Fund

UNICEF Day



Día de los
Muertos

The Day of the Dead
A festival in Mexico
and other parts of
Latin America that
celebrates the lives of
loved ones who have
died.

Día de los
Muertos



Diwali

Hindu Festival of Lights

A fall festival that welcomes the goddess of good fortune, Lakshmi.

Diwali



Hogbetsotso

An Exodus Festival.

Celebrated in Ghana by the Anlo Ewe people, retelling the story of their escape to freedom.

Hogbetsotso



Mawlid-al Nabi

Celebrating the birthday of the Islamic Prophet Muhammad.

Mawlid-al Nabi



Dance of the Deer

A celebration of the culture of the Huichol tribe in Mexico.

Dance of the Deer



Hanukkah

Jewish Festival of Lights

Eight nights celebrating a
story of religious
freedom.

- Light menorah
- Play driedel

Hanukkah



Yule

The Winter Solstice

- The longest night
of the year
- Welcomes back
the Sun
- Pagan

Yule

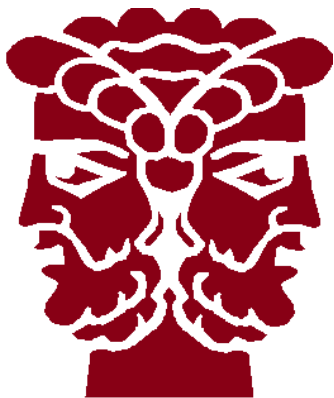


Kwanzaa

A celebration of African heritage, unity and culture

- Lasts seven days, one for each of seven principles

Kwanzaa



Our New Year

January 1

- A time for looking back, reflecting on the past year
- A time for looking forward to the next year with fresh New Year's resolutions

Our New Year



Día de los Reyes

Three Kings Day

- Christian holiday celebrated in large parts of the Spanish speaking world
- The day the three wise men came to Bethlehem with gifts for baby Jesus

Día de los Reyes



Fête du Vodun

Festival in Benin, Africa, celebrating the traditional religion, Vodun.

Fête du Vodun



MLK Day

Dr. Martin Luther King, Jr

Birthday: January 15

Dr. King was an important leader in the civil rights movement, fighting for racial justice.

MLK Day



Imbolc

One of the four Greater Sabbats, Imbolc is a Cross Quarter day, the mid-point between the winter solstice and the spring equinox

Pagan

Imbolc



Chinese New
Year

A major holiday in China and many neighboring countries. It takes place in late January or early February.

Chinese New
Year

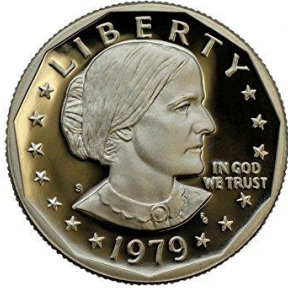


Powamu

Hopi Bean Planting Ceremony

- In the southwest
- Kachina masks are worn in sacred dances that call on the spirits to help grow the food for the coming year

Powamu



Susan B. Anthony's
Birthday

Unitarian woman who
fought for women's
rights, particularly the
right to vote.

Born February 15, 1820

Susan B. Anthony's
Birthday



Mardi Gras

- The day before Ash Wednesday, the beginning of Lent.
- Also called Carnival
- Means "Fat Tuesday"

Mardi Gras



Holi

Hindu Festival of Colors

- Also called the festival of love
- A fun and messy way to celebrate the beginning of spring

Holi



Purim

A Jewish holiday celebrating Queen Esther saving the Jewish people.

- Hamantaschen are traditional pastries eaten at Purim

Purim



St. Patrick's Day

Patron Saint of Ireland

- Spread Christianity through Ireland
- A great day to wear green and celebrate all things Irish

St. Patrick's Day



Nowruz

The Iranian New Year

- Begins on the first day of spring and lasts 13 days

Nowruz



FESTIMA

Festival of Masks

An international festival held in Burkina Faso celebrating the masks and cultures of many different people in Africa.

FESTIMA

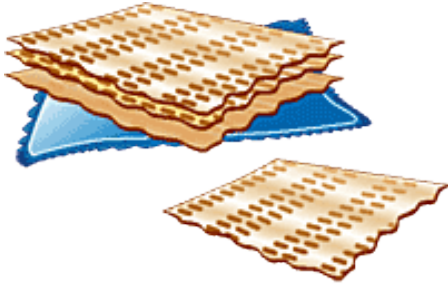


Easter

Christian holiday celebrating the life, death and resurrection of Jesus Christ.

- Commonly associated with egg hunts, bunnies, and other signs of spring.

Easter



Passover

Jewish Festival of Freedom

- Have a seder meal
- Eat matzah
- Hear the story of Exodus, Moses led the Jews from Egypt

Passover

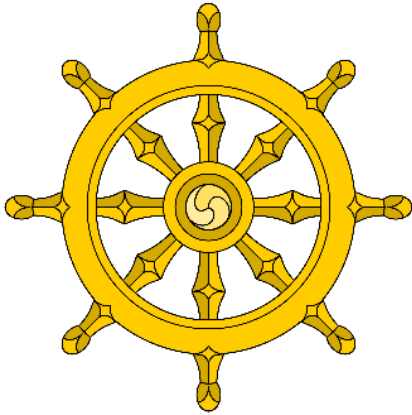


Earth Day

April 22

A time to think about protecting and caring for our home, the Earth

Earth Day



Buddha's Birthday

A time to hear the story of Siddhārtha Gautama, who became known as the Buddha, founder of Buddhism.

Buddha's Birthday



Japanese Children's Day

A celebration of Children in Japan.

- Last day of Golden Week—a time of many holidays in Japan
- Carp kites are flown for each member of the house

Japanese Children's Day



Mother's Peace
Day

A celebration of the original meaning of Mother's Day— Envisioned by Unitarian Julia Ward Howe as a time for women to come together for Peace.

Mother's Peace
Day



Flower
Communion

A common Unitarian Universalist service at the beginning of summer. Each person brings a flower, and leaves with a different flower.

Flower
Communion



Eid al-Fitr

The Festival of Breaking Fast

- Feast that ends the month of Ramadan, a month of fasting
- One of two main Islamic holidays

Eid al-Fitr



Eid al-Adha

The Festival of Sacrifice

- Honors the willingness of Ibrahim to sacrifice his son as an act of obedience to God
- One of two main Islamic holidays

Eid al-Adha

Fall Holidays We Will Celebrate

Rosh Hashanah and Yom Kippur

John Murray Day

Sukkot

St. Francis Day/Henry Bergh

Indigenous People's Day

Dussehra

UNICEF Day

Día de los Muertos/Day of the Dead

Diwali

Hogbetsotso

Mawlid al-nabi

Dance of the Deer

Winter Holidays We Will Celebrate

Hanukkah

UU pilgrimage

Yule

Kwanzaa

Our New Year

Día de los Reyes/Three Kings Day

Fête du Vodun

MLK Day

Imbolc/Candlemas

Chinese New Year

Powamu

Susan B. Anthony

Mardi Gras/Ash Wednesday

Spring Holidays We Will Celebrate

Holi

Purim

St. Patrick's Day

Nowruz

FESTIMA—Festival of Masks

Easter

Passover

Earth Day

Buddha's Birthday

Japanese Children's Day

Mother's Peace Day

Eid al- Fitr or Eid al- Adha

Flower Communion /Closing

UU Chalice Lightings for Young Children

We come together to remind ourselves
To treat all people kindly
Because they are our brothers and sisters;
To take good care of the earth Because it is our home;
To live lives full of goodness and love
Because that is how we will make our world
The best place it can be.

. * * * * *

This is our circle
Of chalice light,
Where peace and love
Are burning bright.
A place for wonder,
A place for fun.
Welcome, welcome Everyone.

* * * * *

We light this chalice
To celebrate Unitarian Universalism
This is the church of the open mind
This is the church of the helping hands
This is the church of the loving heart

As you say “light” use a flat palm to suggest a match box cover, and with the other hand pretend to light a match. As you say “chalice,” cup your two hands together. Hold up your left hand and then your right in the shape of a “U”. As you say “church,” cover your face with both hands. Then open them out on the word “open,” as though your hands were hinged doors. Hold both hands out in front of you, palms up, as though you were reaching out to hand someone a gift. Cross your hands over your heart and give yourself a hug

Extinguishing the Chalice

We extinguish this chalice,
but not its spirit
May it warm our hearts
Until we meet again

May we go forth from this place thankful
for the life that sustains and renews us,
and open to the grace that surrounds and surprises us.
May we go forth from this place with openness and with thanksgiving.

We go in peace;
We go in love;
We work for justice.
We go forth and bless the world.

Rosh Hashana and Yom Kippur

The Jewish New Year

the Purpose:

To introduce the Jewish New Year, and to feel the joy of new beginnings and the responsibility to correct old mistakes.



Unitarian Universalists:

Believe in forgiving others, and in trying to right the wrongs we have done.

the Plan

GATHER

HEAR about Rosh Hashana and Yom Kippur

MAKE and decorate resolution sticks

MAKE and decorate apple of hope boxes

EAT apples and honey

CLOSURE

Planning ahead

- Gather supplies for resolution sticks
 - Sticks
 - Yarn or Pipe Cleaners
 - Glue
 - Tape

- Scissors
- Paper
- Optional: feathers, beads other embellishments
- Sample stick

- Gather supplies for Apple of Hope boxes
 - Cardboard **or** wooden craft boxes
 - Wooden apple cutout **or** apple stickers **or** apples on cardstock
 - Paints and brushes **or** colored paper, markers, glue
 - Sample box

- Set up to show short video clips
- Apple slices and honey for snack
- Optional: Round challah bread

Leader's Guide

Hear About the Jewish New Year:

In the resource section of this lesson are a couple of book and video suggestions. Sharing the story *On Rosh Hashana and Yom Kippur*, by Cathy Goldberg Fishman or watching the 3-minute video “Celebrate Rosh Hashana” would be a good introduction to these holidays. Be sure to share the short video clip sounding the shofar and listen to the Kol Nidre as well.

Here is a suggested conversation to start the lesson with the children:

“Today we are celebrating the Jewish New Year. The Jewish New Year lasts for ten days. The first day of the New Year is called Rosh Hashana. In Hebrew, this means beginning of the year. The last day of the Jewish New Year is called Yom Kippur. This means the day for righting wrongs.

“There is an old story that says on Rosh Hashana God opens a big book called the Book of Life. In this book, everyone’s names are listed along with all the good and bad things they have done in the past year. God counts up all the good and bad deeds and uses this to decide each person’s fate for the next year. On Yom Kippur, God writes down each person’s fate and then closes the book.

“The story says that in the days between Rosh Hashana and Yom Kippur, you have a chance to change your record. You can start by being truly sorry for any wrongs you have done. But being sorry is not enough. You must try to make things right again with the person you have wronged. You must do good deeds. This can wipe your record clean. Therefore, Yom Kippur is called the “day for righting wrongs.”

“Some Jewish people believe the Book of Life is real, others do not. They believe the story is a good reminder to look back at the past year and judge your deeds as if you were God keeping count. To Jews, the New Year is the most important holiday of the year because it is a time for righting wrongs. It is a chance to start over again.

“A special horn is blown on Rosh Hashana as a signal to stop and think about the way you have led your life. The horn is called a shofar and is made from the horn of a ram, a male sheep. It is not easy to blow. Long ago, shepherds blew shofars to call and answer each other across the hills. Sometimes it was used to sound an alarm for battle or to announce holidays. These days it is only used to start and end the New Year. The old story says the sound of the shofar reminds God to open up the Book of Life. This is how the shofar sounds:

(Play shofar video link)

“On the last day of the New Year, Yom Kippur, people spend the day praying and thinking. They fast, they do not eat or drink all day, so they can concentrate on their thoughts. Another reason they fast is to remind themselves of the hunger and suffering of other people in the world. They say prayers for others and for the whole world. During the Yom Kippur service, special music called the Kol Nidre is played. Let’s listen to a bit of it:

(Play Kol Nidre video link)

“During the New Year, people reflect on the past year and promise to do better in the coming year. Does this sound familiar? Have you ever made a New Year’s Resolution? They also make wishes for the upcoming year. Today we will make resolutions and hopes for the coming year. Even though it is not the beginning of the year on our calendar, it is the beginning of our school year, and the beginning of our year together here in RE/Sunday School. After our crafts, we will share apple slices dipped in honey. This is another Jewish New Year custom. It is a way of wishing for a sweet new year.”

Make Resolution Sticks:

Ask the children to think over the past year. Is there anything they did that they wish they hadn't? Is there something they can do about it? Have the children write down a resolution for the next year. They do not have to share if they do not feel comfortable. Explain that the resolutions will be taped to their resolution stick and covered up.

Have each child pick a stick. If you have an active group and the time/space, you may want to go outside and have the children gather their own sticks. If so, make sure to instruct them to respect the trees and only take dead and fallen sticks. Otherwise, have a selection of sticks available.

1. Tape your resolution to your stick.
2. Wrap with yarn or fabric, covering the resolution.
3. Beads with large enough openings may be threaded onto wrapping, feathers can be wrapped in.
4. Additional embellishments can be attached with a glue gun and teacher's help, if available.
5. Students can display their sticks in a location, in class or at home, where they can see it and be reminded of their personal resolution.



*This activity is adapted from jteach.org
<https://jteach.org/project/resolution-sticks/>*

Make Apple of Hope Box:

Now that children have made resolutions, it is time to make a list of hopes and wishes for the coming year. But first, let's make a box to keep them in. Provide each student with a wooden or cardboard craft box. Choose to either use paint and brushes, or markers/construction paper to decorate your boxes. Have an apple cut out to affix to the lid of the box. Once the boxes are done, fill them with messages of hopes and wishes for the New Year. Encourage the children to read these at home every few weeks and work towards turning their hopes into realities.



Celebrate--Eat Apples and Honey:

Now it is time to celebrate our new beginning. As apples and honey are passed around (and challah bread if you have it) let's say "Happy New Year" in Hebrew. *Shana Tovah*. Eat the snack.

Share the UU belief statement:

"Unitarian Universalists believe in forgiving others, and in trying to right the wrongs we have done."

End with the sounding of the shofar and say "*Shalom*," good-bye in Hebrew.

Additional Resources:

Videos:

Jerusalem Shofar at Sunrise (0:29)

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

Kol Nidre—Yom Kippur Atonement Prayer Melody Duet (5:11)

<https://www.youtube.com/watch?v=jusP7rAmNeU>

Celebrate Rosh Hashana (2:57)

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

Books:

On Rosh Hashana and Yom Kippur, By Cathy Goldberg Fishman and Melanie Hall

Holidays Around the World: Celebrate Rosh Hashanah and Yom Kippur: With Honey, Prayers, and the Shofar, by Deborah Heiligman

For more information:

<https://jteach.org/>

<http://www.jewfaq.org/holiday2.htm>

Background Notes:

Shanah Tova is a shorter way of saying “L’shanah tovah tikatevu,” literally, “May you be inscribed (in the book of life) for a good year.”

A Shofar is made by boiling a ram’s horn until it is soft, hollowing it out, and flattening the wider end. The mouth piece is shaped, and the horn is allowed to harden.

Challah is a white bread usually baked in a long braided loaf, but for Rosh Hashana it is round to symbolize the hope for a full year and long life. Ask for it at a bakery or follow the link below for a recipe.

<http://www.westoftheloop.com/2014/09/11/round-challah-rosh-hashanah/>

Rosh Hashana



Yom Kippur

John Murray Day

Father of Universalism

the Purpose:

To introduce a Universalist wonder-story, in which a chapel is built to await the coming, someday, of a preacher who will speak of a loving God; just such a preacher sails to America, determined never to preach again...until he meets the builder of the chapel.



Unitarian Universalists:

Believe in the power of love and hope, and that when you act as if good things will happen, they often do.

the Plan

GATHER

HEAR the story "The Preacher, the Farmer and the Little Church that Waited"

CONSTRUCT and decorate the little church

LISTEN to the song "Go Out" by Elizabeth Alexander, inspired by John Murray's words

CELEBRATE by dramatizing the John Murray story using little church and figures, ending with the John Murray quote and singing "This Little Light of Mine."

CLOSURE

Planning ahead

- Copy the Heaven/Hell tickets
- Gather supplies for the little church and people
 - Card board boxes and card board pieces
 - Markers
 - Pipe cleaners
 - Cloth and colored paper scraps
 - Scissors
 - Tape: masking and double sided
- Print out Copies of words for songs: “Go Out” and “This Little Light of Mine”

Leader's Guide

Story: The Preacher, the Farmer and the Little Church that Waited:

This is a true story about a preacher, a farmer and a little church that waited. The preacher's name is John Murray. He was born in 1741 in England. When he was growing up, he was always frightened of his father, who never smiled and often beat him. But he dreaded Sundays most of all. The family would rise at dawn and spend the whole day praying at church. After church, if John couldn't answer all of his father's questions about the sermon that day, his father would beat him. No one was allowed to do anything fun on Sundays. It was a time to sit and think about hell. John was taught that hell was a place most people went after they died and there they burned in flames forever. He was sure he was doomed to go there someday.

John's parent believed in the Calvinist ideas of God. This meant that they believed God decided before you were even born if you would go to heaven or hell. They believed only a few chosen people would go to heaven, the rest were doomed to hell, and that nothing a person could do could possibly change their fate.

(Pass out Heaven/Hell tickets, face down. Ask who was chosen for heaven and who was chosen for hell?)

Remember, we Unitarian Universalists don't believe in hell, and we don't believe in this kind of God. These tickets are just to explain what the Calvinists believed. So let's tear up our tickets now.

Now of course, the Calvinists didn't have tickets to tell them if they were going to heaven or hell, but they did think certain clues might tell them. If you worked hard and went to church and were successful, it just might mean God had chosen you for heaven.

As John grew up, he tried his best to behave like a model citizen. He developed a talent for preaching and began to preach in neighboring towns. He began to think he wasn't doomed, that he was in fact chosen for heaven. He thought, "God loves me more than those other people I pass on the streets of London."

One day he fell in love with a young woman named Eliza. They were married. Around that time, a small group of people called Universalists had begun preaching in London. Eliza was curious about what the Universalists believed. John said, "From what I hear they believe some crazy idea that...well, that every person will go to heaven because God is so good!"

Eliza didn't think this was a crazy idea at all. She and John decided to learn more about Universalism. John brought home a pamphlet on Universalism. He slowly pulled it out of his pocket. Should they read it, or should they throw it on the fire? They spent several years studying these new ideas about God, and finally, they chose Universalism.

Their friends were shocked by this, and many would no longer be their friends. But Universalism gave John and Eliza hope. John discovered he no longer looked down on other people. He cared deeply for others. He and Eliza made new friends. Then they had a baby boy. They were very happy.

But suddenly, everything changed. First their son died. Then Eliza got sick, and though John spent all his money trying to save her, she died too. Then John was thrown into debtor's prison because he owed money. Eliza's brother arrived and said "I'm paying your debts, John. I'm getting you out of this place!"

But John was so sad after losing Eliza and the baby, he vowed to never preach again. He decided, "I'm going to cross the ocean to America and lose myself in the wilderness. I am done with this world." He boarded a ship called the "Hand in Hand" in 1770. It took two months to cross the ocean.

The ship was supposed to dock in New York but ended up getting stuck on a sand bar off the coast of New Jersey. The captain fumed "Now we're stuck! We'll have to wait for a high tide and a change in the winds before we'll get off this sandbar. Mr. Murray, would you go to shore in the small boat and see if you can find fresh food for the crew?"

John was glad to get off the ship. When he got to shore, he started walking through the woods and then he came upon a clearing with some log cabins and a neat little church of sawed lumber. He hadn't expected to see a church on a farm in the wilderness! A tall farmer was outside cleaning fish. "Welcome, I'm Thomas Potter."

John asked for some fresh fish for the crew and was invited to return that night to hear the story of Thomas and the church. John gratefully carried the fish to the sailors and then returned to the cabin.

Thomas said, "Come my friend, sit by the fire. You may be just the very person I've been waiting for all these years. You see I grew up in the woods here. I never had a chance to learn how to read or write, but I loved hearing the Bible read, and I've thought a lot about religion. So, I built this little church on my farm for travelling preachers to use. The problem is, my ideas are different from the preachers around here. I'm looking for a preacher who will teach about a loving God who saves all people. Today, when I saw your boat in the bay, a voice inside me said that you might be the preacher I have been waiting for."

John said, "I am not a preacher." But Thomas didn't believe him. John admitted that he had preached before, and that he also believed in a loving God. But he said he would never preach again, and that as soon as the winds changed, he would be leaving. Thomas was not about to give up. "What if the wind does not change, will you preach for us then?"

After John went to bed that night, he couldn't sleep. He thought to himself, "I won't preach. I just want to get away from everything. But Thomas Potter has such faith in me and is so kind. Yet, if I preach Universalism, I know there will be trouble. Some people will hate me and try to turn others against me. Why start trouble for myself in a new country? I just want peace. Oh, I wish I knew what to do."

By Saturday, the wind had not changed. John Murray decided he would preach the next day. Thomas Potter was overjoyed. Off he went to spread the news to all of his neighbors. And that is how it happened that on Sunday morning, September 30, 1770, Thomas Potter's dream came true. At last he could hear a preacher who talked of love instead of punishment.

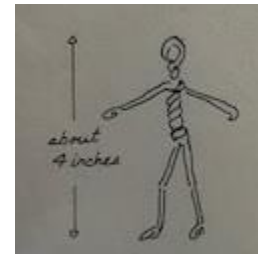
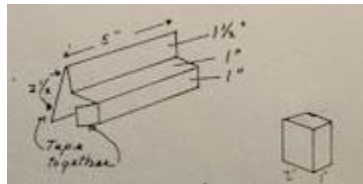
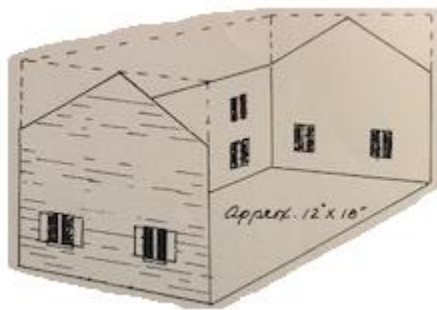
As for John Murray, after that Sunday he knew he wanted to preach. He became a famous preacher who started our Universalist church in America. Just as he expected, there were people who were angry with him for preaching ideas so different from Calvinism. They spread lies about him and stoned him, but he stuck to his beliefs. After many years, he fell in love again and married. He and his wife Judith had a daughter.

And if you are wondering about the little church that waited so long, you can see it for yourself. It's waiting for you at Murray Grove in Lanoka Harbor, New Jersey.

Making the Little Church:

Display the picture of Thomas Potter's church. Some children may want to work on the church, others may want to make pipe cleaner people. Someone might want to draw and cut out a boat. Pipe cleaner people can be dressed in bits of cloth or colored paper. Double sided tape works well for this. Be sure to have a variety of supplies on hand. Let the kids have fun being creative.

It may be helpful to have a large box framework already. Also, have a sample pew and pipe cleaner figure. See the sample below. Children can then work to decorate with colored paper, markers, drawn on windows and doors, pews made from folded card stock etc.



Listen to the Song "Go Out":

The music for the song "Go Out" was written by Elizabeth Alexander and the text by Alfred S. Cole, but you will see that it was inspired by the words of John Murray. Show the picture and quote of John Murray and play the song that can be found online at the link below.

<https://www.seafarerpress.com/works/go-out-individual-song>

Go Out

Go out into the highways and by-ways
And give the people something of your new vision.

You may possess only a small light, but uncover it and let it shine.
Use it to bring more understanding to the hearts and minds of men.

Give them not Hell, but hope and courage.
Do not push them deeper into their despair,
But preach the kindness and the everlasting love of God.

Celebrate:

Re-enact the story of John Murray using your church and figures. End by sharing the “UU’s Believe” statement and singing “This Little Light of Mine.”

“Unitarian Universalists believe in the power of love and hope, and that when you act as if good things will happen, they often do.”

Additional Resources:

Song:

Song "Go Out" Elizabeth Alexander, John Murray

<https://www.seafarerpress.com/works/go-out-individual-song>

<https://soundcloud.com/uusource/12-toronto-first-20110507-go>

Story:

This is a shorter story that can be found on the UUA website. It might be good for younger children. There is also a coloring page that can be found here. It may be helpful to copy the coloring page and allow children to color while the story is read.

John Murray and the Winds of Change

<https://www.uua.org/re/tapestry/children/home/session12/60161.shtml>

For more information:

<https://www.uuworld.org/articles/john-murray-day>

<https://www.uuworld.org/articles/john-murray-conversion>

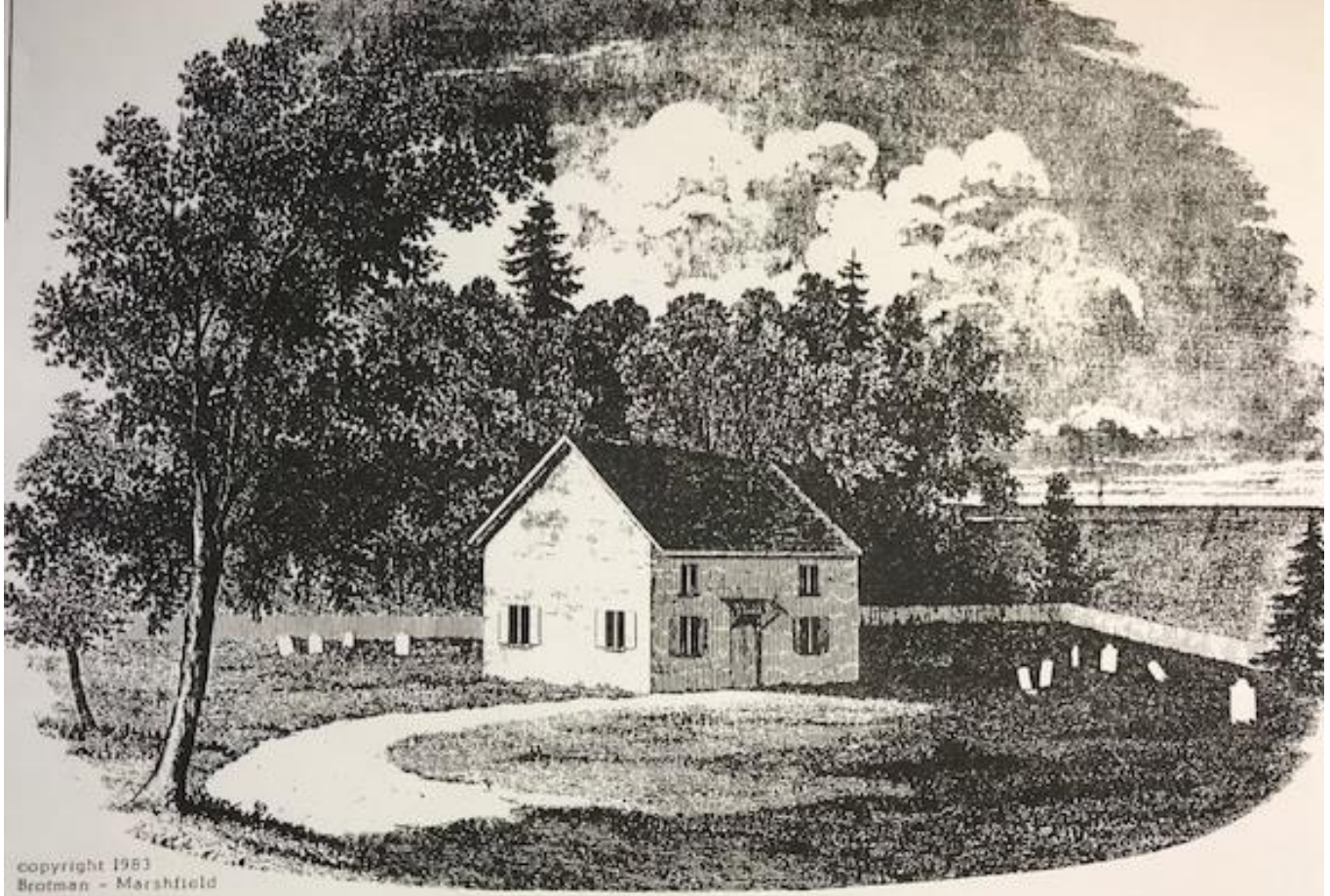
John Murray



“You possess only a small light,
but uncover it, let it shine,
use it in order to bring more light and understanding
to the hearts and minds
of men and women.

Give them not hell,
But hope and courage.”

—John Murray



copyright 1983
Brotman - Marshfield

The "LITTLE CHURCH that WAITED" Potter Meeting House in 1770. *Used by permission*

THOMAS POTTER'S LITTLE CHURCH



Joel E. Scholtz field

*Where John Murray
preached the first
Universalist sermon
in America on
September 30, 1770*

AS IT STANDS TODAY!

*And part of a popular Unitarian Universalist
historical site in*

MURRAY GROVE

**LANOKA HARBOR
NEW JERSEY**



WILLARD BOWNE

*Drawings used with permission
of the Murray Grove Association*

copyright 1983
Brotman - Marshfield

Heaven/Hell Tickets

Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 
Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 
Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HELL 	Before you were born you were chosen to go to HEAVEN 	Before you were born you were chosen to go to HEAVEN 

Sukkot

The Jewish Harvest Festival

the Purpose:

To build a sukkah, reenacting the Biblical thanksgiving festival of the Jewish people.



Unitarian Universalists:

Rejoice in the harvest, the sun and the rain, and the seasons of nature.

the Plan

GATHER

HEAR about the celebration of Sukkot

MAKE lulavs

HEAR the song Shalom Chaverim

BUILD and DECORATE the Sukkah

CELEBRATE in the Sukkah by sharing fruit and challah

CLOSURE

Planning ahead

- Gather supplies for lulav
 - Strips of brown crepe paper
 - Tape
 - Long narrow leaves and smaller thick leaves or boughs
 - Sample lulav

- Gather supplies for Sukkah
 - Any of the following: pine boughs, corn stalks, gourds, corn flowers, fruit, string, tape scissors, needles, cranberries, popcorn
- Set up to show short video clips
- Lemons
- Challah

Leader's Guide

Hear About Sukkot:

A good way to introduce Sukkot is through either the book “On Sukkot and Simchat Torah,” by Cathy Fishman, or by watching the four-minute video clip “The LEGO Sukkot Movie.” Check the links in the resource section at the end of this lesson.

Here is a suggested conversation:

Sukkot is a harvest celebration that has been celebrated for centuries. Do we have a harvest celebration in the fall? (*make the parallel to Thanksgiving*)

In the bible, it says “From the fifteenth day of the seventh month, when the harvest has been gathered, you shall keep the feast of the lord for seven days.” (Leviticus 23:39)

Jewish people call this harvest festival Sukkot. They use a lulav and etrog when they celebrate. The etrog is the fruit of the citron tree, and it looks like a big lemon. (*hold up the lemon and sample lulav*)

The lulav and etrog are used because of something else the bible says, “You shall take the fruit of citrus trees, palm fronds, and leafy branches, and willows from the riverside, and you shall rejoice before the Lord for seven days.” (Leviticus 23:40)

Some Rabbis say that the different types of greenery represent different types of people. The different types are tied together to teach us all that different people must work together in peace.

During Sukkot, a temporary structure called a Sukkah is built. According to tradition, these huts represent the temporary shelters the Israelites dwelt in during the 40 years they wandered in the desert, after Moses led them out of Egypt. Another explanation for the Sukkah is that during the harvest there may not have been time for the farmers to return to their houses at night, so the little huts were built as shelter during the harvest season.

Today, we are going to make lulavs, build a sukkah, and share in a celebration of the harvest.

About the Sukkah:

“The rabbis of the Talmud stipulated that a sukkah should have at least three walls and a covering. The walls can be of any material but should be sturdy enough to withstand an ordinary wind. The roof should be made of thatch or branches, which provides some shade and protection from the sun, but also allows the stars to be seen at night.

It is traditional to decorate the sukkah and hang fruit and fragrant plants inside. During the holiday, Jews traditionally spend as much time in the sukkah as possible. Weather permitting, meals are eaten in the sukkah, and some people even to choose to sleep in the sukkah.”

--From myjewishlearning.com

Make Lulavs:

For our lulavs, we can replace the traditional palm, myrtle and willow of the brook with other plants if necessary:

For long stems: gladiola, iris, or day lily

For small, thick leaves: azalea or laurel

Thin leafed boughs: willow



Tape a couple sprigs of each kind together, leaving long stems to form a “handle.” Wind the handle with strips of brown crepe paper, about a meter long. Fold the strip lengthwise for strength. Begin at the top of the handle with the center of the strip. Cross front and back with both sides of the crepe paper for a wide weave look. Secure at the base with tape.

You may want to play the video clip of “Shalom Chaverim” as the children work. The lyrics mean “Goodbye my Friends.”

Build and Decorate the Sukkah:

The Sukkah is a fragile, temporary structure that may be built outdoors or indoors using any kind of supporting framework, such as a wooden frame, a jungle gym, two standing bulletin boards, tables or chairs—use your imagination! Cover the roof with greenery, such as corn stalks or pine boughs. Alternatively, use a burlap fabric strips to make the roof framework, and then decorate with greenery. You should be able to “see the stars” (or the ceiling) through the roof. Trim the Sukkah with harvest materials—fruits, vegetables, flowers. String cranberries and popcorn or make paper chain decorations. Once complete, a low table (place setting) should be inside, with “candles” (no flame—you can use electric candles or whatever you use for your chalice.) Set the table with Challah bread and fruits.

Celebrate in the Sukkah

Gather inside or in front of the sukkah, with each child holding an etrog and a lulav. Holding the lulav in the right hand and the etrog in the left, wave the lulav and etrog in all four cardinal directions. Explain that this is done to show that God is everywhere.

Unitarian Universalists share some of the same feelings as the people in the Bible so long ago and the Jewish people today. Show the UU Belief Statement:

“Unitarian Universalists rejoice in the harvest, the sun and rain and all the seasons of nature.”

Enjoy fruit and challah bread. You may want to listen to “Shalom Chaverim” at this point if you did not already when making the lulavs. This would also be a good time to share a story with the children. See the suggested books in the resource section.

Additional Resources:

Videos:

The LEGO Sukkot Movie: Jewish Holidays 101 (4:13)

https://www.youtube.com/watch?time_continue=243&v=SRHkgWGyn4Y

Shalom Chaverim (1:48)—has words on screen, Hebrew and English

<https://www.youtube.com/watch?v=ImAlzsLUq5g>

Shalom Chaverim (2:18)—absolutely beautiful round, all Hebrew

<https://www.youtube.com/watch?v=4KWKZ-uU2d4>

Books:

On Sukkot and Simchat Torah, by Cathy Goldberg Fishman

The Mysterious Guests: A Sukkot Story, by Eric Kimmel

For more information:

Building a Sukkah

<https://www.myjewishlearning.com/article/the-sukkah/>

Making Challah:

<https://www.thekitchn.com/how-to-make-challah-bread-181004>

At Our Church:

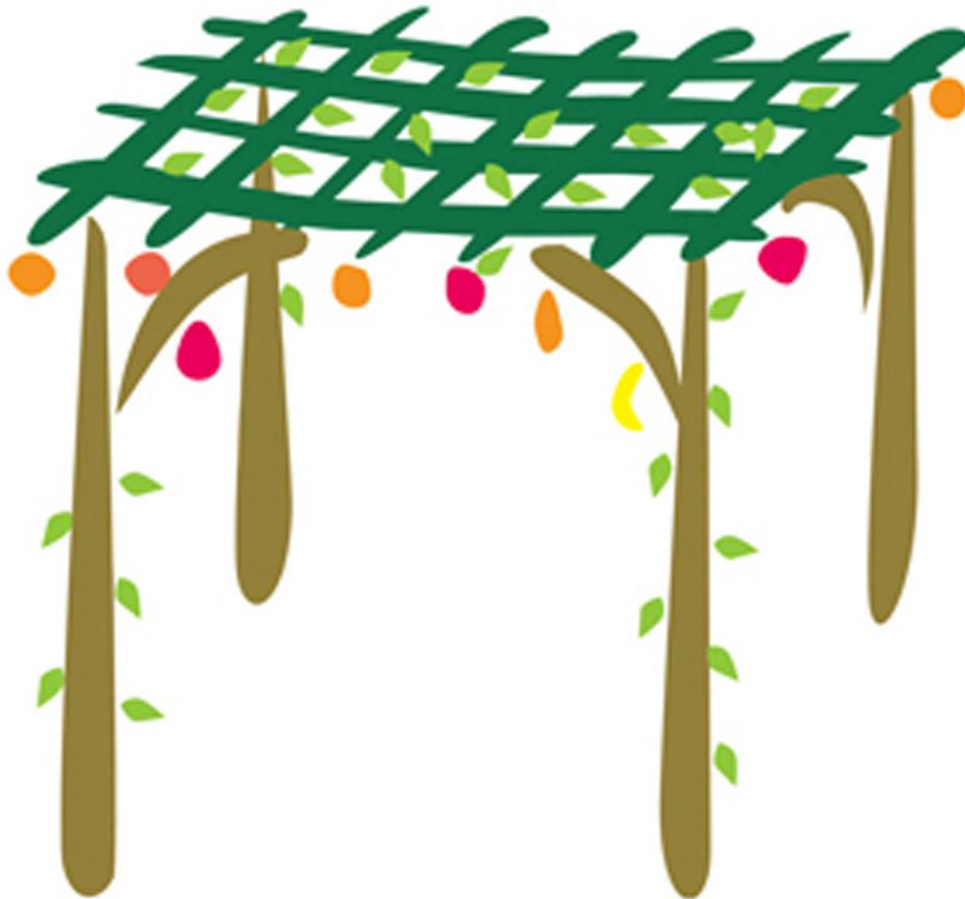
One year our whole congregation made and decorated a Sukkah, in an intergenerational service. The framework was put up ahead of time.



Here our kids are in their classroom making decorations for a simple sukkah made by placing burlap over several tables. They then invited a younger class to come sit under the sukkah and eat challah and share a story together.



Sukkot





ST. Francis/Henry Bergh Day

the Purpose:

To honor the values of Francis of Assisi and affirm our interdependence with nature. Also, to introduce Unitarian Henry Bergh as founder of the American Society for the Prevention of Cruelty to Animals.



Unitarian Universalists:

Believe in gentleness and compassion toward all living things.

the Plan

GATHER

HEAR the story of St. Francis of Assisi

MAKE bird food decorations for trees

HEAR the story of Henry Bergh

MAKE "Pet Owners Wanted" signs and donation jars

CELEBRATE in the coffee hour by collecting for a local animal shelter and passing out fact sheets

CLOSURE

Planning ahead

- Gather supplies for bird feeders
 - Pipe cleaners and string
 - Donut shaped cereal
 - Cranberries or blueberries
- Gather supplies for posters
 - Poster boards
 - Markers
 - Animal facts

Leader's Guide

Hear the Story of St. Francis of Assisi:

Hand out the picture of St. Francis. It may be helpful to let younger children color the picture while listening to the story.

This is a drawing of St. Francis. From the drawing, what do you think he was like? Sometimes people have statues of him in their gardens. Have you ever seen any? Here is his story:

Francis was born in 1182 in Assisi, Italy. His family was rich, and he grew up with all the money and fine things he could want. But when he was nineteen, war broke out and he was captured and thrown in prison. When he was finally free, he became very ill and spent a lot of time thinking about the suffering he had seen in prison. "What a useless, empty life I have lived," he thought. When he was better, he decided to become a knight. "Knights are brave and generous. I'll serve a nobleman and have lots of adventures."

So, he gathered a suit of armor and weapons, and galloped off on his horse. But when he lay down to sleep that night, he thought he heard a mysterious voice. The voice told him to serve God instead of becoming a knight. So, he returned to Assisi, wondering how he could serve God.

According to one story, Francis stopped at a church to pray and a statue of Jesus spoke to him. He realized he needed to live like Jesus had. Jesus had traveled around the countryside preaching and helping others, especially the poor and the sick. Jesus didn't care about getting rich or having a fine house.

When Francis met a beggar, who was suffering from leprosy, instead of avoiding him like others did, he thought, "This man is despised by people, but he still belongs to God and is suffering." So, Francis handed him money and hugged him tenderly. He felt overjoyed because he had become a more loving person.

Francis was so gentle and sincere in his preaching and his work for the poor that in time he had many followers. St. Francis loved all of nature. Stories were told that he could talk to animals and they would understand him. One legend was about a fierce wolf who was attacking villagers. Francis is said to have spoken to the wolf. "I will make peace between you, will you promise to never harm people or animals?" The wolf bowed his head and placed his paw in Francis' hand as a promise.

Then Francis preached a sermon saying, "Remember to always live right, because the flames of hell are much more terrible than the fangs of a wolf." Francis believed that God punished people with hell. Now, we Unitarian Universalists do not believe in hell. We do believe, as St. Francis did, in helping others. And Unitarian Universalists also believe in gentleness and compassion toward all living things. *(Share UU belief statement.)*

St. Francis believed that we are all a part of nature. He wrote a song called "Canticle to the Sun." In it, he calls the moon and stars our sisters and the wind our brother. He calls the water our sister and the fire and the sun our brothers. He calls the Earth our sister and our mother. What do you think he would have thought about the way humans are treating the Earth now?

(You may play the video clip "Canticle to the Sun now," or save it to play during the next activity.)

Today we are going to make some treats for our animal friends, and learn about another champion for the animals, UU Henry Bergh.

Make Bird Food Decorations for the Trees:

To make bird treats, you will need the following supplies:

Pipe cleaners

String (optional)

Cheerios (or any donut shaped cereal)

Berries (blueberries or cranberries work well)

String several pieces of cereal onto a pipe cleaner. Add a berry. Repeat. Twist pipe cleaners into desired shapes. Use string to hang, if necessary. Hang around the church yard or take home to hang.

While the Children are working on the bird treats, tell the story of Henry Bergh.

Hear the Story of Henry Bergh

Now let's hear a story about another hero to the animals, Henry Bergh. Henry was a Unitarian, just like us. He was born in 1811, to a rich family. Does this story sound familiar? But unlike St. Francis, he didn't find his calling until much later in life. When Henry was 50 years old, he was traveling in Russia when he saw a man whipping a horse so cruelly that he felt sickened just watching. He leapt down from his carriage and spotted a policeman. He asked the policeman to stop the man. The policeman said, "No, the horse is his. He can do what he wants with it. You should mind your own business."

He left, but he could not get the whipping of the horse out of his mind. He started to think about cruelties to animals he had witnessed in his own country, America. He remembered how horses were often overworked and mistreated. He thought about how in some places, dogs or roosters were made to fight each other, often to the death, so that men could bet on which animal would win. He remembered that wealthy hunters would hold pigeon shoots, where they would injure a bird's eyes or wings to make them fly in crazy ways, just so they would be more interesting targets.

Henry felt ashamed that he had always taken these things for granted. "There has got to be a way to stop all this cruelty to animals. They can not protect themselves," he thought. When he left Russia, he traveled to England. Here he met the president of the Royal Society for the Prevention of Cruelty to Animals. He became excited and inspired to start a similar organization in the United States. Finally, in 1866 he was able to start the American Society for the Prevention of Cruelty to Animals, or ASPCA for short.

For the next 22 years he worked tirelessly to change the way animals were treated. He fought to change how calves and dairy cows were treated. He forced the dog pits and rooster fights to shut down. The fight to stop animal cruelty became known as "Bergh's War." Not everyone was happy about this, though. Many people were angry with him. They felt he was interfering in their business. He had fish heads thrown at him in the market, and some people even

threatened his life. But nothing stopped Henry Bergh. “I am speaking for those who can not speak for themselves,” he would say.

One day, Henry got a call about a case of cruelty that involved a child, not an animal. He rescued a little girl who had been badly beaten. After that, he helped to start the New York Society for the Prevention of Cruelty to Children. This was the first time people had organized to protect children in the United States.

By the time he died, in 1888, people appreciated his work. People wrote poems about him and built monuments to him. The best monuments to him, however, are not statues. They are the organizations all over the country that protect children and animals. He would be so happy if he could see them today.

Celebrate:

Celebrate St. Francis and Henry Bergh by doing something to help the animals in your community. Choose a local animal shelter to donate to. Decorate a donation jar and make signs to put up during the coffee hour. Make “Pet Owners Wanted” signs. Share facts about animals on your posters, or copy slips with animal facts to hand out to your congregants.

Close by sharing the UU belief statement:

“Unitarian Universalists believe in gentleness and compassion toward all living things.”

Additional Resources:

Video:

Canticle of the Sun (3:29)

https://www.youtube.com/watch?v=IE_Ei6JRI1o

For more information:

Visit the ASPCA and humane society’s websites to learn more about their work, and to see updated statistics about pets.

<https://www.asPCA.org/>

<http://www.humanesociety.org/>

Pet Statistics:

Estimated number of rescue groups and animal sanctuaries in North America:
10,000

Number of cats and dogs entering shelters each year: 6-8 million (down from 13 million in 1973)

Of the 3 million cats and dogs euthanized in shelters each year, approximately 2.4 million (80%) are healthy and treatable and could have been adopted into new homes

Number cats and dogs adopted from shelters each year: 4 million

Percentage of cats euthanized in shelters: 70%

Pets living in underserved communities in the U.S.: 23 million

Percentage of pets living in underserved communities who are not spayed or neutered: 87%

Percentage of pets living in underserved communities who have never seen a veterinarian: 77%

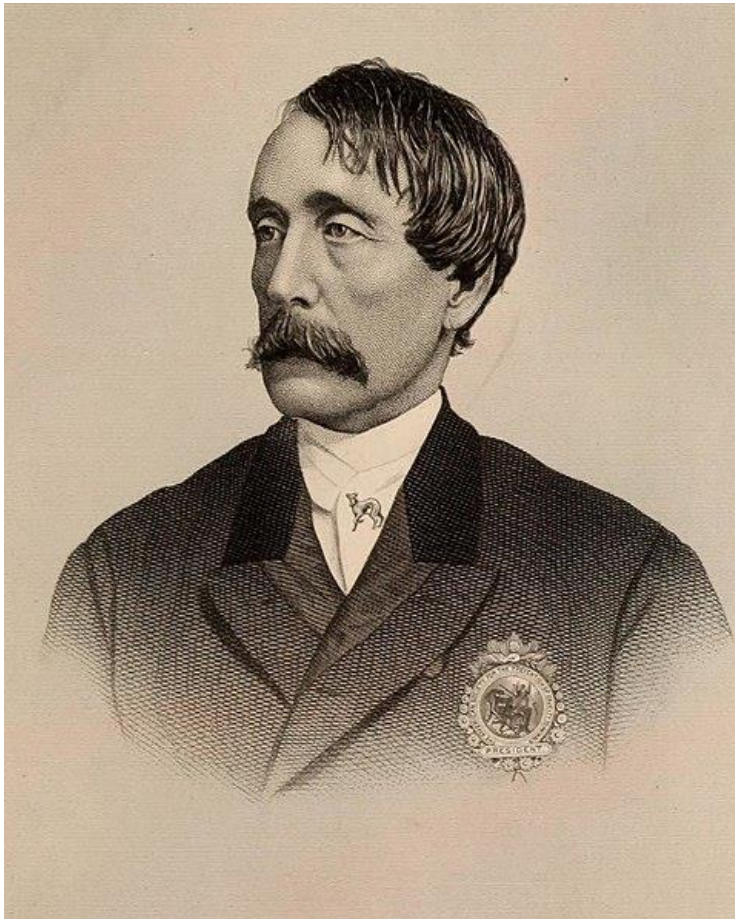
<http://www.humanesociety.org/>

St. Francis





Saint Francis Preaches to the Animals, by an anonymous Italian Painter, 1626



Henry Bergh



Indigenous People's Day

A celebration of Native
American Cultures

the Purpose:

To help children appreciate Native American religions, their deep spirituality and oneness with nature.



Unitarian Universalists:

Respect the interdependent web of life of which we are a part.

the Plan

GATHER

HEAR about Indigenous People's Day

SHARE stories from Native American cultures

LEARN about the effort to save Bears Ears National Monument

DECORATE Native American themed bookmarks to raise awareness in the congregation

PLAY a Native American children's game

CELEBRATE by distributing bookmarks and collecting donations during the coffee hour.

CLOSURE

Planning ahead

- Several copies of bookmark pages on white cardstock
- Markers/colored pencils
- Hole punch
- Yarn
- Selected books and stories
- Laptop set up for selected video clips
- 2 different colored balls or stones

Leader's Guide

Hear About Indigenous People's Day:

A Suggested Conversation:

In school you may have learned the rhyme “In 1492 Columbus sailed the ocean blue...” and celebrated Christopher Columbus for having “discovered” America. But of course, Native Americans had “discovered” America long before. Over 10,000 years ago, during the last Ice Age, humans traveled over a land bridge from Asia into what is now Alaska. From there, they travelled down the west coast and eventually spread out to cover the entire continent. There are as many different tribal nations in the Americas as there are different countries in the world, with a wide range of languages and customs. You may have learned about some of the different tribes at school.

(Pause for children to contribute what they have learned to the discussion.)

When Europeans arrived in 1492, their populations grew rapidly. They often fought for the land the Native people were on. They brought diseases with them like small pox and measles that spread quickly through native populations that had no immunity to them. The Europeans brought guns and horses, while the Native Americans only had bows and arrows. Many Native American populations were essentially destroyed, survivors gathered up and pushed of their land and into reservations.

The idea of replacing Columbus Day with Indigenous People's Day was born in 1977 at a U.N. conference on discrimination against indigenous populations in the Americas. Indigenous just refers to people who were the original or first inhabitants of a place. Since the 1990's, an

increasing number of cities and states have begun to recognize the 2nd Monday in October as Indigenous People's Day, a day to celebrate the history and contributions of Native Americans.

Share Stories from Native American Cultures:

Though there are many different tribes and customs among Native Americans, a reverence and deep connection to nature is a common theme.

“Native Americans still believe the Earth is Mother of all. She provides food, clothing and shelter for all people. The sacredness of all things is still recognized. When survival depended on hunting or fishing or gathering, it was necessary to apologize to the animal for having to kill it or the plant for harvesting it...Religion was not a separate part of tribal life. Everyday acts were filled with spiritual meaning, and special ceremonies were held to make contact with the Great Spirit.” –Virginia Driving Hawk Sneve

Share a few stories or videos of Native American Culture. “Enduring Wisdom,” by Virginia Driving Hawk Sneve, is full of short quotes from different tribes and bright colored pictures. For more of a children's story, try “Grandmother Spider Brings the Sun,” by Geri Keams or watch the video “How the Coyote got his Cunning.” There are more book and video resources listed at the end of the lesson. You may consider sharing a couple stories now and sharing any longer ones later as the children decorate their book marks.

Learn About the Effort to Save Bears Ears National Monument:

Bears Ears National Monument was established on December 28, 2016 by President Obama. The area is significant to the cultural history of over 30 different Native American tribes, which had been fighting to establish the area as a monument to protect the land from mining and development. The 1.35-million-acre area contains over 100,000 archaeological sites.

On December 4, 2017, President Trump proclaimed a reduction of the Bears Ears monument by 85%. There are several legal challenges to this pending.

Show pictures of Bears Ears and the map showing the reduction in size. Check out the interactive map of the monument at this website:

<http://bearscoalition.org/project/interactive-map/>

Other Native American Social/Environmental Justice issues could be highlighted instead of Bears Ears, such as the Standing Rock fight against the pipeline, or any more relevant issue to your time/place.

Decorate Bookmarks:

Print out the book marks on cardstock and provide markers or colored pencils for coloring. These can be passed out during the coffee hour to the adults in the congregation. You may want to have the children work on coloring them throughout the lesson, if you are making a lot of them. Also, consider writing something about Bears Ears National Monument on the back, or about Indigenous People’s Day. Listen to Native American flute music while you work.



Play Pass the Stone:

A common type of game played by children in Native American tribes is called “Pass the Stone.” There are variations, but basically it is a guessing game. Have the children sit in a circle. One child holds a different colored stone in each hand. The child passes one stone to the next child without letting them see the color of the stone; the child then will try to guess the right color. If they succeed the other stone will be handed over and play continues. If they do not guess correctly, they are out of the circle and the first child tries again with the next child. Play continues until only one child is left.

Celebrate:

Show the Unitarian Universalists belief statement:

“Unitarian Universalists respect the interdependent web of life of which we are a part.”

Bring the bookmarks, a donation jar and a sign explaining what you are doing to the coffee hour. For Bears Ears, consider collecting donations for the Bears Ears Intertribal Coalition. Learn more at www.bearscoalition.com

Additional Resources:

Videos:

How the Coyote Got His Cunning (3:20)

<https://www.youtube.com/watch?v=5d2Zh318kRY&index=7&list=PL4JV5FNLVID8rNNnoOOQyK5wmYddnWal8>

Eagle Dance at Zuni Pueblo (5:27)

<https://www.youtube.com/watch?v=kb5BYxWKd30>

Navajo Flute music (59:00)

https://www.youtube.com/watch?v=VTsUOjA6_zg

Books:

Enduring Wisdom: Sayings from Native Americans, by Virginia Driving Hawk Sneve

A Boy Named Beckoning: The True Story of Dr. Carlos Montezuma, Native American Hero, by Gina Capaldi

Greet the Dawn the Lakota Way, by S.D. Nelson

Grandmother Spider Brings the Sun, by Geri Keams

For more information:

On Indigenous People's Day:

<https://www.uua.org/multiculturalism/dod/indigenous-day>

<https://www.history.com/news/goodbye-columbus-hello-indigenous-peoples-day>

On Bears Ears National Monument:

<https://www.npca.org/advocacy/46-bears-ears-national-monument-is-at-risk>

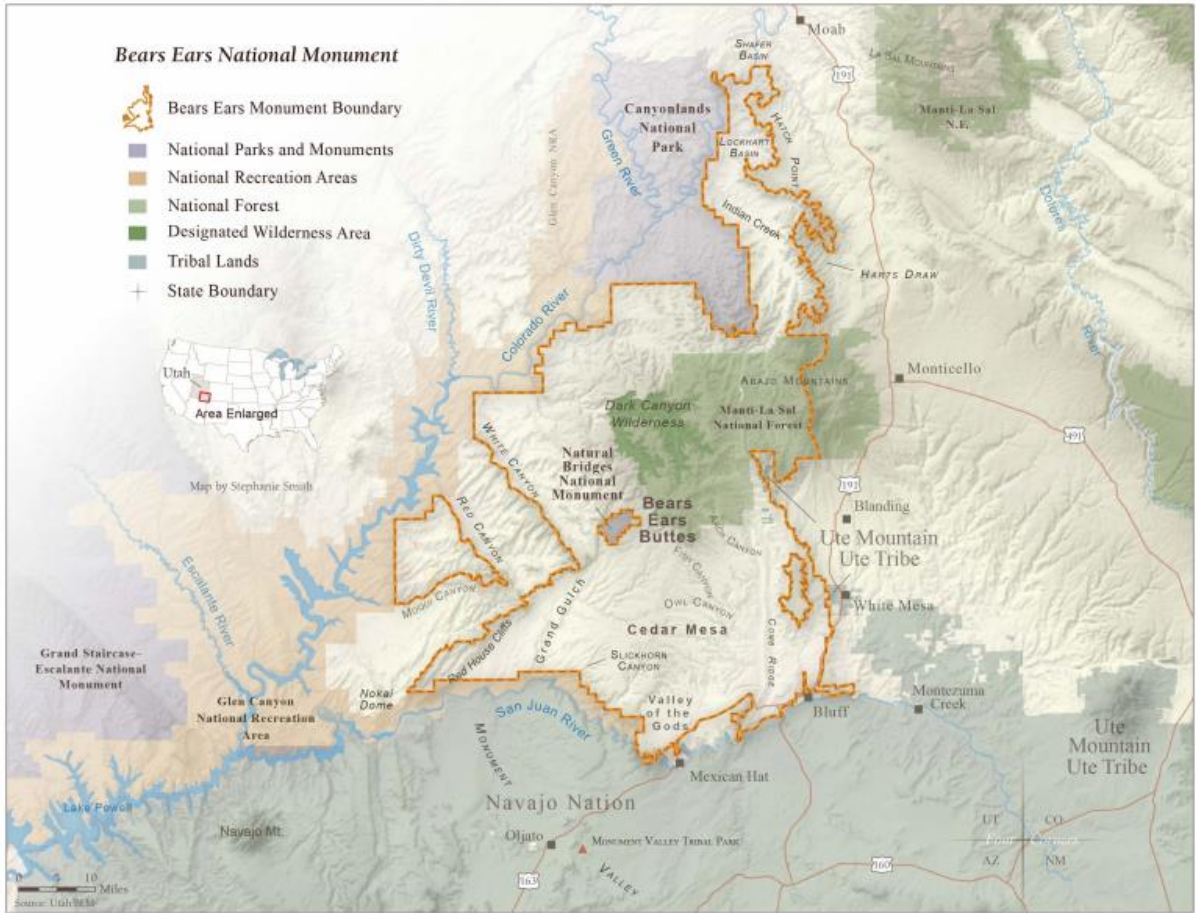
<https://bearscoalition.org/>

On Standing Rock:

<http://standwithstandingrock.net/>

On Native American Games:

<http://www.nativecc.com/native-american-games.html>





BEARS EARS NATIONAL MONUMENT

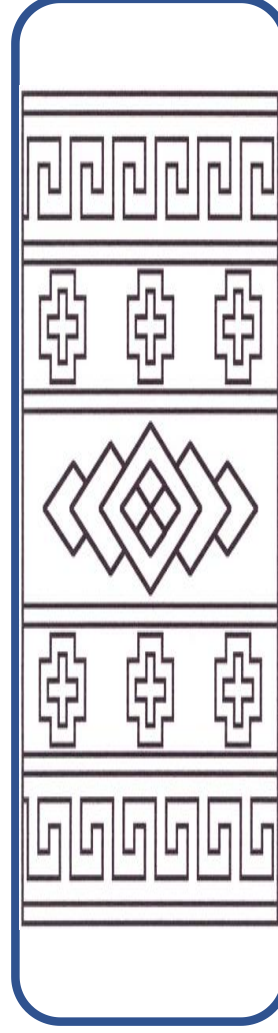
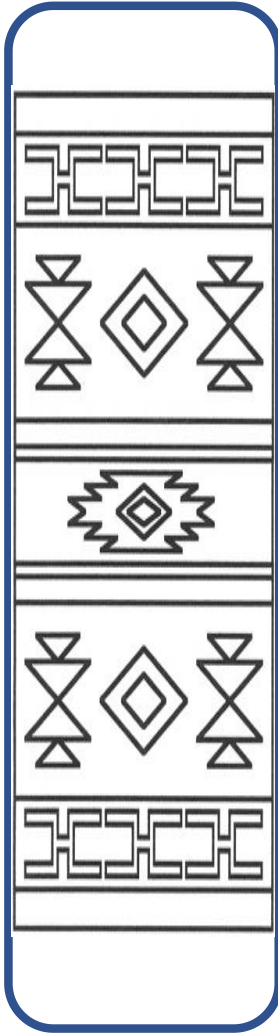
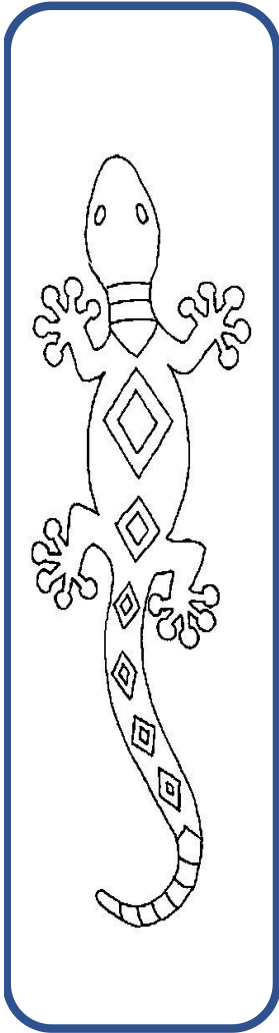
Map Developed By



Friends of Cedar Mesa

Trump attempted Monument reduction







Indigenous People's Day



Dussehra

the Purpose:

To introduce the ancient and beloved Hindu story, the Ramayana, with its message of loyalty and the triumph of good over evil.

Unitarian Universalists:

Believe that it is up to each one of us to fight evil.



the Plan

GATHER

HEAR the story of Prince Rama and Ravana, the Demon with Ten Heads.

MAKE stick puppets of characters

ENACT the story with puppets

MAKE mango lassis

CELEBRATE with the "burning" of Ravana and drinking of Mango lassis.

CLOSURE

Planning ahead

- Gather supplies for puppets:
 - Copies of characters on cardstock
 - Craft sticks
 - Colored pencils or markers
 - Tape
- Gather supplies for mango lassis
 - Blender
 - Frozen cubed mango or canned mango pulp
 - Plain yogurt
 - Milk
 - Cardamom
 - Honey or sugar
 - cups
- Set up to show short video clip

Leader's Guide

Hear the Story of Prince Rama:

Introducing the story:

“Do you like to play games and hear stories about how good guys have to struggle hard but finally win over the bad ones? The good side usually wins, but how would you feel if the bad side won most of the time? Dussehra is a Hindu festival that lasts ten days and celebrates the victory of good over evil. The children in India have a very old story that they love with heroes and villains that is acted out at this time. Their villain is called Ravana and he has ten heads! There is also a whole army of monkeys in the story. Whose side do you think they are on?”

Show the video “Ramayana for Children.” This video has beautiful illustrations and an authentic feel. Alternatively, read a picture book such as “Rama and Sita,” by Alison Mott.

“How did you like the story? Every child in India knows that story and loves it. In the northern part of India, scenes from the story are acted out every night for nine nights. Then on the tenth night giant statues of Rama and Ravana are set up in the center of town. They are made of paper and wood. Ravana is hollow inside and filled with fire-crackers. When all the people have gathered around, a flaming arrow is shot into Ravana, setting off a display of fireworks as

Ravana the Ten Headed Demon bursts into flames. It is a celebration of good winning over evil. Then people dance and sing and have a great feast. Next, we will make puppets and act out scenes from the story. Then we will make a sweet treat and celebrate by “burning” Ravana.”

Make Stick Puppets:

Have the nine puppets printed out on cardstock. Let the children cut them out, color them, and tape them to craft sticks. Now you are ready for the Puppet Play!

The Puppet Play:

For the play, have the leader read the narration, and the children act it out using the puppets. It may be helpful to have the following list of characters and the pronunciation of their names on a large sheet of newsprint. In India, these names are pronounced:

Prince Rama (Ram)
Princess Sita, his wife (See tah)
Lakshmana, his brother (Lak shman)
Bharata, his brother (Bha rat)
The Old King, his father
Hanuman, the Monkey King (Han uh man)
Kaikeyi, Bharata’s mother (Kai kai yee)
Ravana, King of Demons (Ra van)
Demon

It may also be helpful to have a flip chart with the title of each scene and the characters who appear in each scene already written out.

Scene 1: Kaikeyi Demands Two Wishes
Old King, Kaikeyi, Rama, Sita, Lakshmana
Scene 2: Rama is Faithful to his Promise
Bharata, Rama, Sita, Lakshmana
Scene 3: The Demon Ravana Strikes
Golden Deer, Sita, Rama, Lakshmana, Ravana Hanuman
Scene 4: The Monkey King to the Rescue
Rama, Hanuman
Scene 5: The Monkey King is Captured
Hanuman, Sita, Ravana, Demon
Scene 6: The Great Battle
Rama, Ravana, Lakshmana, demons, monkeys, Hanuman

The Story of Prince Rama and Ravana in Six Scenes

Narrator: The wicked demon Ravana was making trouble. He could not be killed by either gods nor demons, so the God Vishnu decided he would have to come to earth in human form to see what he could do to stop Ravana. Vishnu had himself born as a son to a kind old king. The king named him Rama. The old king had three other sons by his other wives. Those sons were Bharata and the twins, Lakshmana and Shatrughna. Rama grew to be a fine young man, and he married a beautiful princess named Sita. The old king wanted Rama to be king after he himself died. Everything was happy until the day Bharata's mother, Kaikeyi, came to the king with a demand.

Scene 1: (In the Palace) **Kaikeyi Demands Two Wishes**

Characters: Old King, Kaikeyi, Rama, Sita, Lakshmana

Action: Kaikeyi demands her two promises. King calls Rama, Sita, Lakshmana and announces the decree—Bharata will become king, Rama is banished. Lakshmana threatens to kill Kaikeyi, but Rama insists it is ok, and he will go into the forest for 14 years. Sita and Lakshmana insist on going with him, despite the dangers. Tearful farewells.

Scene 2: (In the Forest) **Rama is Faithful to his Promise**

Characters: Bharata, Rama, Sita, Lakshmana

Action: Bharata calls out for Rama.

Rama: "Here we are!"

Bharata: "Our father the King has died of a broken heart. Come home and be king."

Rama refuses. He will keep his promise.

Bharata: "Then I will serve in your place, but I will put your sandals on the throne."

Scene 3: (In the Forest) **The Demon, Ravana, Strikes**

Characters: Golden Deer, Sita, Rama, Lakshmana, Ravana Hanuman

Action: Sita, Rama and Lakshmana are in the forest. Sita sees a golden deer and wants it, she asks Rama to catch it for her. He chases it. Lakshmana hears cries for help and rushes off to help Rama. Ravana appears to Sita. Sita screams.

Ravana: "I will carry you off to my country. You have 12 months to agree to be my queen or I will kill you."

Ravana flies off with Sita. She drops her jewels for clues. Hanuman catches the jewels and flies off to find Rama.

Scene 4: (In the Forest) The Monkey King to the Rescue

Characters: Rama, Hanuman

Action: Rama runs through the forest calling for Sita. Hanuman appears. "I found Sita's jewels!" Hanuman promises to help search for Sita. He calls all the monkeys and bears to help. They search all over the forest and finally come to the ocean. Hanuman sees an island and uses his special powers to turn into a giant and leap over the water.

Scene 5: (In Ravana's Palace) The Monkey King is Captured

Characters: Hanuman, Sita, Ravana, Demon

Action: Hanuman finds Sita in the palace garden, but a demon captures him and takes him to Ravana. Ravana orders the demon to set Hanuman's tail on fire. Hanuman leaps up and uses his tail to set fire to the city.

Narrator: The Monkey King leapt back over the ocean to the forest. He and Rama and Lakshmana and the monkeys and the bears built a bridge of stones over to Ravana's island. Then they all cross over the bridge to battle the demons.

Scene 6: (In the Land of the Demons) The Great Battle

Characters: Rama, Ravana, Lakshmana, demons, monkeys, Hanuman

Action: A short battle between good and evil. Rama tries to cut off Ravana's heads, but new ones keep growing back! Hanuman tells Rama he must hit Ravana in the belly, but Rama says it would be unfair to hit below the belt. Hanuman asks his father, the Wind God, to blow Rama's arrow to the right spot. Ravana falls down dead at last.

Narrator: So, Rama rescued his beloved and faithful Sita and they all went home, because the 14 years had just ended. Rama was crowned king at last. Goodness had triumphed over evil!

Make Mango Lassis:

To make Mango Lassis, add the following to a blender and mix until smooth:

2 cups mango (*frozen, fresh or canned—frozen gives it a nice smoothie like texture*)

1.5 cups milk

1 cup plain yogurt

1 tablespoon sugar or honey, to taste

Dash of Cardamom, to taste

Celebrate:

While enjoying mango lassis:

Hold up the Rama puppet and say: “In the Hindu religion, Rama is a God who came to Earth as a human. He represents goodness.”

Hold up the Ravana puppet and say, “Ravana represents evil. Now we shall “burn” Ravana.

(Instead of using real fire, you might tear Ravana into pieces, or have the children scribble over him in red and orange markers, like flames.)

Hold up the UU belief statement:

“Unitarian Universalists believe that it’s up to each one of us to fight evil.”

“Each of us has to work to stop the wrong things that go on in our world. We all have chances to stick up for what is fair and right.”

“Now let’s say goodbye as we would if we lived in India. The word is Namaste, and it means ‘I honor the Light in you, which is also in me.’”

Hold palms together, finger tips below chin, nodding slightly while saying the word.

Additional Resources:

Videos:

Ramayana for Children (10:44)

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

Books:

Rama and Sita - a Story of Diwali, by Alison Mott

For more information:

6 Different Dussehra Celebrations:

<https://www.ndtv.com/food/6-different-dussehra-celebrations-across-the-country-you-must-know-about-1752898>

Ramayana:

<http://www.bl.uk/learning/cult/inside/ramayanastories/ramayana.html>

Dussehra



Celebrating the Triumph of Good over Evil

Using the RAMAYANA FIGURES

① They may be used as illustrations to show the children how the characters might look in an Indian childrens' book.

The children might then design their own versions of the characters for their paper-puppets.

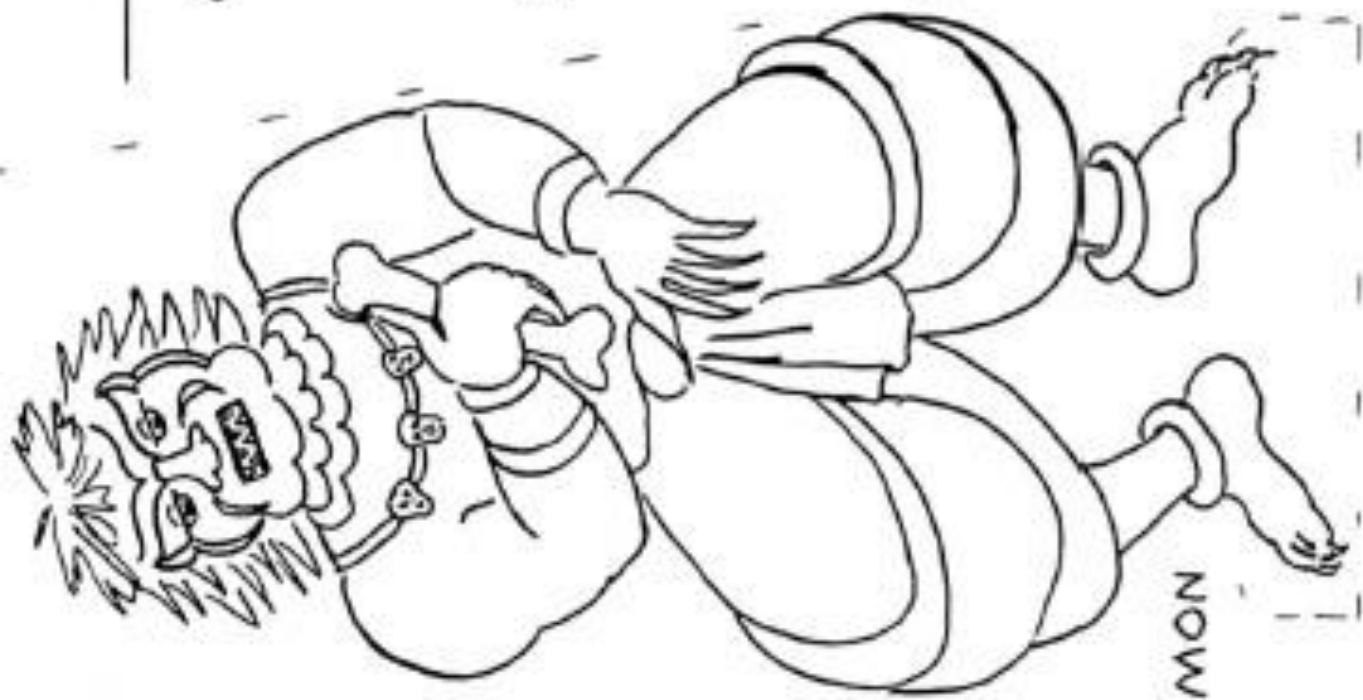
② They may be used as paper puppets.

Zerox the 4 sheets (Don't cut up the pages from your curriculum!)
Mount the 4 characters on heavy paper like oaktag.

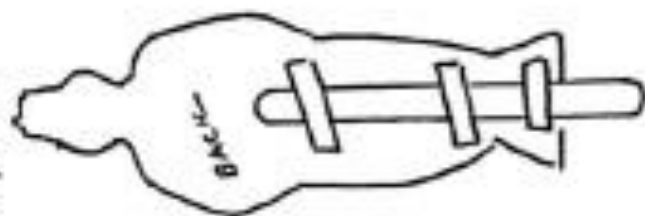
The children may then -

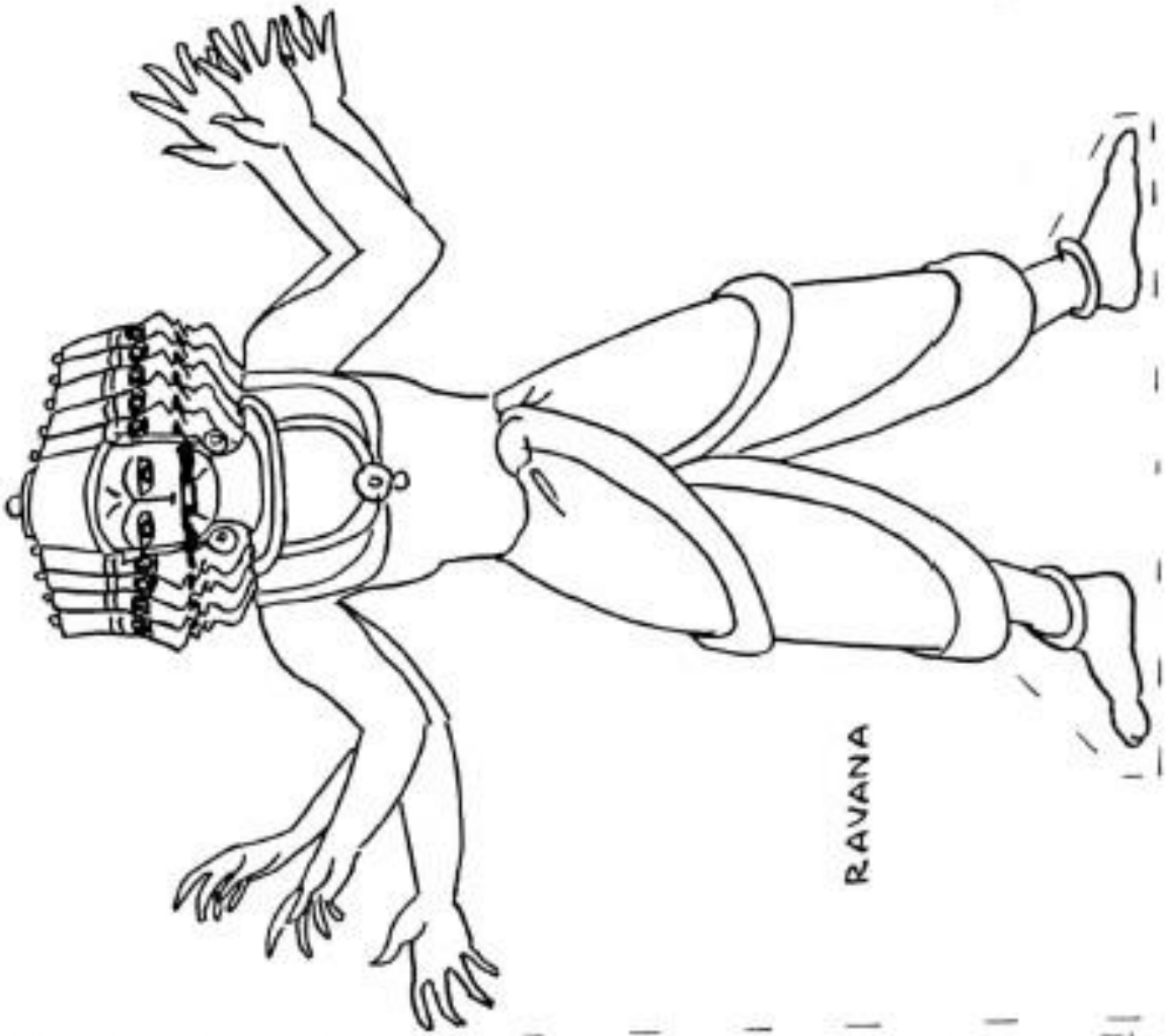
Color figures with bright colored pencil-type markers, colored pencils or crayons.

Cut out general outline of figures avoiding fussy detail.
Tape a popsicle stick to back leaving 1 inch below figure for child to hold while using the paper puppet to retell the story.



DEMON

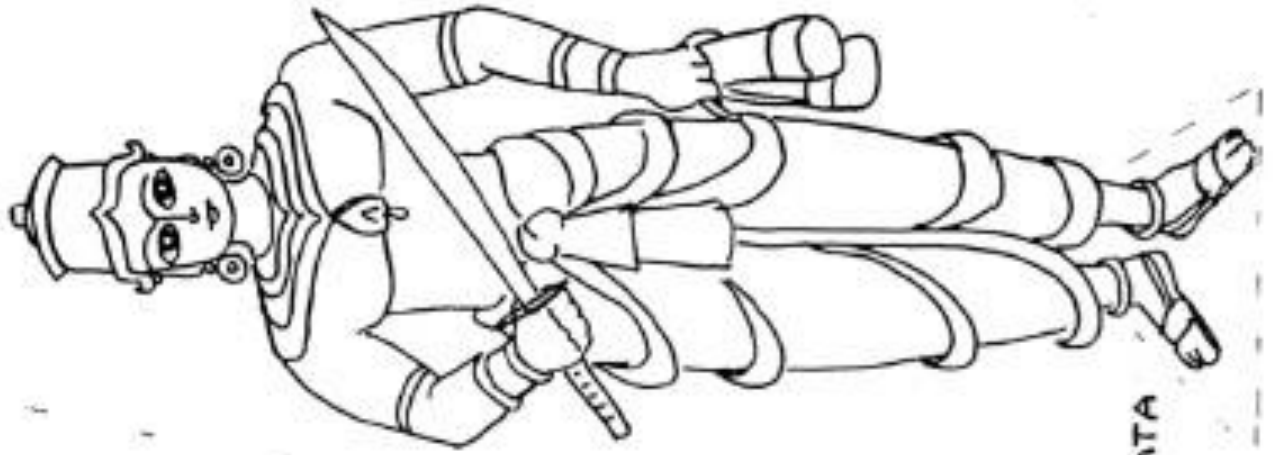




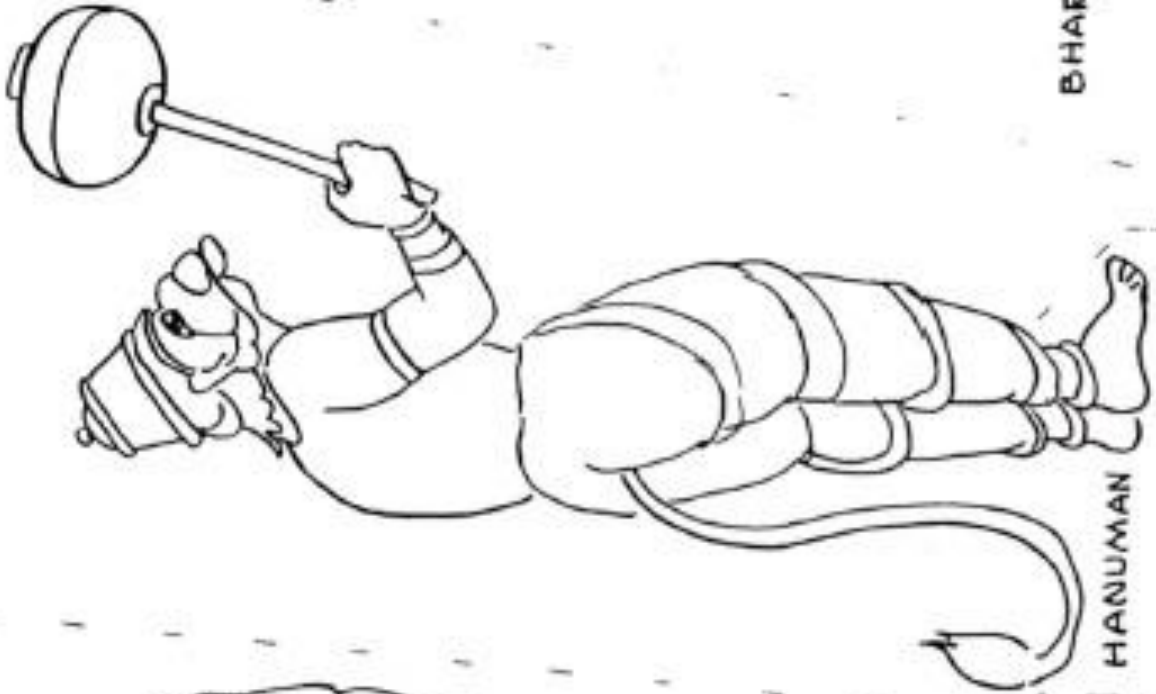
RAVANA



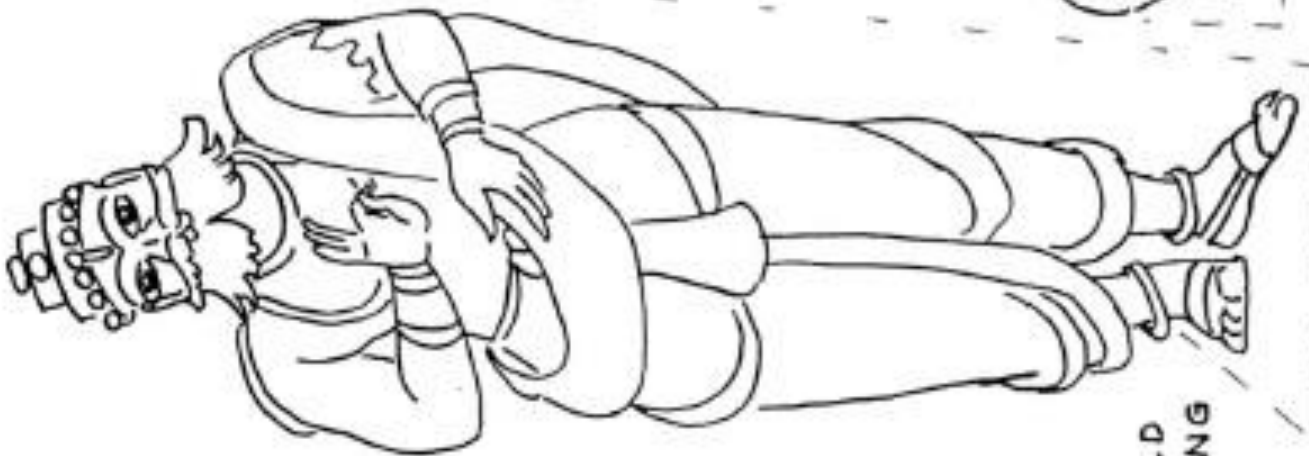
KAIKEYI



BHARATA

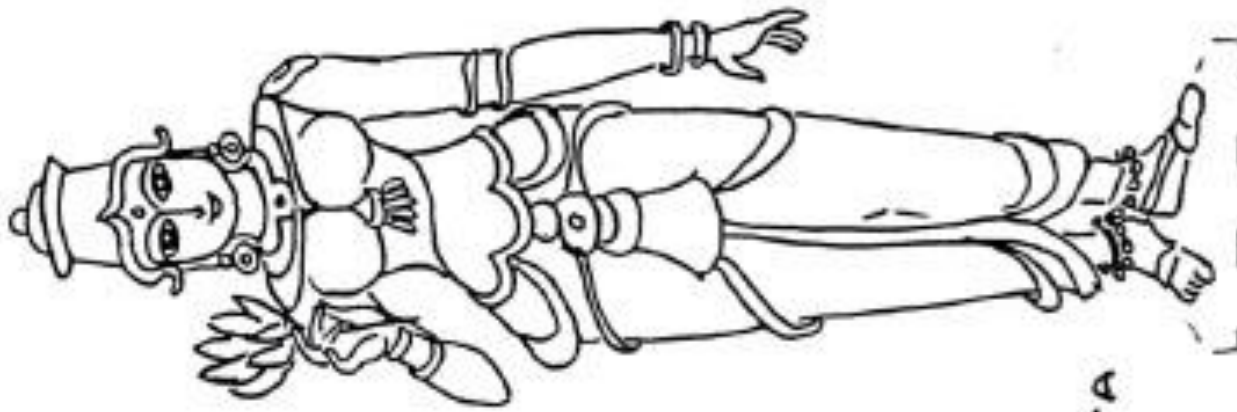


HANUMAN

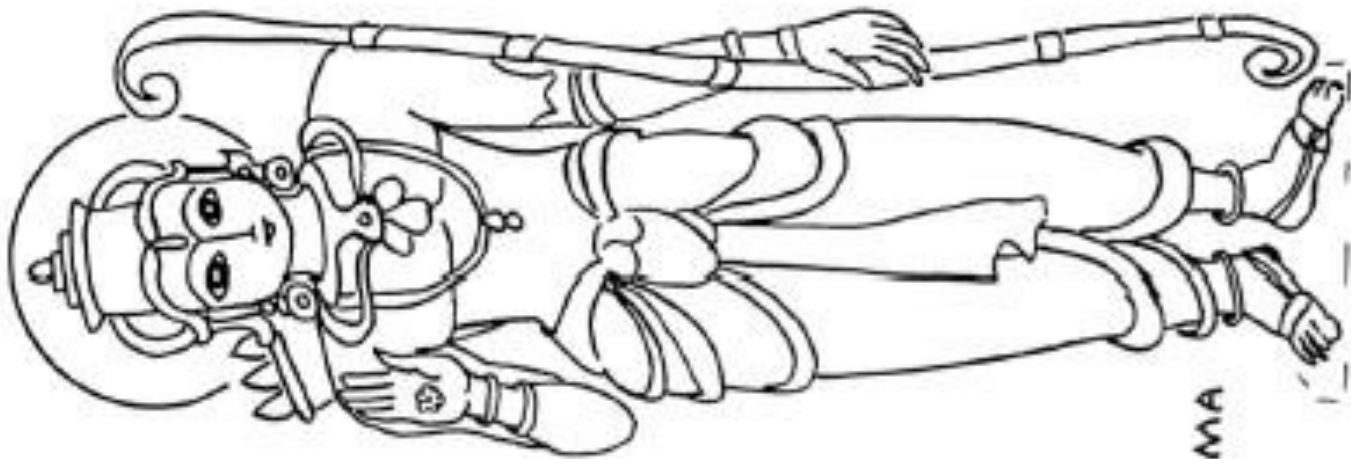


OLD KING

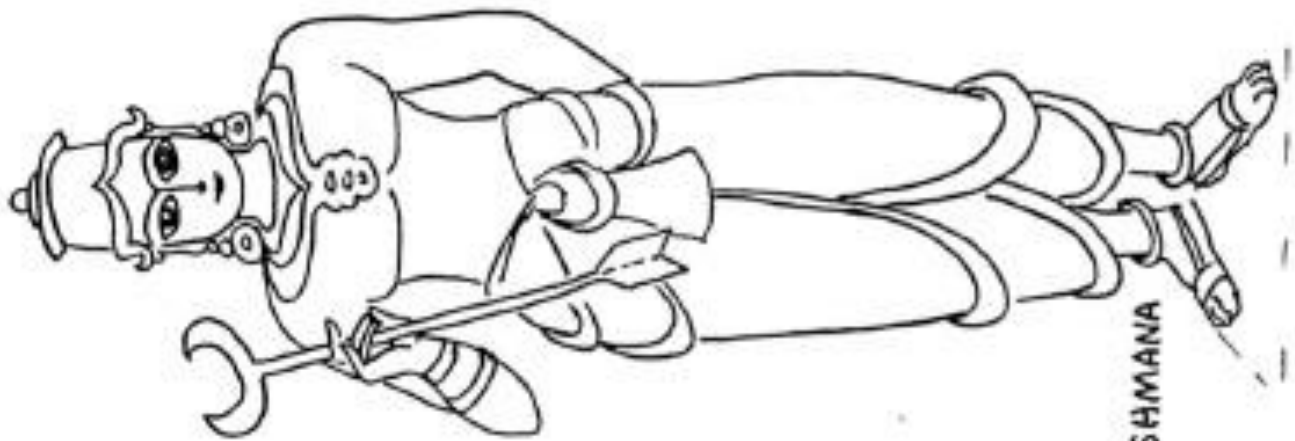
copyright 1983
Brotnien - Marshfield



SITA



RAMA



LAKSHMANA

UNICEF Day

the Purpose:

To raise children's awareness of the plight of many of the world's people; to hold up the goal of international cooperation; to celebrate and support the achievements of UNICEF.



Unitarian Universalists:

Believe that we can work together to change the world.

the Plan

GATHER

HEAR about the lives of children in other parts of the world.

LEARN about UNICEF's work and accomplishments.

MAKE posters and decorate donation boxes.

CELEBRATE by setting up UNICEF table during the coffee hour and sharing information with the adults in the congregation.

CLOSURE

Planning ahead

- Set up for showing several video clips
- Copies of Rights of a Child poster and/or booklet downloaded from website
- Copy of facts page, cut into strips
- Materials for making and decorating posters, signs and donation box

Leader's Guide

As the children come in, have the poster “3 things most people in the world can’t do” visible to start discussion. Have other facts cut in strips and give them to the children to read in turns.

Hear About the Lives of Children Around the World:

Show these short videos (or pick others from UNICEF’s YouTube channel.) This is a combination of sad and uplifting video clips of children in Gaza, South Africa, Sierra Leone and Chad. Each gives a glimpse into the lives of children around the world.

Children Living in Gaza's Rubble (2 minutes)

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

Reimagining the future for EVERY Child (2 minutes)

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

After Ebola loss, a girl shares her hopes (2 minutes)

<https://www.youtube.com/watch?v=LvicABMN99E>

Jumpstarting education for Chad's children (3 minutes)

<https://www.youtube.com/watch?v=jerXQG0M2J0>

Learn About UNICEF:

The United Nations International Children’s Emergency Fund (UNICEF) was created by the United Nations in 1946 to provide food and health care to children in the aftermath of World War Two. In 1950, UNICEF’s mandate was extended to address the needs of children and women in developing countries all over the world. Now it is simply called the United Nations Children’s Fund, though the acronym “UNICEF” is still used.

Headquartered in New York City, UNICEF has offices all over the world. UNICEF does many different things, from immunizations and health care to providing food and water in emergency situations. UNICEF advocates for education and gender equality and works to realize the rights of every child.

The United Nations Convention on the Rights of the Child (commonly abbreviated as the CRC or UNCRC) is a human rights treaty that was signed in 1989. It sets out the civil, political, economic, social, health and cultural rights of children.

Share the Poster or Booklet on the Rights of the Child, see resource section. Then show the video clips below on the rights of children and on what UNICEF is doing.

Realizing the Rights of Every Child (2:00)

<https://www.youtube.com/watch?v=dTXhfQS9R80>

UNICEF in action: Saving Children’s lives around the world (2:33)

<https://www.youtube.com/watch?v=Rk8cUPZA3gs>

Make Posters and Decorate Donation Boxes:

Make posters or signs to decorate a UNICEF table during the coffee hour. Posters can include some of the quick facts shared earlier, or some of the articles from the Rights of the Child poster. Make a donation box.

Celebrate:

Share the UU beliefs page:

“Unitarian Universalists believe that we can work together to change the world.”

Set up a UNICEF donation table in the coffee hour. Encourage children to share with the adults what they have learned.

Additional Resources:

More information:

<https://www.unicefusa.org/>

Print out Rights of the Child Poster and Booklet from the links below:

<https://www.unicef.org/rightsite/files/uncrcchildfriendlylanguage.pdf>

<https://www.unicef.org/rightsite/files/rightsforeverychild.pdf>

1 in 9 people world-wide
lack access to safe, clean
drinking water



1 in 3 lack
access to a toilet

1 in 3 schools lack access
to safe water and
sanitation



3 THINGS MOST OF THE WORLD CAN'T DO.

1

TAKE A HOT SHOWER



2

GET CLEAN WATER FROM THE TAP



3

FLUSH AWAY YESTERDAY'S DINNER



More people have a mobile phone than a toilet.

17,000 children die every day,
mostly from preventable or treatable
causes.

The births of nearly **230 million children under age 5** worldwide (about one in three) have never been officially recorded, depriving them of their right to a name and nationality.

2.5 billion people (about 1 in 3) lack access to improved sanitation, including 1 billion who are forced to resort to open defecation for lack of other options.

Out of an estimated 35 million people living with HIV, over 2 million are 10 to 19 years old.

Globally, about one **third of women aged 20 to 24 were child brides.**

Every 10 minutes, somewhere in the world, an adolescent girl **dies as a result of violence.**

Nearly half of all deaths in children under age 5 are due to undernutrition. This translates into the unnecessary loss of about **3 million young lives a year.**

Globally, **one in five adolescents is excluded from the classroom,** compared to one in 11 primary school aged children.

Did you know that **\$1.00** can give a kid clean **drinking water for 40 days?**



UNICEF

UNICEF . . .



VACCINATES children against diseases that might kill them.



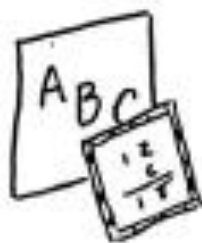
sends SEEDS and FARMING TOOLS so people can learn to grow their own food.



helps REFUGEES, people who have been driven from their own lands.

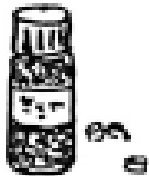


helps to bring CLEAN WATER to many villages. Dirty water can make everyone sick.

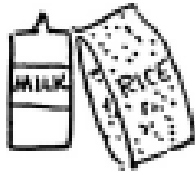


gives SCHOOL SUPPLIES so children can learn to READ and WRITE.

UNICEF



prevents **BLINDNESS** in
CHILDREN by supplying
MEDICINES and **VITAMIN A**.



supplies emergency **FOOD**
to countries when
disasters occur.



trains **TEACHERS** in countries
where many children have no
chance to go to school.



stocks ponds with
baby **FISH** so people
will have **FOOD**



helps mothers **TAKE BETTER**
CARE of their **BABIES**.

Día de los Muertos

Day of the Dead

the Purpose:

To introduce students to the Mexican holiday the Day of the Dead.

Unitarian Universalists:

Celebrate the lives of loved ones in our lives that have died.



the Plan

GATHER

HEAR about El Día De Los Muertos

DECORATE calavera masks

MAKE a skeleton puppet

CELEBRATE with treats, a parade

CLOSURE

Planning ahead

- The week before, tell children they can bring in pictures of a loved one or pet who has died
- Duplicate optional coloring sheets and activity sheets

- Make sample mask and skeleton
- Mask and skeleton supplies
 - Copies of mask and skeleton templates on cardstock, string, scissors, paper fasteners, crayons, markers, glitter, feathers, flowers etc.
- Prepare the altar
 - marigolds, sweets --skeleton themed, incense, candles, pictures of loved ones

Leader's Guide

Discussion:

Begin by asking students questions such as, "Have you ever had a picnic in a cemetery? Have you ever baked a cake for someone who is no longer living? Have you ever remembered the dead with joy instead of sadness?" Discuss the students' answers and explain how these are some events that take place during the Day of the Dead celebration. Invite them to place pictures of their dead loved ones on the altar. Have children decorate skull masks while they learn about the Day of the Dead.

Day of the Dead, also called "Día de los Muertos," is a holiday which is celebrated in Mexico, Ecuador, Guatemala, and other areas in Central America. The official date is November 2, but it is part of the triduum of Allhallowtide, which includes All Hallows' Eve, Halloween, and All Souls' Day, celebrated respectively on October 31, November 1 and November 2. The dates are the results of the Catholic Church's efforts to "find similarities between the indigenous and Christian beliefs." The celebration takes place at about the same time ancient corn festivals were celebrated, when food from a plentiful harvest was shared with the deceased. In Mexico, this festival is considered to be the most important holiday of the year.

One of the traditions associated with this holiday is the building of private altars, called *ofrendas*, laden with favorite foods and breads, as well as representations of the deceased. The common foods eaten on this holiday include pan de los muertos ("bread of the dead"), which is flat bread baked in the shape of skulls and crossbones. It is said to be good luck to be the one who bites into the plastic toy skeleton hidden by the baker in each loaf. Candy in the shape of skulls, skeletons, and coffins, and many favorite Mexican dishes (tamales, moles, chiles, enchiladas) are consumed as well.

No *ofrendas* would be complete without the addition of marigolds, whose scent is thought to bring out the dead souls to feast on the offerings laid on the table or headstone. Known as the "flower of the dead", marigolds are sprinkled on graves and altars, and fashioned into wreaths and elaborate arches. Some leave a trail of marigolds from their front door to a loved one's grave, so that the deceased may follow the scent to find their way home.

Day of the Dead is a celebration to encourage and greet visits by the souls of those who have departed as they return home for 24 hours each year. It is a time of remembrance and honor. On All Hallows' Eve, children make an altar to invite the spirits of dead children to return for a visit. On Hallowmas, the adult spirits come to visit. And, on All Souls' Day, families go to the cemetery and decorate the graves and tombs of relatives. The dead return through stories, memories and dreams.

After the night has passed and the spirits have returned to their world, those alive remember the importance of living a good life, in which one is remembered, respected and loved after death.

Monarchs and *the Day of the Dead*

The first monarchs arrive at their winter home in Mexico each fall by the first of November. According to traditional belief, the monarchs are the souls of ancestors who are returning to Earth for their annual visit.

Make Masks:

Once the discussion is complete and the masks have been colored, they can be cut out and fitted with string.

Optional Game/Activity:

There are 11 picture cards with Spanish words associated with the Day of the Dead. These can be pinned to bulletin boards around the room. Have each kid draw a definition, and then find the matching picture to pin it to.

Alternatively, tape the pictures to the children's backs, and have them draw definitions. With fewer than 11 kids, each child may have more than one image on their back. If a child can't find a match, remember that it could be on their own back, so they may need to ask others what the picture on their back is of or just pick a different definition.

Make Skeletons:

Decorate and piece together skeletons. There is an excellent life size skeleton template listed in the resource section. It might be helpful to have the parts pre-cut and hole punched, to allow

more time for decorating. Alternatively, there are many other free downloadable skeleton templates that could be used.

Celebration:

Celebrate by having a parade with masks and skeleton puppets. Share some skeleton sweets. If your congregation has a memorial garden, enjoy the treats there.

Additional Resources:

Download teacher resource packet from this site to get great mask and life size skeleton templates (pages 14-21,) as well as other coloring sheets, word searches, and information.

<https://www.azcentral.com/story/entertainment/holidays/day-of-the-dead/2014/10/03/day-of-the-dead-information-teachers-students-packet/16663403/>

Books:

Rosita and Cochita, by Erich Haeger

Day of the Dead, by Tony Johnston

Ofrenda



Offerings to honor the dead

Pan de Muerto



Bread of the Dead

Cempazuchitl



Yellow marigolds that are symbols of death

Calaca



Skeleton figures that represent death

Alfeniques



Colorful sugar skulls

Cascarones



Decorated egg shells filled with confetti and glitter

Papel Picado



The art of Mexican paper cutting

Copal



Burning incense left at altars

Angelitos



Souls of children who have died

Calaveras



Skull

Also, funny poems made up for the day of the dead

"La Catrina" by Jose Posada



Etching of a female skeleton in a hat made in 1910 and a popular image for Dia de los Muertos

Día de los Muertos



Day of the Dead

Diwali

Festival of Lights

the Purpose:

To experience the delight of the fall festival that welcomes the Hindu goddess of good fortune, Lakshmi.

Unitarian Universalists:

Believe that we should each think through our own religious beliefs.



the Plan

GATHER

HEAR the story of Lakshmi, the goddess of wealth and prosperity.

MAKE clay lamps

MAKE rangoli, good luck floor designs

PREPARE Coconut lado

CELEBRATE with lado and namaste

CLOSURE

Planning ahead

- Gather supplies for clay lamps:
 - Clay
 - Optional electric tealights
- Gather supplies for ragoli
 - Cardstock copies of ragoli patterns, extra blank cardstock
 - Colored sand or rice
 - White glue
 - Optional paint brushes for spreading glue
- Gather supplies for coconut lado
 - 1 cup sweetened condensed milk
 - 2.5 cups desiccated coconut, plus extra for rolling
 - 1 tbsp. ghee (or butter)
 - Pinch of cardamom powder
 - ¼ cup roasted pistachios chopped
 - Electric skillet

- Set up to show short video clip

Leader's Guide

Hear the Story of Lakshmi:

Do you ever do anything to try to bring yourself good luck? What kinds of things do you do, or hear about people doing to bring about good luck?

In some parts of India, Hindu children would be hoping that the goddess Lakshmi would visit your home and bring you good luck and wealth. Lakshmi is said to visit homes during Diwali, the festival of the New Year.

(Show pictures of Lakshmi)

How many arms does Lakshmi have? That is really just a way of picturing her as very powerful and to show what she does. One hand is held in a position to give a blessing, another hand is often shown as giving out coins. Lakshmi is also holding a pink lotus blossom. That is how you can tell Lakshmi from the other Hindu goddesses. Each god and goddess has a special animal. Lakshmi's is the elephant.

During the festival of Diwali people decorate their homes with hundreds of little lights so that Lakshmi can find her way to their homes at night. They use little clay lamps called *depas*. The depas hold candles or oil with little wicks that are lit. People line their houses with the lamps.

During Diwali designs called Rangoli are made with colored powders on the floor of the house and by the doorway. These were signs for good luck and are often in the shape of a lotus flower.

During Diwali offerings of fruit and incense are brought to the temple to ask the goddess Lakshmi for her blessing in the new year. People pray to Lakshmi in little shrines in their own homes, too.

People also celebrate with sparklers and fireworks, parades and candy. It is a time for getting presents and new clothes. It is a bit like Easter, Christmas and the 4th of July all rolled up into one.

Today we are going to celebrate Diwali. We are going to make little clay lamps, floor designs for good luck, and a special sweet Indian treat. While we work on our projects, we can listen to the songs that are sung during Diwali.

(Play video under resources)

Make Clay Lamps

Provide a small ball of clay to each child. The depas traditionally look like a bowl with a pinched end at one side. This is where the wick would go if you were using oil. You may consider giving each child an electric tea light so their lamp will work when they take it home.



Make Rangoli:

The children can either design their own picture on a piece of cardstock, or you can print out rangoli designs on cardstock for them. There are several nice designs at the website listed in the resource section. Have the children use white glue and colored sand or rice to fill in their design.

Make Coconut Lado:

This easy recipe only takes about 10 minutes to make but tastes so yummy. No need for a kitchen, an electric skillet works just fine.

Ingredients:

- 1 cup sweetened condensed milk
- 2.5 cups desiccated coconut, plus extra for rolling
- 1 tbsp. ghee (or butter)
- Pinch of cardamom powder
- ¼ cup roasted pistachios chopped

Directions:

- Melt ghee or butter in skillet on low
- Add coconut and sauté for 1 minute
- Add sweetened condensed milk and stir continually until a dough starts to form
- Remove from heat
- Add cardamom and nuts, mix well
- When mixture has cooled to “warm,” roll into balls
- Roll balls in extra coconut
- May be stored in airtight container in refrigerator

Celebrate:

Explain to the children that before eating, Hindus would preform “aarti”, which is the blessing of the lamp. Since we are not Hindu (unless you have a Hindu member of the congregation who would lead this,) we will not do this, but you may want to show the video clip of a Hindu family performing aarti, found in the resource section.

Next, distribute the sweets. While the children are eating, explain more about the Hindu concept of God. Show the picture of several different Hindu gods and goddesses.

The Hindu religion has over 300 million gods, yet at the same time, the Hindu religion has only one God. How can that be? Well, in the Hindu religion all these gods and goddesses are really just part of one supreme God, called Brahman. The others all represent some idea about God, like the power of God or the kindness of God.

The idea of God is so big, a lot of people like to think about God in a way they can picture. Some people need that, and some don't. The Hindu religion teaches that the Supreme God, Brahman, is in everything. Hindus don't call this Supreme God he or she, they use It or That. How do you feel about this kind of God?

We UU's look at ideas from the past to help us think about God. We also do our own thinking. Show UU belief statement:

“Unitarian Universalists believe we should each think through our own religious beliefs.”

Here is the Hindi word for hello and goodbye. “Namaste.” It means “I honor the light within you.” What do you think is meant by the light within you? Let's close by saying Namaste to each other.

Additional Resources:

Videos:

Diwali Special Songs (26:39)

<https://www.youtube.com/watch?v=EQtwaj8-rMw>

Aarti Performed by a Hindu Family on Diwali (1:22)

<https://www.youtube.com/watch?v=9rQ8ZdqKigA>

Books:

Diwali, by Julie Murray

Websites:

Rangoli Designs

http://www.momjunction.com/articles/rangoli-coloring-pages_00353276/#gref









Namaste

I honor the light within
you.



Diwali



Festival of lights

Hogbetsotso

The Festival of Exodus

the Purpose:

To learn about the Exodus story of the Anlo Ewe people who fled an evil king to safely settle in Ghana.

Unitarian Universalists:

Believe that all people should be free.



the Plan

GATHER

LEARN about the Hogbetsotso Festival

MAKE kente cloth decorations

PLAY a children's game from Ghana

CELEBRATE eat fried plantains

CLOSURE

Planning ahead

- Map of Africa
- Pictures of Kente cloth
- Strips of colored construction paper
- Markers
- Tape or glue
- Several small sticks or stones to use for the game

- Set up to show video
- Fried Plantains

Leader's Guide

Hear About Hogbetsotso Festival:

Have a map of Africa available to show the children.

Before settling in Ghana, the Anlo Ewe people lived in present day Togo. Before arriving in Togo, the Anlo had migrated from Sudan. But it was in Togo that they lived under the rule of a wicked king, Agorkoli. They were forced to work as slaves. They were forced to build a huge mud wall 24 feet tall and 18 feet wide around the town, with glass and thorns and stones in it. They were given impossible tasks, like being told to make rope out of mud. They were punished harshly and treated unfairly. To escape, the women began pouring all the waste water on a particular part of the mud wall. Eventually, it weakened, and the townspeople were able to break through the wall. On the day of their departure the people organized an all night drumming and dancing session as they often did. As the drumming continued, many of the Anlo worked their way through the softened wall, and finally they were free. As they left, they walked backwards for some way, so that their footsteps would appear to be coming into the town, rather than escaping.

The Hogbetsotso festival (pronounced Hogbechocho) is celebrated by the Anlo Ewe people of Ghana. The festival is celebrated on the first Saturday of November. The name of the festival is from the Ewe language and means "coming from Hogbe". The story is an exodus story, much like Moses freeing the Hebrews who were living in slavery in Egypt.

Several ceremonies are held during the festival. There is a peace-making period, where it is important that all disputes are settled. This is important because it is believed that the escape of the Anlo Ewe was successful because the people were committed to living in harmony with each other. There is a purification ritual of the ceremonial stools. The Ewe believe their ancestral spirits are in the ceremonial stools. Then there is a general period of cleaning throughout the villages. Finally, there is a durbar (meeting) of all the chiefs dressed in their fanciest clothes. Here there is general dancing, singing, drumming and merry-making by all.

Make Kente Cloth Decorations:

Kente cloth is a traditional woven cloth made in Ghana. Show the children different pictures of Kente cloth. Provide strips of colored construction paper that are 1" thick and 9" long, about 15

strips per child. Have children use marker to decorate their strips with geometric shapes and designs. Provide each child with a piece of construction paper that has been cut lengthwise into 9 one-inch strips leaving one inch uncut at the top and bottom. This can be achieved by folding the paper in half first, and then cutting from the fold to 1" from the edge. Children can then weave their decorated paper strips in and out of the larger piece, anchoring with double sided tape or glue at the ends.



Play Pilolo:

In Ghana, Pilolo means “Time to search for.” At least four children are needed to play the game. It is best played outdoors but can be adapted in case of bad weather. The leader hides several sticks or stones. Then there is a timekeeper who stands at the designated finish spot. When the leader is finished hiding the objects, they will announce “Pilolo” and the timekeeper will start their watch. The remaining players hurry to find a hidden object and return it to the finish spot in the shortest amount of time. The game is repeated, and eventually scores are tabulated to determine an overall winner.

Celebrate:

Enjoy a snack of spicy fried plantain (Kelewele.) This is a traditional treat that can be found all over Ghana. Use cayenne pepper, salt and ginger to coat cubes of plantain, then deep fry until golden.

While enjoying the snack, you may want to show the 10-minute video “Agorkoli” if you have not already.

Show the Unitarian Universalists belief statement:

“Unitarian Universalists believe that all people should be free.”

Additional Resources:

Videos:

Agorkoli (10:59)

<https://www.youtube.com/watch?v=2fWlcmdnQI0>

For more information:

Kente Cloth Craft

<https://kidworldcitizen.org/ghanian-kente-cloth-kids-art-project/>

Kelewele Recipe

<http://www.geniuskitchen.com/recipe/kelewele-spicy-fried-plantains-140781>

Ceremonial Stool from Ghana



Kente Cloth



Dancers at Hogbetsotso



Hogbetsotso



Festival of Exodus

Mawlid al-Nabi

Muhammad's Birthday

the Purpose:

To celebrate the birthday of Muhammad and to learn about the religion of Islam.



Unitarian Universalists:

Believe that religions are born from people's needs and ideas.

the Plan

GATHER

HEAR the story of Muhammad and the Five Pillars of Islam

MAKE Islamic inspired geometric designs

PREPARE a sweet treat

CELEBRATE by eating treats, sharing pictures and listening to Islamic prayers.

CLOSURE

Planning ahead

- Copy of Quran to show
- Copies of geometric shapes on colored paper or cardstock

- Glue or double-sided tape
- Gather supplies for almond ball candy
 - 1 cup chopped almonds
 - ½ cup powdered sugar
 - 2 tablespoons frozen orange juice concentrate
 - Pistachio nuts—about 2 dozen
 - Almond flavoring—a few drops
- Set up to show short video clips

Leader's Guide

Hear the Story Muhammad:

Have you ever wondered about how the world began? Why do bad things happen? What will happen when I die? These are big questions that people have thought about for thousands of years. They have come up with different answers. Usually these answers involve different ideas about God and prayer. Out of these different answers have come the different religions of the world.

One of the religions with the greatest number of followers in the world is Islam. Followers of Islam are called Muslims, just like followers of Christianity are called Christians. With 1.6 billion followers, Islam is second only to Christianity in numbers.

Today we are going to celebrate the birthday of Muhammad. Just like Jesus was the man who inspired Christianity, Muhammad was the man who started the religion of Islam.

(This would be a good time to show the 10-minute video clip introducing Islam, in the resource section)

Muhammad was born over 1400 years ago, in the city of Mecca, which is in present day Saudi Arabia. His father died before he was born, and his mother died when he was 6 years old, so he was raised by his uncle. He became a camel driver and later a merchant. He was known for his honesty, and was nick named “al-amin”, which meant “the trustworthy one.” One day he met a widow named Kadija and later they married.

Muhammad wondered a lot about God. He had heard different ideas from Christian, Jewish and Arab merchants. One day he went to a cave where he often went to think. According to the story, he had fallen asleep when suddenly the Angel Gabriel appeared to him. The angel told him he was the messenger of God and that he must go tell the people that there was only one God. Many of the Arabs at the time believed in many gods and goddesses. At first, Muhammad was frightened and thought perhaps he was going crazy, but his wife had faith that he really had been chosen by God. She encouraged him to preach what God wanted the people to know.

The Angel Gabriel spoke many more times to Muhammad, and when Muhammad delivered the messages they were written down. They become the writings of Islam and were put in a book called the Quran (or Koran.) Quran means “recitation,” and that is because Gabriel told Muhammad to recite his message.

Muhammad preached that there was only one God, whom he called Allah, which is the Arabic word for God. The leaders in Mecca did not like this. Many people came to Mecca to worship lots of different gods at their shrines. They plotted to kill Muhammad, but Muhammad escaped to a city called Medina. This was in 622 A.D., which is considered the beginning of the religion of Islam.

Eight years later, Muhammad returned to Mecca with his followers. They went to the Kabba, the most important shrine. There he smashed the 360 statues of different gods and goddesses as idols. He made Kabba the holiest place in the world for Muslims. To this day, every Muslim faces in the direction of Kabba in Mecca when they pray, no matter where in the world they are. After his death, his followers went on to spread Islam through the land.

(Show pages with directions to Mecca, Muslim Countries, and 5 Pillars of Islam)

Many Muslims celebrate Muhammad’s birthday with special songs, stories and parades. Some Muslim countries don’t celebrate it at all. They fear that people might think of Muhammad as more than just a human being and worship him. That would be like worshipping more than one God.

Muhammad taught that Muslims must follow the Five Pillars of Islam:

1. Testify to the creed. The creed is the sentence “There is no God but Allah and Muhammad is Allah’s messenger.”
2. Pray five times daily. A Muslim recites ritual prayers at dawn, noon, afternoon, sunset and night.
3. Give to the poor.
4. Fast During Ramadan. Ramadan is the ninth month of the Muslim calendar, and for a whole month Muslims can not eat during the daytime.
5. Make a pilgrimage to Mecca. Every Muslim should make the journey to Mecca to worship at the Kabba, if possible.

Make Islamic Designs:

When you read about Muhammad or watch a video about him, you will never see an image of him, like you might see an image of Jesus in a Christian church. Muslims do not draw human figures or animals because the Quran teaches that only God should be worshipped. In religious art, geometric designs, floral designs and calligraphy are often used. Geometric designs can give the impression of unending repetition, which is believed to encourage the contemplation of the infinite nature of God.

Show the picture page with Islamic designs

Use different colored shapes to create a collage of Islamic-inspired art. You can print the shape page on a few different colors of cardstock and cut shapes out ahead of time, or have the children cut the shapes out themselves. Use glue or double-sided tape to attach designs to cardstock. Alternatively, they could simply draw geometric designs freestyle.

Make Almond Ball Candy:

You will need:

1 cup chopped almonds

½ cup powdered sugar

2 tablespoons frozen orange juice concentrate
Pistachio nuts—about 2 dozen
Almond flavoring—a few drops

Ahead of time: bake almonds at 325° for a few minutes, then grind to a fine powder

Children can mix juice, sugar, ground almonds and flavoring to make a stiff paste. Knead by hand. If paste is too sticky, add more sugar. If it is too stiff, add a little more juice. Shape paste into marble sized balls. Roll in powdered sugar. Take a shelled pistachio with the skin removed, use a finger to poke a hole in each ball, insert the pistachio, and close hole again.

Recipe makes about 24 balls.

Celebrate:

As everyone is gathered, eating the sweets, you could ask the children how they think Unitarian Universalism is like Islam and how it is different. This would also be a good time to share a story or video with the children. See the resource section for ideas.

Share the UU belief statement:

“Unitarian Universalists believe that religions are born from people’s needs and ideas.”

Close by saying “Assalamu alaykum” which means “Peace be unto you.”

The response is “Alaykum assalam,” which means “Unto you be peace.”

(Salam means peace in Arabic, just as shalom means peace in Hebrew.)

Additional Resources:

Videos:

How Islam Began in 10 Minutes

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

Beautiful Islamic Call to Prayer (3:33)

<https://www.youtube.com/watch?v=fe8qRj12OhY>

How to Pray in Islam (6:26)

<https://www.youtube.com/watch?v=kScrL8m1qMs>

Books:

Goodnight Stories from the Life of the Prophet Muhammad, by Saniyasnain Khan

Websites:

These sites are good for alternate craft ideas:

Mawlid al-Nabi Good Deed Centerpiece

<https://multiculturalkidblogs.com/2015/01/01/mawlid-al-nabi-good-deeds-centerpiece/>

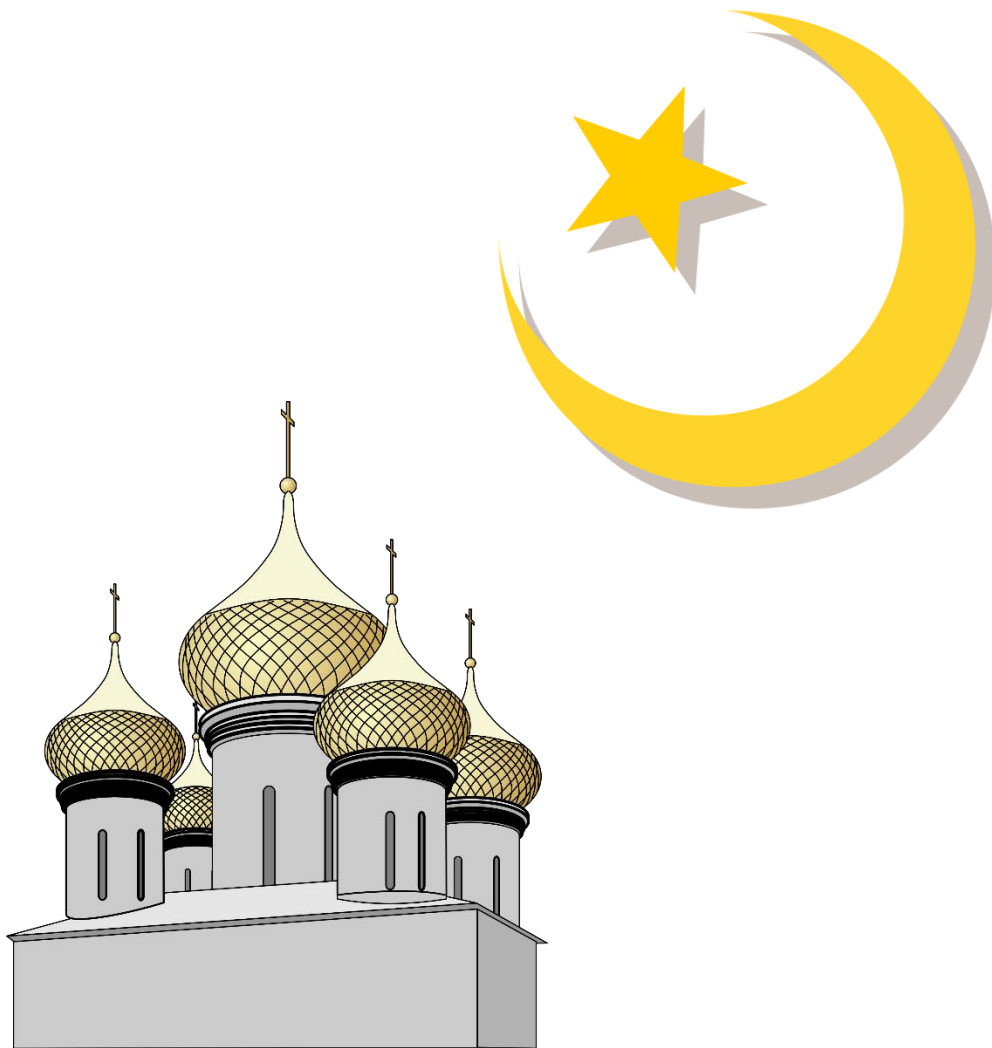
Islamic Geometric Art

http://www.dltk-kids.com/world/muslim/islamic_geometric_art.htm

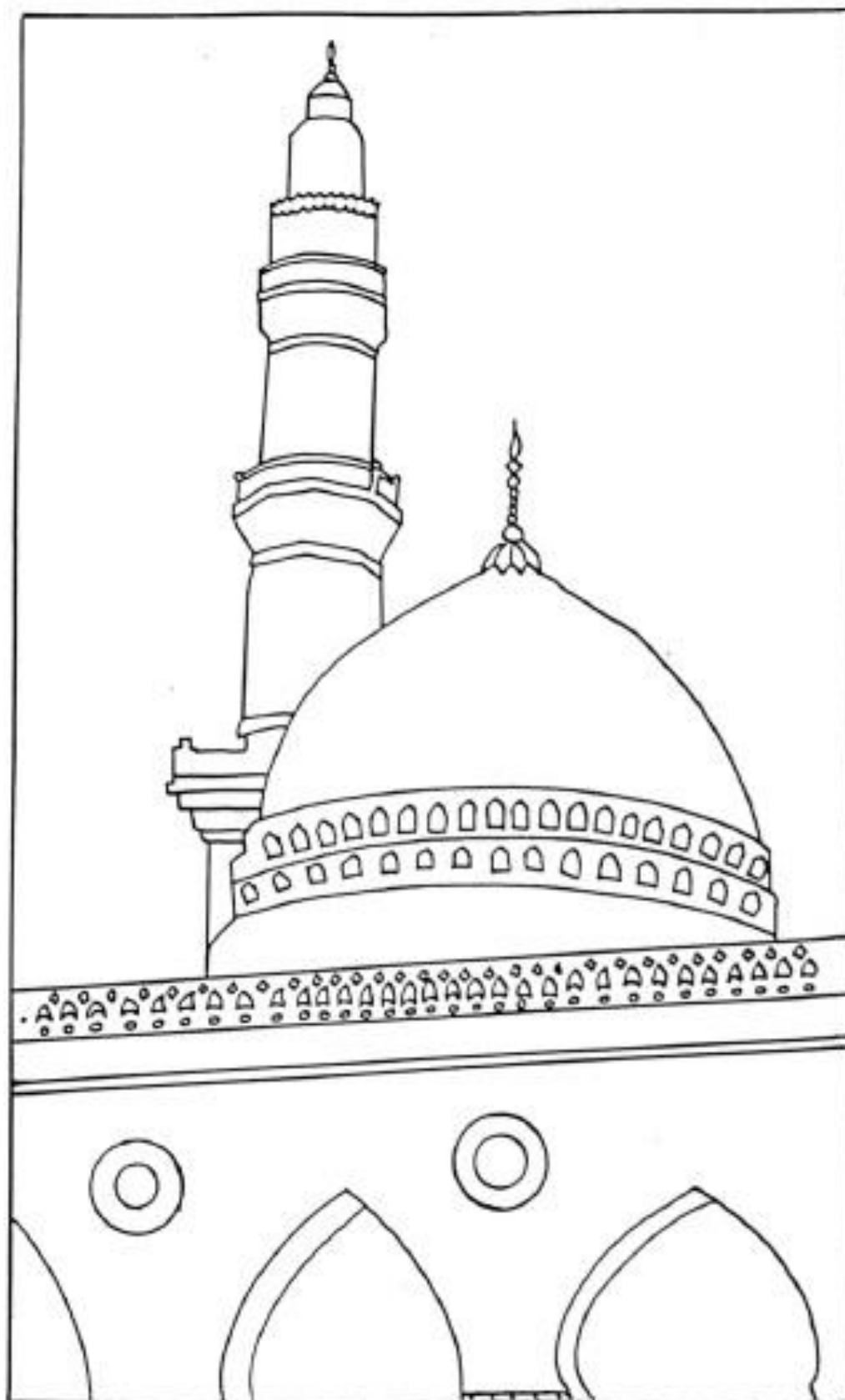
This site has excellent printable templates for geometric shapes

<https://www.timvandevall.com/>

Mawlid al-Nabi



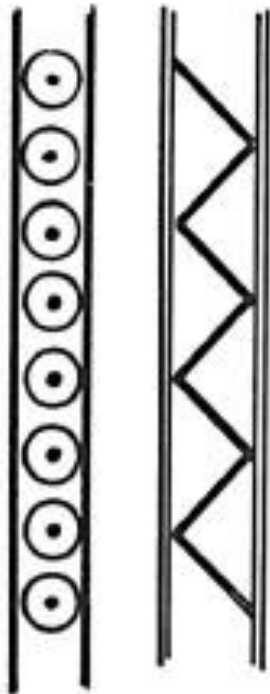
Muhammad's Birthday



THE PROPHET'S MOSQUE, MEDINA.

From 'My Islamic Coloring Book', by Nisar Sheraly. Used by permission

SAMPLE DESIGNS

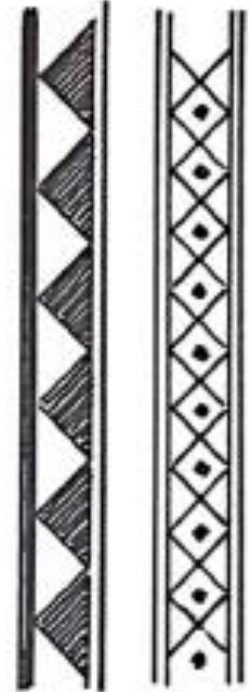
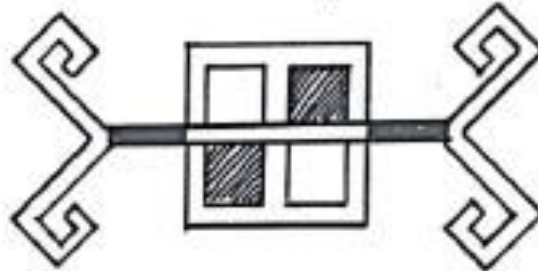


BORDERS



RAM'S HORN PATTERNS

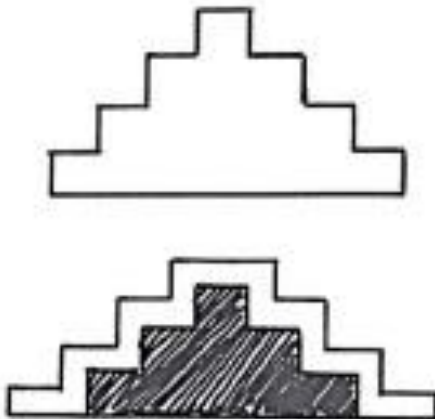
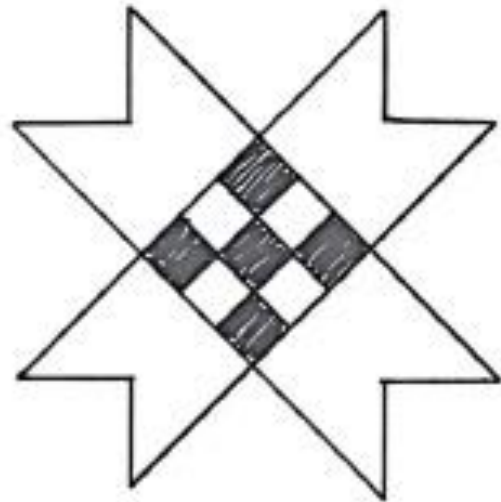
Often used at the top of the rug where the head will touch.



BORDERS



ROSETTES



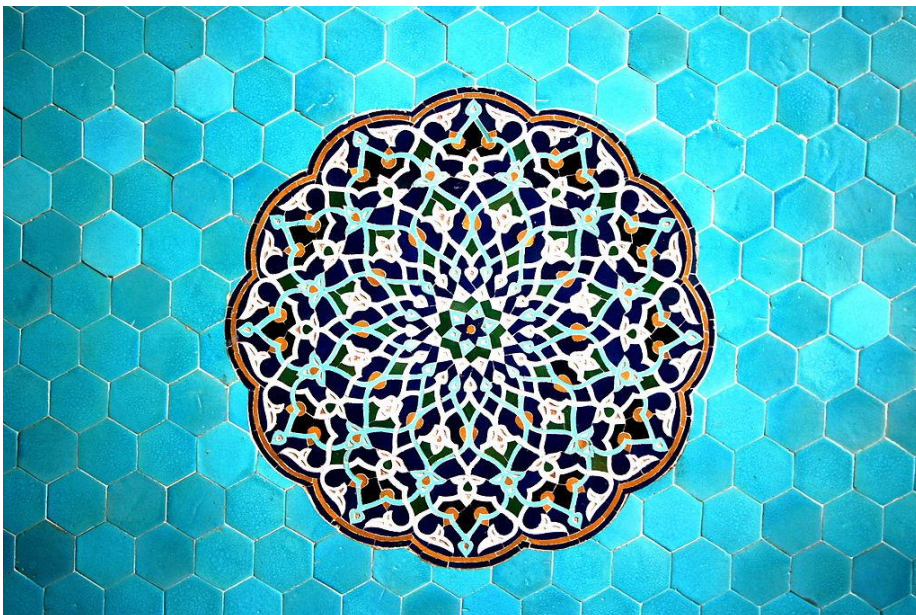
Most geometric designs are based on the right angle.



Kilim from Turkey, 19th Century



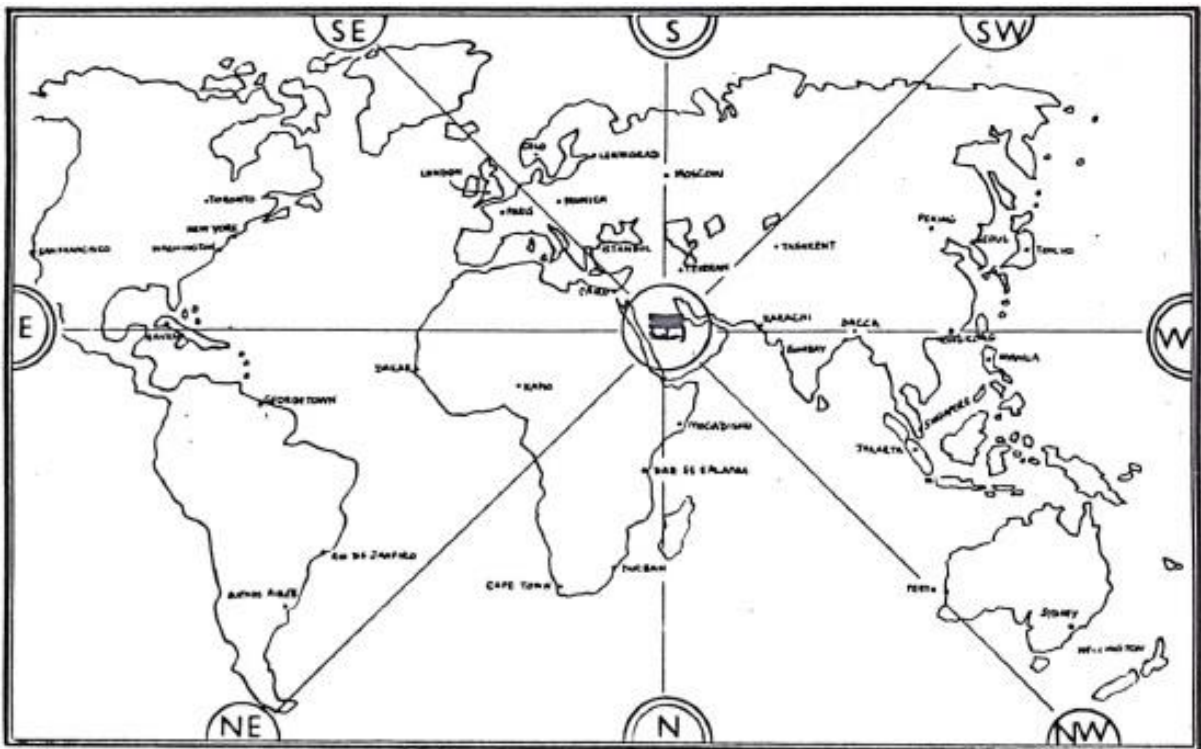
Decoration from a tomb,
India, 17th Century



Tiles inside
the Jame
Mosque of Yazd,
Persia, 14th
Century



Muslim Populations Around the World



DIRECTION of MECCA from AROUND the WORLD



THE FIVE PILLARS of ISLAM

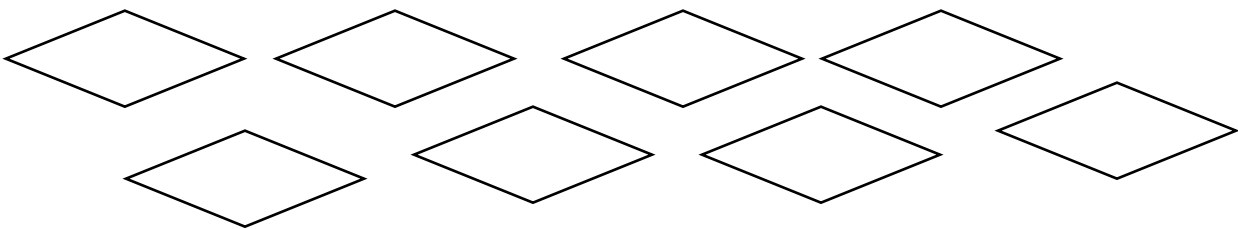
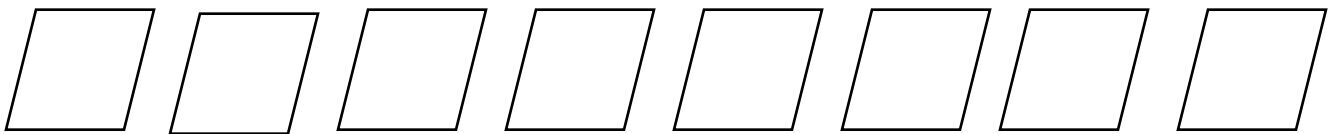
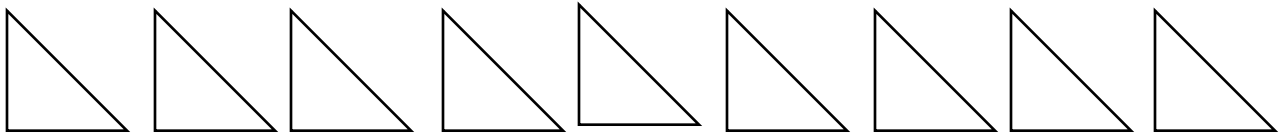
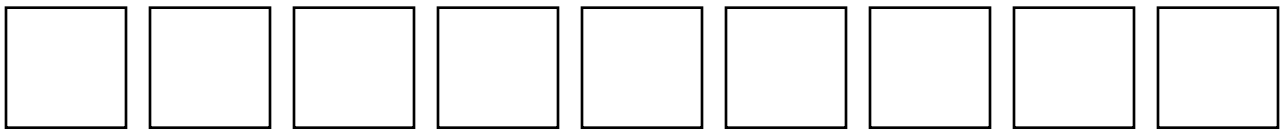
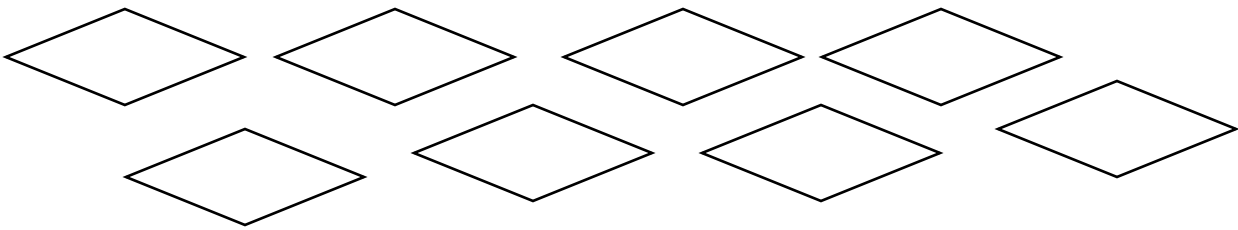
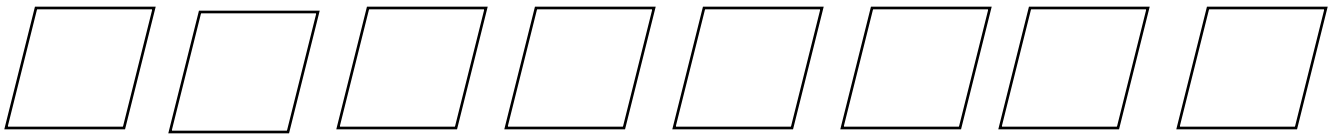
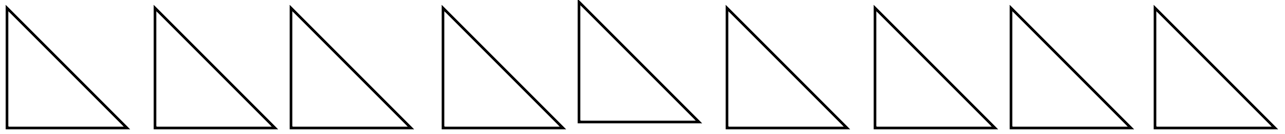
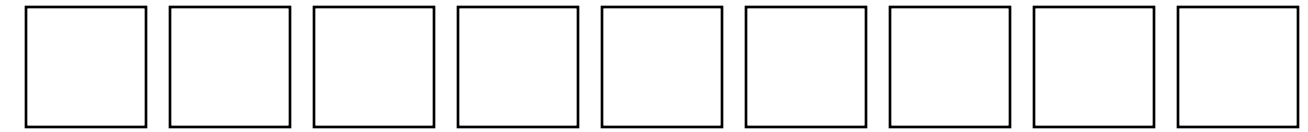
Testify
to the
Creed

Pray
5 times
daily.

Give
to the
poor.

Fast
during
Ramadan.

Make a
pilgrimage
to Mecca.



Dance of the Deer

A celebration of Huichol of Mexico

the Purpose:

To introduce religious beliefs of the Huichol through their yarn paintings;
to help children express their values through yarn paintings.



Unitarian Universalists:

Believe that people have always been looking for the great truths about life and death.

the Plan

GATHER

LEARN about the Huichol of Mexico

SHARE stories from the Huichol

MAKE yarn paintings expressing our UU values

CELEBRATE with yarn paintings and tortilla snacks

CLOSURE

Planning ahead

- Yarn
- Glue
- Cardstock

- Selected books and stories
- Laptop set up for selected video clips
- Tortilla snacks

Leader's Guide

Hear About Huichol:

The Huichol live deep in the mountains of central Mexico. They have lived there for at least 15,000 years. In summer, during the rainy season, they live on their ranchos (farms) and make cheese from the milk from their cattle. They only eat the cattle during special ceremonies. They mostly eat a diet of tortillas, made from the "Sacred corn," beans, rice, chili peppers, and wild fruits and vegetables.

The Huichol believe in many gods and goddesses associated with nature. *(Show picture pages)* There is Grandfather Fire and Grandmother Rain. There is Father Sun, who created people and animals with his saliva. Four of the most important deities descended from Father Sun: the trinity of Blue Deer, Corn, and Peyote which are all watched over by the Eagle, which is the emissary of Father Sun.

Shamanism is the ancient healing tradition of the Huichol. It honors all of creation, especially the spirit in animals, plants, and nature. The Huichol believe we are created from the elements—fire, air, water and earth. Each of us is a miniature universe, and shamanism teaches us to live in harmony with the natural and spiritual worlds. By following the shaman's path, we can learn to live on earth and in our being with gentleness and respect. Ceremonies, rituals, and sacred dances are important times to bring people together to focus on the spirit world. The shamans work to bring "kupuri" or the life force into the bodies and souls of all people.

"One of the most important of the ceremonies is the "Dance of the Deer." This ceremony offers the chance for people to dance their prayers into the altar of Mother Earth. It is also a way to connect with the Deer Spirit, probably the most important of the Huichol animal powers. The deer is seen as an elder brother, a guide, which the shamans use to navigate the spirit realm and also for healing. In their mythology, the gods and goddesses taught the deer in ancient times. He was the first student of shamanism, the first to learn the secrets of the original shaman, Grandfather Fire. It is because of this that the deer is so revered and such an integral part of Huichol ceremonial practice."

--www.shamanism.com

Optional: Share the video *Huichol: Shamanic Deer Dance*, from the resource section. Alternatively, this could be saved until the celebration at the end of the lesson.

Share Stories from the Huichol:

Either read the book *The Journey of Tunuri and the Blue Deer*, or show the video *The Journey of Grandmother Rain*, both are Huichol stories. If you choose the video, turn the volume down and read the English subtitles for the children.

Make Yarn Paintings:

The nieli'ka is found in homes and sacred spaces. It is a tablet with bee's wax and pine resin in which threads of yarn are pressed. In more recent times, the Huichol have begun making elaborate yarn paintings as a way of preserving their ancient beliefs, based on this tradition. The yarn paintings often depict patterns and symbols of the Huichol religion. Huichol have also begun creating intricate beadwork on masks, bowls and figurines which also display similar patterns and symbols.

Optional--Share the video *Jicuri*, from the resource section. This 3-minute video shows Huichol yarn paintings and features indigenous music. This could also be shown while the children are working on their project or during the celebration time.

Today we will make yarn paintings that represent things that are important to us as Unitarian Universalists. Perhaps a chalice, a peace sign, a heart or a tree? Start by outlining the picture in pencil on cardstock. Then, use glue and different colors of yarn to fill in the outline.



Celebrate:

Share your yarn paintings. Enjoy a snack of corn tortillas or corn tortilla chips.

Show the Unitarian Universalists belief statement:

Unitarian Universalists believe that people have always been looking for the great truths about life and death.

Additional Resources:

Videos:

Jicuri (3:25)—indigenous music and slide show of Huichol yarn art

<https://www.youtube.com/watch?v=bLL1D88IFww>

Huichol: Shamanic Deer Dance (3:26)

<https://www.youtube.com/watch?v=1IPTm0gDEpl>

Journey of Grandmother Rain: a Huichol Creation Story. Spanish with English subtitles (15:43)

<http://www.wilderutopia.com/traditions/myth/journey-of-grandmother-rain-world-creation-of-the-wixaritari-huicholes/>

Books:

The Journey of Tunuri and the Blue Deer: A Huichol Indian Story, by James Endredy

For more information:

<https://www.shamanism.com/>

<http://www.indian-cultures.com/cultures/huichol-indians/>

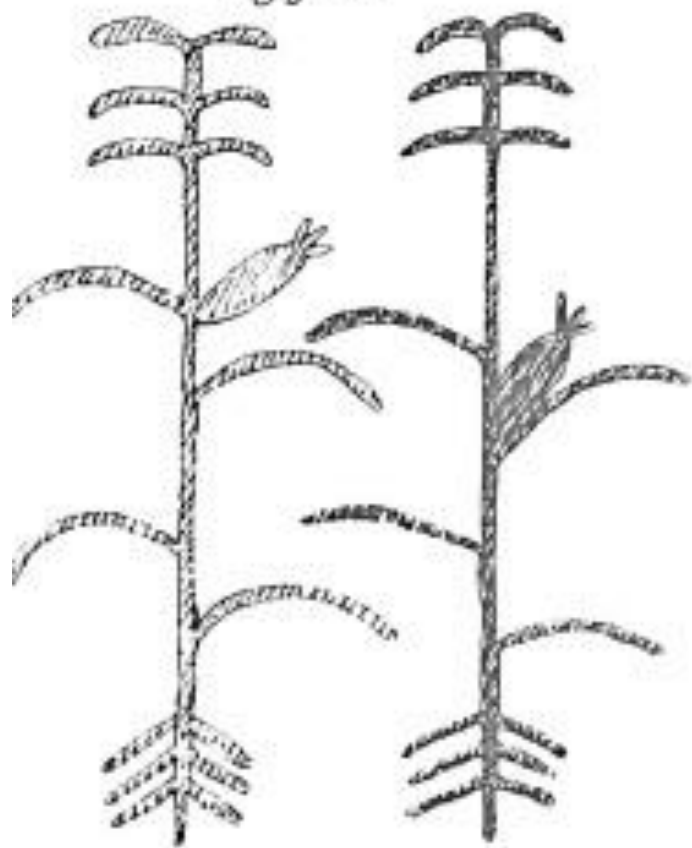
Dance of the Deer



A celebration of the Huichol of Mexico



Tawevie Kame
OUR FATHER SUN



Kukuruku
OUR CORN MOTHER



Kauyumarie
OUR ELDER BROTHER DEER



Tatewari
OUR GRANDFATHER
FIRE





Photo of Huichol woman and child.




Beaded Bear with peyote and scorpion design



Huichol Yarn Painting



Your yarn painting could be

A symbol of your RELIGION such as: UU, or , or...

OR

A symbol of something in NATURE that gives you a special feeling of WONDER such as: , or , or...


OR

A symbol of a WAY of LIVING that you think is important such as: = for fairness, or  for a helping hand to others, or  for caring about others,

OR

A symbol of the GIFT of LIFE such as  for a plant, or  for an egg,

OR

A symbol of an important wish such as  for PEACE.

Hanukkah

Jewish Festival of Lights

the Purpose:

To celebrate religious freedom and the story of the light that would not go out.

Unitarian Universalists:

Believe that people should have the right to choose their religion.



the Plan

GATHER

HEAR the story of the light that would not go out.

MAKE menorahs

PLAY dreidel

CELEBRATE with latkes

CLOSURE

Planning ahead

- Gather supplies for menorahs:
 - Air dry clay
 - Birthday size candles
- Several plastic or wooden dreidels
- Copies of rules for dreidel game
- Supplies for latkes:
 - Latke mix

- Electric skillet
- Applesauce
- Sour cream
- Plates/napkins/utensils
- Set up to show short video clips

Leader's Guide

Hear the Story of the Light That Would Not Go Out:

In the resource section of this lesson are a couple of book and video suggestions, or you can tell the following story:

A story in the Bible tells why the Jewish people celebrate Hanukkah every year. It is in a part of the Bible called "Maccabees." Maccabees means "hammer," and was the nickname of one of the people in the story.

Long ago, over 2,000 years ago, the Jewish people lived in a land called Judea. Though their land had been conquered by many other rulers, they had always been allowed to keep their own religion, as long as they paid taxes to the rulers. The most important building was the Temple in Jerusalem. Here the Jewish High Priest ran things. Jews came to the Temple to offer sacrifices of goats and sheep. The priest would burn part of the animal on the altar so the smoke would carry the gift up to God. They never sacrificed pig, because Jewish laws forbid it. Jewish laws did not allow for eating pig, either. The Jews loved their Temple. The front was decorated with golden wreaths and shields. Inside was a golden altar and silver and gold cups and bowls. A lamp stand burned brightly with oil lamps. Most precious of all were the holy books of the Jews.

One day a terrible thing happened. A ruler named King Antiochus IV demanded that the Jews worship only the Greek gods. He carried off the golden altar and burned the holy books. He set up statues of Greek gods in the Temple. He put to death any person caught with a Jewish holy book. The king's soldiers even searched people's homes to see if they could find evidence that the people were following the Jewish religion instead of the Greek religion. The king sent soldiers to every town to force the people to make sacrifices to the Greek gods. They came to a town where a man named Mattathias lived with his five sons. They brought a pig with them and set an altar in the center of the town. They called to Mattathias, "You are a leader here. You will be the first one to come carry out the king's orders. Kill this pig on the altar, burn it and eat some of the meat. That will honor the Greek gods and prove you are a friend of the king. You will receive rewards of silver and gold."

He answered the soldiers, "We will not obey the command of the king, and we will not depart from our worship." But just then a Jew stepped forward and said, "I will follow the king's orders." Mattathias was enraged. He grabbed the commander's sword and killed the Jew. Then, before anyone could stop him, he killed the commander. The villagers overpowered the rest of the soldiers and followed Mattathias and fled to the mountains. More and more people joined them, and in time they formed an army. Mattathias became old, and his son Judah became captain. Judah's nickname was "The Hammer," because in battle after battle he hammered away at the soldiers of Antiochus.

Finally, the Jews marched into Jerusalem, fought off the enemy soldiers and reclaimed the Temple. When they looked around they were horrified by what they saw. Weeds grew all around, the altar was broken, and statues of Greek gods were everywhere. They went to work cleaning and rebuilding the temple. When they were ready to celebrate and rededicate the temple, they burned incense and made a sacrifice on the new altar. They sang and played music on harps and lutes. They lit the oil lamps on the lamp stands. They celebrated for eight days and declared that every year at this time they would celebrate for eight days. That is why Jews celebrate Hanukkah. The word "Hanukkah" means dedication in Hebrew.

There is more to the story. According to legend, when Judah lit the oil lamp for the celebration it was almost out of oil, and there was no more in the temple. Even though there was only enough oil for one day, the lamp continued to burn for eight days! Everybody said, "A great miracle happened here!"

One way the Jewish people remember this legend is by playing a game on Hanukkah that uses a special top called a dreidel. The dreidel has Hebrew letters on the sides that stand for the message, "A Great Miracle Happened There."

The Hanukkah story is important to us by itself, without a miracle, because it celebrates something very important. It celebrates the right of people to choose their own religion.

Today we will make menorahs, play dreidel and make latkes to celebrate Hanukkah.

Make a Menorah:

The traditional menorah has seven holders, but the Hanukkah menorah has nine. There is a holder for each of the eight nights of Hanukkah, as well as one for the shamash candle. "Shamash" means "servant" in Hebrew, and this is the candle that is used to light all the other

candles. The holder for the shamash should be higher or lower or in some way different than the other eight holders.

Hanukkah menorahs are made in many styles and from many materials. Using clay that air dries, like “model magic,” the children can easily shape their menorah. It can be as simple as making a rectangle out of the clay and inserting the candles to create the holders.



Play Dreidel:

To play dreidel, begin by giving each child the same number of playing pieces. These could be pieces of candy, pennies, or any other small object.

The game begins with each player placing one of their game pieces into the joint “pot.” Each player takes a turn by spinning the dreidel. The player takes the action based on which Hebrew letter is facing up when the dreidel lands:

- If נ (*nun*) is facing up, the player does nothing.
- If ג (*gimel*) is facing up, the player gets everything in the pot.
- If ה (*he*) is facing up, the player gets half of the pieces in the pot. (If there are an odd number of pieces in the pot, the player takes the “larger half”).
- If ש (*shin*) is facing up, the player adds a game piece to the pot.

At the beginning of each new round, each player puts one game piece into the center “pot.” When the “pot” is empty if the players want to continue the game, each player puts one piece in the “pot.” The game can end anytime the “pot” is empty. The “winner” is the player with the most game pieces at the end of the game.



Gimel—take all



Hay—take half



Shin—add 1 to pot



Nun—take nothing

Celebrate--Eat Latkes:

You can prepare latkes (potato pancakes) ahead of time or bring the mix and an electric griddle and fry them fresh. If some children want to continue to play dreidel, others could help cook and serve latkes. Though you can make latkes from scratch, it is easy to find boxed mixes that usually require that you add egg, vegetable oil and water. Serve with apple sauce and sour cream toppings.

While enjoying latkes, share a story or video from the resource section.

Share the UU belief statement:

“Unitarian Universalists believe people should have the right to choose their own religion.”

Additional Resources:

Videos:

Hanukkah Story for Kids: Maccabees, Miracles and Driedels (5:05)

<https://www.youtube.com/watch?v=G40SlkmZkqU&vl=en>

Hanukkah Story (3:09)

https://www.youtube.com/watch?v=z-mM_p0SIXE

Oskar and the Eight Blessings (4:35)

<https://www.youtube.com/watch?v=gtc898eiJJ0>

Books:

The Story of Hanukkah, by David Adler

Oskar and the Eight Blessings, by Tanya and Richard Simon

For more information:

About Hanukkah

https://www.chabad.org/holidays/chanukah/article_cdo/aid/102911/jewish/What-Is-Hanukkah.htm

About the Shamash

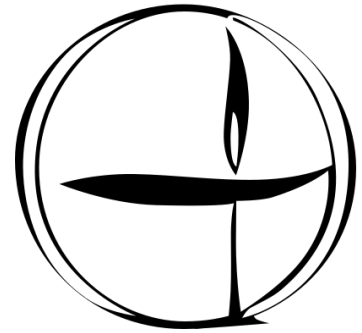
https://www.chabad.org/holidays/chanukah/article_cdo/aid/3887323/jewish/The-Shamash-Why-the-Menorah-Has-a-9th-Candle.htm

Hanukkah



Jewish Festival of Lights

UU Pilgrimage



the Purpose:

To celebrate the courage of our UU pioneers.

Unitarian Universalists:

Believe that we have a responsibility to protect religious freedom.

the Plan

GATHER

LEARN about our UU pioneers, Servetus, David, De Benneville and Priestly.

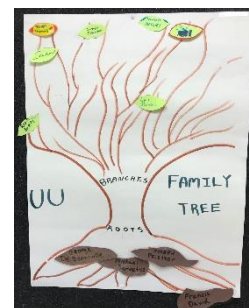
MAKE chalices

CELEBRATE add children's leaves to the UU family tree and share snacks from the "trip."

CLOSURE

Planning ahead

- Family tree poster
- Roots with names of famous UUs and leaves for children
- Copies of pilgrimage scripts
- Signs for the 4 corners of the room
- Name tags for the roles in the play



- Snacks from countries you will be visiting: ex. Croissants from France, tea from England....
- Chalice supplies--plastic champagne glasses, tinfoil and tissue paper

Leader's Guide

Suggested Discussion:

Have you ever heard of a family tree? What does that mean? What does the word ancestor mean? What countries did your ancestors live in before they came to this country?

(Show tree and roots)

Our Unitarian Universalist religion has a family tree, too. Our UU ancestors are like the roots of our UU tree. We already learned about one of our ancestors earlier this year (remind kids of John Murray Day, father of Universalism--put his name at the base of the tree.) Today we are going to act out a play where we learn about some of our other UU ancestors.

(Hand out role tags to wear and scripts--double up roles as necessary. Four areas of the room should already be labeled as Spain, Transylvania, France and England)

Casting: The teacher may want to be the narrator. For more than 9 students, some could be the audience or the roles could be split in different acts. For fewer than 9 students, actors can double up on parts. For example, the Christian 1/UU1 and Christian 2/UU2 roles are easily combined.

Narrator--In all acts

Emperor Constantine--Act 1

Christian 1--Act 1

Christian 2--Act 1

Michael Servetus--Act 2

Francis David--Act 3

George--Act 4

Joseph--Act 5

UU 1--Acts 2-5

UU 2--Acts 2-5

UU Pilgrimage --In 5 Acts

Narrator: Today we are going to take a trip to visit our UU ancestors. We are going to visit Spain, Transylvania, France and England. All the people we will visit today were real people who were pioneers in new ways of thinking about god, Jesus, heaven and hell. Buckle up as we fly back in time to Spain almost 500 years ago! The in-flight movie today is "The Story of the Emperor and the Trinity," set in the year 325 AD.

Act 1

(the movie begins with an upset emperor pacing back and forth...)

Emperor Constantine: I am a powerful Roman emperor and I am sick of all the arguing that my people do. I wish I could get everyone to agree to be united and follow me. Even though I worship the sun god, these Christians could be helpful to me if I could just get them to agree.

(2 Christians are arguing with each other...)

Christian 1: Jesus was a great man, but he was human, just like us.

Christian 2: No, Jesus was god's son. He was more than a human but less than a god.

Christian 1: I've heard some people even say god and Jesus are equals.

Christian 2: But wouldn't that be like worshipping 2 gods? We can't do that!

(Emperor interrupts the fighting)

Emperor Constantine: I'm sick of this fighting! Here's the deal. God is the Father, God is Jesus the Son, and God is the Holy Spirit, too. This symbol is the Trinity *(hold up page.)* Each ring is equal, just like the 3 parts of God.

(In flight movie ends, plane lands)

Narrator: It looks like we're in Spain now, let's go find Michael Servetus...

Act 2

Michael Servetus: Hello! I'm Michael and I was born in 1511. In those days, the Catholic Church was in charge and anyone who didn't believe the things that the Catholic Church believed could be killed. One of the main things the Church believed was in the Trinity. Do you young people know what that means?

UU 1: Yup. We just saw a movie about that on our flight here.

UU 2: It means God has 3 parts--the Father, Son and Holy Spirit.

Michael: That's right. Well, when I was sent to college I read the bible for the first time, and did you know it doesn't say anything about the Trinity in the bible?

UU 1: Right. It wasn't until 300 years after Jesus died that the Trinity was invented.

UU 2: Wow, and the Church was killing people who didn't believe in it? That is terrible!

Michael: That's what I thought, too. I wrote a book about it, because I thought if people knew that the Trinity wasn't in the bible they would stop killing each other over religion. But...

UU 1: What happened?

Michael: The Church wasn't very happy about it. In fact, they wanted to kill me!!

UU 2: Oh No! What did you do?

Michael: Well, I escaped to France and became a doctor. I lived there for 20 years and made important discoveries about how the blood flows between the heart and lungs. But I still wanted to write about my religious ideas. When I did, though, I was caught by the Inquisition. They were going to burn me at the stake! I managed to escape that time but wasn't so lucky a few months later. I was burned at the stake with all my books around me.

UU 1: That's awful!

Michael: The good thing is that my books influenced a lot of people to think for themselves. They were some of the beginnings of your Unitarian Universalist religion. Would you put my name at the base of your tree? (*hand UU1 your name tag*) Thank you for visiting me today!

Narrator: Ok, on to Transylvania! Buckle up, no time for a movie this time, but what did you think about Michael Severus' story?

Act 3

Narrator: Ah, here we are--meet Francis David (*say Dav-eed*)

Francis David: Hi Kids! Welcome to Transylvania! I was born around the same time as Michael Servetus, and like him I doubted that god existed as a trinity. In fact, I called myself a Unitarian--"Uni" for 1 instead of "Tri" for 3.

UU 1: Hey, we're Unitarians, too!

UU 2: I hope your story has a happier ending than poor Michael's.

Francis: Well, my king at the time, John Sigmund, was pretty cool. He listened to people of all different religious beliefs around him, and he chose to become a Unitarian. He could have forced the whole country to become Unitarian, but I helped him see that people should be free to choose their beliefs. He even passed a law that said, "people cannot be killed or thrown in prison because of their religion."

UU 1: It sounds like your story does have a happy ending.

Francis: Not so fast, there is a plot twist. Three years later King John was killed in a tragic carriage accident.

UU 2: Wow, bad luck. Who would've thought traffic was that bad in the 1500's?

Francis: The new king did not believe in religious freedom. I spent the rest of my life in prison. But the Unitarian churches that I started are still in Transylvania 400 years later, and you are here too! Would you add my name to the base of your tree? (*hand nametag to UU2.*) Thanks for visiting me!

UU 1 and UU 2: Thanks Francis! Goodbye!

Narrator: Well, dying in prison sure beats being burned at the stake, but it seems like being a Unitarian wasn't easy in the 1500's. Shall we buckle up and head to France? If we go forward in time to the 1700's, we can run into George De Benneville. Maybe he'll have some croissants to share...

Act 4

Narrator: Oooh-la-la, we have landed in France! And here comes George...

George De Benneville: Bonjour! I'm George. I was born in France about 300 years ago. When my mother died, I went to live with the Queen of England. She raised me. I was rich and went to lots of parties in swanky castles. But one thing worried me a lot. My minister had taught us about something called predestination. He said this meant god had decided even before you were born who would go to heaven and who would go to hell.

UU 1: You mean, even if you did bad things you could still go to heaven?

UU 2: And no matter how good you are you might still burn in hell for ever and ever?

George: Yup. Doesn't sound fair, does it? I thought god must be better than that. Surely god will save everyone because god is good and loving. So, I went back to France to preach this message of hope and universal salvation. Do you know what happened next?

UU 1: Oh no. Did the church try to kill you?

UU 2: Were you burned at the stake?

George: Not quite. I was captured and sentenced to be beheaded. But at the last minute the king pardoned me and let me go. I left France and travelled to Germany and Holland. I became a doctor. But I never stopped preaching and because of that I was often thrown in jail. Finally, I sailed to the New World.

UU 2: That is where we are from!

George: I kept preaching about god and universal salvation. I also kept doctoring. During the revolutionary war I helped heal wounded English soldiers and wounded American soldiers. I'm so glad my ideas became part of your Unitarian Universalist faith.

UU 1: We're glad, too.

George: Will you add my name to the roots of your tree?

UU 2: Sure thing! Thanks!

Narrator: Well that one was a bit happier. Let's head over to England now, maybe we'll make it in time for tea...

Act 5

Narrator: Why hello, Joseph!

Joseph Priestly: Welcome to England! I'm Joseph Priestly. I was born in England 250 years ago. I was raised by my aunt, who made me stay inside and read because I was sick all the time. My aunt wanted me to be a Calvinist minister. Calvinists believed that most people were born bad and only a few will be saved. They also believed in the Trinity. I didn't really believe in those things, though.

UU 1: So, what did you do?

UU 2: Let me guess, everyone tried to kill you, too?

Joseph: Well, first I became a scientist, because that is another way to search for the truth.

UU 2: Did you make any cool discoveries?

Joseph: I discovered oxygen. And I met Benjamin Franklin and did experiments with electricity. That was pretty cool. Do you like soda?

UU 1 and UU 2: Yup.

Joseph: Well I invented carbonated water which makes soda bubbles. People have been burping ever since. *(give a burp)* Excuse me.

UU 1: So, you really were important! A hero!

Joseph: Some people didn't think so. You see, I also started some Unitarian churches in England...

UU 2: Oh no, here we go again. Were you beheaded?

UU 1: Or burned at the stake?

Joseph: Well, my house, my laboratory and my churches were burned, but I kept my head and avoided the stake. I prefer chicken to steak anyway...ha ha. I headed over to America with my

family. I hung out with George Washington and Thomas Jefferson. I also started the first Unitarian church in America.

UU 1: Wow!

UU 2: Can I put your name on our tree?

Joseph: I'd be honored! Thanks for listening!

Narrator: We'd better get back to the 21st century now...I'm feeling a little jet-lagged.

Make Chalice:

Wrap plastic champagne glasses in tinfoil. For the flame, cut out 7" squares of red, orange and yellow tissue paper. Fold to form a cone shape, and place in the chalice.

**Celebrate:**

Children can write their names on the leaves and place them on the UU family tree. If classmates are absent, go ahead and add their names as well.

Have some treats from the countries you have visited. Possibilities include tea or biscuits from England, seltzer in honor of Joseph Priestly, croissants, pastries or cheese from France, or Spanish olives.

Share the UU's belief statement:

“Unitarian Universalists believe that we have a responsibility to protect religious freedom.”

UU Pilgrimage



A Celebration Of our Unitarian and
Universalist Pioneers

Spain



“I will burn, but this is a mere event. We shall continue our discussion in eternity.” —*Michael Servetus*

Transylvania



*We need not think
alike to love alike.*

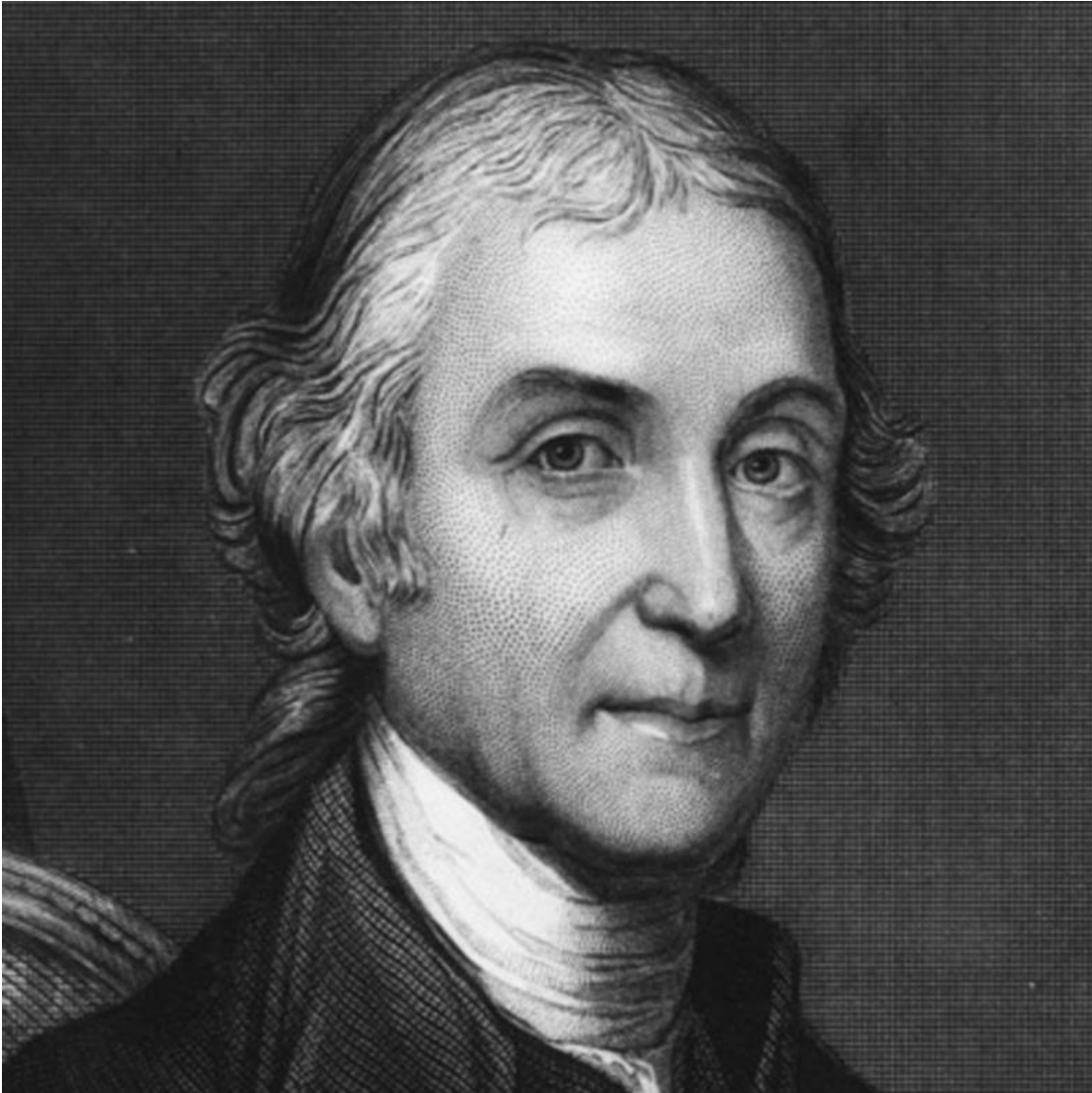
FRANCIS DAVID 1510-1579



France



England



“In completing one discovery, we never fail to get an imperfect knowledge of others.” —*Joseph Priestly*

Narrator

Joseph Priestly

Francis David

Christian 1

**Michael
Servetus**

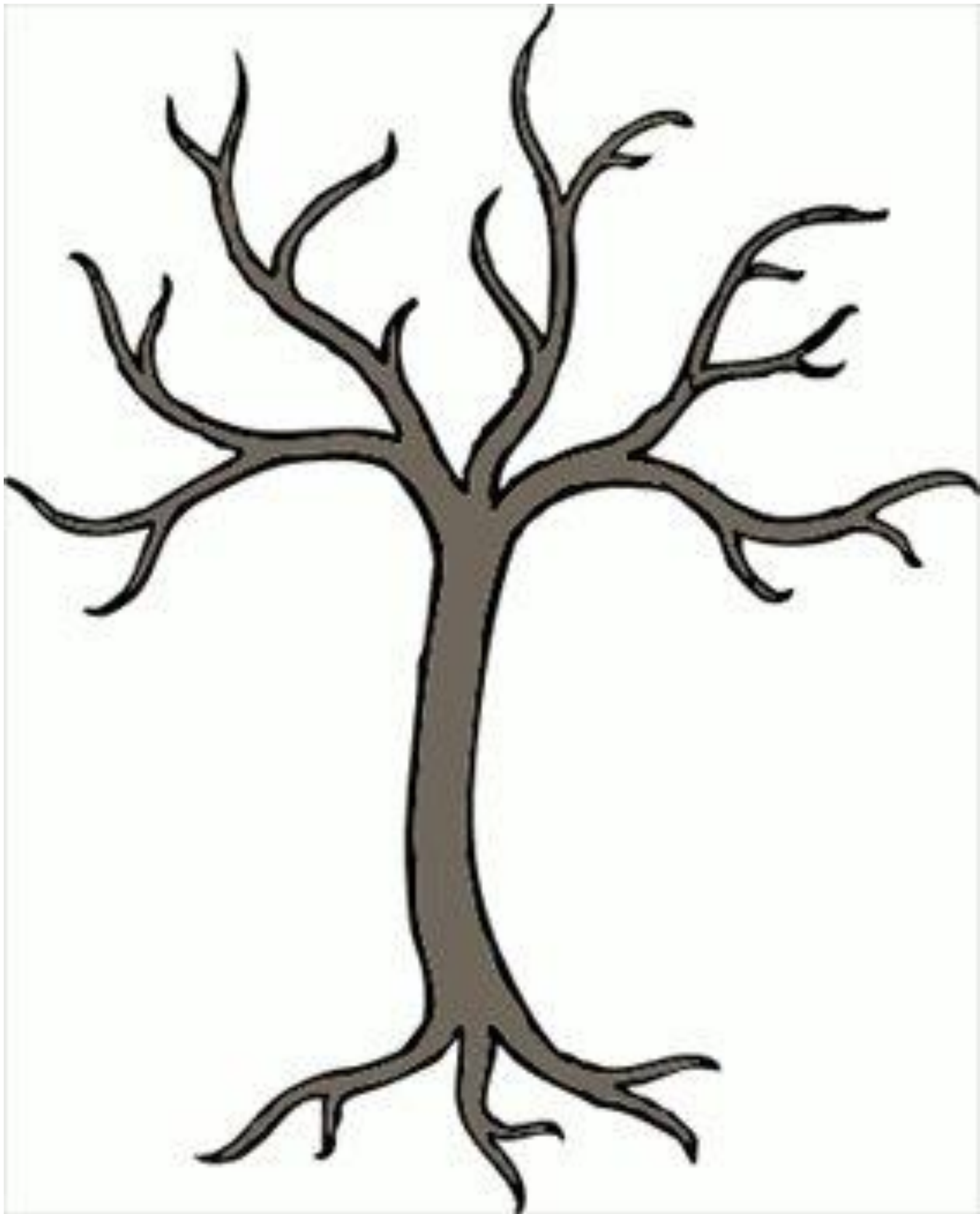
Christian 2

**Emperor
Constantine**

UU 1

**George de
Benneville**

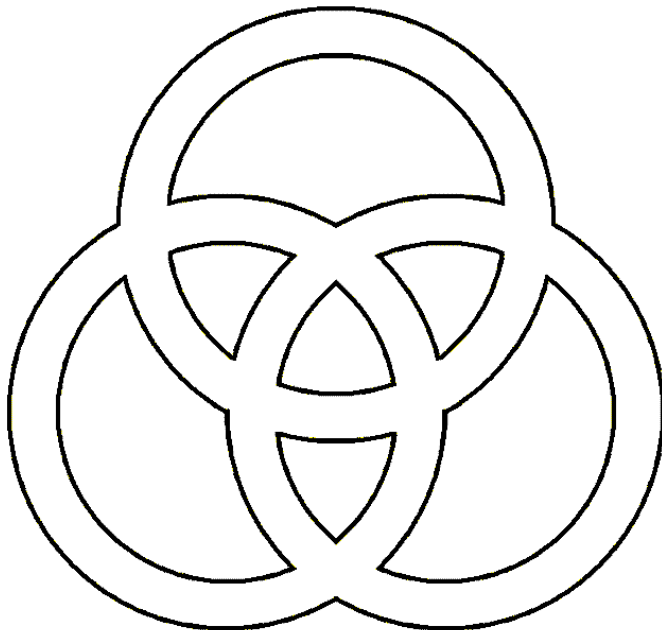
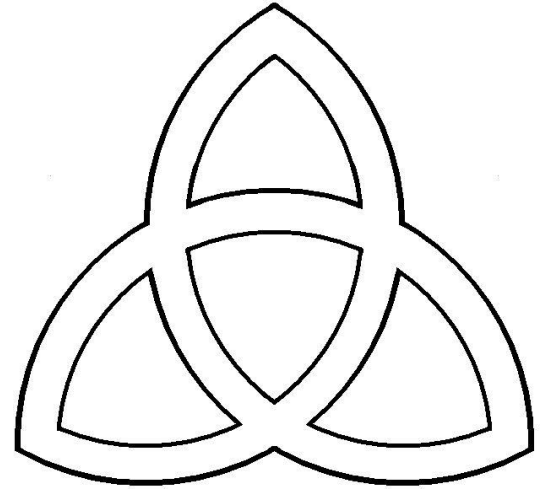
UU 2



The Trinity

GOD is:

1. Father
2. Jesus, the Son
3. Holy Spirit



Yule

The Winter Solstice

the Purpose:

To learn about pagan traditions and celebrate the shortest day of the year, the rebirth of the sun.



Unitarian Universalists:

Celebrate the change of seasons and the natural cycles of the Earth.

the Plan

GATHER

HEAR about Yule

DECORATE a Yule log

MAKE potpourri tree ornament

CELEBRATE with treats and songs

CLOSURE

Planning ahead

- Log for each child
- Plastic fillable ball ornament for each child

- Supplies for decorating and making log and ornament:
 - pinecones, dried berries, pine needles, evergreens, feathers, cinnamon sticks, ribbons, dried
 - orange peel, dried lemon zest, whole cloves, allspice
- Yule log treat (plates, forks, napkins)
- Cider (cups)
- Set up for showing video clip

Leader's Guide

Hear About Yule:

Yule is celebrated on the winter solstice, around December 21 in the northern hemisphere. It is the shortest day of the year. On Solstice Night, or the longest night of the year, the sun's "rebirth" is celebrated. Ancient Druids, Celts, and pagans of Northern Europe celebrated the rebirth of the Oak King, the Sun King, the Giver of Life that warmed the frozen earth. Wiccans and other modern day pagans celebrate Yule as well. Many of the traditions we associate with the Christmas holiday were actually taken from Yule celebrations.

Here are some of the traditions of Yule:

- Bonfires were lit in fields
- Wassailing trees—songs were sung to the trees and toasts were made of warm spiced cider.
- Evergreens, holly and mistletoe were used to decorate homes. Evergreens were considered sacred because they did not "die," so represented the eternal Divine.
- Clove spiked apples and oranges were given as gifts.
- Ceremonial burning of the Yule log. The Yule log was placed in the fireplace, decorated with greenery, doused with cider and dusted with flour before being set ablaze using a piece of the previous year's log.

Share the video "Yule/Winter Solstice" or one of the books found in the resource section.

Decorate the Yule log:

Each child will need a log or thick branch about 12"-18" long. Provide decorations to choose from such as: pinecones, dried berries, pine needles, evergreens, feathers, cinnamon sticks, and ribbons. Begin by wrapping the log loosely with ribbon, leaving room to insert some decorations underneath the ribbon. Use a glue gun (adult help required) to secure decorations in place.

Make Yule Potpourri Ornament:

Each child will need a clear plastic fillable ornament ball. Children can fill the ball with any of the available fillings, and then tie a festive ribbon to the top for hanging.

Suggested possible fillings: Dried orange peel, dried lemon zest, cinnamon stick, whole cloves, pine needles, allspice, juniper berries, cranberries, pine cones, feathers, evergreen.

Celebration:

Wassail the yule logs with a carol and a cider toast. "Deck the Halls" would be an appropriate wassailing tune for the occasion. A link to a Pentatonix version is included in the resource section.

Share a treat of yule log cake and cider. You can make your own yule log in advance or buy one from a bakery. While eating you may want to share a book or video clip about yule, if you have not already.

Share the UU belief statement:

"Unitarian Universalists celebrate the change of seasons and the natural cycles of the Earth."

Additional Resources:

Videos:

Yule/Winter Solstice (5:31)

<https://www.youtube.com/watch?v=BUNUkJ93Qrg>

Deck the Halls—Pentatonix (3:18)

<https://www.youtube.com/watch?v=UqItIHUSN-4>

Books:

The Shortest Day, by Wendy Pfeffer

The Winter Solstice, by Ellen Jackson

Websites:

All About Yule

<https://www.thoughtco.com/all-about-yule-2562972>

Yule Log Cake Recipe

<https://www.bettycrocker.com/recipes/yule-log-cake/e28d9b7f-1fe1-46b9-94f2-b1045cbfa1a5>

Yule



The Winter Solstice

Deck the Halls

Deck the halls with boughs of holly, Fa la la la la la la la!

'Tis the season to be jolly, Fa la la la la la la la!

Don we now our gay apparel, Fa la la la la la la la!

Troll the ancient Yuletide carol, Fa la la la la la la la!

See the blazing yule before us, Fa la la la la la la la!

Strike the harp and join the chorus, Fa la la la la la la la!

Follow me in merry measure, Fa la la la la la la la!

While I tell of Yuletide treasure, Fa la la la la la la la!

Fast away the old year passes, Fa la la la la la la la!

Hail the new, ye lads and lasses, Fa la la la la la la la!

Sing we joyous all together! Fa la la la la la la la!

Heedless of the wind and weather, Fa la la la la la la la!



Kwanzaa

A Celebration of African Heritage,
Unity and Culture

the Purpose:

To learn about Kwanzaa, a celebration of African heritage, unity and culture.



Unitarian Universalists:

Believe in the power of unity, the importance of community and the right to self-determination and opportunity for all.

the Plan

GATHER

LEARN about the history of Kwanzaa

MAKE a class Kinara with the 7 principles of Kwanzaa

MAKE a unity cup

PLAY the game myrshim

CELEBRATE with cornbread muffins and a song

CLOSURE

Planning ahead

- Candle and Kinara templates printed on cardstock
- Glass or plastic goblet for unity cup

- Small beads and string
- Candies, such as peppermints, toffee or butterscotch
- Cornbread muffins (or other Kwanzaa related treat)
- Optional—any African inspired decorations or Kwanzaa symbols such as an ear of corn, woven mat, or fruit and vegetable basket
- Set up for showing video clips

Leader's Guide

Learn About Kwanzaa:

Kwanzaa is a relatively new holiday, created by Maulana Karenga in 1966. It is a holiday that celebrates African culture, heritage, identity and community. The name is from the Swahili “matunda ya kwanza,” which means “first fruits,” and the holiday is based on traditional African harvest festivals. The holiday is cultural, not specifically religious, and so it is not meant to replace Christmas or other religious traditions.

Kwanzaa begins on December 26 and lasts for seven days. Each day is dedicated to one of the Seven Principles, or Nguzo Saba. Seven candles are lit during Kwanzaa, and seven symbols are placed around the home. The celebration often includes dancing, singing, drumming, storytelling and feasting.

The Nguzo Saba are:

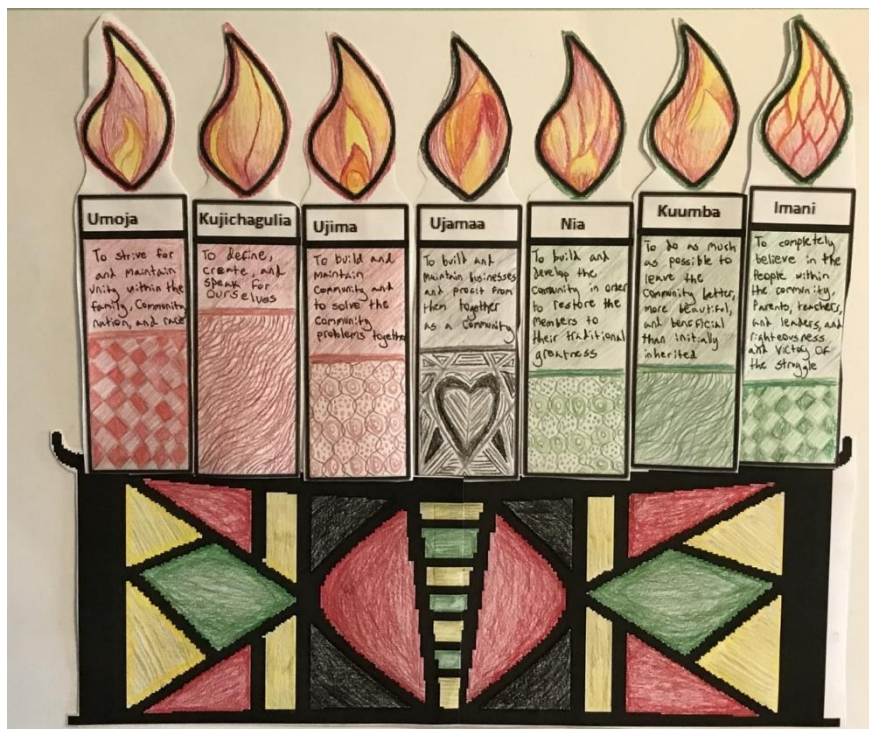
- **umoja** (unity) — to strive for and maintain unity within the family, community, nation and race
- **kujichagulia** (self-determination) — to define, create and speak for ourselves
- **ujima** (collective work and responsibility) — to build and maintain community and to solve the community problems together
- **ujamaa** (cooperative economics) — to build and maintain businesses and profit from them together as a community
- **nia** (purpose) — to build and develop the community in order to restore the members to their traditional greatness
- **kuumba** (creativity) — to do as much as possible to leave the community better, more beautiful, and beneficial than initially inherited
- **imani** (faith) — to completely believe in the people within the community, parents, teachers and leaders, and the righteousness and victory of the struggle.

The seven symbols placed in the home during Kwanzaa are:

- **mkeka** — a woven placemat to represent the foundation of African tradition and history
- **kinara** — a candleholder with places for seven candles that represent the stalk from which all ancestors came
- **mishumaa saba** — seven candles (three red symbolizing struggle, three green symbolizing the future, and one black candle symbolizing the African people) that are placed in the kinara to represent the Nguzo Saba
- **kikombe cha umoja** — a unity cup that is used to pour libation, or a drink typically poured as an offering to a spirit or god or in memory of a loved one who has died
- **vibunzi** — an ear of corn representing children and promise for the future
- **mazao** — a bowl of fruits and vegetables to represent the harvest
- **zawadi** — gifts to children often representing African heritage

Make a Class Kinara with the 7 Principles of Kwanzaa:

Give each child one of the seven candle templates to decorate. Have them write the English meaning on the candle, and then decorate around it using predominately red for the first three candles, green for the last three and black for the middle candle. If there are more than seven children, have others work on decorating the kinara. The kinara template is in two pieces and must be printed and taped together. Use African colors to decorate it—red, green, yellow and black. Assemble the class kinara and candles on a poster or bulletin board.



Make a Unity Cup:

Use any plastic or glass goblet to make a unity cup. Have the children make long strings of small beads to decorate it with. Place glue or double-sided tape around the goblet, and have each child add their string of beads to the Unity Cup.

Play Myrshim:

To play Myrshim you will need some soft candies, such as toffees. The word “myrshim” means “to chew,” but in this game you don't want to chew at all! One player leaves the room or turns around while one of the other players puts a piece of candy in his or her mouth... but doesn't chew or eat it! The first player comes back or turns around, and the others slowly repeat the word “myrshim” while the first player tries to guess who holds the secret candy inside his or her mouth! The player who had the candy gets to be the next one to play the guesser. Continue until all children have had a turn and a piece of candy.

Celebration:

The Kwanzaa feast is called Karamu. It is typically held on December 31. Have the Kinara and Unity Cup as a centerpiece for your celebration. Cornbread muffins would be the perfect treat for Kwanzaa. Look for other treat ideas in the links in the resource section. While celebrating, you could share the video song “Seven Days of Kwanzaa” or share a Kwanzaa story.

Share the UU belief statement:

“Unitarian Universalists believe in the power of unity, the importance of community and the right to self-determination and opportunity for all.”

Additional Resources:

Videos:

The Story of Kwanzaa: From Civil Rights to Corporate America (4:51)

<https://www.youtube.com/watch?v=6aEbpFb1HZY>

Seven Days of Kwanzaa (2:31)

<https://www.youtube.com/watch?v=XdzezenFr5c>

Books:

The Story of Kwanzaa, by Donna Washington

Seven Spools of Thread: A Kwanzaa Story, by Angela Shelf Medearis

Websites:

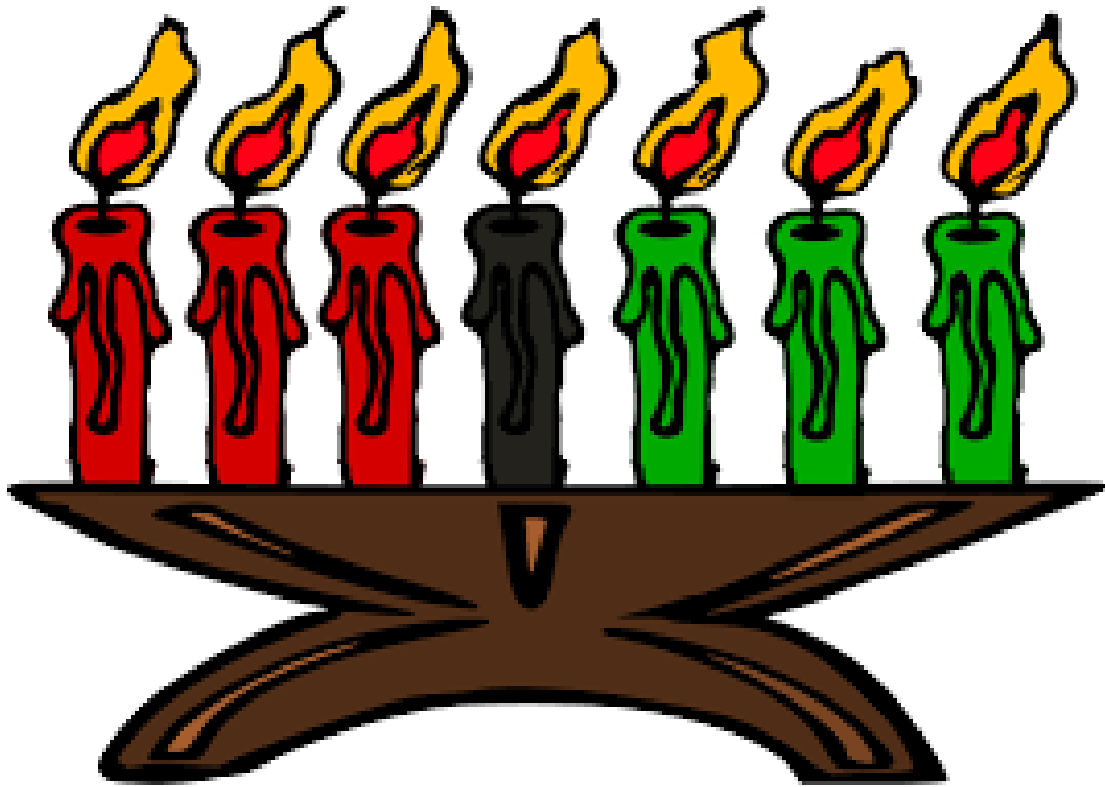
More about Kwanzaa

<http://www.officialkwanzaawebsite.org/index.shtml>

Kwanzaa Recipes

<https://www.allrecipes.com/recipes/16329/holidays-and-events/kwanzaa/>

Kwanzaa



A Celebration of African Heritage,
Unity and Culture



Umoja (Unity): To strive for and to maintain unity in the family, community, nation, and race.



Kujichagulia (Self-Determination): To define and name ourselves, as well as to create and speak for ourselves.



Ujima (Collective Work and Responsibility): To build and maintain our community together and make our brothers' and sisters' problems our problems and to solve them together.



Ujamaa (Cooperative Economics): To build and maintain our own stores, shops, and other businesses and to profit from them together.



Nia (Purpose): To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

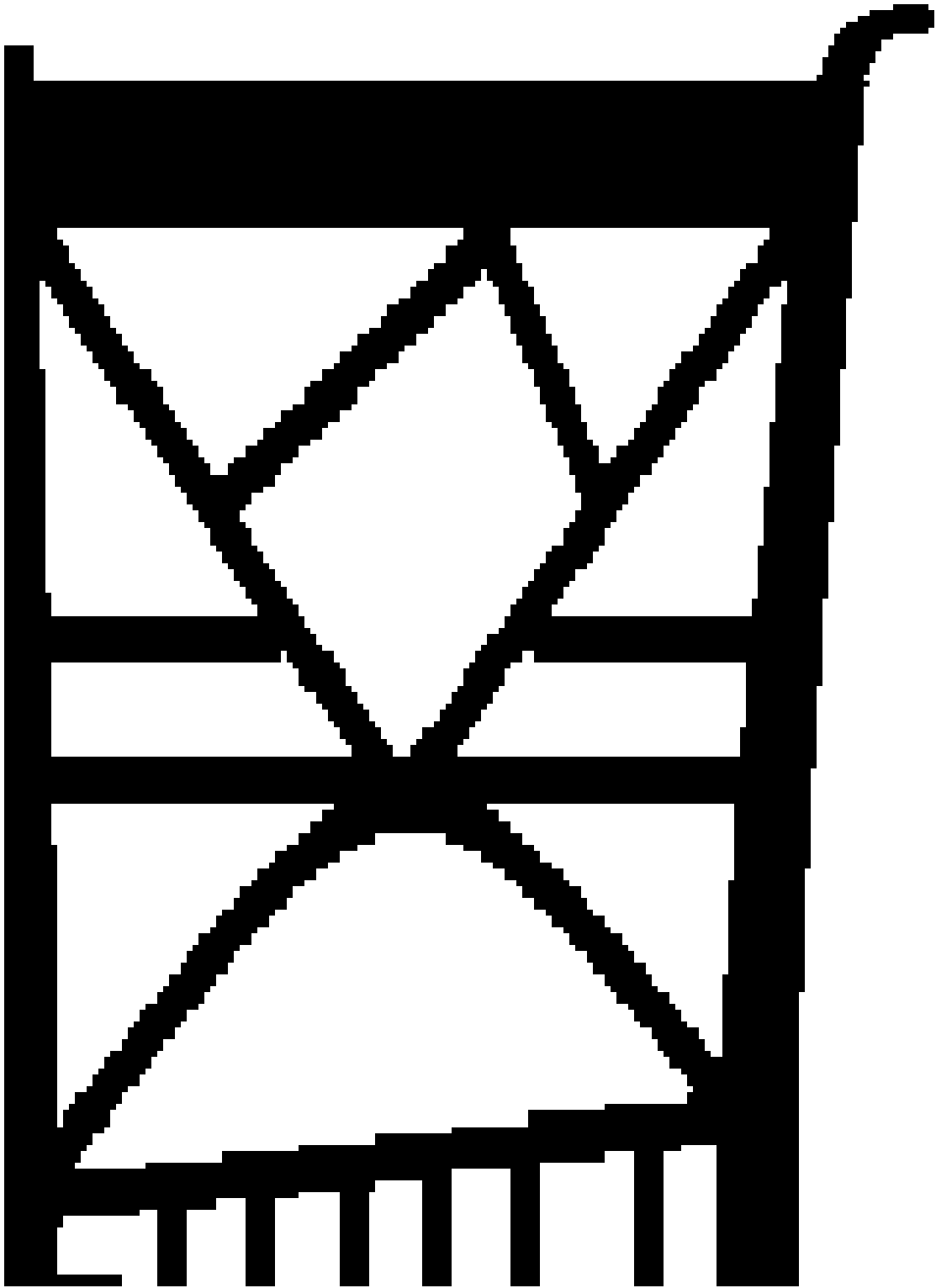


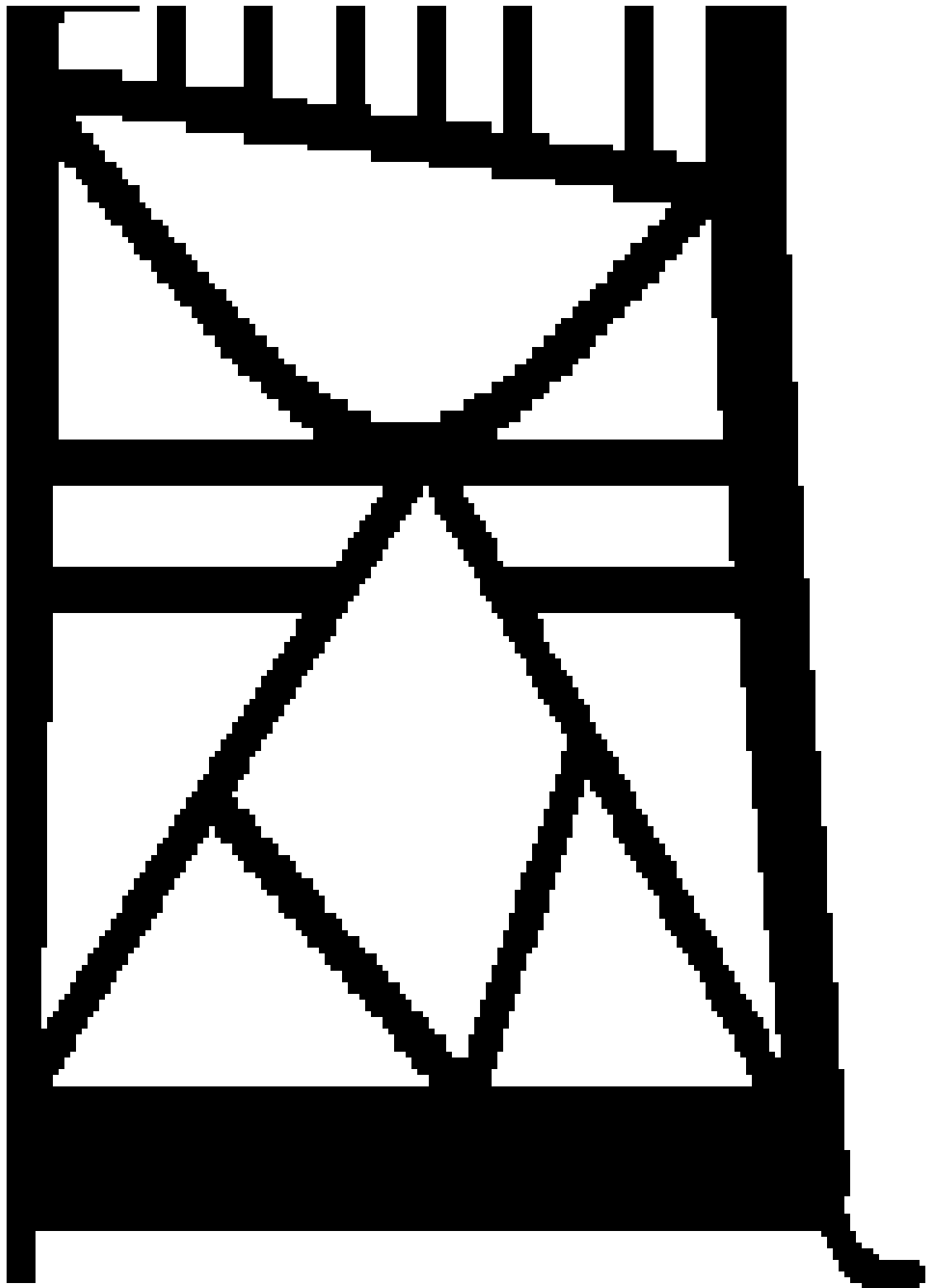
Kuumba (Creativity): To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.



Imani (Faith): To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.









Umoja



Kujichagulia



Ujima



Imani





Ujamaa



Nia



Kuumba

Our New Year

January 1

the Purpose:

To offer the opportunity for self-assessment—to encourage fresh hopes and good resolutions.

Unitarian Universalists:

Believe that we can all change and grow.



the Plan

GATHER

HEAR about Janus, the god with two faces.

BURN bad habits

MAKE "keys" to a successful New Year

MAKE a Janus book of blank pages for the coming year

CELEBRATE by making toasts with sparkling cider and singing Auld Lang Syne

CLOSURE

Planning ahead

- Copies of key template on card stock
- Yarn
- Sample Janus Book
- Copies of Janus template for tracing

- Construction paper
- printer paper
- pencils and colored pencils
- Cider and plastic goblets
- Optional—noise makers, confetti, streamers
- Set up to show video clips

Leader's Guide

Hear About Janus—A suggested conversation:

Meet the Roman God, Janus. Which of our months do you suppose was named after Janus? The ancient Romans held a New Year's festival in honor of Janus each year on January 1. He's the god who protected the gates and the doors of the city and homes. Do you notice anything funny about him? He has two heads! One to look backward and one to look forward. That symbolizes endings and beginnings.

In his right hand he holds a key with which to close the door of the old year and open the door of the new year. He holds a scepter in his left hand. That is a symbol of power.

Let's look back with Janus at last year. What were some of the good things that happened to you? (*Share*) Can you remember some unhappy parts? (*Share*)

How do you feel about yourself? Are there some things you'd like to change? Some habits you'd like to leave behind as you grow older? Many people make New Year's resolutions around this time, making promises to change something in the coming year. Today we have a chance to think about things we would like to change in the coming year. First, we will each write down something we want to change. Then we will burn (or destroy) them. Nobody needs to see what you write. I am going to write down something I want to change about myself, too.

Make "Keys" to a Successful Year:

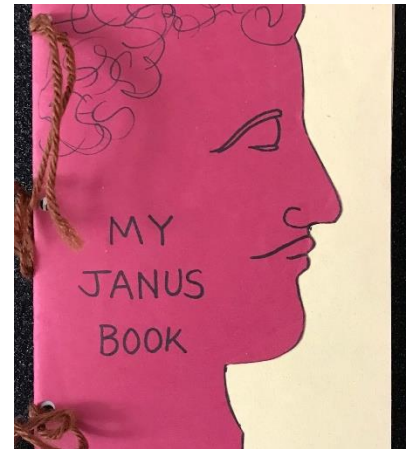
After burning or destroying the things you want to change, make "keys" to success in the new year. Have several copies of the key template on cardstock. Children can write down a hope

for the following year or a resolution on each key, and then use a piece of yarn to string their keys for success together. They can make as many keys as they like.

Make a Janus Book

Show the sample Janus book. Say “Here’s a book of blank pages representing the new year ahead. One head of Janus is at the front, and the other is on the back. Each of you may make a Janus book to keep and use in the coming year. You may put in whatever is important to you. You may want to put in pictures, things that happen, or plans and wishes.”

Have children trace the Janus template onto a folded piece of construction paper. After cutting it out, it should wrap around another folded piece of colored construction paper. Inside the colored paper, have three or four sheets of folded printer paper to make a booklet. Secure with hole punch and yarn ties on the sides.



Celebrate:

Share the UU belief statement:

“Unitarian Universalists believe that we can all change and grow.”

Celebrate with cider toasts. Sing or listen to Aulde Lang Syne. Optional--throw confetti and blow noise makers. Wish each other a Happy New Year!

Additional Resources:

Videos:

Janus: Symbol of the Day #16 (2:03)

<https://www.youtube.com/watch?v=LfD103e5RI>

Janus: The Relevance of the Roman Diety/Month of January (5:48)

WARNING This video has lots of great images and information, but there is an inappropriate scene between 3:58-4:11 you should skip over if you choose to show a portion of this.

<https://www.youtube.com/watch?v=JhWVyLw3Wg4>

Songs:

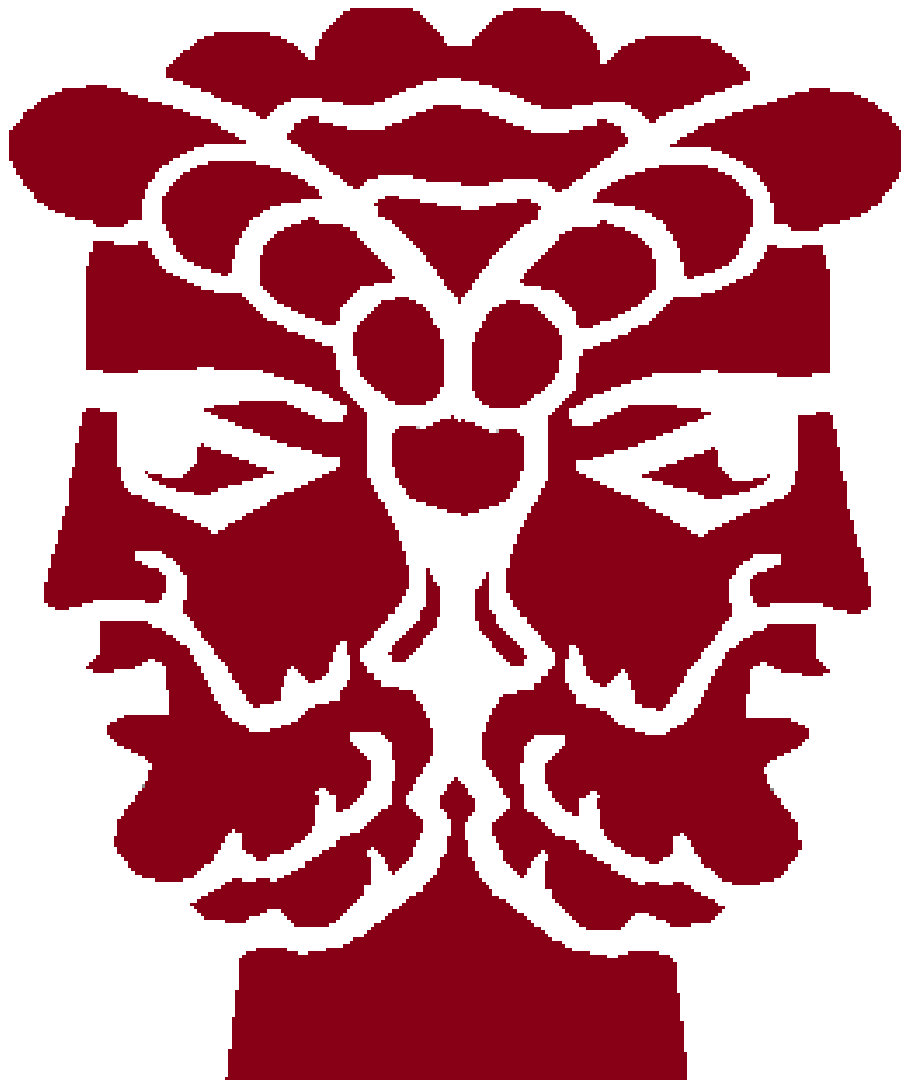
Auld Lang Syne--With Lyrics (5:07)

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

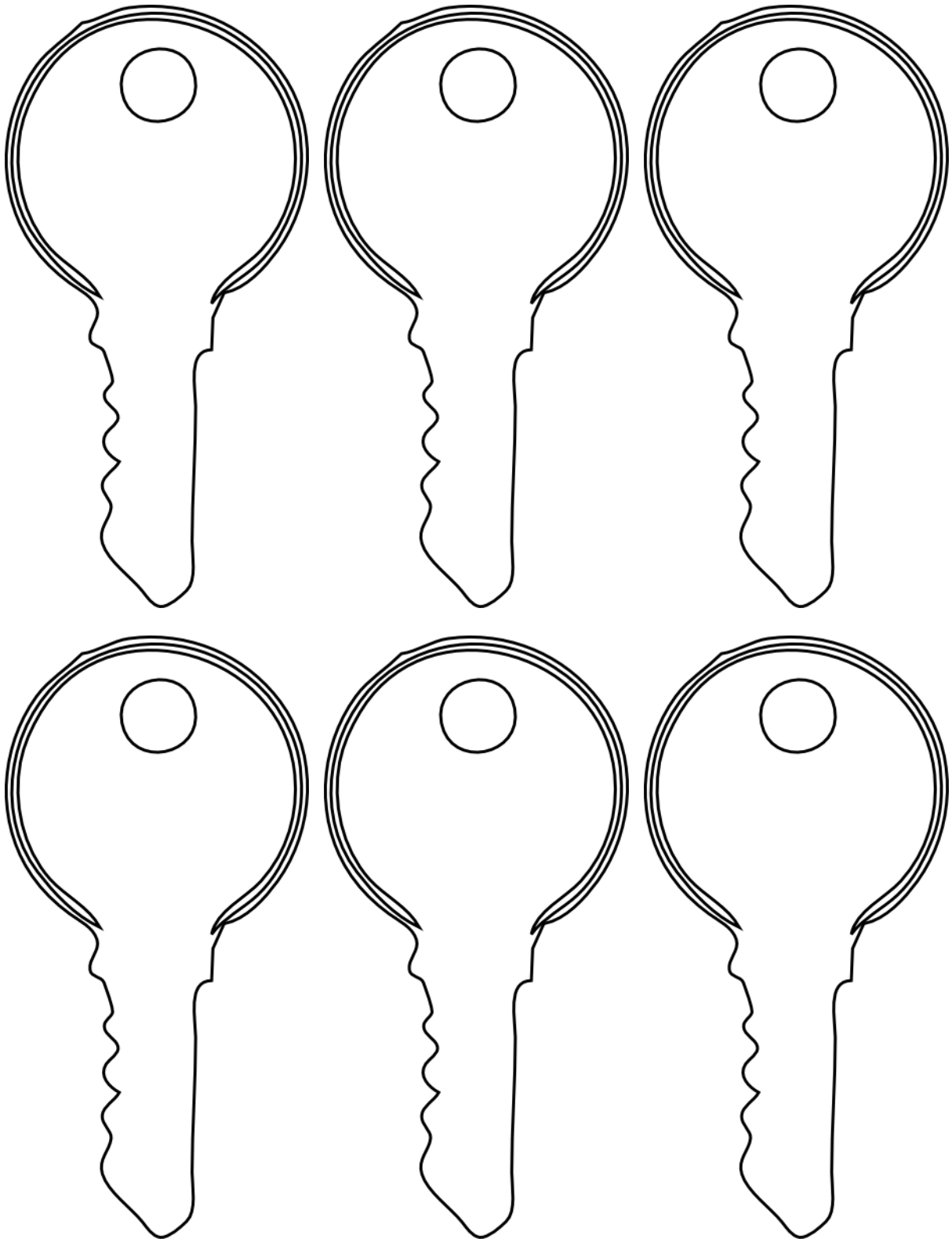
Auld Lang Syne—Royal Scots Dragoon Gaurds (4:00) featuring bagpipes and Scottish scenery

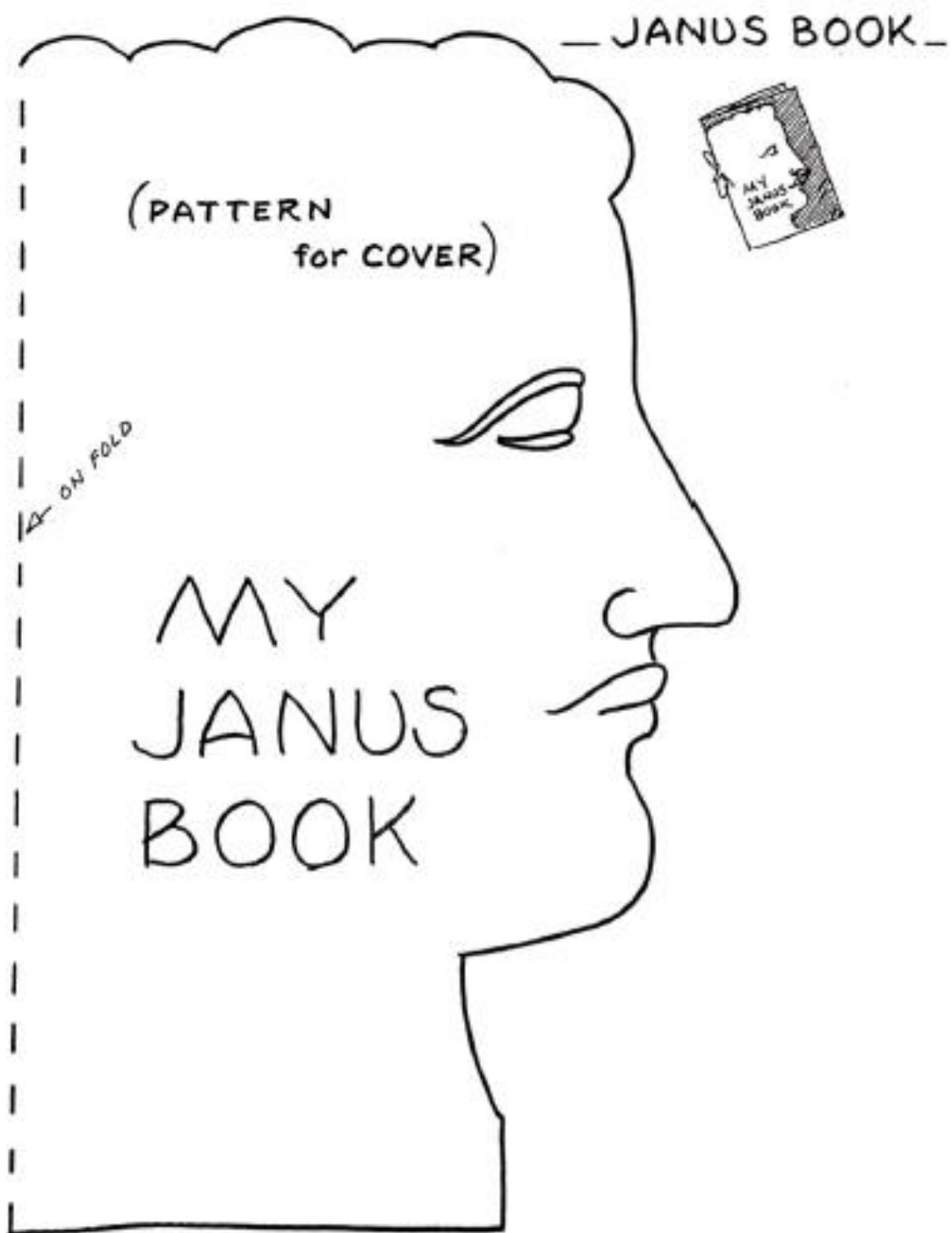
<https://www.youtube.com/watch?v=to1xT93IIUI>

Our New Year

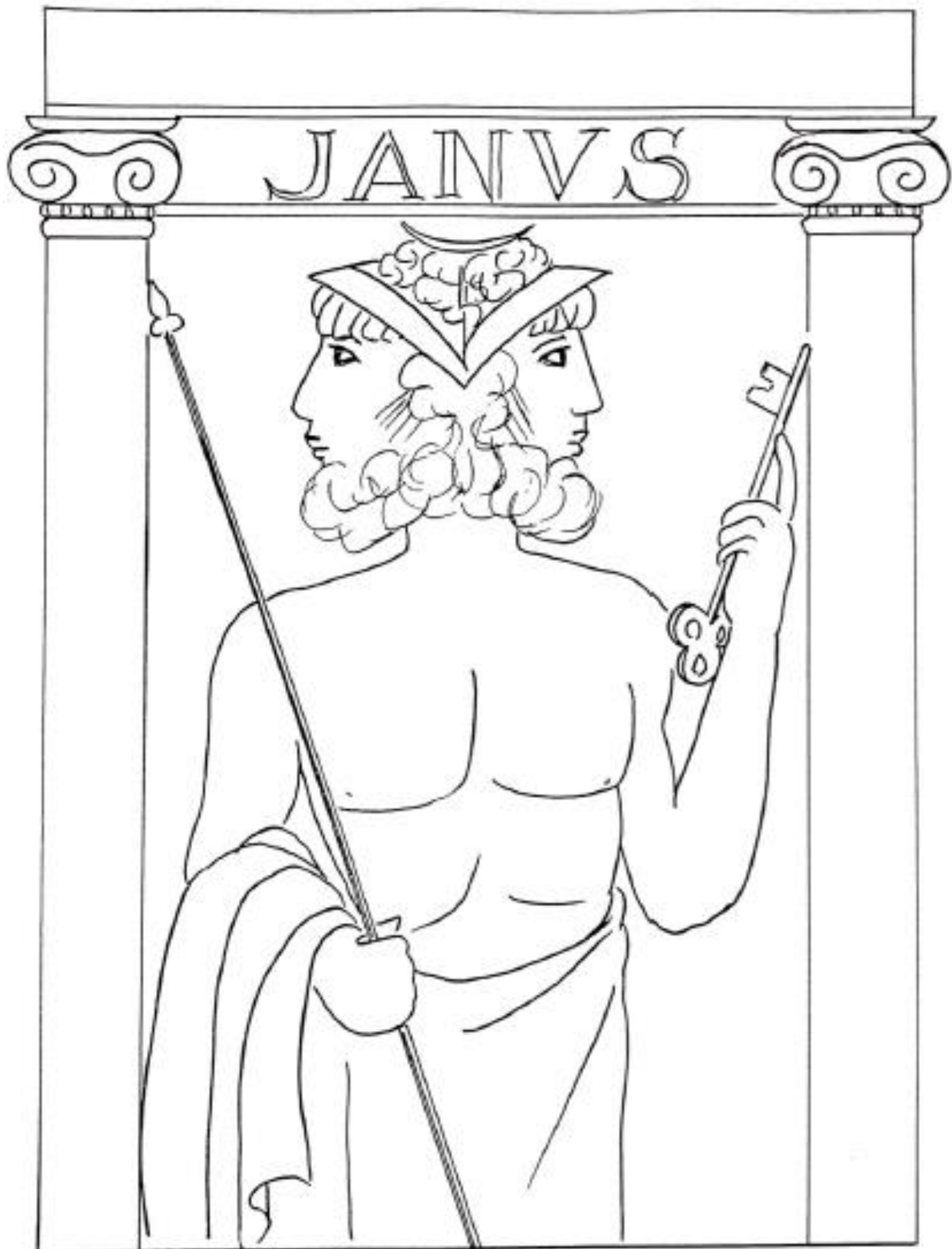


January 1





A SMALL PERSONAL ALBUM to HOLD PICTURES and
SPECIAL NOTES from EVENTS in the NEW YEAR AHEAD



Día de los Reyes

Three Kings Day

the Purpose:

To learn about Día de los Reyes and how it is celebrated in Spanish speaking parts of the world.



Unitarian Universalists:

Believe we each have wisdom and gifts to share with the world.

the Plan

GATHER

LEARN about el Día de los Reyes

MAKE a star decoration

PLAY find baby Jesus

CELEBRATE by making and sharing Mexican Hot Chocolate

CLOSURE

Planning ahead

- Kite paper or tissue paper squares
- Glue
- Baby doll or figurine
- Mexican hot chocolate mix
- Set of for video clips

Leader's Guide

Learn About Día de Los Reyes:

Have you ever heard the Christmas song “The Twelve Days of Christmas” and wondered what it was talking about? You may have assumed it referred to the twelve days leading up to Christmas—crunch time for holiday shoppers. But really, Christmas is the first day. The twelfth day of Christmas is actually January 6th.

The twelve days of Christmas end with the Feast of Epiphany also called "The Adoration of the Magi." According to the bible story, this is the day that three wise men (also known as magi) arrived in Bethlehem and saw the baby Jesus. They followed a star to find him, and brought gifts of gold, frankincense and myrrh. In some versions of the story, the three men are called kings, so this holiday is also called Three Kings Day. Because it is celebrated mostly in Spain, Latin America and Mexico, the Spanish name, Día de los Reyes or Day of the Kings, is often used.

Traditionally in many countries, children would not get excited about Santa Claus and December 25th, but knew it was the three kings who came bearing gifts on January 6th. The night before, children would put straw in their shoes or in boxes and set this out by the door to feed the king's camels. This is just like setting cookies or carrots out for Santa and his reindeer. In the morning, the straw would be gone and presents would be left in its place.

Other activities that take place during this time are like those of Christmas. There is caroling and feasting. In some places, trees are taken down and burned in a bonfire to celebrate.

You may want to share a story or video from the resource section at this point.

Make a Star Decoration:

A star plays a big role in the story of the three kings. If you celebrated Three Kings Day, you might hang a star in your window to help the kings find their way to your house. Let's make a star decoration to hang in the window.

Prepare several kite paper or thick tissue paper squares of the same size. Each child will need eight squares. Provide a sample for the children. Show them how to fold each square into a point for the star.

- Take the square and fold it in half, and then in half again to make a smaller square.

- Open it up. Your square should now be divided into four smaller squares. Take each point and fold it in to the midpoint of the square.
- Turn the square so that it looks like a diamond. Take the left point and fold it up against the center line making a sharp point at the top. Do the same with the right point. You should now have a kite shape that will be one of the eight points of your star.



After all the points are finished, show them how to glue the points together to make the star by putting glue in the lower right quadrant of the first point, and overlapping the lower left quadrant of the second point. Continue until all eight points are secured. An excellent tutorial is provided in the resource section.

Play “Find Baby Jesus”:

A traditional sweet to eat on Three Kings Day is Rosca de Reyes, translated as Kings Wreath. A baby figurine is baked inside the bread, and the lucky person who gets that piece gets to be king or queen for the day. Or, in some traditions the lucky finder gets to cook the next feast for the family! This bread is the inspiration for the game. Blindfold one child, then hide a baby doll somewhere in the room. Have the other class members take turns giving the blindfolded child directions to find the baby doll! The children can take turns giving a direction such as take 4 steps forward; 2 steps to the left, etc. Take turns blindfolding as time allows.

Celebrate:

Make Mexican hot chocolate. There are several recipes available, but most involve having minimally Mexican chocolate tablets and milk. Addition of cinnamon sticks and vanilla is nice as well. You can follow the directions on a pack of Mexican chocolate tablets or there is a link for a recipe in the resource section. You might also consider whipping up a large batch to share with the congregation during the coffee hour.

Since caroling is a common activity during Three Kings Day, depending on the interest in your group the kids may want to pick a favorite carol to sing during the coffee hour. Alternatively, enjoy your hot cocoa while sharing a story or video from the resource section.

Share the UU belief statement:

“Unitarian Universalists believe we each have wisdom and gifts to share with the world.”

Additional Resources:

Videos:

We Three Kings of Orient Are (2:43)—with lyrics and animation perfect for telling the story of the three kings

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

The Story of Christmas: Jesus and the Wise Men (3:30)

<https://www.youtube.com/watch?v=Zk1LhngROCM>

The Real Story of Three Kings Day (1:59)—a slightly irreverent description of the three wise men, good for older children

<https://www.youtube.com/watch?v=aMxq9LicQvg>

Books:

Three Kings Day, by Beatriz Zapater

Three Kings Day: A Celebration at Christmastime, by Diane Hoyt-Goldsmith

Websites:

Window Star Craft:

http://gardenmama.typepad.com/my_weblog/2010/01/as-the-snow-continues-to-fall-outside-of-our-windows-we-gather-together-at-the-table-to-create-waldorf-inspired-kite-paper.html

Mexican Hot Chocolate Recipe

<http://presleyspantry.com/2015/01/03/chocolate-caliente-hecho-con-agua-video/>

Día de Los Reyes



Three Kings Day

Fête Du Vodun

The Voodoo Festival

the Purpose:

To learn about the history of the Vodun religion and how it was brought to the Americas.

Unitarian Universalists:

Believe that all people should be free, in body mind and spirit.



the Plan

GATHER

HEAR about the Vodun Religion, and the spread of voodoo from Africa to the Americas

MAKE a "love" potion, UU style

PLAY voodoo-zombie freeze tag

CELEBRATE by watching footage from Benin's 2018 Fête Du Vodun

CLOSURE

Planning ahead

- Supplies for love potion
 - Empty small plastic water bottles
 - Food coloring
 - Glitter, colored sand, plastic confetti etc.
- Set up for showing video clip

Leader's Guide

Hear about the Vodun Religion:

What do you think of when you hear the word Voodoo? Though people may think of voodoo dolls, spells, potions or zombies, voodoo has actually gotten a bad rap in our society. Voodoo comes from the west African religion, Vodun, which means “spirit.” The roots of Vodun go back more than 6,000 years. Currently, there are at least 60 million followers of Vodun or Voodoo throughout the world, mostly in Africa and the Caribbean, though also in the United States particularly around New Orleans. Vodun is the national religion of Benin, and the Fête Du Vodun is celebrated each year on January 10.

Find Benin on the map. Show the video “Vodoun Gods” from the resource section.

Though Vodun holds that there is one supreme God, it also has hundreds of smaller spirits. It is an animist faith, which means natural occurrences and animals are all thought to have a spirit or soul. Rituals include drumming, dancing, chanting and sometimes animal sacrifice. The goal of the rituals is to make contact with the spirit world. This can be to ask for healing, prosperity, protection or to celebrate events such as births, deaths, and marriages. So, the “magic” of voodoo is not dark or evil, as it is sometimes portrayed, but the story of how Voodoo traveled across the Atlantic certainly is.

The town of Ouidah lies on the coast of Benin. It was here that between the 17th and 19th centuries that Portuguese, Dutch, French and English set up forts to defend their trade interests. What were they trading? People. Around Africa, slave traders rounded up men, women and children forcing them to walk in chains sometimes hundreds of miles to the town of Ouidah. Once there, they were made to walk around a supposedly magical tree of forgetfulness. Men had to walk around nine times, women and children walked 7 times. They were told this was to make them forget their names, families and old lives. Then they were locked in a dark room for weeks or months, before being packed onto ships for the long trip to the Americas where they were sold as slaves.

Today, an arched monument called “The Door of No Return” marks the spot where hundreds of thousands of Africans were marched onto slave ships, never to return.

Voodoo in the Americas has its strongest roots in Haiti. In the 1700’s many Africans were brought to Haiti to work on French plantations. Here they were baptized as Roman Catholic upon their arrival. Due to this, Voodoo in Haiti has incorporated some elements of Christianity.

Show picture of religious symbols in Haiti

This is also where the myth of the Zombie originated in the 1600’s. Haitian slaves were subjected to extreme brutality. They believed that death would release them to an afterlife where they would be back in Africa and free. But if they took their own lives, they would be

condemned to stay and work the plantation forever, as an undead slave, a soulless zombie. Over time, the mythology of the zombie became a part of voodoo, with Haitians believing that sorcerers called Bokor could reanimate the dead. It is in this form that the Haitian mythology of the Bokor, “Black Magic” and “Zombies” came into the United States and has now become popularized by stories like the zombie apocalypse. Let us remember that the true horror of the Zombie was born from the idea of being a slave for eternity.

Make “Love Potion,” UU style:

Most of the potions and charms of voodoo are aimed at healing, health, wealth or love. Unitarian Universalists often talk about the power of courageous love. What does that mean? If you were going to make a recipe for love, what would you put in it?

Help guide discussion towards ideas like compassion, trustworthiness, justice etc. Make a list of ideas with the class. Then, give each child a small plastic water bottle, with just a little water removed. Take out the glitter jar supplies, one at a time, and place each by the characteristic it represents. For example, gold glitter could be trustworthiness. Pink could be compassion. Use the list the children have come up with. You could even discuss as a class which items represent what qualities. Pass around the supplies and let the children add as much or as little of each quality to their jars.

Once the love potions are complete, do this meditation with the children. Have them shake up their love potion glitter jars and focus on them while you read these words from UU minister Alice Anacheke-Nasemann:

May we know our strength
May we be filled with courage
May our love flow from us into this
world.

Breathing in, we are the prayer

Breathing out, we are the healing

Breathing in, we are the love

Breathing out, we are the peace

Breathing in, we are the hope

Breathing out, we are the justice

May we know our strength
May we be filled with courage
May our love flow from us into this
world.

Play Zombie Freeze Tag:

Choose one player to be the Bokor. If the Bokor tags another child, they become a frozen zombie. Give another child a love potion bottle. This child can touch frozen zombies to unfreeze them. If the child with the love potion is frozen, any other unfrozen child can take the love potion and use it to unfreeze the zombies. The Bokor cannot take the love potion. The last person frozen by the Bokor becomes the Bokor for the next round.

Celebration:

Watch some excerpts from the 2018 Voodoo Festival.

Share the UU belief statement:

“Unitarian Universalists believe that all people should be free, in body mind and spirit.”

Additional Resources:

Videos:

Vodoun Gods on the Slave Coast (1:34)

<https://www.youtube.com/watch?v=0ywahsfokAE>

Voodoo Festival 2018 (25:00)

<https://www.youtube.com/watch?v=yKfI5MFroUY>

Websites:

<https://wiki.kidzsearch.com/wiki/voodoo>

<https://www.wanderlust.co.uk/content/dark-secrets-voodoo-in-benin/>

<https://www.ancient-origins.net/history-ancient-traditions/origins-voodoo-misunderstood-religion-002933>

<https://www.ranker.com/list/history-and-stories-from-haitian-zombie-voodoo-mythology/christopher-myers>

http://news.bbc.co.uk/2/hi/programmes/from_our_own_correspondent/5321484.stm

Fête Du Vodun



The Voodoo Festival



Door of No Return--Memorial Arch, Benin



Zangbeto, a voodoo guardian of the peace



Inside a Vodoun Temple, Benin



Religious Symbols of Vodoo and Christianity in Haiti

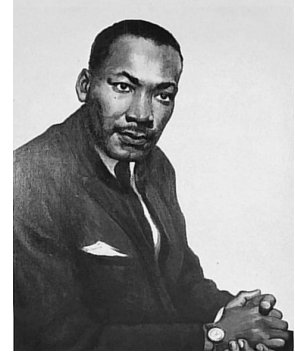


Voodoo Altar in the French Quarter of New Orleans

Martin Luther King Day

January 15th

the Purpose: To honor the birthday of Martin Luther King and learn about the continued struggle for racial justice.



Unitarian Universalists:

Believe in taking a stand against injustice.

the Plan

GATHER

DISCUSSION about Martin Luther King and the Civil Rights Movement

SHARE the story "Child of the Civil Rights Movement," by Paula Young Shelton and Raul Colon

LEARN about the Black Lives Matter movement.

MAKE hands posters

CELEBRATE by listening to the words of Martin Luther King, Jr.

CLOSURE

Planning ahead

- Poster board
- Construction paper-multicultural skin tones
- Markers

- Book “Child of the Civil Rights Movement,” by Paula Shelton and Raul Colon.
- Optional—black history month coloring pages
- Set up for showing video clip

Leader's Guide

Discussion About MLK and the Civil Rights Movement:

Many children will have heard about Martin Luther King, Jr. and Rosa Parks in school. Begin the discussion by asking them what they know already. Use the Civil Rights Movement timeline to help guide the discussion.

Share the Story: Read the story “Child of the Civil Rights Movement,” by Paula Young Shelton and Raul Colon. Use the story to continue and expand on the earlier discussion.

Learn About the Black Lives Matter Movement:

Begin by asking the children what they have heard about the Black Lives Matter movement. Then share a brief description of the movement and some of the events on the timeline provided, as deemed appropriate for your group.

In the resource section, there are several short video clips you can share, including one that explains why “All Lives Matter” is not an appropriate response.

***Black Lives Matter (BLM)** is an international activist movement, originating in the African-American community, that campaigns against violence and systemic racism toward black people. BLM regularly holds protests speaking out against police killings of black people and racial inequality.*

Make “Hands” Posters:

Have children make individual posters or a larger group poster. Trace and cut out hands in different skin tones. Add slogans such as “Black Lives Matter” or “We Shall Overcome.” Poster making may be a good time for the children to share their own experiences and observations, or to continue the discussion.

Celebrate:

Today we are celebrating the birthday of Dr. Martin Luther King, Jr.. Dr. King led protests all over the South. He was often put in jail, but he always told people to remain non-violent. White people joined the fight, too. They marched together with African Americans, joined in protests, sit-ins, hunger strikes and sang freedom songs. Sometimes when they were marching they were sprayed with fire hoses, or beaten, but they never became violent in return. Unitarian Universalists took part in the freedom marches, too. We're very proud of them. One of our Unitarian Universalist ministers was killed on a freedom march in Selma, Alabama. He was attacked by four angry white men. His name was Reverend James Reeb. Today, Unitarian Universalists continue to stand up for the rights of all people. We must remember that as far as we have come, the struggle for equality continues. Let's listen to the words of Martin Luther King:

Play MLK's "I have a dream" video clip.

<https://www.youtube.com/watch?v=fR-PRWhMGM>

Share the UU belief statement:

"Unitarian Universalists believe in taking a stand against injustice."

Additional Resources:

Videos:

Our Lives Matter PSA (2:01)

<https://www.youtube.com/watch?v=QUG811lqtRs>

the problem with saying “All Lives Matter”(2:07)

<https://www.youtube.com/watch?v=Fk7ikGW6VRg>

#HatchKids discuss #BlackLivesMatter(1:53)

https://www.youtube.com/watch?time_continue=10&v=zwknQ9yYtj8

MLK “I Have a Dream” (1:11)

<https://www.youtube.com/watch?v=fR-PReWhMGM>

Books:

Child of the Civil Rights Movement, by Paula Young Shelton and Raul Colon

Sit In: How Four Friends Stood Up by Sitting Down, by Andrea Davis Pinkney

Websites:

Black History Month Coloring Pages—It may be helpful to have some coloring sheets available for kids during the discussion or story time.

<https://www.scribblefun.com/black-history-month-coloring-pages/>

UUA Statement in Support of Black Lives Matter

<https://www.uua.org/action/statements/support-black-lives-matter-movement>

Brief Timeline of Civil Rights

1863 - The Emancipation Proclamation is issued by President Abraham Lincoln freeing the slaves in the rebellious Confederate states.

1896 - The Supreme Court rules that segregation is legal in the Plessy v. Ferguson case using the "separate but equal" argument.

1890s - Jim Crow laws become common in many southern states segregating blacks from whites.

1909 - The NAACP is founded by African-American leaders such as W.E.B. Du Bois and Ida B. Wells.

1954 - The Supreme Court rules that segregation in the schools is unconstitutional in the Brown v. Board of Education case, overturning the earlier ruling in the Plessy v. Ferguson case.

1955 - Rosa Parks is arrested for not giving up her seat on the bus. This sparks the Montgomery Bus Boycott which lasts for over a year. Eventually, segregation on the buses in Montgomery comes to an end.

1957 - Nine African-American students in Arkansas (nicknamed the Arkansas Nine) attend a previously all-white high school. Army troops are brought in to protect them.

1961 - The Freedom Riders protest by riding buses into the segregated southern states challenging their Jim Crow laws.

1963 - The Birmingham Campaign takes place in Birmingham, Alabama. Schoolchildren marching in non-violent protest are met with police dogs and fire hoses. Martin Luther King, Jr. is arrested and writes his famous "Letter from Birmingham Jail."

1963 - The March on Washington by over 200,000 protesters occurs. Martin Luther King, Jr. gives his "I Have a Dream" speech.

1964 - The Civil Rights Act is signed into law by President Lyndon Johnson. It outlaws discrimination based on race, national origin, and gender. It also outlaws segregation and the Jim Crow laws.

1964 - Martin Luther King, Jr. is awarded the Nobel Peace Prize.

1965 - Marchers in Selma, Alabama are met by police with tear gas. Several marchers are injured and the day is nicknamed "Bloody Sunday."

1965 - The Voting Rights Act is signed into law making it illegal to prevent any citizen from voting regardless of race.

1965 - President Lyndon Johnson issues an order requiring "Affirmative Action" in hiring minorities for federal government work.

1968 - Martin Luther King, Jr. is assassinated in Memphis, Tennessee.

Black Lives Matter Movement:

February 26, 2012--Trayvon Martin, 17, is fatally shot by George Zimmerman on a visit to the convenience store while visiting his father in Sanford, Florida. Zimmerman is not charged by Sanford Police. After a public outcry, Zimmerman is charged with second-degree murder and manslaughter. Zimmerman is later acquitted of murdering Martin and goes on to sell the gun he used to shoot the teen for \$250,000.

November 23, 2012--Jordan Davis, 17, and his three friends are stopped in a gas station parking lot to buy gum and cigarettes in Jacksonville, Florida. They are approached by Michael Dunn who shoots 10 rounds into their car, killing Davis.

July 14, 2013 --Patrisse Cullors re-posts a message about the acquittal of George Zimmerman in the murder of Trayvon Martin with the hashtag **#blacklivesmatter**.

July 20, 2013--First massive protest occurs for Trayvon Martin; over 1,000 people stage a sit-in in Times Square.

November 2, 2013--Renisha McBride, 19, knocks on the door of Theodore Wafer's home in the early hours of the morning after she is involved in a car crash in Detroit, Michigan. Wafer fatally shoots her through his door.

July 17, 2014--Eric Garner, 43, is killed by NYPD officer after being put in a chokehold on the side of the road. A bystander films the footage of the 43-year-old father gasping for air and saying "I can't breathe" before turning limp. The phrase becomes a key part of the Black Lives Matter movement. Protests erupt in New York after a grand jury fails to indict the officer despite the fact that the city's medical examiner rules Garner's death a homicide.

August 5, 2014--John Crawford, 22, is shot dead by police after being seen with a toy gun, which he picked up in at a Walmart in Ohio. He and his girlfriend were at the Walmart store in Beavercreek, Ohio, to pick up crackers, marshmallows and chocolate bars for a family gathering.

August 9, 2014--Michael Brown is killed in Ferguson, Missouri. A state of emergency is declared in Missouri after protests. Black Lives Matter Freedom Riders take buses to Ferguson Missouri in support of protestors. Solidarity protests break out in cities across the country in support of the Ferguson protestors

August 11, 2014--Ezell Ford, who according to his family has a mental disability, is killed by Los Angeles police officers while walking in the street. An autopsy shows Ford had been shot in the back at close range.

August 30, 2014--Protests in St. Louis stop traffic for 4 1/2 hours as a symbolic tribute to the amount of time Brown spent lying in the street.

November 16, 2014 --Hundreds of protestors stay a die in to symbol the 100 days that have passed since the death of Brown.

November 23, 2014--Tamir Rice, 12, is shot by a police officer after carrying a toy gun in Cleveland, Ohio. A call is made to police. The caller says the gun is "probably fake." Within seconds of arriving on the scene, police kill Rice. A Cleveland grand jury declines to bring charges against the police officers.

November 26, 2014 --Protestors shutdown the 101 in LA. The Black Youth Project stage a sit-in outside Mayor Rahm Emanuel's office.

December 4, 2014 --Thousands of protestors in NYC block traffic, shutdown Manhattan and the Brooklyn Bridge.

December 8, 2014--Lebron James, Kobe Bryant and the LA Lakers wears an #ICan'tBreathe shirt in solidarity during a basketball game.

February 1, 2015 --The African American Policy Forum releases document on the deaths of black women by police brutality and coin the hashtag **#SayHerName**

April 12, 2015—Freddie Gray runs after seeing police in Baltimore, Maryland. The 25-year-old is arrested for possessing what they describe as an illegal switchblade. Requests for his inhaler are ignored. He is put into the police vehicle without a restraint, against police policy. While being transported in a police van, he falls into a coma from injuries to his spinal cord. Demonstrators protest in the streets and the National Guard is dispatched.

June 2015—The Unitarian Universalist Association General Assembly called an Action of Immediate Witness in support of the Black Lives Matter Movement

July 13, 2015—Sandra Bland, 28, is found hanged while in police custody in Texas. She had been pulled over for a minor traffic violation.

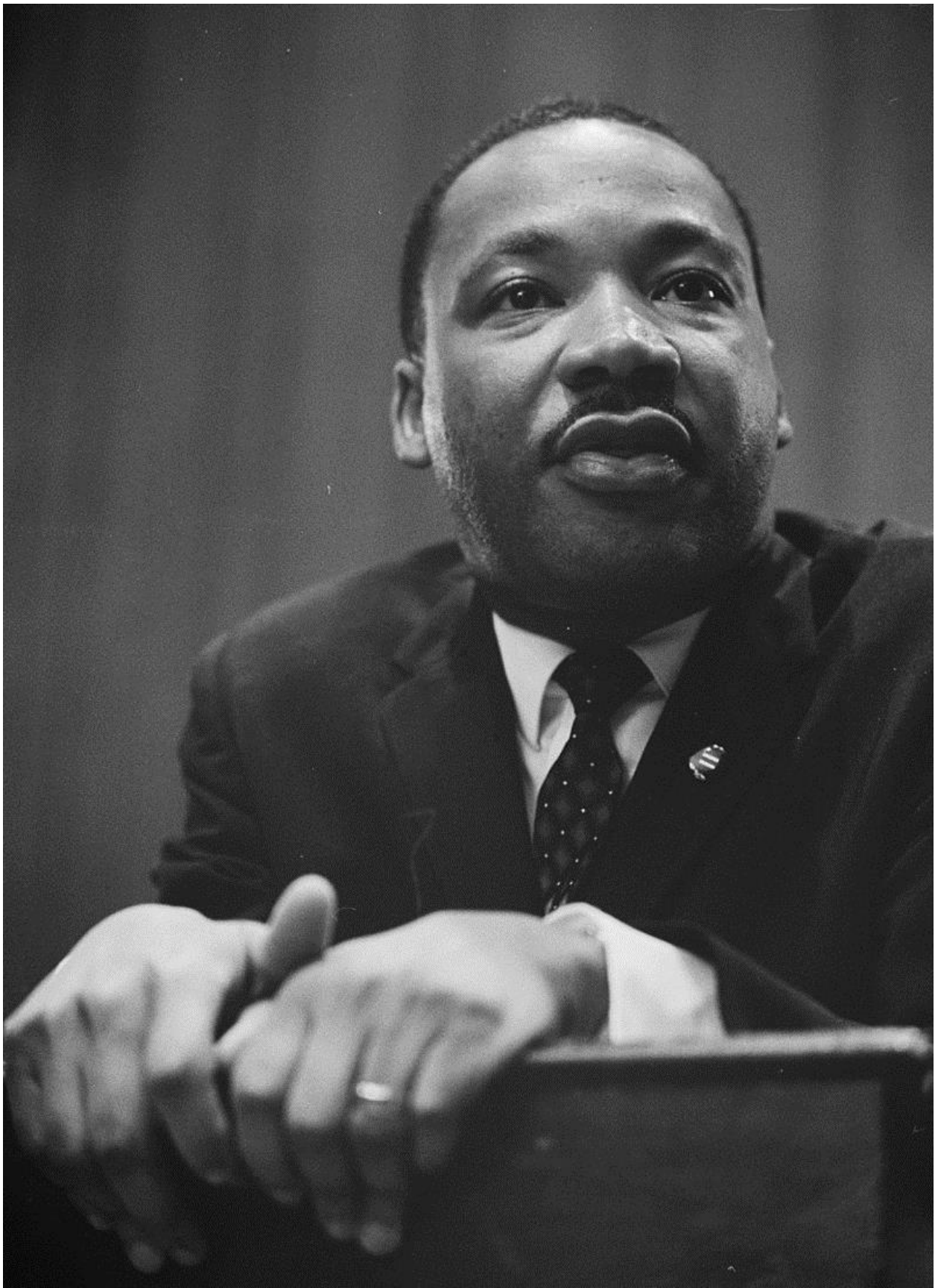
July 5, 2016—Two videos capture the moment Alton Sterling, 37, is pinned down to the ground and shot five times in the chest at close range by police outside a convenience store at Baton Rouge, Louisiana. Police call for calm after major protests kick off in Baton Rouge after the video is released. Federal authorities say they will handle the investigation, led by the Department of Justice's civil rights division.

July 6, 2016—Diamond Reynolds uses Facebook Live to stream the murder of her boyfriend Philando Castile being shot by police in Minnesota while reaching for his wallet after being pulled over. Castile later dies in hospital. The video has been viewed more than 5.6 million times.

August 26, 2016—Jennifer Lee Chan of Niners Nation tweeted out a photo of the anthem. The story gained national attention later that night and the 49ers released a statement confirming Kaepernick sat for the anthem. Kaepernick told the media after the game he sat because of the oppression of people of color and ongoing issues with police brutality.

August 11, 2017—Chanting, “White lives matter!” “You will not replace us!” and “Jews will not replace us!” several hundred white nationalists and white supremacists marched as part of a Unite the Right rally at the University of Virginia that resulted in violence and three deaths. Members of the Black Lives Matter movement stage a counter-protest.

2018 . . .



Martin Luther King, Jr. 1964

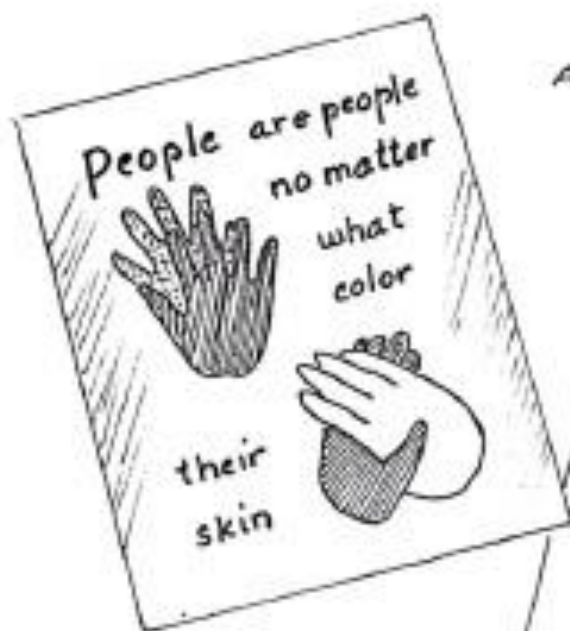


ROSA
PARKS



MARTIN
LUTHER
KING, JR.

MAKING "HANDS" POSTERS



A VISUAL STATEMENT
OF FEELINGS



Royal blue or bright yellow green make good backgrounds

Give the children all the colors of construction paper that could represent skin tones of various races. They could compare their own skin colors.

Trace around their own hands in various positions on different color papers. Cut out.

Fold into positions for three-dimensional effect if desired. Arrange and paste on colorful poster paper. Write their own slogans and add.

OR *one poster could be made by the whole class with slogans such as WE SHALL OVERCOME or WITH LIBERTY AND JUSTICE FOR ALL.*

Imbolc/Candlemas

Saint Brigit's Day

the Purpose:

To learn about The Wheel of the Year and celebrate the coming spring.

Unitarian Universalists:

Believe in celebrating the rhythms of the natural world.



the Plan

GATHER

LEARN about Imbolc, Saint Brigid, and Candlemas

DECORATE a Wheel of the Year

MAKE a Brigid doll or cross

CELEBRATE with a nature walk looking for signs of spring

CLOSURE

Planning ahead

- Copies of Wheel of the Year page
- Corn husks or straw for dolls
- Straw or pipe cleaners for crosses
- Yarn
- Poppy seed muffins or another seedy treat.
- Set up for showing video clip

Leader's Guide

Learn About Imbolc:

Do you know what holiday is celebrated on February 2nd? In the United States, this is Groundhogs Day. What happens on Groundhogs day? According to the superstition, if the Groundhog comes out and sees his shadow, he will go back to his den and we will have 6 more weeks of winter. If he doesn't see his shadow, then spring will come early. But where did this tradition come from?

Imbolc is an ancient Celtic celebration from Ireland. It is celebrated by some modern day pagans and Wiccans around February 1. It is one of eight celebrations on the Wheel of the Year.

Show the Wheel of the Year Page—you may want to have children decorate their wheel during this discussion.

The Wheel of the Year is based on the cycle of seasons and is marked by four Quarter Days, or Lesser Sabbats, and four Cross Quarter Days, or Greater Sabbats. So basically every 6 weeks is a holiday. Let's take a quick look at each of these dates.

At this point you could discuss the dates below or show the video clip "An Introduction to the Wheel of the Year" from the resource section.

1. Yule—this is the winter solstice, the shortest day of the year. We celebrated Yule with a yule log and wassailing.
2. Imbolc—around February 2, this marks the midpoint between Yule and Ostara, between the first day of winter and the first day of spring. This is when we start looking for signs of spring, like crocuses and groundhogs. We will talk more about Imbolc in a bit, since it is the focus of today's lesson.
3. Ostara—the spring equinox. Days and nights are equal length. This is around the Christian celebration of Easter, and the tradition of dyeing eggs and Easter bunnies comes from this more ancient celebration.
4. Beltane—This marks the midpoint between the first day of spring and the first day of summer. It is characterized by bonfires and fertility rites.
5. Litha or Midsummer—This is the summer solstice, or the first day of summer. It is the longest day of the year.
6. Lammas or Lughnasadh—this marks the first harvest of the year.
7. Mabon—this is the fall equinox, or the first day of fall.
8. Samhain—This is considered to mark the new year on the wheel. It is the midpoint between the beginning of fall and the start of winter. It is also around our celebration of Halloween.

Now let's talk some more about Imbolc. During Imbolc, spring is just around the corner. People looked forward to the coming of longer days and the planting of crops. The Celtic fire and fertility goddess, Brigid was honored. Brigid was the patron goddess of smithery, healing, midwifery and poetry. During Imbolc, girls would make dolls of straw or rushes called brideog dolls. They would be decorated in white with flowers. Brigid crosses were made from rushes or wheat stalks and placed at entrances to welcome Brigid. They were thought to bring protection and prosperity for the coming year. A fire was lit in every hearth, or a candle was lit in each room.

Another tradition that falls at this time of year is Candlemas. Candlemas is a celebration also known as "The Feast of The Presentation of our Lord" or "The Feast of the Purification of the Blessed Virgin Mary." It falls on February 2nd and represents the presentation of Jesus to the temple and the purification of Mary, 40 days after his birth.

When Christianity spread to Ireland, the people already had a set of traditions and beliefs. Over time, Saint Bridget's Day became the Christian holiday celebrating Saint Bridget, an Irish nun who was said to have performed miracles. Conveniently, this fit in with the local celebrations of Brigid the Goddess and Imbolc.

Coming back to Groundhog Day, there was a Celtic belief that on Imbolc Brigid's snake would emerge from the womb of mother earth to test the weather. In some Christian traditions, Candlemas was associated with a badger coming out to test the seasons. It wasn't a huge leap to go from Badger in Europe to Groundhog in the United States.

Whether celebrating Imbolc, Saint Bridget, Candlemas or Groundhog's Day, this is a time when we look forward to the coming spring with anticipation. It is a time for spring cleaning. It is a time of rebirth.

Decorate the Wheel of the Year:

Use the Wheel in this curriculum or go to the links in the resource section to find printable wheels and crafts. You may want to use the Wheel as a coloring page to keep children engaged while learning about The Wheel of the Year and Imbolc.

Make Brigid Dolls and Crosses

A Brigid Doll can be made from corn husks or straw. For the corn husk doll, you will also need yarn and a bit of cotton. Directions and tutorials can be found in the resource section. Print out a picture of whichever doll you choose to do, to help the children picture it.

Though traditionally made of reeds, a Brigid Cross can be made of straw or even pipe cleaners. Directions and tutorials can be found in the resource section. The tutorial video may be especially helpful.

Celebration:

Go on a nature walk looking for signs of spring.

When you return, have a snack of poppyseed muffins or some other seed containing treat. Ask the children “Why do you think we are celebrating Imbolc by eating a treat full of seeds?”

This would also be a good time to show the music video clip of Imbolc.

Share the UU belief statement:

“Unitarian Universalists Believe in celebrating the rhythms of the natural world.”

Additional Resources:

Videos:

An Introduction to the Wheel of the Year (12:22)

<https://www.youtube.com/watch?v=i4MwieL9kLs>

Lisa Theil—Imbolc (4:29)—a lovely music video

https://www.youtube.com/watch?v=Y3jcKOQe_HA

St. Brigid's Cross Tutorial (4:52)

<https://www.youtube.com/watch?v=1eDUXepmNLY>

Books:

The Wheel of the Year, by Aurora Lightbringer

Websites:

About Imbolc

<https://www.claddaghdesign.com/special-days/all-about-imbolc/>

Brigid Corn Husk Doll and Cross

<https://www.thoughtco.com/crafts-for-imbolc-sabbat-4125178>

Brigid Straw Doll

<http://colorful-crafts.com/how-to-make-a-brigid-doll-straw-doll/>

Brigid Cross with Pipe Cleaners

<https://www.irishamericanmom.com/how-to-make-a-st-brigids-cross-using-pipe-cleaners/>

Wheel of the Year Coloring Page

http://www.dragonkingdoms.com/ColoringBook/wheel_of_the_year_coloring_page.htm

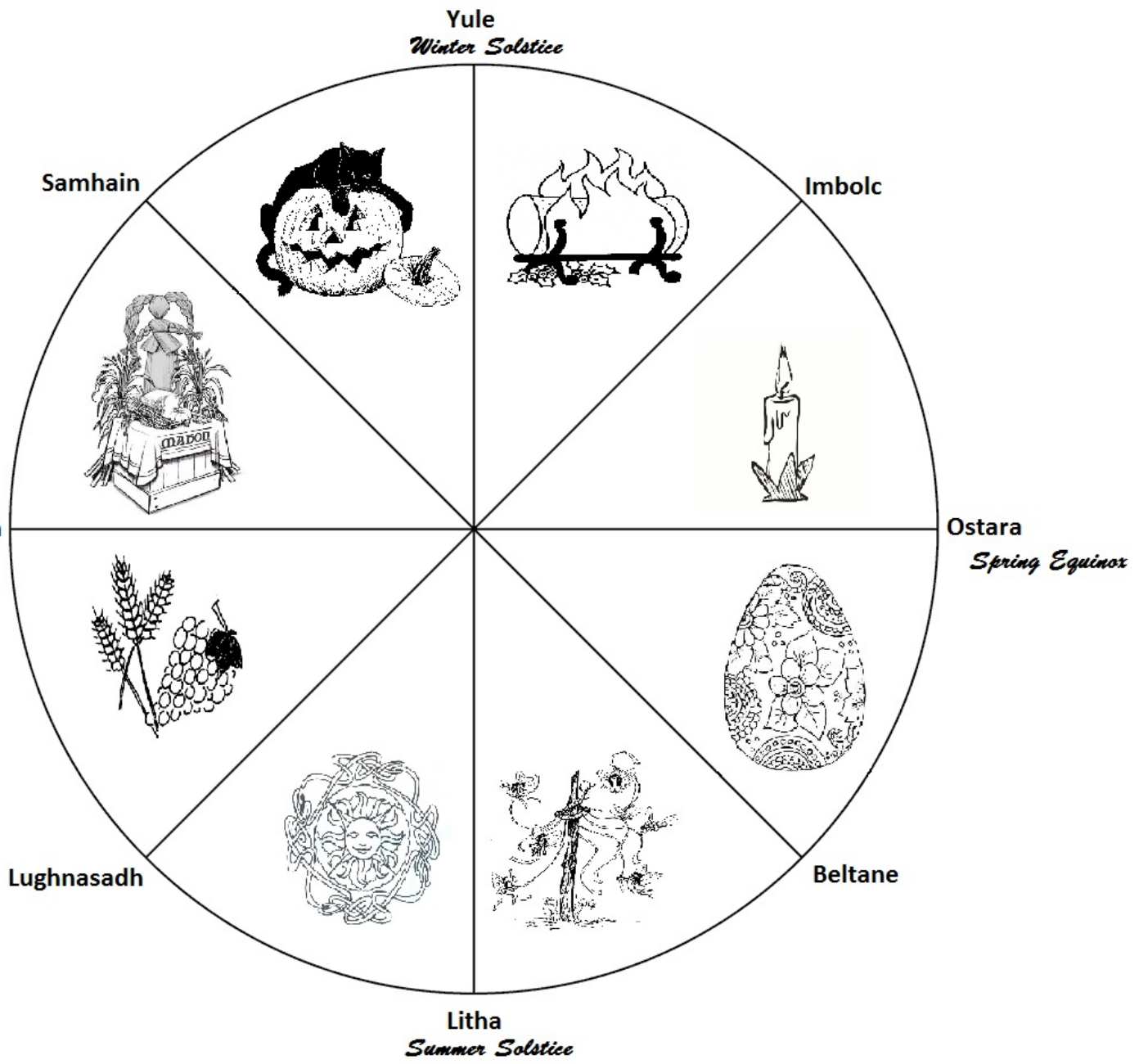
Imbolc



Candlemas



Saint Brigit's Day



Wheel of the Year



Chinese New Year and Dragon Celebration

the Purpose:

To celebrate Chinese New Year and hold a Dragon Parade



Unitarian Universalists:

Believe that we can all help to make good things happen, and that our ideas about god may change as we grow.

the Plan

GATHER

HEAR the story of the Kitchen God

DECORATE symbols of kindness

HEAR about the totem Dragon

MAKE Chinese dragon for the parade

CELEBRATE with a dragon parade through the coffee hour

CLOSURE

Planning ahead

- Supplies for kindness symbol
 - Colored paper
 - Plain paper

- Markers
- Glue sticks
- Sample
- Supplies for totem dragon
 - Drawing of simple snake
 - Copy of totem cards
 - Markers
- Supplies for dragon parade
 - Construct box head of dragon ahead of time
 - Old white or light colored sheet that can be colored on
 - Construction paper
 - Tissue paper
 - Tape
 - Glue
 - Copies of small good luck symbols on red paper cut out
- Supplies for the table
 - Picture of Kitchen God
 - Optional--tangerines, apples, rice incense, pine branch
- Set up for showing video clip

Leader's Guide

Hear The Kitchen God Story:

Happy New Year! We celebrate our New Year on December 31, but the Chinese New Year comes at this time of year. It falls on the second new moon after the winter solstice, and the celebration lasts 15 days!

When people celebrate the Chinese New Year, they are careful to avoid doing anything that might cause bad luck. They clean their houses, as it is supposed to be bad luck to have any dust in the house on New Year's Day. Red is considered a lucky color, so children wear red during the holidays. People give children gifts of coins wrapped in red paper and write lucky sayings on red paper to put on walls and doors.

Hang up sign of lucky sayings

Direct children's attention to the items for the altar

People prepare a family altar in their homes for a special New Year's ceremony. They use red candles for luck. Tangerines are used because the word in Chinese sounds like the word for lucky. The word for apples sounds like the word for peace. They may put a pine branch on the altar for long life, and flowers for growth. If a blossom opens on New Year's Day, it is supposed to be a sign of a good year to come. Different flowers have different meanings—peach blossoms for long life, peonies for wealth, narcissus for good fortune, and of course any red flower is especially good. Rice is also placed on the table, in thankfulness for food in the last year, and a hope for plenty in the new year. Incense is also placed on the altar.

A week before New Year's Day, families plan a farewell to their Kitchen God. A picture of the Kitchen God has been hanging near the stove all year. This god is said to have been watching the behavior of the family all year. Now it is time to be sent to heaven to report on the family. The family will burn the picture of the Kitchen God so he can travel to heaven in the smoke, but first they smear something sweet, like honey on his lips, in hopes of a sweet report. After one week, the Kitchen God returns on New Year's Eve to watch over the family for another year, and a new picture of the Kitchen God is hung.

Here is one story that might explain how the Kitchen God came to be. It is called "Chang Kung and the Golden Secret"

Chang Kung was a good and kind grandfather with a very large family. His house was full of people all the time. There were so many in his family, that his house had become a collection of houses side by side in a big circle around the yard. The unusual thing about this huge family was that no one ever quarreled. The children never fought, the grown-ups never got mad, parents never scolded their children. Stories about this large and peaceful family spread, until even the Emperor heard them. He rode to Chang Kung's house in his chair, carried on the shoulders of four men dressed in red. The Emperor visited each of Chang's houses, and spoke to each family member. Finally, he said to Chang Kung, "It is true that no cross words are spoken within your walls. You must have a golden secret in order to keep so many people living together in such peace. I would like to know your secret." So old Chang Kung took a brush and ink and a bamboo tablet and wrote one word. He wrote it over and over again. The Emperor said, "You have written many words, but at the same time you have written only one word." To this, Chang Kung replied "That one word is my golden secret. That one word is kindness. Over and over again without ending." The Emperor was so pleased he called for all the families of China to learn this secret. He had pictures of Chang Kung made so people could hang them in their kitchens to remind them to keep the golden secret.

That is the story of Chang Kung. Perhaps people began to believe that he was a god, because he was so good, and that if he was a god, he was watching over how their family behaved. There are still many people today that celebrate the old custom of honoring the Kitchen God.

Decorate Symbols of Kindness:

Provide each child with a rectangle of white paper, about 4"x8". Hang the kindness symbol up where everyone can see it. Using a marker, each child can make their own kindness symbol. Using glue sticks, mount the kindness symbol on a colorful background.

Hear about the Totem Dragon:

Each year Chinese New Year ends with a dragon parade. The dragon is seen as a symbol of good fortune. Here is a story about how the Chinese Dragon came to be:

In very ancient times, people of China didn't live in cities and towns, but had tribes. Each tribe had its own totem animal. One of the most powerful tribes had chosen a snake as its totem animal. Every time it conquered another tribe, it added parts of that tribe's totem to its own snake totem. We can turn this snake into our totem dragon.

Have the outline of the snake on wall. Have children take turns drawing totem slips and using a marker to add their totem to the snake.

Years went by and people began to believe that the totem dragon was real and had magical powers. They believed the dragon could be invisible, could bring rain, luck or wealth. Some began to worship the dragon. Later, when emperors ruled China, each claimed to be the "Heavenly Son of the True Dragon." Today, Chinese people do not worship the dragon, but many still see it as a sign of good fortune.

Make Chinese Dragon for the Parade:

Use the instruction page to assemble your dragon. It is helpful to have the cardboard box head constructed ahead of time, and have the children work on decorations. Some children can work on the features of the head, others can work on decorating the body sheet.

If time allows, you may want to show the video clip of the dragon parade.

Celebration:

With one child under the dragon's head, and the rest in line under the sheet, parade the dragon through the coffee hour. Pass out small good luck symbols printed on red paper to the congregants. Afterward, return to the class to clean up and close.

Share the UU's belief statement:

“Unitarian Universalists believe that we can all help to make good things happen, and that our ideas about god may change as we grow.”

Wish everyone good luck and happiness in the New Year!

Additional Resources:**Videos:**

San Francisco Chinese New Year Parade 2012 (3:02)

<https://www.youtube.com/watch?v=XiFeXRxA1vM>

Books:

Happy, Happy Chinese New Year, by Demi

Websites:

Year of the Dragon

<https://chinesenewyear2018.com/zodiac/dragon/>

Chinese New Year



and

Dragon Celebration

LET'S CREATE a "TOTEM" DRAGON!



Draw a simple snake on chalkboard, newsprint or wrapping paper.

Your totem is
a DEER



add ANTLERS
to the snake.

Your totem is
a GOAT



add WHISKERS
to the snake.

Your totem is
a CAMEL



add a NOSE
to the snake.

Your totem is
a FISH



add SCALES
to the snake.

Your totem is
an EAGLE



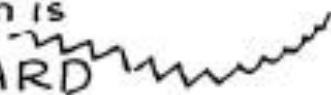
add CLAWS
to the snake.

Your totem is
an OX



add EARS
to the snake.

Your totem is
a LIZARD



add a SPINE
to the snake.

Your totem is
a RABBIT



add an EYE
to the snake.



MAKING the DRAGON



Start with 2 cartons or 1 carton and cardboard to form snout.



Attach with heavy tape

open end view

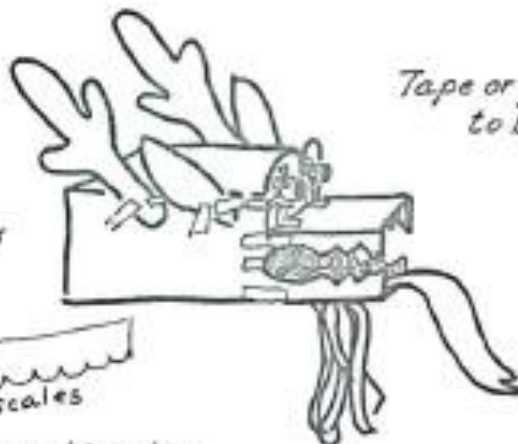


Try on youngster. Cut hole for vision thru 2 layers using serrated steak knife.



With serrated knife cut mouth-teeth.

Cut out yellow posterboard antlers, 2 red eye supports □□, 2 red ears ○○, a red tongue (maybe from cloth?), green crepe paper whiskers, and paper or styro cups for eyes.



Tape or glue all to boxes.



With paste and brushes or glue sticks (applied to head) cover box-head with scales.

Add red and orange fire around the mouth.



With markers draw scales on cloth. Attach cloth to box with plenty of strong package tape and/or paper fasteners

For sparkle, add designs or bits of gold and silver paper to the head.



Decorate with rosettes and colorful streamers.

copyright 1983 Brotman - Marshfield

Dragon 5

Adapted from Chinese Culture Kit of Boston Children's Museum

帆風順

FAIR WINDS - SMOOTH SAILING

發財

PROSPERITY

福

GOOD LUCK

快樂

HAPPINESS

The Golden Secret: Kindness





Kitchen God

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Powamu

Hopi Bean Planting Ceremony

the Purpose:

To awaken children's reverence for the gift of life through a bean planting ceremony; to introduce Hopi religious beliefs



Unitarian Universalists:

Believe that no one really knows for sure what is beyond death.

the Plan

GATHER

HEAR the Hopi story of Kachinas and Powamu

MAKE Kachina style figurines

CELEBRATE with a bean planting ceremony

CLOSURE

Planning ahead

- Supplies for Kachina Dolls
 - Copies of kachina doll template
 - Coloring/decorating supplies
 - Toilet paper tubes
 - Scissors
- Supplies for bean planting
 - Bean seeds

- Cups of potting soil
- Pitcher of water
- Bowl of cornmeal
- Set up for showing video clip

Leader's Guide

Hear Hopi Stories:

The Hopi are a Native American tribe living in the southwest. They live in Arizona, on high mesas—flat topped mountains. They farm corn, beans and squash, but the ground is hard and rocky, and sometimes there is not much rain. In winter, there can be great blizzards, but the winter months can also be fun for children, because this is when the older people of the village tell stories. They tell stories about the beginning of the world, about the kachinas--the ancestor spirits, and about what happens when we die. Here is a Hopi story.

In ancient times people did not live on our earth—they lived in the world below. They lived in the lower world in happiness. Corn grew, and water flowed in the springs. Then people began to quarrel. People with good hearts decided to leave and find a place to start a new life. They had heard that somewhere above there was another world. They called upon the blackbird to fly up into the sky and look for an opening to this world, but the blackbird could not fly high enough. Next, they sent a hummingbird, who made it to the opening, but was so tired it had to come back. Finally, they sent a mockingbird, which flew up and out into a beautiful country of great mesas. It flew back and reported the news. “How will we ever reach the opening in the sky?” the people wondered. They sent for the chipmunk to help them. He planted a spruce tree to serve as a ladder, and he gave the people a song to sing to make the tree grow. It grew, but it was not tall enough. Then he planted a pine seed, again it grew, but not high enough. Finally, the chipmunk planted a reed. By the spirit of singing they made the reed grow straight and tall, right through the opening into the sky.

Now Grandmother Spider came to them. *(Show Grandmother Spider Page)*

She had always been present on the earth. It was she and father sun who created the world in the beginning. Sometimes she took the form of an old woman, sometimes the form of a spider. Now she said, “I will climb up the reed and hold it at the top for you, so it does not shake.” And she did. When all the people had climbed up and out into the world above, she helped guide them as they wandered, settling into villages.

To the west of the mesas, near the mountains, they saw kachinas in bright clothes and feathers. *(Show Kachina Pages)*

The people sent a young man to find out who the kachinas were. A kachina said, "We are the ancestors of all the people who now live on earth. We are the living spirits of the dead. When people die, if they have been good they become kachinas or clouds. The spirits of the dead can float in the sky like clouds. That is why we kachinas can become clouds and make rain. We can help the people of the earth and bring rain for your crops. You can help us by praying to us and making us prayer sticks with soft feathers. (Show Prayer Stick page)

We use these feathers to form clouds in the sky with our spirits. We need them always, so let us help each other," said the kachina.

The kachinas came to live with the people and taught them sacred dances, songs and ceremonies. They taught them to respect all things in nature, to be peaceful and that this would bring happiness to the world. All went well until there came a time people stopped showing respect to the kachinas. When a terrible fight broke out the kachinas left and went back to the mountains. They never came back to the Hopi in person, but they agreed to let the Hopi wear kachina masks and costumes on dance days. On these days, the kachinas would send their spirits to enter the masks. That is why you must never touch a dancer until he has taken off his kachina mask and washed off his body paint. When he does that, the kachina spirit departs.

The spirits of the kachinas come to visit the villages for six months every year. They arrive at the winter solstice, following a trail of cornmeal the priests have sprinkled, and stay until the crops have grown. That is because people need them to make rain, for the crops to grow well.

This would be a good time to share the video of the Hopi Buffalo Dance

Now let's learn about Powamu.

Powamu is the Hopi Bean Planting Festival. All the people gather on flat topped roofs to watch and wait for the kachinas to come. The Crow Mother kachina appears, dressed in white, carrying a basket of cornmeal. Suddenly other kachinas appear, in bright colors and masks. Here is the kind of mask that one of the kachinas is wearing. (*Hold up Kachina Mask page*)

The kachinas hand out gifts to all the children. The gifts are kachina dolls, bows and arrows, and baskets of beans that have already sprouted into green plants. This is a good sign that spring will come soon, and the crops will do well this year.

That night, the people go down inside a kiva, a big underground sacred room used for religious ceremonies. The kachinas stamp and dance and sing sacred songs. This will help make the sun shine and the rains come and the crops grow. This is how the Hopi have celebrated Powamu for hundreds of years.

Make Kachina Style Figurines:

To make the kachina dolls you will need a copy of the kachina doll template, markers to color with, a toilet paper tube, scissors and glue. The template is available at the website below. It is also explained here that:

“in the Hopi culture, the dolls can be freely shared with others. The masks/costumes of the spirits, on the other hand, are more culturally significant and are not to be shared with those outside of the nation.”

<http://www.dltk-kids.com/world/native/m-hopi-kachina.htm>

You may want to have the children color the template while you read the story. Once the template is colored, assemble the kachina dolls as shown in the sample, or follow the directions on the website.

This would also be a good time to share the video of the Hopi Kachina carver.

Celebration:

Have on hand cups filled with soil for each child and a pitcher of water. Ask the children to close their eyes and hold out their hands. “I will put something in your hands, but don’t look yet.” Place two or three beans in each child’s hands. Ask, “What do they feel like? Can you guess what they are?... Now look. Imagine little roots growing out of your bean seeds, and a stem and green leaves. Life is in each little seed. We can’t see the life. We can’t touch the life, yet it’s there. Since Powamu is a ceremony of planting beans, let’s plant ours.”

Pass around containers of potting soil. Once all the beans are planted, pass around the water pitcher. As the children take turns watering their beans, say “Remember water is so precious to the Hopi that they believe the souls of people become rain to give life again. Without water, nothing could live on our earth. As we water our beans, think of water in the clouds, in the streams, in the ocean. “

“Now, let’s end our bean planting time with a prayer thought. Hold your bean cup and close your eyes.”

“Life is in these seeds. Life is in us. Seeds and growth are a natural part of life. Dying is a natural part of life, too. We share with the Hopi our wonderings about these things.”

Share the UU belief statement:

“Unitarian Universalists believe that no one really knows for sure what is beyond death.”

Additional Resources:

Videos:

Cecil Calnimpewa, Hopi Katsina Carver (1:55)

<https://www.youtube.com/watch?v=l6YUsh5PdYI>

Hopi Buffalo Dance (9:28)

<https://www.youtube.com/watch?v=tmVeod-pdc4&list=PL31A577956A279585>

Books:

If You Lived With the Hopi, by Anne Kamma

Websites:

Kachina Doll - Sio Shalako (rain spirit)

<http://www.dltk-kids.com/world/native/m-hopi-kachina.htm>

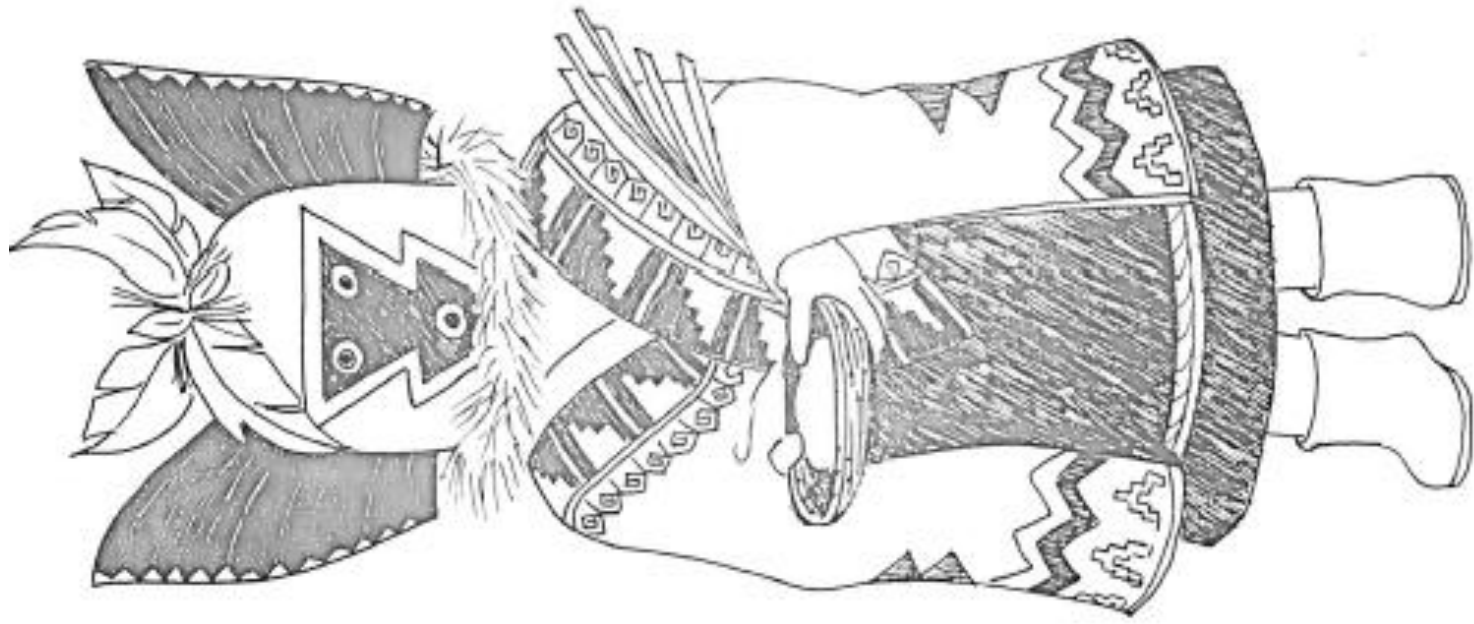
Powamu



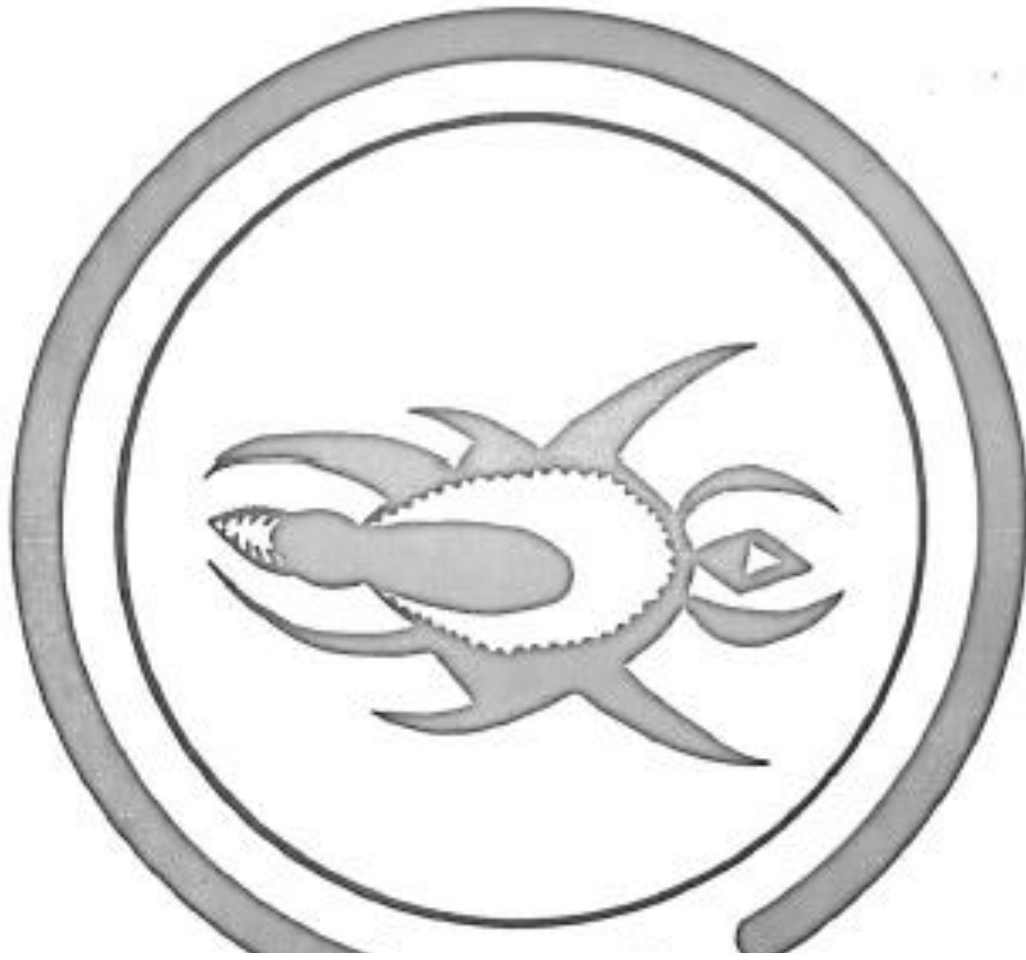
Hopi Bean Planting
Ceremony







_____ CROW MOTHER _____



SPIDER GRANDMOTHER



Ahöla
brings growth



Ho-e
the clown



Ogre
Pochavu Hu
initiates the
children



Eototo
Chief of
the
Kachinas



Powamui
Bear Dance
Kachina

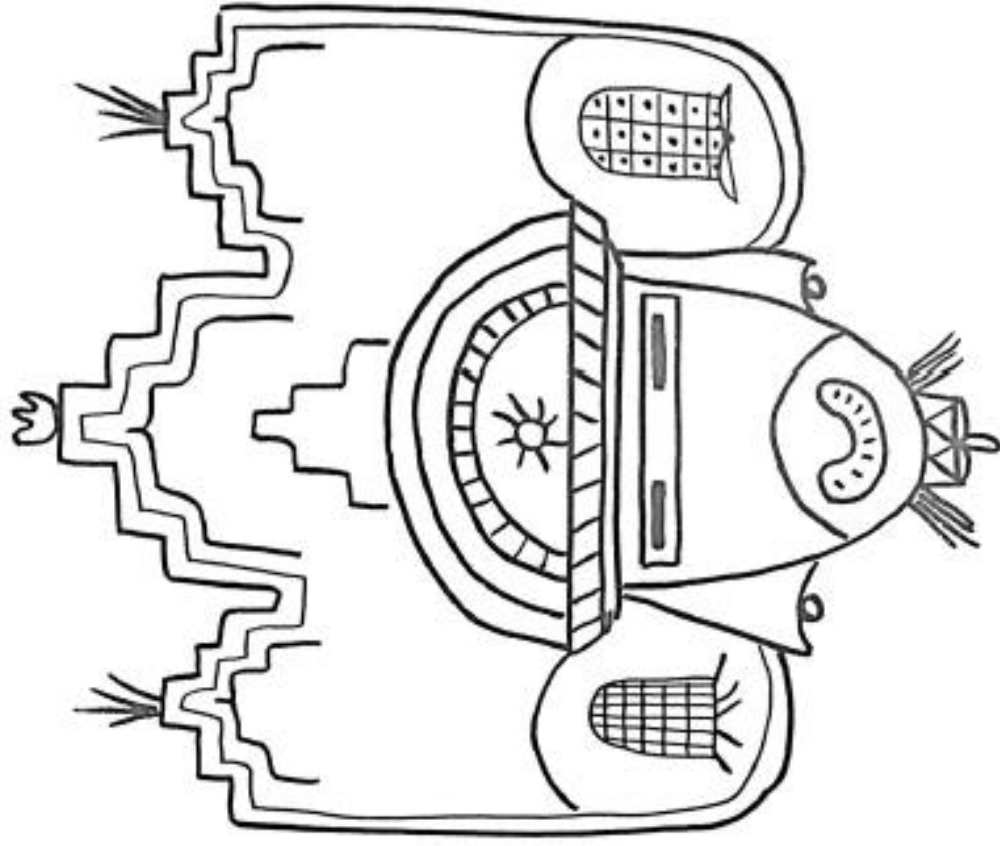


Flat-top Heads

PAHOS



PRAYER STICKS



CAN YOU FIND: _____
ears of corn?
rainbow?
rain clouds?

An important Kachina mask.

Susan B. Anthony

Birthday February 15

the Purpose:

To honor Susan B. Anthony's Birthday by celebrating the contributions of famous Unitarian Universalist women.



Unitarian Universalists:

Believe that girls and boys are equally important.

the Plan

GATHER

HEAR the Story of Susan B. Anthony

LEARN about other famous Unitarian Universalist women by playing a game

DECORATE a birthday cake and celebration table

CELEBRATE by singing happy birthday and sharing cake adults.

CLOSURE

Planning ahead

- Copies of "Famous UU Women" cards on cardstock
- Plain cake or cupcakes
- Cake decorating materials—frosting, sprinkles etc.
- Paper and markers for making signs/posters
- Balloons and streamers for decorating

Leader's Guide

Hear the Story of Susan B. Anthony:

Susan B. Anthony was born in 1820. When she was growing up, most people believed that girls did not need much education. Luckily, her father was a Quaker, and part of the Quaker belief was that men and women were equally important to God. He sent her to a Quaker boarding school where she learned more than most girls of her time.

When she was grown, she got a job as a teacher. Men teachers were paid \$10 a week, but she was only paid \$2.50 for the same work, because she was a woman. She saw how unfairly women were treated. She also saw how wrong the institution of slavery was. She was disappointed that her Quaker church was not doing anything to fight slavery, so she started attending the Unitarian church. She worked hard for freedom and equality for African Americans and for women. When she was thirty, she decided to stop teaching and spend all her time working for fair laws for women. She believed that women should be able to keep their earnings, get an education, vote, and have equal rights with men.

Many people were angry with Susan B. Anthony. They said she was out to wreck marriages and families with these new laws. They said women belonged in the home, and that God did not want women to have the right to vote. As she travelled the country, gave speeches, and went door to door with petitions she was often booed at or had doors slammed in her face. Newspapers ran political cartoons that made Susan look mannish, ugly, or foolish. (*Show cartoons.*) How did she have the courage to keep going? She kept going because she knew it was the right thing to do, even if most people did not approve of her. Her advice was this: "Think your best thoughts, speak your best words, do your best work, looking to your own conscience for approval." What do you think that means?

One year she decided to vote in an election, even though it was illegal. She was arrested and brought to trial, but because she was a woman she was not allowed to speak in her defense. She was fined \$100, which she refused to pay. The judge would not jail her though, because then she could take her case to the Supreme Court, which was exactly what she had hoped to do. Now she saw there was only one way to guarantee that women could vote. That was to get an amendment to the U.S. constitution. She started working on that with all her might.

By the time she was an old woman, people began to be in favor of women voting. Newspapers now wanted to interview her about her opinions, instead of running nasty cartoons about her. One reporter asked her if she prayed. She answered, "I pray every single moment of my life; not on my knees but with my work. My prayer is to lift women to equality with men. Work and worship are one with me. I cannot imagine a God of the Universe made happy by my getting down on my knees and calling him great." What do you think of Susan's idea of prayer?

Susan B. Anthony worked for equality for 50 years, until she died at the age of 86. In 1920, fourteen years after her death, the 19th amendment was passed, granting women the right to

vote. A lot of things have changed for women, as you can see. However, there is still much work to do. For example, today on average women only earn \$0.82 for each dollar a man earns. (*Hold \$1 bill in one hand, and 82 cents in the other.*)

To honor Susan B. Anthony on her birthday, we will learn about some other famous Unitarian Universalist women and their achievements. Then, we will have a birthday celebration!

Play “Famous UU Women” Card Game:

Print and cut out 2 sets of the cards on cardstock ahead of time. There are 40 unique cards, four for each of ten UU women. For groups of 6 or fewer, play with one set. For larger groups, play with a double deck or split into two smaller groups to play.

- The object of the game is to collect as many sets of 4 as you can. A set will have 4 unique cards featuring the same woman.
- Deal 5 cards to each player. Place the remaining cards in the middle, flipping one card over to form the discard pile.
- Whoever has a birthday closest to Susan B. Anthony’s starts the game. Play continues clockwise.
- The first player can either pick up from the discard pile or ask a specific player if they have a specific woman. If the player does, they must give one card of that type to the player who requested it, replacing that card with one from the draw pile. If the player does not have the card requested, they say “Go UU Women!” and the first player draws a card. To end the turn, the first player discards down to 5 cards again.
- If a player gets a set of 4, they immediately play the 4 cards in front of them, reading all the cards to the table. Then, they draw four more cards from the pile if available.
- Play continues until all the cards are matched. The player with the most sets wins.

Decorate a Birthday Cake and Celebration Table:

Frost and decorate the birthday cake or cupcakes. Decorate a with streamers and balloons. Have children make signs to hang, like “Happy Birthday Susan B. Anthony” or include quotes from other famous UU women.

Celebration:

Celebrate with the adults after the service. Sing “Happy Birthday” before cutting the cake.

Share the UU belief statement:

“Unitarian Universalists believe that girls and boys are equally important.”

Additional Resources:

Books:

Heart on Fire: Susan B. Anthony Votes for President, by Ann Malaspina

Websites:

<https://www.womenshistory.org/education-resources/biographies/susan-b-anthony>

Susan B. Anthony



Birthday February 15

This cartoon shows Susan B. Anthony chasing after President Grover Cleveland in her fight for women's right to vote





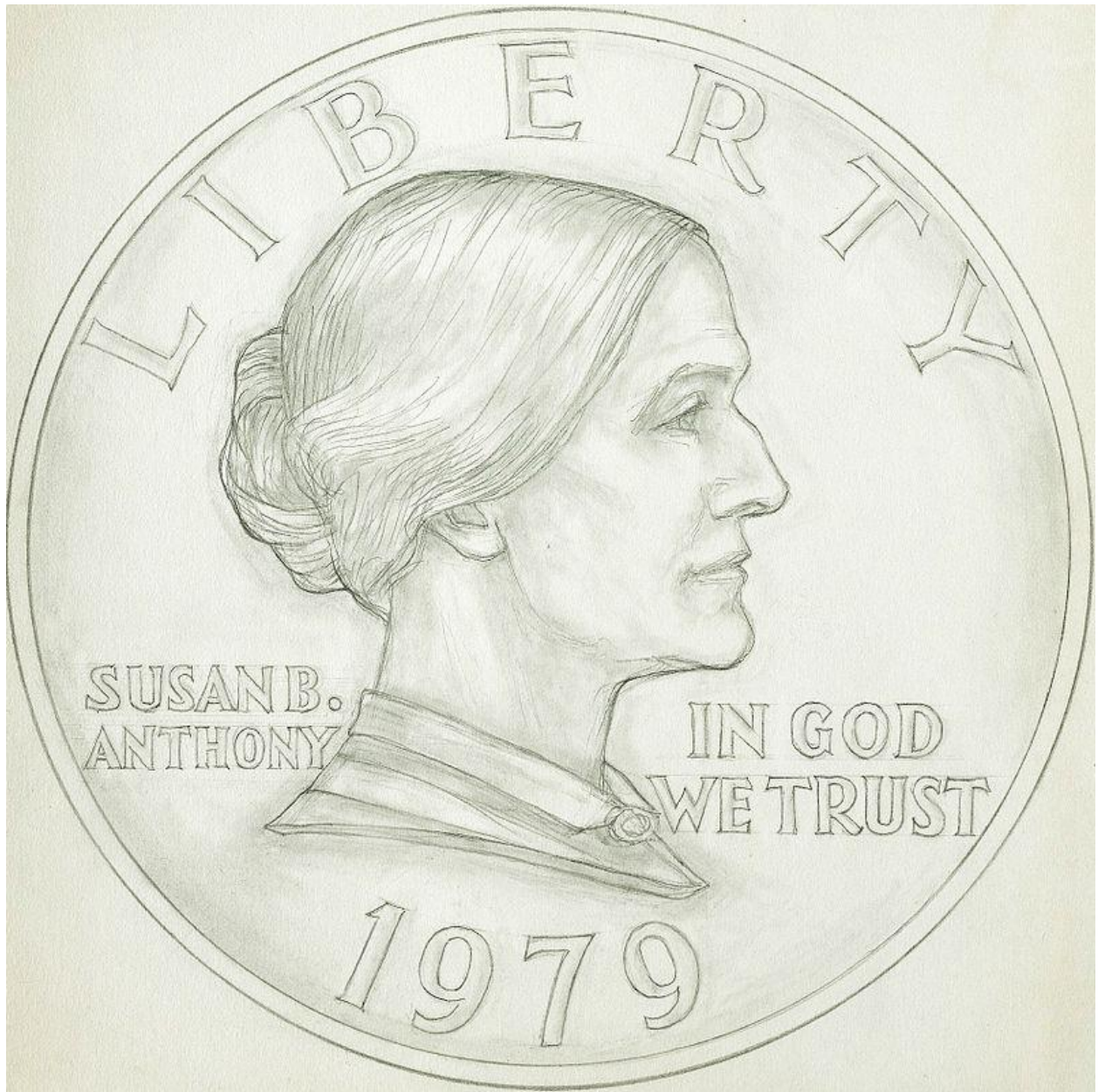
Cartoon “warning” men about women’s rights.



Another cartoon
"warning" men about
women's rights.



Cartoon portraying Susan B.
Anthony as "mannish."



Susan B. Anthony was the first woman in the United States to be depicted on a coin.



Julia Ward Howe

1819-1910

American Poet and
Author

Best Known for
"Battle Hymn of the
Republic"

Julia Ward Howe

"Disarm, disarm. The
sword of murder is not
the balance of justice.
Blood does not wipe out
dishonor, nor violence
indicate possession."

Julia Ward Howe

Abolitionist.

Women's Rights
Activist.

Advocate for
Education for all

Julia Ward Howe



Frances Watkins
Harper

1825-1911

African American
Writer and Poet.

The
“Mother of African
American Journalism”

Frances Watkins
Harper

Helped slaves escape on
the Underground
Railroad.

Advocated for women’s
rights.

Frances Watkins
Harper

In 1858 She refused to
give up her seat or ride in
the “colored” section of
a segregated trolley car
in Philadelphia (100
years before Rosa
Parks)

Frances Watkins
Harper



Clara Barton

1821-1912

Founder and First
President of the
American Red Cross

Clara Barton

“I may sometimes be
willing to teach for
nothing, but if paid at all,
I shall never do a man's
work for less than a man's
pay.”

Clara Barton

Worked as a
Hospital Nurse
During the
Civil War

Clara Barton



Florence Nightingale

1820-1910

Nick Named
"The Lady with the
Lamp" during the
Crimean War

Florence Nightingale

"I think one's feelings
waste themselves in
words; they ought all to
be distilled into actions
which bring results."

Florence Nightingale

Founder of Modern
Nursing.
Advocated for Improved
Sanitation in Hospitals

Florence Nightingale



Maria Mitchell

1818-1889

Astronomer who
discovered a comet in
1847

Maria Mitchell

“Every formula which
expresses a law of nature
is a hymn of praise to
God.”

Maria Mitchell

First woman elected
Fellow of the American
Academy of Arts and
Sciences in 1848

Maria Mitchell



Fannie Farmer

1857-1915

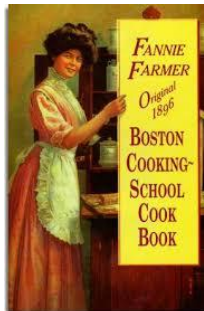
Helped standardize the system of measurements used in cooking.

Nickname:

“The Mother of Level Measurements”

Fannie Farmer

Best known for the “Boston Cooking School Cook Book”



published in 1896.

Fannie Farmer

“Progress in civilization has been accompanied by progress in cookery.”

Fannie Farmer



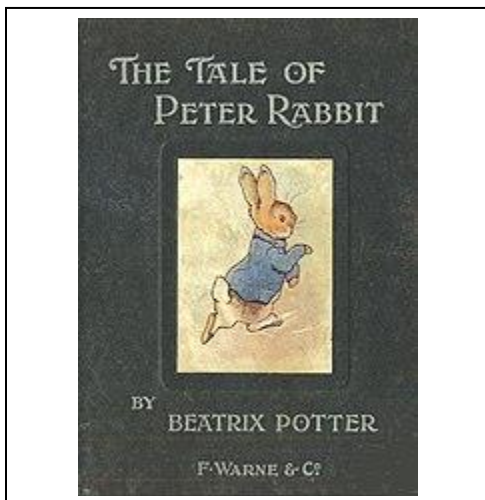
Beatrix Potter

1866-1943

British Children's
Author and Illustrator



Beatrix Potter



Beatrix Potter

"Believe there is a great
power silently working all
things for good, behave
yourself and never mind
the rest."

Beatrix Potter



Susan B. Anthony

1820-1906

Social Reformer,
Women's Rights
Activist,
Abolitionist

Susan B. Anthony

"Men, their rights, and
nothing more; women,
their rights, and
nothing less."

Susan B. Anthony

Arrested in 1872 for
voting.



First woman on a U.S.
coin in 1979

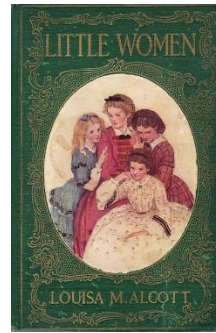
Susan B. Anthony



Louisa May Alcott

1832-1888

American Novelist and Poet, best known for the book "Little Women."



Louisa May Alcott

"Let my name stand among those who are willing to bear ridicule and reproach for the truth's sake, and so earn some right to rejoice when the victory is won."

Louisa May Alcott

An abolitionist and feminist, she never married.

"I am more than half-persuaded that I am a man's soul put by some freak of nature into a woman's body"

Louisa May Alcott



Sophia Lyon Fahs

1876-1978

First Female

Unitarian-Universalist
Minister,

Ordained in 1959 at the
age of 82

Sophia Lyon Fahs

“Life becomes religious
whenever we make it so:
when some new light is seen,
when some deeper
appreciation is felt, when
some larger outlook is
gained, when some nobler
purpose is formed, when
some task is well done.

Sophia Lyon Fahs

Editor, Author,
Teacher, and Religious
Activist,
she led a revolution in
Unitarian Religious
Education

Sophia Lyon Fahs

Mardi Gras

Beginning of Lent

the Purpose:

To introduce the story of Jesus' life, and the Christian world's observance of Carnival, Ash Wednesday, and Lent.



Unitarian Universalists:

Believe that Jesus was a loving teacher who helped people to understand each other.

the Plan

GATHER

HEAR explanation of Mardi Gras

MAKE masks and hats for Carnival

PARADE toss candy, confetti and streamers, then clean
Up for Lent

HEAR explanation of Lent and the story of Jesus' death

CELEBRATE Lent by receiving a cross of ashes on forehead
and eating pretzels, symbol of prayer

CLOSURE

Planning ahead

- Wrapped Candy—soft, like Hershey Kisses
- Pretzels
- Confetti, streamers
- Dress-up things—scarves, beads, etc.
- Bell to ring to end Mardi Gras
- Cardboard mask patterns
- Ash
- Mardi Gras/Ash Wednesday prop
- Mask and Hat supplies:
 - Construction paper
 - Paper plates
 - Tissue paper/crepe paper
 - Stickers, feathers, sequins etc.
 - Yarn, ribbon
 - Tape, glue sticks, stapler
 - Scissors

Leader's Guide

Hear Explanation of Mardi Gras:

Today we'll celebrate Mardi Gras and Ash Wednesday as a way of getting ready for Easter. The forty weekdays before Easter are called Lent. It is a time for Christians to think about Jesus and his teachings. Some Christians fast during Lent. Fasting during Lent used to mean that they could not eat any meat, butter, eggs, milk or fat during the whole forty days. Today the rules for fasting are not as strict as they used to be, but some Christians still fast during part of Lent.

Mardi Gras always comes on a Tuesday, the last day before Lent begins. Ash Wednesday always comes the next day and marks the first day of Lent. (Show both sides of the "prop.") The word Mardi Gras means "Fat Tuesday." Can you guess why?...Since it is the last day before Lent, it's a time to eat up all the fat and rich foods before fasting begins. Wherever Mardi Gras is celebrated, there are parades, dancing and feasting throughout the whole night. It is the last chance for people to do this sort of thing before Lent, which is a very serious time. All the partying ends at sunrise on Ash Wednesday.

Mardi Gras is celebrated everywhere in Catholic countries. In those countries it is called "Carnival." In our country, Mardi Gras is celebrated in New Orleans. Have any of you ever been to Mardi Gras? People wear costumes and masks and watch parades with floats and jazz bands. People on the floats toss out candy and trinkets to the people lining the streets.

Mardi Gras is a noisy party time. For our celebration we will make masks and party hats to wear, and we'll toss candy, confetti and streamers. Ash Wednesday is a quiet, thinking time. When I ring the bell, we will stop celebrating Mardi Gras and start getting ready for Ash Wednesday.

Making Masks and Hats for Carnival:

Provide children with mask and hat making supplies. Show the curriculum pages showing how to make masks and hats.

Parade:

When children have on their hats, masks and any other dress up props, choose two children as "King and Queen." They will be given soft candies to throw. Give the rest of the children confetti and streamers to throw. Suggest that the spectators line up as if they were in a street, waiting for a parade. The king and queen walk between them, tossing candy to both sides while the spectators toss confetti and streamers at them. Be prepared to ask children who got a lot of candy if they would be willing to share with those who didn't get much. Keep some candy to yourself in case some children get a smaller portion in the toss.

Explain the rules:

1. No one is to start tossing until you shout "Mardi Gras!"
2. Everyone is to stop tossing when you ring the bell. Then all noises should stop.

After the parade and candy toss, all children should help clean up for Lent. Flip the prop around to Ash Wednesday. Say "It is now Ash Wednesday. Lent is starting. Let's see if we can clean up without speaking a single word, because we'll be going into a special, quiet time.

Hear about Lent and Jesus' Death:

Jesus lived 2,000 years ago. His father Joseph was a carpenter, so he learned to be a carpenter too. When he was 30, he decided to become a teacher. He travelled around the country teaching wherever people might gather and listen. He didn't teach math or spelling, like your teachers at school. He taught people how to be kind and to understand each other better. He cared about poor people, sick people, and people who others left out of things. He often taught by telling stories. People began coming in crowds to hear him.

Jesus was a Jew. He knew all the religious laws of the Jews. He especially liked the part of the Bible that says, "Love your neighbor as yourself." Do you know what that means?

He thought there were some laws that should be changed, or at least followed in a way that was kinder to people. One law was about the Sabbath. This is the law that says work must be done on six days of the week, but the seventh day is sacred rest, holy to God. When Jesus healed a sick man on the Sabbath, some religious men became angry with Jesus, and accused him of breaking the law. Jesus answered them, saying, "If you had an ox and it fell in a well on the Sabbath, wouldn't you rescue it? Isn't a person more important than an ox? The Sabbath was made for people, not people for the Sabbath."

The men wanted to test Jesus, to see if he would follow the religious laws. One day they brought a frightened woman to Jesus and said, "Jesus, we caught this woman in an act of sin. Our law commands us to stone her to death for her sin. What do you say?" Each man picked up a stone, waiting for Jesus' answer.

Finally, Jesus stood up and said to them, "Let him who is without sin throw the first stone at her." The men stood there. They knew that each of them had done some wrong things. They knew no one leads a perfect life. Everyone makes some mistakes. Finally, they dropped their stones and left in silence.

Jesus was alone with the woman. He said, "Has no one condemned you?" She said, "No one." And Jesus said, "Neither do I condemn you. Go and do not sin again."

Jesus grew more and more popular with the people, but there were leaders who did not like his ideas, who were afraid of losing power. They plotted to have him killed. They didn't stop until they had him arrested and condemned to death. He died on a cross. That was a common way of putting condemned people to death in those days.

At Easter, we will learn more about the story of Jesus' death.

Celebrate:

On Ash Wednesday in Catholic churches and some Protestant churches, the priest or minister marks a cross with ashes on each person's forehead. I will make a cross on each of your foreheads. This is to remind us of Jesus' life and his sad death.

Show UU belief statement:

"Unitarian Universalists believe that Jesus was a loving teacher who helped people to understand each other."

Present the pretzels--Hold up a pretzel while explaining:

“Hundreds of years ago, Christians invented a special dough for Lent with only flour, salt and water. They shaped the dough into the form of two arms crossed in prayer, to remind them that lent is a special time for prayer. They called these breads “little arms.” The name later became pretzel. In many parts of Europe, pretzels are still a Lenten food, but in our country, we eat them any time of year. For today, let us first cross our arms in this old prayer position, and think for a moment about living the best life we can.... Now, let’s eat our pretzels.”

Additional Resources:

Video:

Celebrating Mardi Gras in New Orleans (5:42)

<https://www.youtube.com/watch?v=EkIZwXbSh-Y>

For more information:

<https://www.catholic.org/lent/mardigras.php>



MARDI
GRAS

ASH
WEDNESDAY

MARDI GRAS HATS



*A wide band to fit
the head.*



On a paper plate.



*Hats may be made from
paper plates, construction paper,
and even styrofoam trays.
Decorations may be wildly
creative, using tissue paper flowers,
crepe paper streamers, stickers, feathers...
Double-sided tape, glue sticks, and stapler
help to speed up creativity.*



*Tray held together
with tape and yarn.*

MARDI GRAS MASK PATTERN

Masks may be made of construction paper using reinforcements (O) for tie holes or from felt or velvet scraps. Ties can be yarn or gift-wrap ribbons.



If desired, decorate with sequins, stars, yarn

The mouth is not covered, for masks will be worn at the party.

Wednesday

Ash

Tuesday

Mardi Gras

Holi

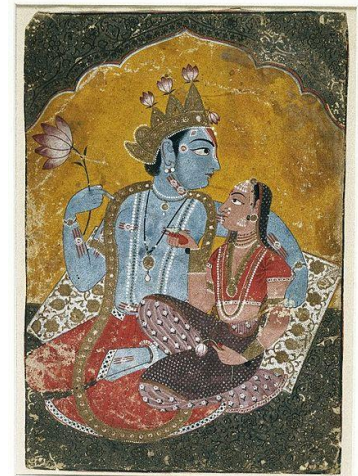
Festival of Colors,
Festival of Love

the Purpose:

To introduce the Hindu Festival of Colors.

Unitarian Universalists:

Believe in the power of love to triumph over evil.



the Plan

GATHER

HEAR the story of Holi

MAKE painted Holi people

PLAY water games

PAINT faces with face paint

CELEBRATE with a sweet treat and a story.

CLOSURE

Planning ahead

- Copies of person template on cardstock
- Powdered paints

- Spray bottle of water
- Water balloons
- Rope/string
- 3 Buckets
- 2 sponges
- 2 knitting needles
- Face paint
- Apple Kheer or other sweet Indian treat
- Optional book
- Set up to show short video clip

Leader's Guide

Hear the Story of Holi:

Holi is the Hindu Festival of Colors. It is celebrated throughout India and is also sometimes called the Festival of Love. It is a fun and joyous way to welcome in the spring season.

The word “Holi” means burning. There are several legends associated with Holi, but the most popular is the legend of Prahlad and the Demon King Hiranyakashyap. Hiranyakashyap wanted everybody in his kingdom to worship only him, but his son Prahlad refused, worshipping Vishnu instead. This angered the evil king, so he ordered his own son put to death. The King had a sister named Holika who had the magical power of being unaffected by fire. Hiranyakashyap commanded his sister, Holika to enter a blazing fire with Prahlad in her lap. This was meant to kill Prahlad, while leaving his sister unharmed. Prahlad prayed to Vishnu, and while Holika was destroyed by the blaze, the boy was unharmed. Vishnu then appeared in the form of Narasimah, half lion-half human, and killed the king with his lion claws. The festival, therefore, celebrates the victory of good over evil and the triumph of devotion.

So where do the colors come in? Another legend is about Krishna, one of the avatars of Vishnu. In this story, Krishna, who has blue skin, is in love with Radha. Krishna is unhappy about the difference in their skin color, so his mother suggests that he color Radha with paint. That is where the “Festival of Colors” probably came from.

How is Holi celebrated? Days before the festival begins, people start gathering wood for a huge bonfire held near the center of the city. The night before Holi, Holika Dahan takes place. A figure of Holika, the evil sister, is placed in the bonfire and burned. This ritual symbolizes the triumph of good over evil.

The next day is called Dhuleti and is a day of celebration. People spray colored powder and colored water at each other all over the streets. There is singing, dancing, and sweets to be enjoyed.

Show a video and/or share a book about Holi from the resource section.

Make Painted Holi People:

Copy the person template on cardstock. Have children sprinkle powdered paint on the outline, then spray with water. Hang to dry. You may want to do this outside as it will be messy.

Play Water Games:

Choose one or more of the following games:

1. Water Balloon Piñata—String a strong string across the play yard. Hang several balloons filled with water (colored water if you dare!) Blindfold kids one at a time and give them a turn to break the balloons with a stick.
2. Knitting the Balloons—have 2 containers, one filled with small water balloons. Each child gets one minute to transfer as many balloons as they can to the other container using only a pair of knitting needles. See who can move the most without popping them.
3. Wet Sponge Relay—have one bucket of water and two sponges at the starting line, and two empty buckets at the finish line. Divide into two teams. The first member of each team runs with the soaked sponge to their team's bucket, wrings out the sponge, then runs back and hands the sponge to the next player on their team. Play continues for a set amount of time (5 minutes?) or until the start bucket is empty. The team with the most water in their bucket wins.

Paint Faces:

Though traditionally the painting and the water fun would be combined during Holi, in the interest of returning children to their parents reasonably clean if not dry, it is suggested that the water play be done first, followed by a controlled but colorful time for decorating faces, not clothing. Use face paints to make colorful decorations on the children.

Celebrate:

Celebrate by sharing a sweet snack and another story or video clip about Holi. There is a recipe for Apple Kheer in the resource section that would be appropriate.

Hold up the UU belief statement:

“Unitarian Universalists believe in the power of love to triumph over evil.”

Additional Resources:**Videos:**

Holi Story in English for Children (2:36)

https://www.youtube.com/watch?v=pCo9Q7Uf_3c

Happy Holi: Story Behind the Festival of Colors (1:33)

<https://www.youtube.com/watch?v=HLcw6mm17jc>

Book:

Amma Tell Me About Holi, by Bhakti Mathur

Website:

For more information

<https://www.holifestival.org/>

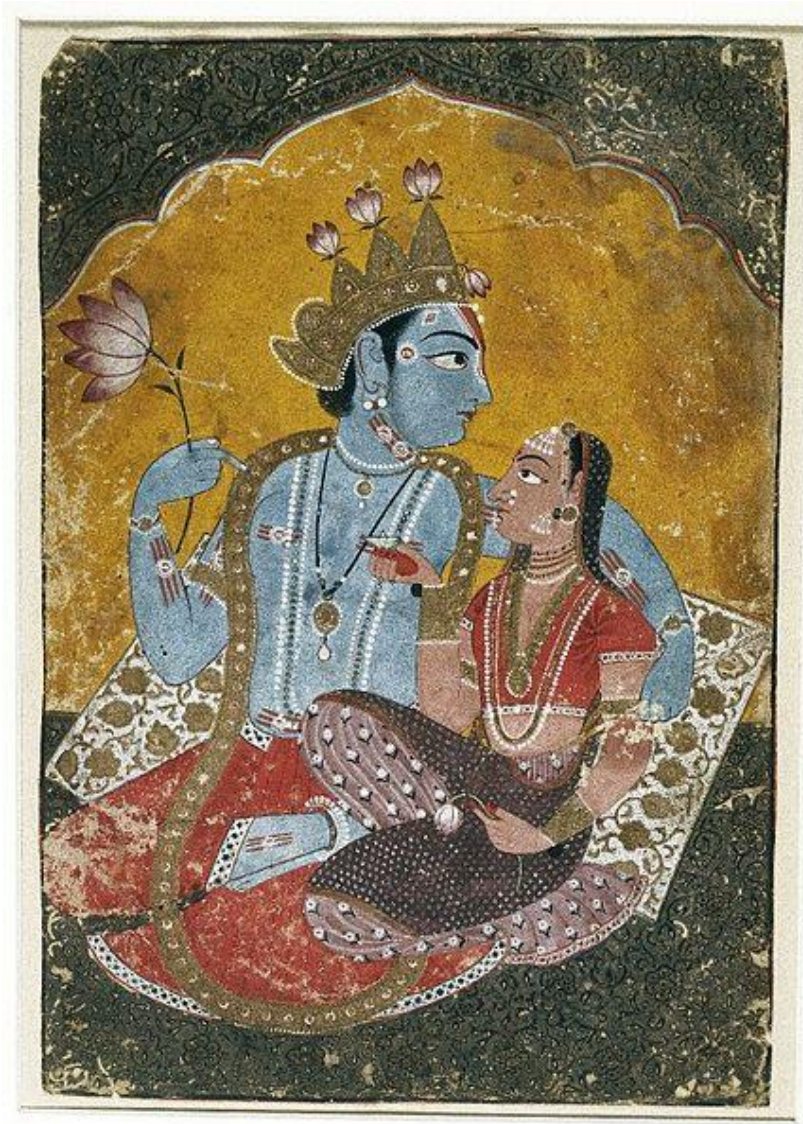
For craft ideas

<https://artsycraftsymom.com/holi-crafts-and-activities-for-kids/>

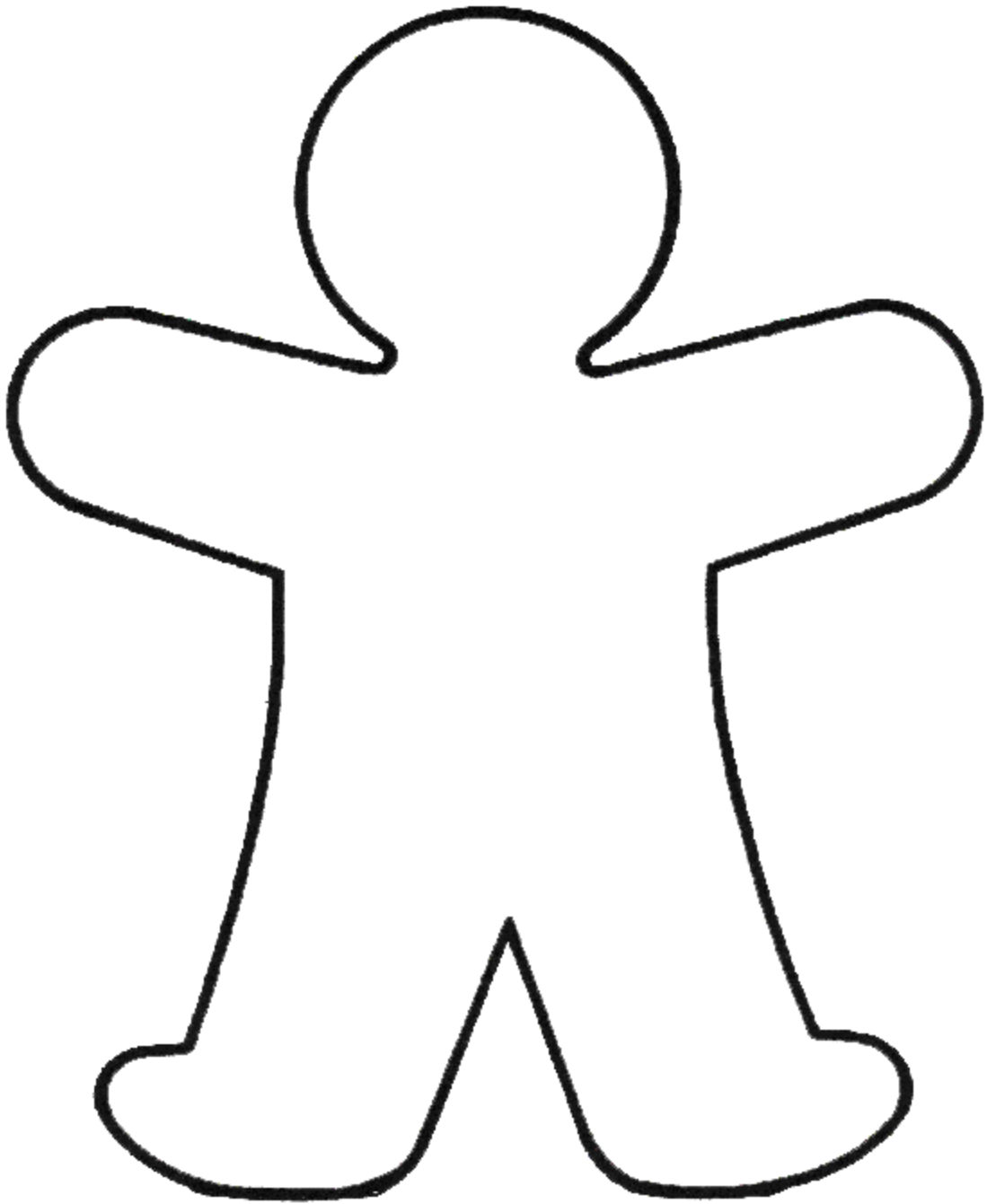
For recipe ideas

<https://food.ndtv.com/lists/10-best-holi-recipes-694804>

Holi



Festival of Colors, Festival of Love



Krishna Celebrating Holi





Shop selling colors for Holi in New Delhi

Purim

the Purpose:

To introduce the Jewish festival of Purim.

Unitarian Universalists:

Believe we should always stand up for what is right.



the Plan

GATHER

LEARN about the festival of Purim

MAKE and decorate groggers

HEAR the story of Purim, with groggers

MAKE paper plate hamantaschen

CELEBRATE with hamantaschen

CLOSURE

Planning ahead

- Gather supplies for groggers and hamantaschen
 - Popcorn, beans, rice or other shaker materials
 - Paper plates
 - Paper towel tubes
 - Empty water bottles
 - Scissors
 - Paper

- Markers
- Tape, glue, stapler
- Hamantaschen
- Book about Purim and/or Set up to show short video clips

Leader's Guide

Learn About Purim:

Purim is a Jewish holiday that celebrates a brave queen named Esther who saved the Jewish people from a man named Haman's evil plot to kill the Jews. The story is found in the Bible in the Book of Esther, and we will hear the story a little later.

There are four special mitzvahs for the day of Purim. A mitzvah is a commandment, obligation or good deed.

1. Hear the Megillah

The Megillah is the story of Esther. On Purim, the story is read at the synagogue, and whenever Haman's name is mentioned, children and adults make noise by twirling groggers (noisemakers) and stamping their feet to drown out his evil name.

2. Give to the Needy

Purim celebrates unity of the Jewish people. On Purim, one is supposed to give money or food to at least two needy people.

3. Send food gifts to friends

Purim is a time for friendship and community. It is traditional to send at least two different food items to at least one friend or relative on Purim.

4. Feast!

Purim is a festive time of feasts. Children and sometimes adults dress in costume characters from the story. A traditional pastry is the Hamantaschen, or "Haman's Pockets." These sweet, triangular shaped pastries are filled with fruits, nuts or poppy seeds.

Make Groggers:

We can make Groggers to use during our Purim story. There are many ways to make a grogger. You will need popcorn kernels, dry beans, rice or some other filling to shake. You will also need supplies for decorating. Here are three ideas:

1. Paper plate: Fold in half or use two. Staple together, fill, and finish off with tape and decorations.
2. Paper towel tube: Cover in decorative paper, cover one end with tape, fill. Cover the other end.
3. Water bottle: decorate outside and fill.

Whatever type you choose to make, just be sure it makes some noise!



Hear the Story of Purim:

Read one of the books or show one of the videos from the resource section. Use your groggers and stamp your feet every time Haman's name is mentioned.

Make Hamantaschen Plates:

Color the back side of a paper plate brown. Fold into triangle shape with space in the middle. Fill with tissue paper, candy or put a couple hamantaschen inside! Staple edges.



Celebrate:

Eat hamantaschen. Share another video or book if there is time.

Share the UU belief statement:

“Unitarian Universalists believe we should always stand up for what is right.”

Additional Resources:

Videos:

The Purim Story in 4 Minutes: Go Esther

<https://www.youtube.com/watch?v=mYGqOMe-DqQ>

Purim Animated (4:46)

https://www.youtube.com/watch?v=UG7UeaKE_dc

Books:

The Queen Who Saved her People, by Tilda Balsley

The Story of Esther: A Purim Tale, by Eric Kimmel

Websites:

How to Make Groggers

<https://reformjudaism.org/video-how-make-purim-groggers-noisemakers-objects-you-have-home>

Hamantaschen Plate Craft

<http://punktorah.org/paper-plate-hamantashen/>

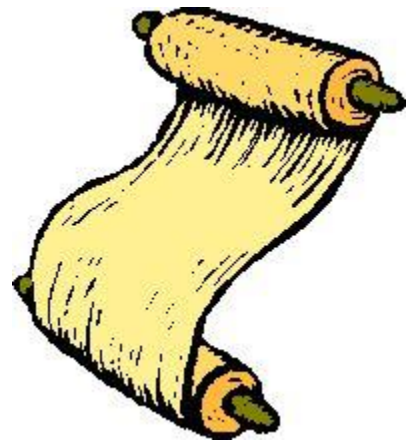
Hamantaschen Recipe

https://www.allrecipes.com/recipe/27203/working-moms-hamentashen/?internalSource=similar_recipe_banner&referringId=27201&referrerContentType=recipe&clickId=simslot_3

For more information:

https://www.chabad.org/holidays/purim/article_cdo/aid/645309/jewish/What-Is-Purim.htm

Happy Purim



St. Patrick's Day

March 17

the Purpose:

To learn the real story of the patron saint of Ireland, and to celebrate a bit of Irish culture.



Unitarian Universalists:

Believe that when we share other people's celebrations, we feel closer to them.

the Plan

GATHER

HEAR the adventure story of St. Patrick's life

MAKE shamrock pretzels

DANCE an Irish Jig

DESIGN an illuminated initial

CELEBRATE with pretzels and Irish music

CLOSURE

Planning ahead

- Supplies for shamrock pretzels
 - Pretzels
 - Green candy coating in microwavable bowl

- Cookie sheets lined with wax paper
- Paper and colored pencils/markers
- Optional story book
- Set up for video clips

Leader's Guide

Hear the Story of Saint Patrick:

There are several options for books and video links that tell the Saint Patrick story. See the resource section to choose either a book or video story and/or use the following information.

Saint Patrick was born around 389 AD. He was not Irish, but from Wales. He was raised as a Christian but was captured by pirates at age 16 and sold into slavery in Ireland. He had always been taught that bad things came as a punishment from God, so he felt this was a punishment. He had to work as a shepherd. He learned to speak Gaelic, the language of the Irish. The religion in Ireland was also very different. They worshipped gods and goddesses. Their priests were called Druids and were very powerful. Patrick refused to change his religion. He prayed constantly.

After six years, he dreamed he heard God's voice say, "Thy ship is ready for thee." He knew it was time to run away. He headed for the sea, hiding in the woods along the way. Finally, he came to the sea and found a ship ready to sail. He begged to be taken aboard. The ship was loaded with Irish wolfhounds to sell. After three days, they landed in what is now France. They went inland to look for buyers for the dogs, but they discovered the country had been attacked by invaders and everyone had fled. They wandered for a month in the countryside, exhausted and hungry. One day when Patrick was praying for food, a herd of wild pigs appeared. They feasted for two days. Patrick was certain God had sent the pigs.

Eventually Patrick made it to a monastery on an island where all the people were Christians. Here he became a monk, shaving his head and dressing in monk's robes. He returned home, where his relatives greeted him with tears and gifts and begged him to stay. But he dreamed he heard voices from Ireland crying out, "We entreat thee, holy youth, to come and walk once more among us."

Patrick believed God was commanding him to bring Christianity to the Irish people. He went to the monastery to prepare himself. He became a leader in the Catholic church, a bishop. Finally, he was sent to Ireland with other monks to help him. There were already some Christians in Ireland, but Patrick travelled to places that had no Christians and talked to chieftains and kings.

He knew if he could persuade the leaders to be baptized as Christians, their people would follow. He told them about heaven and hell, and recited from the bible.

Show page with Trinity/Shamrock

There is a story that Patrick taught the idea of the Holy Trinity by using a shamrock, or three leaf clover. The Trinity is a Christian belief that God is in three parts, Father, Son and Holy Spirit.

Patrick spread Christianity throughout Ireland, but he never tried to stamp out the old customs. Instead, he found ways to combine old rituals with Christian customs. For instance, the people in Ireland used to build sacred fires to honor the sun in the springtime. Patrick turned this in to a Christian ritual by having people build huge bonfires outside the churches on Easter Eve.

Patrick worked in Ireland for 30 years. When he died, all of Ireland mourned. There is a tale that two tribes argued over where he should be buried. How do you suppose they settled it? They placed his coffin on a cart with two wild oxen, and where they stopped became his burial place.

Legends grew up about Patrick. One of the best known is that he drove all the snakes out of Ireland. We know this is not true, because there never were any snakes in Ireland. Why do you think a story like this might have developed over the years?

Before St. Patrick came to Ireland, people did not use books. They had wonderful stories, but they were not written down. When people became Christian they needed the Bible and other sacred texts. This led to reading and writing. In the monasteries that Patrick helped build, monks copied books by hand, often decorating the pages with gold, silver and bright colors.

Show examples of illumination

Make Shamrock Pretzels:

This activity uses pretzels and green candy coating to make a shamrock treat. For complete instructions and pictures, follow this link.

<https://www.thespruceeats.com/shamrock-pretzels-3992462>

In short: Cover baking sheets with wax paper. Melt green candy coating in the microwave. Have children dip pretzels in candy coating, then arrange three pretzels in a shamrock shape on

the baking sheets. Use small pieces of pretzel to dip and form stems. Chill in the refrigerator if possible for 15 minutes, or until it is time for the celebration.

Dance an Irish Jig:

Show the video clip of Irish Dancing. Then, using the illustration of how to dance a jig from the curriculum OR the video “Learn an Irish Jig” practice a jig. Have fun!

Design an Illuminated Initial:

This is an activity for kids who may not want to learn the jig, or it can be in addition to the dancing. Prepare ahead of time a simple outline of the initial letter of each child’s first name. Use the directions page from the curriculum to give the children ideas of how to decorate their letters.

Celebrate:

Hand each child a strip of green crepe paper. “Let’s all wear something green for our celebration. You can decorate yourself with this green ribbon if you wish.”

Enjoy shamrock pretzels and Irish music.

Show UU belief statement:

“Unitarian Universalists believe that when we share other people’s celebrations, we feel closer to them.”

Additional Resources:

Videos:

The History of Saint Patrick: A Short Story (3:15)

<https://www.youtube.com/watch?v=xOqWT2tk9Js>

Saint Patrick's Day History for Kids (2:45)

<https://www.youtube.com/watch?v=Mq000808Gmk>

Patrick: Patron Saint of Ireland by Tomie dePaola (13:57)

<https://www.youtube.com/watch?v=rs-EKnJMFIs>

Learn an Irish Jig (3:12)

<https://www.youtube.com/watch?v=ClxcdbnmZ0g>

Traditional Irish Jig Music (3:48)

<https://www.youtube.com/watch?v=W6ICnU37BGk>

Irish Dancing (3:06)

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

Books:

Patrick: Patron Saint of Ireland, by Tomie dePaola

Websites:

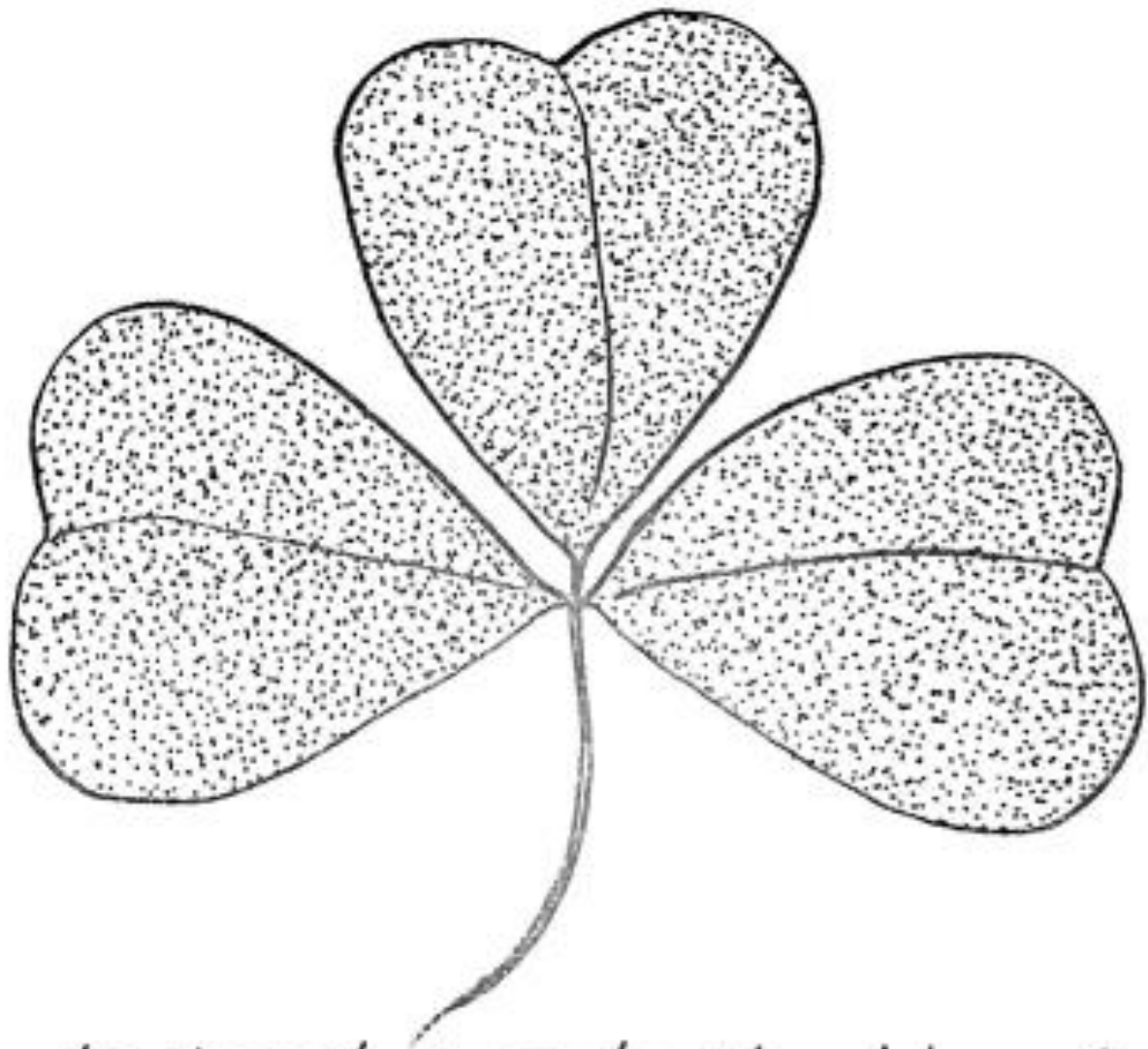
<https://www.thespruceeats.com/shamrock-pretzels-3992462>

St. Patrick's Day



ACCORDING to LEGEND ~~~~~

Saint Patrick used
the Shamrock



to teach people the idea of
the HOLY TRINITY

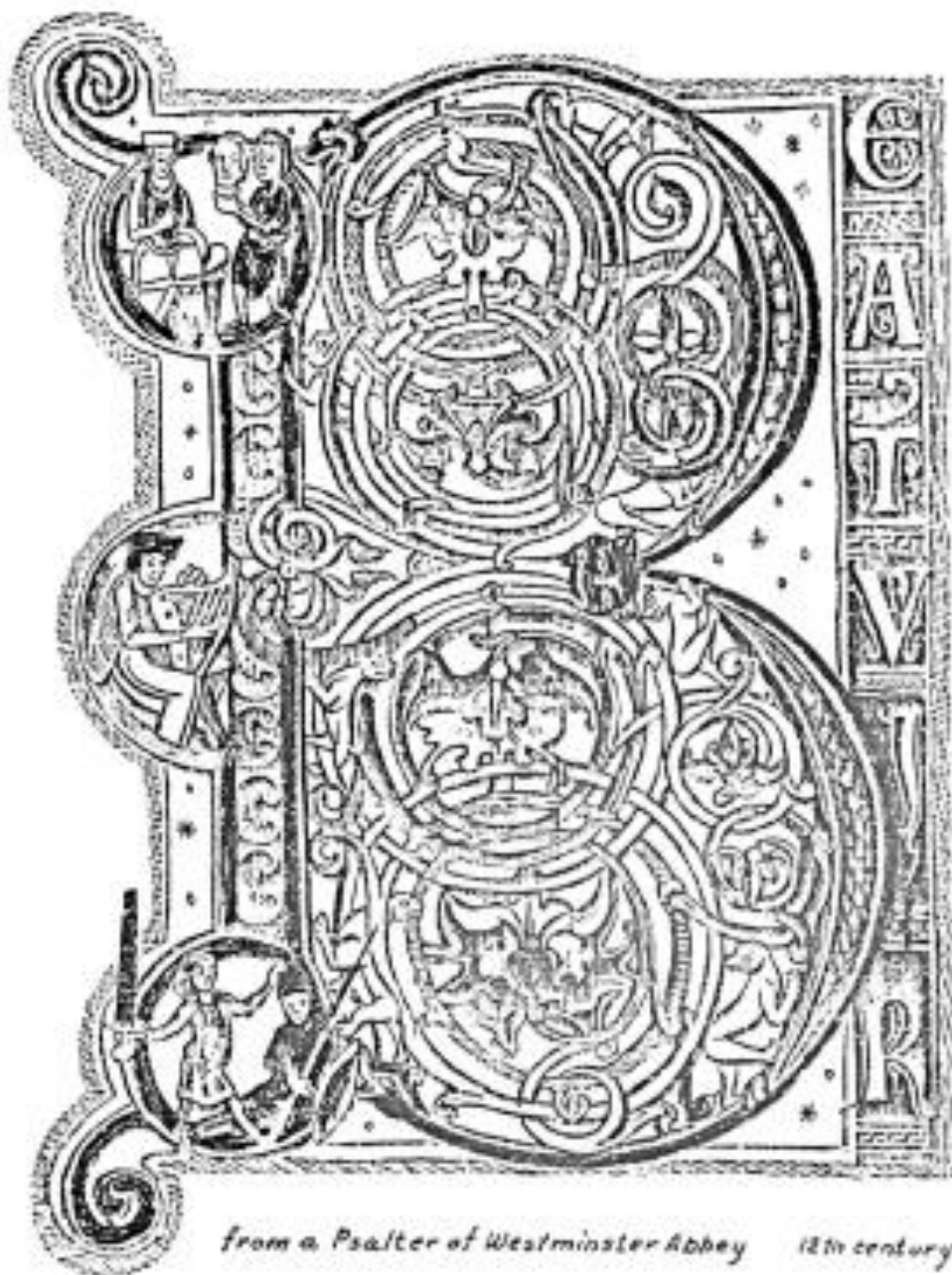
God, the Father

God, the Son

God, the Holy Spirit

AN INITIAL LETTER B

with scenes from the life of King David



Can you find 7 animals?

3 animal heads?

ILLUMINATED INITIALS



from the Winchester Bible 12th cent.



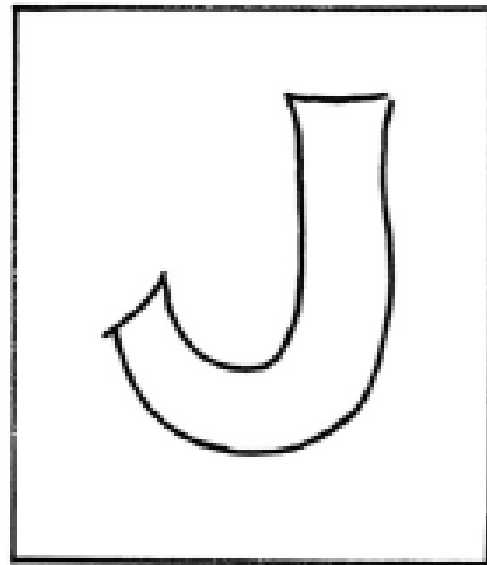
__ MAKING ILLUMINATED INITIALS __

START WITH

8 1/2 x 11 paper
with each child's
first initial
simply outlined.

and

LOTS of COLORED
PENCIL MARKERS



THEN ADD ANY or ALL of the FOLLOWING:

SPIRALS 

VINES 

FLOWERS 

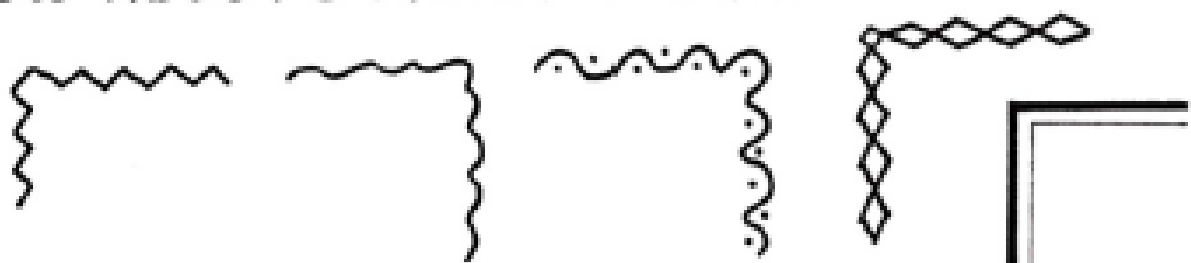
ANIMALS 

OUTLINE of RED DOTS 

PICTURES of YOU DOING
FAVORITE THINGS

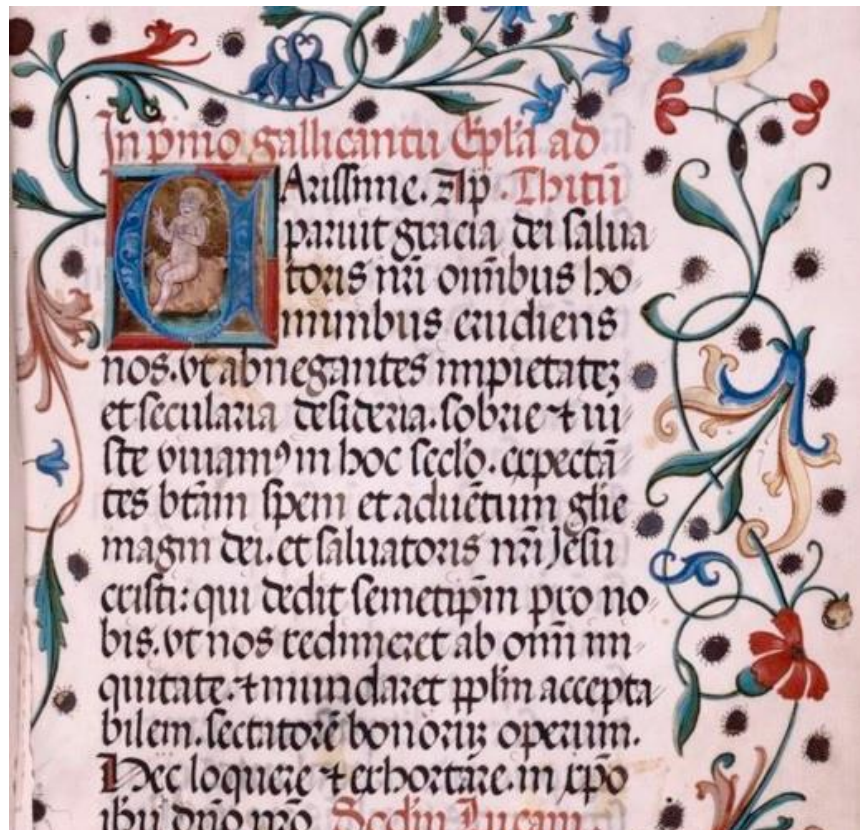
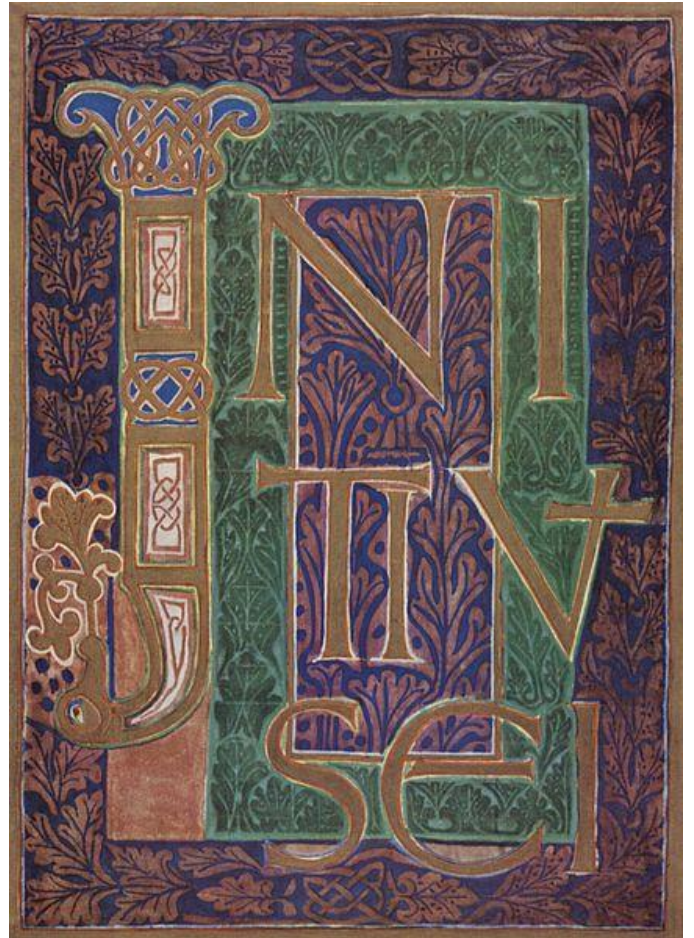


HOW ABOUT a FANCY FRAME?





Stain Glass from Cathedral of Christ the Light, Oakland, CA



Nowruz

Iranian New Year

the Purpose:

To introduce the Iranian New Year celebration, and its ritual for casting out quarrels and starting the new year in harmony.



Unitarian Universalists:

Believe that we should care about other people's feelings.

the Plan

GATHER

HEAR the explanation of Nowruz, the Iranian New Year and set the Haft-Sin table.

EAT foods beginning with S

LEAP over (paper) bonfires while making wishes

CELEBRATE by throwing sabzeh (sprouts) into the "stream" to cast away any quarrels.

CLOSURE

Planning ahead

- Gather objects for Haft-Sin table:
 - White cloth
 - Apple
 - Vinegar
 - Hyacinth, if possible
 - Silver coin
 - Garlic
 - Dried fruit
 - Sprouts (bean, alfalfa...)
 - Colored egg
 - Mirror
 - Candle
 - Koran
- Snacks that begin with the letter S: strawberries, shortbread, sunflower seeds etc.
- Supplies to make fires
 - Cardstock or card board
 - Tissue paper in flame colors
 - Twigs and brown paper
 - Scissors and glue
- Blue crepe paper
- Set up to show short video clip

Leader's Guide

Hear about Nowruz:

Do you remember other times we've celebrated the New Year in our group? (*Rosh Hashana, Diwali, Chinese New Year, Our New Year...*)

If you lived in Iran, you would celebrate New Year's Day in the spring, when the world feels fresh and new. The Iranian New Year is called Nowruz (NOH ROOZ) which means "New Day." It begins on the first day of spring, March 21, and lasts for thirteen days.

If you lived in Iran Nowruz would be your favorite holiday. You would start getting ready a month ahead. The house would get cleaned, you'd get new clothes, you would help make all kinds of sweets for the New Year. You would plant wheat seeds in bowls to make green sprouts in time for Nowruz. That's very important. You'll see why later.

When Nowruz comes you would get two weeks of vacation. You would go to parties, visit relatives and get presents too. On New Year's Eve, your family would gather for a special dinner. Let's pretend it is New Year's Eve. Our meal is eaten sitting on the floor around a white cloth.

(Spread out white cloth)

At the Nowruz dinner, every home places seven objects on the table that start with the letter S. They are called Haft-Sin, a word meaning "Seven S's." These objects represent happiness in the New Year and the goodness of God.

(Pull objects out one at a time and have children place them on the cloth)

- The word for apple in the Persian language is seeb.
- The word for vinegar is serkeh.
- Hyacinth is sonbul.
- Green sprouts are sabzeh. They symbolize life and good fortune. We'll need these for something special later on, too.
- The word for coin is sekeh. Can you guess what this symbolizes?
- The word for garlic is seer. It is to chase away evil spirits.
- The word for dried fruit is senjed. It stands for sweet life.

Now we have our seven objects that start with "s"—seeb, serekh, sonbul, sabzeh, sekeh, seer and senjed.

We will also put something on the tablecloth to reflect a bright future—it is a mirror.

It is also traditional to put colored eggs on the tablecloth to symbolize new life. They are like our Easter eggs, but colored eggs were used at Nowruz for hundreds of years before they were ever used for Easter. Nowruz has been celebrated for over 2500 years. There's an old saying in Iran that just as no one can tell what kind of chick will hatch from an egg, so no one can foretell what will happen in the coming year.

An Iranian family would also set out a candle for each person in the household. Most families would also have a Koran on the table. This is because most people in Iran are Muslims, so they often read from the Koran after the meal.

Now our Haft-Sin table is set, it is time to eat.

Eat Foods beginning with S:

All the foods today start with the letter “s” in our language. An Iranian family would take off their shoes before they gather around for dinner, you may want to do that now. There is a legend in Iran that says the Earth trembles slightly as it begins the New Year. People put an egg on their mirror and watch carefully to see if it trembles. In Iran, the cannons are being shot off at this moment, so the eggs usually tremble!

This would be a good time to show one of the videos on Nowruz

Make Fire Collages to Leap Over:

Cut a bonfire shape from poster board or cardstock. Cut tissue paper flames from red, orange and yellow tissue paper or crepe paper and glue them to the poster board. Try not to glue them flat, so the flames leap out of the board. From brown paper cut some “logs” to place at the bottom of the fire. Finish by taping real twigs near the bottom to add texture.

On the evening of the last Wednesday of the year before Nowruz, families heap at least three small bundles of branches in their yards, set them afire, and leap over them. They make a wish for the New Year each time they jump. Let’s take turns jumping over our fires. Remember to make a wish with each jump!

Celebrate:

Thirteen days after Nowruz, Iranians go to the country for a picnic. This day is called Sizdah-Bedar, which means “thirteenth day out.” It is considered bad luck to stay at home that day. They bring with them the sabzeh, the sprouts they began growing for Nowruz. They take the sabez to a stream and carefully throw the sprouts in the running water. This symbolizes throwing away all family quarrels and bad feelings. Now the New Year can begin in peace and friendship. Do you ever have quarrels or bad feelings in your family?

Show UU belief statement:

“Unitarian Universalists believe that we should care about other people’s feelings.”

Lay blue crepe paper on the floor to simulate a stream. Pass out sprouts to the children.

Before you throw your sabzeh, think for a moment carefully. Maybe there is a quarrel you’d like to patch up. Maybe there is someone in your family you would like to get along with better. Think of this and throw your sabzeh.

On Nowruz, Iranians tell each other, “May you live a hundred years!”

Additional Resources:

Videos:

What is Nowruz How to Celebrate Persian New Year (2:53)

<https://www.youtube.com/watch?v=HZnoNXrkfO0>

No Ruz (4:23)

<https://www.youtube.com/watch?v=aH-Ja6ynZ44>

Books:

Norooz A Celebration of Spring! The Persian New Year, by Gail Hejazi

Websites:

For more information and activities

<https://www.activityvillage.co.uk/nowruz>

NO
RUZ



سال نو مبارک

HAPPY NEW YEAR

FESTIMA

Festival of Masks

the Purpose:

To gain an understanding of traditional African religious beliefs; to explore ideas about God



Unitarian Universalists:

Believe we can each have our own idea about God.

the Plan

GATHER

HEAR about the African Festival of Masks

CREATE masks

MAKE and **PLAY** an African game

CELEBRATE by eating groundnut soup, sharing masks, and listening to music from Africa

CLOSURE

Planning ahead

- Supplies for Masks:
 - Paper plates and paper bags
 - Poster board and Construction paper
 - Yarn, beads, feathers, crepe paper or other decorations

- Scissors, tape, glue
- Crayons and markers
- Supplies form making game:
 - Egg cartons
 - Scissors
 - Tape
 - Bag of dried beans or beads for playing pieces, 48 pieces per game.
- Groundnut soup—link to recipe in resource section
- Bowls, spoons, napkins
- Set up to show short video clip

Leader's Guide

Hear about the Festival of Masks:

Today we will celebrate FESTIMA (Festival International des Masques et des Arts) the Festival of Masks. FESTIMA began in 1996 in Africa in the country of Burkina Faso. *(Find on the map.)* Africa is a large continent with 54 different countries, thousands of languages and diverse beliefs and traditions. Today some Africans are Christian, some are Muslim, and some follow the traditional religions that were developed long before Christians and Muslims came to Africa. Masks are part of many of the traditional religions in Africa. The Festival of Masks was started to promote and preserve the traditional mask practices found in Africa.

(Show page of African names for God)

Because there are so many countries and languages, there are many different beliefs about God. Some think of God as a “father.” Others think of god as energy or a spirit. Some think of God as both male and female. What do you think?

Unitarian Universalists believe that we each can have our own ideas about God.

There are many different stories in Africa about God. Some say that God once lived on Earth with people, but he became angry and left. One of the stories is about an old woman who was pounding corn with a heavy, long stick. In those days, God lived in the sky, but very low and close to the people, just above their heads. The old woman’s pounding stick was very long, so every time she pounded with it, she hit God. One day, she gave the stick a great bang, and hit God in the eye! He was so angry he went high into the sky. Now it would no longer be easy for

people to tell him their needs. There are many stories about how God left people. Perhaps these stories were one way of explaining why people have so many troubles.

Some traditional African religions believe that after you die, your spirit joins the spirit world and may be born again in another child of the family. A grandmother may die, but her spirit is reborn in the grandchild.

(Show mask page 1)

This African mask has two faces looking in different directions. It represents people who have died but are living again as new people. The other mask on this page is of bird with outstretched wings. In some parts of Africa, this mask is worn when someone has died. A dancer will wear this mask and dance on the flat rooftop of the person who died, helping to lead the spirit to the spirit world.

(Show House of Spirits page)

Because many believe their ancestors live on in the spirit world, people carve little statues to give the spirits a house, or a place to sit, so they can talk to them. The figure with the rounded head is the house for a spirit of an unborn child. In some parts of Africa, a woman wanting a child would carry this doll in her skirts. The child is shown as an adult because the mother wants the child to live to grow up. The other statue on this page is an ancestor. This statue would be placed in a special place in the home called a shrine.

(Show African mask page 2)

This mask of a woman's face represents the ancestors and is worn in one part of Africa by women in an initiation ceremony, preparing girls to become adults. The other mask on this page is used in an initiation ceremony for young men in a different part of Africa.

(Show African masks page 3)

The antelope mask is worn by dancers at planting time, because according to one legend, God sent the antelope to teach the people how to use a hoe. When dancers wear the mask, they feel as if one of the spirits enters the mask. For that reason, all masks are respected. When a person dances with the mask, their body is entirely covered so no one can tell who the dancer is.

Let's watch some video from FESTIMA:

Show 5-minute video: Festival des masques Dedougou

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

Make Masks:

Now let's each make a mask of our own.

Show Making Masks page and some examples and provide plenty of craft supplies.

Make and Play Game:

Oware (O WAH REE) is a popular game in Africa and is known by many other names. There are several variations on the game as well. The one you may be most familiar with is called Mancala. We can easily make an Oware board out of a couple egg cartons (*Show page*) and we can use beans as counters.

Making the game can be in addition to or instead of making masks.

Celebrate:

Let the children share their masks and play oware. If you prepared groundnut soup ahead of time, share that now, or some other snack. ****BE SURE THERE ARE NO PEANUT ALLERGIES****

Show UU belief statement:

“Unitarian Universalists believe we can each have our own idea about God.”

Say goodbye in Swahili: “kwa here” (KWAH HARRY)

Additional Resources:

Videos:

Festival des masques Dedougou 2018 (5:45)

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

Burkina Faso Mask Festival - My Peace Corps Story (4:55)

<https://www.youtube.com/watch?v=YO31ajBDJ58>

Websites:

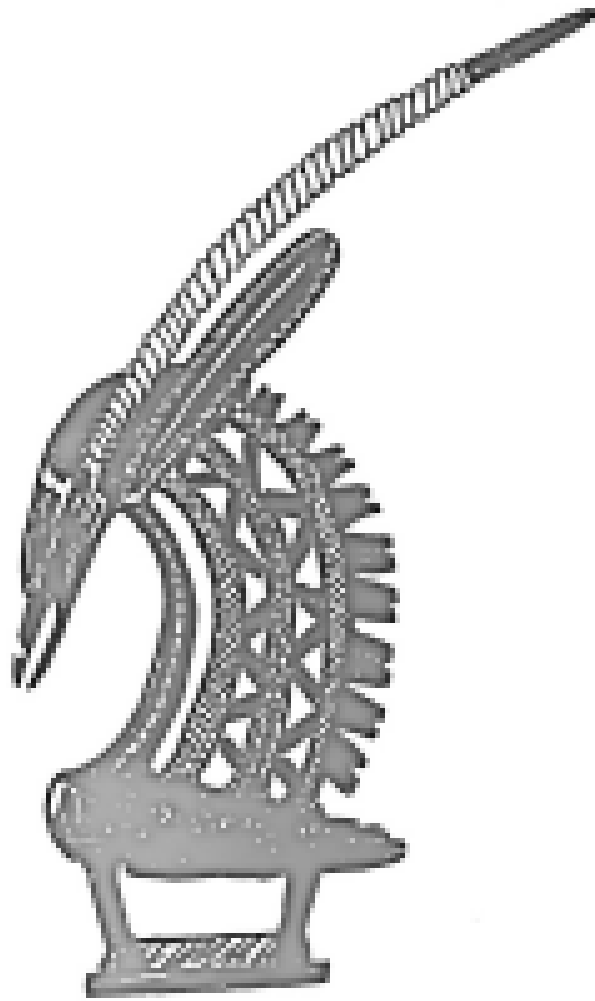
Groundnut Soup Recipe

<https://cookieandkate.com/2013/west-african-peanut-soup/>

More information

<https://www.aljazeera.com/indepth/inpictures/2016/03/burkina-faso-festima-gathering-african-masks-160310074232928.html>

FESTIMA



Festival of Masks

The names for God
in some of the many
AFRICAN languages:

MULUNGU

LEZA

NYAMBE

MAWU

OLORUN

UNKULUNKULU

God is called:

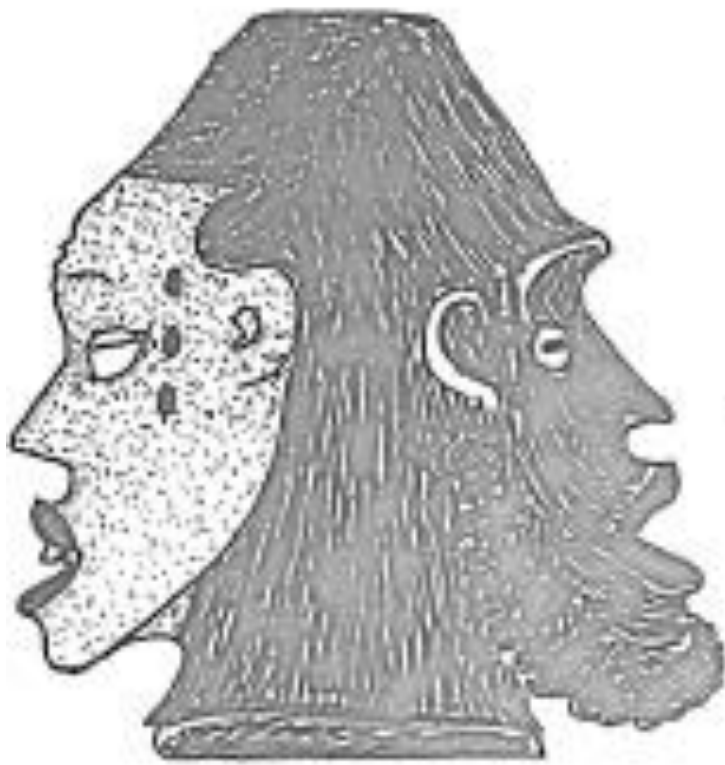
"The One You Meet Everywhere."

"Giver of Breath and Souls."

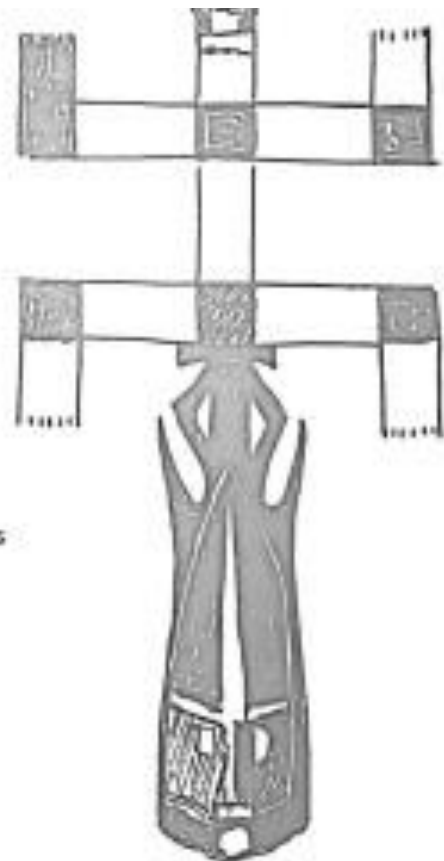
"The Great Eye."

"Molder of All."

"Giver of Rain and Sunshine."



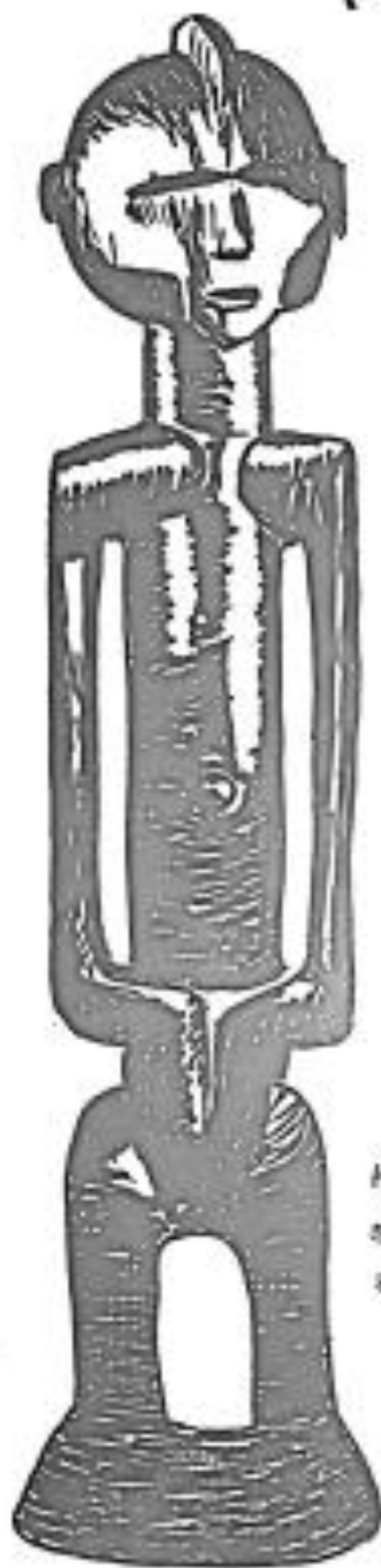
Double-headed
represents life and death)
Iko or Eko of Nigeria



Bird-wing - cross
Dogon of Mali

HOUSES for SPIRITS

House for the spirit of a
child not yet born.



House for the
spirit of an
ancestor.

Dogon of Mali



Ashanti of Ghana



Boys' Initiation

Bambara from Mali

Girl's Initiation

Mende from Sierra Leone

Antelope headdress
Bambare of Mali



Buffalo horn
Boule from Ivory Coast



Buffalo, Ivory Coast



Bird, Burkina Faso



Kwele Mask, Gabon



Boys initiation masks, Malawi



Kuba Mask



Bolo Mask

MAKING MASKS

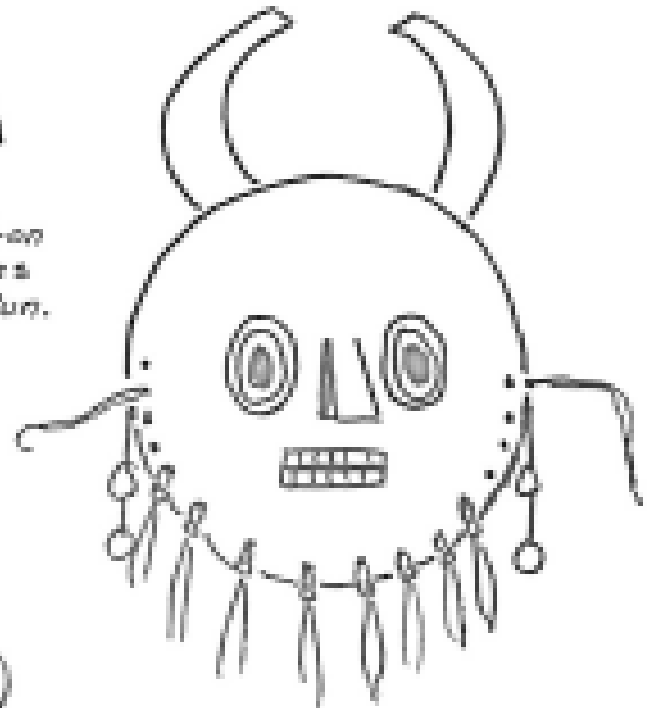
A good start - 3 basic shapes: a paper bag, a paper plate, a cylinder of poster board. With plenty of creative supplies on hand children can dream up wild, weird and wonderful masks. Decorations can be attached with double-sided scotch tape, loops of tape, glue sticks or staples. Give takes long to dry.



Stick-on shapes are fun.

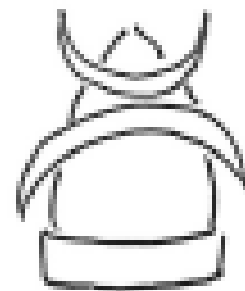
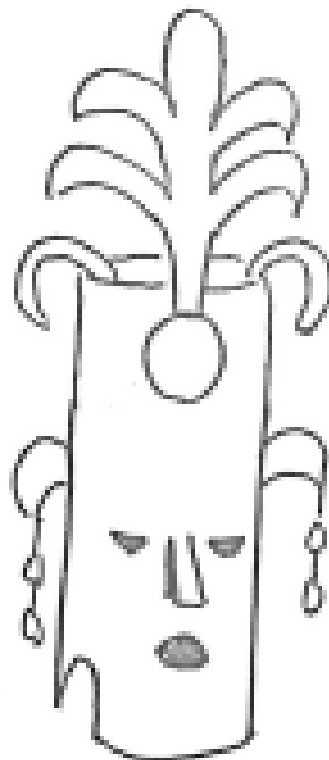
Head at top of bag, locate nose and eyes. Cut sides for shoulders.

Cut nose and push up.



Punch holes for yarn or raffia beard or hair.

A cylinder of poster board is good for tall masks. Cut out to rest on shoulders. Locate nose, eyes.



Headdresses can be built up on a head band and mitre shapes.

____ MAKING an AFRICAN GAME
called OWARE ____

ALL YOU NEED:

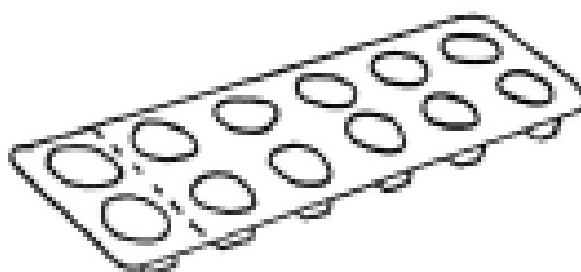
Egg cartons

Scissors

Tape

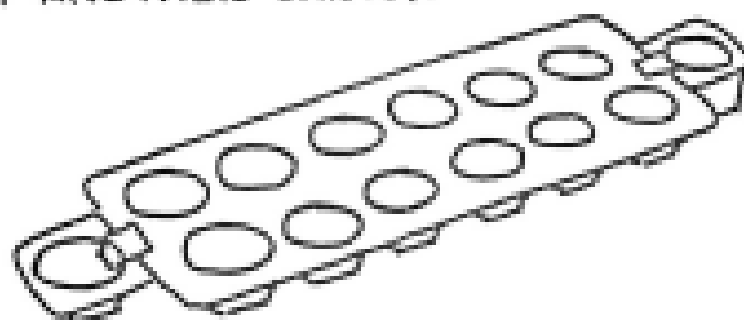
48 beans, seeds, pebbles, or
cardboard squares for each player

Cut 2 cups
off ONE
CARTON



and

add one cup to each end
of ANOTHER CARTON



Count out your beans
and start playing!
(see directions page)

Oware Nam Nam

This is a game played on an Oware board by children in Ghana. It goes by a variety of names and slight variations in the area and surrounding countries including "Num Num", "Adi", "Mewelad" and "Lamosh". Each of the 12 hollows is filled with four beans. Each player "owns" the 6 hollows nearest to the player. The objective is to capture and own all the hollows. Hollows are won by capturing progressively more beans in a round than the opponent.

One Round:

- The player first chooses one of the non-empty hollows owned by him and picks up all the beans contained in it. The player then drops a single bean into each of the next hollows in a counterclockwise direction, this is called "sowing" the seeds.
- At any time, if a seed is sown into a hollow with 3 seeds (thus making 4 seeds in that hole), the player who owns that hollow immediately removes and captures the four seeds concerned, and places them in their storage pot. If the last seed falls into an empty hollow, then the player's turn ends.
- If the last seed is sown in a hollow with 3 seeds (thus making 4 seeds in that hole), the four seeds are taken by the player whose turn it is, regardless of who owns the hole, and the turn ends.
- If the last seed falls into any other hollow, the player takes up all the seeds in that hollow and starts sowing them, beginning from the next hollow. A turn may therefore go around the board several times before ending.
- If there are no seeds in any of a player's hollows, when it is that player's turn to play, the player misses that turn.
- When there are eight seeds left on the board, the player who captures the next 4 also captures the last 4 and the round ends.

A Game:

At the end of each round, the player with the most seeds puts four seeds in each hollow on his side of the board. The remaining seeds are then placed in fours into the hollows of his choice on the opponent's side of the board. These hollows are now owned by the leading player and should be marked as such. For the next round, that player can use them in the same way as the other hollows owned by him. The other player puts the rest of the stones into the remaining hollows in fours on his side of the board and these are the hollows owned by that player for the next round. The game is won when at the end of a round one of the players has managed to win all the seeds and therefore all the hollows.

Easter



the Purpose:

To share the story of Jesus' death; to rejoice in the renewal of life.

Unitarian Universalists:

Believe that we although Jesus died, his love and teachings live on.

the Plan

GATHER

HEAR the story of Jesus and Easter

MAKE an egg and butterfly tree

PLAY Easter Egg Roll

CELEBRATE the spring renewal of life with a poem and
some chocolate eggs.

CLOSURE

Planning ahead

- Hollow eggs for decorating
- Colored paper
- Paints and brushes
- String
- Pipe cleaners

- Plastic eggs or hardboiled eggs for egg roll
- Tape
- scissors
- Chocolate eggs
- Bible
- Branches and pot to make “tree”
- Set up to show short video clip

Leader's Guide

Hear the Story of Jesus and Easter:

Easter is a special time to think about Jesus and to learn about his life. All we know about Jesus is written in four books of the bible—Matthew, Mark, Luke and John. (*Show Bible*) I know the Bible looks like one book, but it is really a collection of books written at different times, and they don't all agree on everything. I will be taking parts from all four books as I tell you the story of how Jesus died. Jesus had been dead for 30 years before the first book was even written.

Jesus was a Jew who lived over 2000 years ago. He traveled all around the little country of Palestine, teaching people how to be kind and live good lives. One spring he traveled to Jerusalem with twelve of his friends called “disciples.” By this time, he had been teaching for three years and many people knew him and loved him. Some even called him the messiah, the great person the Jews believed would come to free them and bring peace to all.

Jerusalem was crowded with people who were there for the Passover festival. As he entered the city, the people cheered “Hosanna!” which was their way of saying “Hurray for Jesus!” Jesus went to the great temple in Jerusalem, where people came to pray and offer sacrifices to God. What he saw at the temple made him angry—temple officials were overcharging people and money changers were cheating Jews from foreign lands. Jesus said, “Scripture says that the temple of God shall be called a house of prayer, but you are making it a robber's cave!” Jesus faced the priests and told them, “God wants kindness more than sacrifices, but you want sacrifices more than kindness!”

Now the chief priests had never liked Jesus because he wanted to change some of the strict rules of the Jewish religion, but he was so popular with the people they were afraid to do

anything to him. They started to plot a way to get rid of him. They said, "If we could just get him alone then we could arrest him and have him in our power." One of Jesus' followers, Judas went to the chief priests in secret, and for 30 pieces of silver he agreed to lead their soldiers to Jesus when he was alone.

(Show picture of the last supper)

Later that week, as Jesus and his disciples had their Passover meal, Jesus said "I tell you this, one of you will betray me." He had sensed even before coming to Jerusalem that he would be killed at Passover time, but he came anyway, believing he was carrying out God's plan. That evening, when he was alone in the garden, he threw himself on the ground and said, "Oh, God my Father, if thou art willing, save me, but if it cannot be, may thy will be done."

Then Judas came, leading the soldiers who took Jesus and brought him to the Jewish high court. Though the judges said he should die, only the Roman governor, Pontius Pilate had the power to order him put to death. The governor said to Jesus, "Do you call yourself a King?" Jesus answered, "It is you and the priests that are calling me a king, not I. My only desire is to preach the truth. The kingdom I have been preaching is not a kingdom like yours. It has no thrones or palaces. Its king is God, and God rules in the hearts of people."

(Show picture of Crucifixion)

The governor was not convinced of Jesus' guilt, but Jesus' enemies would not give up until they had their way. Finally, the order was given for Jesus to be put to death by crucifixion. They made fun of Jesus, beat him and put a crown of thorns on his head. They nailed him to a large wooden cross on a hill along with two condemned robbers and left him to die.

After Jesus died, a friend took his body, wrapped it in a linen cloth and placed it in a tomb cut out of rock, like a little cave. A heavy stone was rolled across the entrance. The third day after Jesus died, two women who were friends of him came to the tomb. It was Sunday morning, just after sunrise. They were surprised to see that the huge stone was rolled back from the tomb. They were even more surprised when they saw his body was gone! In his place was a young man in a white robe who said, "Don't be afraid. You are looking for Jesus of Nazareth who was crucified. He has been raised from the dead. Go tell his disciples that they will see him in Galilee." This is where the story ends in the book of Mark, though later it says Jesus appeared to a woman he had healed and then later appeared and spoke to his eleven disciples. (Judas had been so overwrought with guilt that he had hung himself.) The other three books about Jesus say nothing about him going to heaven, but they do say he appeared and talked to his disciples.

The word “resurrection” means coming back to life after dying. Most Christians believe that Jesus was resurrected, that he came back to life and is a part of God. What do Unitarian Universalists think? Most UU’s think Jesus was a great teacher who taught people to love instead of hate, but not that his body came back to life again. Maybe his followers loved him so much that they could not forget him, so stories began to spread that such a good man could not be dead—that he must’ve been resurrected. We respect other people’s beliefs about Jesus, just as we want them to respect our beliefs.

Make an Egg and Butterfly Tree:

“At Easter we celebrate what Jesus brought into the world, but we also celebrate the renewing of life. Long before Jesus, people celebrated springtime as a time for new life. Many traditions use colored eggs as a symbol at this time—from the Iranian New Year, Nowruz, to the ancient Greeks, Romans and Egyptians. Many people long ago believed that our Earth itself was born from a giant world egg. Today we’ll decorate eggs and hang them on an egg tree. We’ll also make butterflies for our tree of new life. Why do you think butterflies represent new life?”

Branches should be planted securely in a large pot to make a bare tree for decorating. Now you can paint, string and hang the eggs. Be sure to prepare them ahead of time, by poking both ends of a raw egg with a pin, shaking, and blowing the contents out into a bowl. Butterflies can be made from small pieces of colored paper and pipe cleaners. Add ribbons to the tree for extra decoration if you like.

Play Easter Egg Roll:

There are many different traditions for various egg rolling games. Use boiled eggs, raw eggs (if you dare!) or plastic eggs. You can simply see whose egg rolls the farthest down a hill. Or you can give each child a stick or spoon to push their egg through the grass in an egg race. Check out the website in the resource section for other fun games with eggs.

Celebrate:

Gather around the tree to celebrate Jesus’ teachings of love and the renewal of life. Say, “The same life we’re celebrating is in you and me. Have you ever felt your heart beat? Let’s put our

hands over our hearts and see if we can feel them beating.” Share the poem, “The stream of life”

Optional—distribute chocolate eggs.

Show UU belief statement:

“Unitarian Universalists believe that we although Jesus died, his love and teachings live on.”

Additional Resources:

Videos:

Lego Easter Story (5:03)

<https://www.youtube.com/watch?v=-M8Yesnt1V8>

Websites:

Easter Egg Games

<https://www.thespruce.com/kids-easter-egg-games-1695686>

Printable Butterfly templates

<https://www.template.net/design-templates/animal-templates/butterfly-shape-templates/>

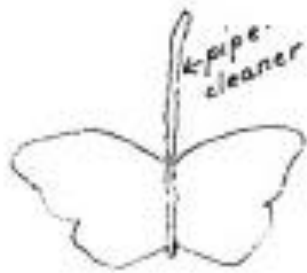
How to Blow out Eggs

<https://www.wikihow.com/Blow-Out-Eggs>

Easter



—MAKING a BUTTERFLY / EGG TREE—



Plant branches securely in pot. Decorate with painted blown eggs, colorful paper butterflies and ribbons.

The STREAM of LIFE

The same stream of life that runs through my veins night and day runs through the world.

It is the same life that shoots in joy through the dust of the earth in the many blades of grass and leaves and flowers.

It is the same life that is rocked in the ocean-cradle of birth and of death, in the coming and going of the tides.

I feel the life-throb of all the ages dancing in my blood this moment.

Adapted from Tagore

Copyright 1983
Bretman-Marshfield



The Last Supper, Leonardo DaVinci



Crucifixion, Strasburgian painter circa 1410-1415



Painted Easter Eggs, Ukraine

Passover

Jewish Festival of Freedom

the Purpose:

To introduce children to the ancient Jewish festival of freedom with its symbols, story and songs.



Unitarian Universalists:

Believe in freedom for all people.

the Plan

GATHER

HEAR the explanation of Passover

PARTICIPATE in a mini Seder

CELEBRATE with traditional Passover foods and songs

CLOSURE

Planning ahead

- Copies of “Our Passover Seder” for each child
- Copies of Song page
- Seder plate
- Candles
- Pitcher of grape juice
- Plastic wine glasses
- Plates, napkins spoons, bowls

- Matzah
- Parsley
- Saltwater
- Haroset
- Bone (traditionally lamb shank, but any bone or even a shell can be used)
- Roasted or hard-boiled egg
- Horseradish
- Matzah ball soup
- Macaroons
- Optional—actual Haggadah to show children
- Set up for video clips

Leader's Guide

Hear the Explanation of Passover:

Today we are going to celebrate Passover, the Jewish spring festival of freedom. Once, long ago, the Jews were slaves in Egypt. Now they celebrate the preciousness of freedom every year at Passover. Passover lasts for eight days. It is traditional for families to gather on the first night of Passover for a feast called a Seder. During the Seder, everyone eats, sings, and hears the story of Passover.

Now, let us begin our Seder.

Participate in Seder:

Note to Teachers: If possible, have someone with a Jewish background involved in leading this lesson. Have the Seder table set ahead of time, and all the foods prepared. Be sure to read through the Seder ahead of time. See the checklist in the resource section to help you prepare. If you are uncomfortable with the prayers, feel free to skip them and instead simply state that this is when a prayer for....would be said.

Note on the afikomen: In some families, adults hide half of the afikomen and the children must find it at the end, and then receive gifts. In my family, the children would hide it when the head of the table left to wash his hands. Then, when the adults looked for it at the end, they would bargain the afikomen's return for gifts.

Celebrate:

Share songs, videos and eat macaroons.

Share the UU belief statement:

“Unitarian Universalists believe in freedom for all people.”

Additional Resources:**Videos:**

Passover Seder in 3 minutes

<https://www.youtube.com/watch?v=rfWtBpR1VzA>

Dayenu (1:51) —with lyrics, traditional

<https://www.youtube.com/watch?v=BjFs1ROeJ3w>

The Maccabeats Dayenu (4:14)—much less traditional!

<https://www.youtube.com/watch?v=CZgDNPgZ9Sg>

Eliyahu Hanavi(1:29)—with lyrics

<https://www.youtube.com/watch?v=l30lgVThQyE>

Go Down, Moses—Louis Armstrong (3:36)

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

For more information:

http://jewishfederation.org/images/uploads/holiday_images/39497.pdf

<https://www.allrecipes.com/recipe/45301/haroset-for-passover/>

Seder Table Preparation Checklist

1. Candles (or use your chalice)
2. Seder plate—this can be a real Seder plate, or just a print out of one. There should be spaces for a small bit of the following: Parsley, horse radish, Matzah, haroset, bone, an egg and an orange on the plate.
3. Places set with plates, napkins, wine glasses (plastic) and copies of “Our Seder”
4. Plate with 3 matzah, wrapped in a cloth. The middle matzah is the afikomen, which is broken during the service.
5. 2 special cups—one with “wine” for Elijah the Prophet, one with water for Miriam. In my family tradition, when the children go to the door to let Elijah in, an adult quickly drinks his cup, so it is magically empty when the children return, thus showing that Elijah was there.

Additional Preparations:

1. Make Haroset ahead of time. The simplest method is to add cut and peeled apples, walnuts and a little grape juice and honey to a food processor and pulse till blended but still lumpy. There are many recipes, it is flexible. This can be made ahead of time and kept in the fridge.
2. Make matzah ball soup: this should be made the morning of the lesson and brought in a crock pot to keep warm. The easiest way is to get a package of matzah ball soup mix from the grocery store and follow the instructions. It takes about 30 minutes to prepare.
3. These things should not be on the Seder table, but should be readily available: box of matzah, bowls and spoons for soup, macaroons for dessert, extra bottles of grape juice.

Our Passover Seder

Introduction

We are gathered tonight, like people all over the world at this time of year, to celebrate an event that has come to symbolize humanity's passion for justice and freedom--the liberation of the Jewish people from slavery in Egypt more than 3000 years ago.

Our ceremony is the *Seder*, a Hebrew word that means "order". The book we read from is called a *Haggadah*, which means "this telling". As always, our celebration is a combination of the old and the new, for Jewish practice encourages us to reinterpret, embellish, comment, and otherwise make the traditional story of the Exodus our own.

Lighting the Candles

Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav, v'tsivanu l'hadlik ner shel chag haPesach.

Blessed are You, Adonai our God, Giver of Light, who makes us holy and commands us to light the holiday candles.

The First Cup

There are four cups of wine or juice at the Passover *Seder*. The first is the cup of sanctification. We drink it to celebrate the joy and the holiness of all life.

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Blessed art thou, Adonai our God, Creator of the Universe, who creates the fruit of the vine.

The Seder Plate

We eat *Karpas*, parsley, as a sign of the greenness of Springtime, which brings hope.

We eat *Matzah*, the unleavened bread, to remind us how our ancestors had to leave Egypt in such haste that the dough for their bread did not have time to rise.

We eat *Maror*, bitter herbs, to remind us of the bitterness of slavery and oppression.

The *Haroset* is made to look like the clay without straw that our enslaved forefathers used to make bricks for the great cities of Pharaoh.

The roasted bone recalls the lamb our ancestors sacrificed and ate in the days of the Temple. It reminds us that during the tenth plague, Adonai "passed over" the homes of the Israelites and spared their firstborn.

The egg was introduced into the *Seder* in Roman times. It is a reminder that life is eternal as Springtime.

In our day the orange has come to be identified with women's unique role in Jewish ritual.

Ur'chatz/Washing of the Hands

Traditionally, the washing of the hands is an act of purification that precedes a ritual. By washing our hands tonight, we wash away the conditioning of our many years of slavery, the first step toward liberation.

Karpas/Eating a Green Vegetable

Even before the Exodus from Egypt, our people each spring celebrated creation and the mystery of life. We remind ourselves that both the tender greens of the earth and salts of the sea were joined together to sustain life. We remind ourselves that in slavery the brine of tears released our strength to survive.

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri ha-adamah.

Blessed art thou, Adonai our God, Creator of the Universe, who creates the fruit of the earth.

Yachatz/Breaking the Matzah

We have before us three *matzah*. We break the middle *matzah*, the *afikomen* (from the Greek word *afikomen*, meaning "dessert"), and return the smaller piece to its place with the other two. Traditionally, the *afikomen*, is hidden until after the meal. When the *afikomen* is found it will remind us that what is broken off is not really lost to our people, as long as every generation remembers and searches.

The Four Questions

We ask four questions to highlight the differences that mark the Seder night. (Traditionally, this honor is given to the youngest person at the table who can read.)

How is this night different from all other nights?

On all other nights, we eat leavened bread or *matzah*, but on this night we eat only *matzah*.

On all other nights, we eat all kinds of herbs, but on this night we eat only bitter herbs.

On all other nights, we do not dip even once, but on this night we dip twice.

On all other nights, we eat either sitting or reclining, but on this night we eat reclining.

The Reply

Why do we eat only matzah tonight?

Because in our haste to flee Egypt we did not have time to wait for the dough to rise. We had prepared enough dough for bread to take into the desert, but the Egyptians pressed us, and there was not time to bake it. The hot sun beating down on the dough baked it into flat, unleavened sheets. The *matzah* represents a rush to freedom.

Why do we eat bitter herbs tonight?

The *maror* represents the bitterness of slavery and oppression. We eat it so that we will never forget this.

Why do we dip the herbs twice tonight?

We dip the greens in salt water to remind us of the renewed promise and hope of Spring. We dip the *maror*, the bitter herb, in sweet *haroset* as a sign of hope, for we withstood the bitterness of slavery because it was sweetened by the hope of freedom.

Why do we recline at the table?

Reclining at the table was a sign of someone free. Slaves sat on hard benches or on the floor. We recline to show the world that we will not be enslaved.

The Story of the Oppression

Jewish history began a long time ago. The *Torah* tells us that our ancestor Jacob moved with his family from Canaan to the land of Egypt in order to find a better supply of food. In those days, our ancestors were called Hebrews.

The Hebrews were a small group when they arrived in Egypt. Jacob's son, Joseph, worked for the Pharaoh, the ruler of Egypt. Joseph's wisdom and skill helped all the people in Egypt. Joseph became an important and respected man. It was the best of times, and the Hebrews grew in number and were happy.

Years passed. A new Pharaoh, who did not know about Joseph's good deeds, came to power. He was afraid of the large number of Hebrews in his country. He was afraid that the Jewish people would turn against him. The Pharaoh ordered that the Hebrew people become slaves. They were forced to work day and night to make bricks and build cities. It was a terrible time for the Jewish people!

The Pharaoh was afraid the Hebrews would become too strong, so he ordered every Jewish baby boy be thrown into the Nile river to die. A Jewish woman who could not bear to see her son die placed him in a basket and lay him among the reeds by the bank of the Nile. His older sister Miriam stood at a distance to see what would happen.

The Pharaoh's daughter heard the baby cry and her heart was filled with pity. "I shall adopt this baby," she said. Just then Miriam came forward and said, "I know a woman who can nurse the baby for you!" Pharaoh's daughter said, "Bring the woman to me." Miriam brought her mother. "I will pay you to nurse this baby. His name shall be Moses," said the Pharaoh's daughter.

Moses grew up in the palace, but he knew he was Jewish. He hated the way the slaves were treated, and one day he got angry when he saw an Egyptian beating a slave. He killed the man. Then he had to flee Egypt. He escaped to the land of Midian.

One day, Moses came upon a burning bush. There he heard God tell him to go back to Egypt to free the Hebrews. Moses tried to talk to the Pharaoh, but he would not free the slaves. The Hebrews living in Egypt cried to God. They wanted to be free! God heard their cries and made the Egyptians suffer with terrible punishments called plagues.



The Ten Plagues

It is customary to recite the names of the plagues, dipping a finger into grape juice and letting a drop fall on the plate for each one in mourning for those who suffered without need.

1. **Blood** There was blood in all the water of Egypt. The Egyptians could not bathe. They could not take a drink, water their flowers or crops, or enjoy a refreshing swim.
2. **Frogs** Frogs hopped and croaked everywhere. No one could sleep, walk or play in peace. Everything seemed to be moving, and people were dizzy.
3. **Vermin** Lice made everyone scratch their skin so hard that people hurt all over.

4. **Beasts** Wild beasts galloped, slithered snorted, growled, roared and clawed in every corner of Egypt. Soon, there was no room for the people.
5. **Disease** There were diseases that could not be cured. Cattle sickened and died.
6. **Boils** --Boils burst from their skin. They were so uncomfortable! The Egyptians could not even get dressed without screaming from the pain.
7. **Hail** --Hail rained down as dangerous balls of ice. The hail smashed roofs, damaged crops, and broke everything the Egyptians owned.
8. **Locusts--** Locusts swarmed over all the trees and blades of grass. The buzzing and sound of flapping wings frightened everyone. Vegetables and fruits were gobbled up and only dust remained on the ground.
9. **Darkness--** Darkness blotted out the sun. People were always cold. Moonlight and stars did not appear. Every day was pitch black.
10. **Plague of the firstborn--**The firstborn son in every Egyptian family died. Only when brought to his knees by the death of his first-born son was Pharaoh convinced that the Hebrew people had to be freed from their slavery and he allowed them to leave Egypt.

According to the Torah, after the Hebrews had departed (in such haste that they could not wait for bread to rise) Pharaoh had a change of heart and went in pursuit of them with an army. As the Israelites came to the Sea of Reeds, they turned around to see the Egyptian army tearing down upon them and were filled with fear. It was Miriam who garnered the people's courage, leading the women in a song and dance of freedom. God told Moses to put his staff over the water, and then God parted the waters for them to pass through safely to the other side. But as Pharaoh and his army entered the passage, the waters came together again and drowned them.

The Second Cup

The second cup is the cup of identity. We drink it to celebrate the survival of the Jewish people through centuries of persecution. We drink this cup in memory of all our Jewish women and men who fought for freedom from oppression throughout the generations, from the days of the Exodus through the Holocaust and right up to the present day.

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Blessed art thou, Adonai our God, Creator of the Universe, who creates the fruit of the vine.

Miriam's Cup

Miriam's cup is filled with water, rather than wine. The story goes that a miraculous well accompanied the Hebrews throughout their journey in the desert, providing them with water. This well was given by God to Miriam, the prophetess, to honor her bravery and devotion to the Jewish people. We fill Miriam's cup with water to honor her role in ensuring the survival of the Jewish people.

Motzi/Matzah/Blessings for Bread and Matzah

Baruch atah Adonai, Eloheinu melech ha-olam, hamotzi lechem min ha-aretz.

Blessed art thou, Adonai our God, Creator of the Universe, who brings forth bread from the earth.

Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'tsivanu al achilat matzah.

Blessed art thou, Adonai our God, Creator of the Universe, who has sanctified us with your commandment to eat this *matzah*.

Maror/Bitter herbs

We eat the *haroset* and *maror* together to recall that our ancestors were able to withstand the bitterness of slavery, because it was sweetened by the hope of freedom.

Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'tsivanu, al achilat maror.

Blessed art thou, Adonai our God, Creator of the Universe, who makes us holy by your *mitzvot* and commands us to eat bitter herbs.

Shulhan Orech/The Festive Meal

Serve matzah ball soup or other foods.

Tzafun/Eating the afikomen

The *afikomen* is dessert, the last food to be eaten so that the taste and experience of the Seder will stay with us until next year.

The Third Cup

The third cup is the cup of liberation. We know that the story of the exodus is a powerful inspiration not only for Jews, but for all who must fight to liberate themselves from injustice. Our history links us to all of humanity, and we know that freedom for any one person cannot be fully realized until freedom for all is obtained. The third cup celebrates our vision of a fully liberated world. We celebrate our connection with all the beings of the earth who live to make that vision a reality.

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Blessed art thou, Adonai our God, Creator of the Universe, who creates the fruit of the vine.

Elijah's Cup

This cup is for Eliyahu Hanavi, Elijah the Prophet. We open our front door to greet our honored guest and invite him to join our *seder*. We pray that he will return to us bringing a time of peace and freedom. Each of us must help make the prophet's words come true. May these words come true tonight:

“Behold, I will send you Elijah the prophet, who will turn the hearts of the parents to the children and the hearts of the children to the parents before the coming of the great and mighty Day of God!” (Malachi 3:23-24)

Nirtzah/Conclusion, The Fourth Cup

Traditionally the fourth cup is dedicated to Jerusalem, the holy city. Tonight, we drink it as a cup of peace: for all people in the Middle East, where our story began, and throughout the world.

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Blessed art thou, Adonai our God, Creator of the Universe, who creates the fruit of the vine.

Our *seder* is now ending. We have said special words and have eaten different foods. We know that once we were slaves but now we are free. Not all people are free. There are people who are hungry. On this *Pesach* night we promise to help all people who are hungry and in need.

This year we celebrate here together in friendship. Next year may the world be free with all people living in peace and justice.

ALL:

May there be freedom and peace for us!

For everyone! This is our hope.

Song Page

Dayenu

ALL SING:

Ilu hotzi, hotzi anu

Hotzi anu, miMitzrayim

Hotzi anu, miMitzrayim,

Dayenu.

Ilu natan, natan lanu

Natan lanu et ha Shabbat

Natan lanu et ha Shabbat

Dayenu.

Ilu natan, natan lanu

Natan lanu et ha Torah

Natan lanu et ha Torah

Dayenu.

If God had only created the world and not brought us out of Egypt, it would have been enough: *Dayenu.*

If God had only brought us out of Egypt but not divided the sea: *Dayenu.*

If God had only divided the sea but not helped us cross on dry land: *Dayenu.*

If God had only helped us cross on dry land but had not given us the Sabbath: *Dayenu.*

If God had only given us the Sabbath but had not given us the Torah: *Dayenu.*

If God had only given us the Torah but had not sent us wise teachers: *Dayenu*

Eliyahu

1. *Eliyahu hanavi*

Eliyahu haTishbee

Eliyahu, Eliyahu,

Eliyahu haGiladee

2. *Bimheyra B'yamenu*

Yavo eleynu

Im Moshiach ben David

Im Moshiach ben David.

(repeat 1.)

Elijah, the Prophet; Elijah, the Tishbite; Elijah, the Gileadite; May he come soon with the Messiah.

Go Down, Moses!

When Israel was in Egypt's land,

Let my people go,

Oppressed so hard they could not stand,

Let my people go.

Go down Moses

Way down in Egypt land,

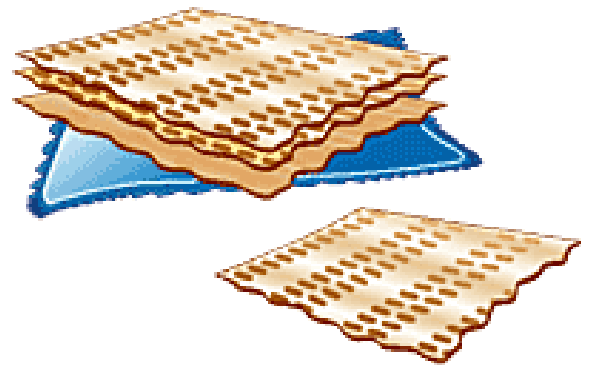
Tell old Pharaoh

"Let my people go!"

Passover



Jewish Festival of
Freedom



Earth Day

April 22

the Purpose:

To celebrate the interconnectedness of all life on our planet; to rejoice in its beauty; to accept responsibility for its preservation.



Unitarian Universalists:

Believe in being friends with the Earth, rather than conquering it.

the Plan

GATHER

IMAGINE viewing earth from outer space

LEARN about Earth Day and list ways we can protect the Earth.

DO a service for the earth

CELEBRATE by singing "Blue Boat Home"

CLOSURE

Planning ahead

- Pictures of Earth from outer space
- Paper bags
- Markers
- Copies of "Singing the Journey" for the children, Blue Boat Home is hymn 1064
- Set up for video clips

Leader's Guide

A View of Earth from Space:

We are going to take an imaginary journey. Let's begin by closing our eyes. Let your body settle down in your chair.

Listen to your breathing.

Imagine that your body is filling with golden light, a warm glowing light. Let that warm glowing light grow and grow...until you are filled with it.

It's lifting you up, up. You are outside of the church. Looking down you see the roof of the church, the trees, cars and houses below. They are getting smaller and smaller as you float gently up and up. Now you can see mountains and deserts, and winding rivers like silver ribbons.

You float higher and higher...up, up into the soft blackness of space. Looking down you can see our Earth. How beautiful it is, like a precious blue marble against the black, black sky. Can you see its swirling clouds and waters? How alive it is. Think of all the creatures crawling and swimming and flying and walking about that blue marble. From tiny insects creeping through the grass, to huge elephants crashing through the jungles, to people living in houses, we depend on each other to live. We all came out of the Earth and must return to it. A beautiful home we must cherish and take care of.

Now let your heart pull you slowly back home. Gently floating closer and closer to Earth. Ah, there is the church. You float into the room. Feel your feet on the floor. When you are ready, open your eyes. Here we are, back home on Earth.

Learn About Earth Day:

1. Read Chief Seattle's words: These words were spoken almost 200 years ago by Chief Seattle, a Native American. He said these words to white men who had come from Washington D.C. who wanted to buy up lands in the Northwest, where Chief Seattle lived. This is part of what he said:

"We know that if we do not sell, the white man may come with guns and take our land. Every part of this earth is sacred to my people. Every shining pine needle, every sandy

shore, every mist in the dark woods, every humming insect is holy in the memory of my people...

We know that the white man does not understand our ways. The earth is not his brother, but his enemy, and when he has conquered it, he moves on. He treats his mother the earth and his brother the sky as things to be bought, plundered, sold like sheep or bright beads. His appetite will devour the earth and leave behind only a desert.

The earth does not belong to people; people belong to the earth. All things are connected like the blood which unites one family. People did not weave the web of life, we are merely a strand in it. Whatever we do to the web, we do to ourselves.

If we sell you our land, love it as we've loved it. Care for it as we've cared for it. Hold in your mind the memory of the land as it is when you take it. And with all

2. Show video clip "Earth Day 1970-2018." Discuss ways to help the Earth. Follow up with the video clip "Earth Day Tips."

Do a service for the Earth:

Option 1: Take the children on a walk around the church grounds or down the street, picking up trash and recycling as you go. Have two bags, one for trash and the other for recycling.

Option 2: If the weather or location is not good for picking up trash, give each child a few paper grocery bags. Have them decorate them with messages to the congregation, then hand them out after the service. These can be used by congregants to gather trash or recycling around their neighborhoods.

Celebrate:

Sing "Blue Boat Home" with one of the video clips from the resource section.

Show UU belief statement:

"Unitarian Universalists believe in being friends with the earth, rather than conquering it."

Additional Resources:

Videos:

Earth Day 1970-2018: Sea Changes (4:25)

<https://www.youtube.com/watch?v=k1a622tjkeo>

Earth Day Tips (2:23)

<https://www.youtube.com/watch?v=t9YM20gpaK8>

Blue Boat Home (3:59)

<https://www.youtube.com/watch?v=YtZUM0JhLvc&list=RDYtZUM0JhLvc&t=66>

Blue Boat Home (4:02)—with lyrics

https://www.youtube.com/watch?v=WhsXI1_rEwI

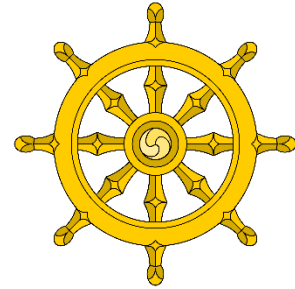


Earth Day

Buddha's Birthday

the Purpose:

To introduce the children to the life of Buddha and his teachings.



Unitarian Universalists:

Believe that being religious means living a good life.

the Plan

GATHER

HEAR the story of Buddha's life, placing his beliefs on the Wheel of the Law.

HEAR the story of the Blind Men and the Elephant, creating the fabled elephant

MAKE flowers and decorate the Flower Shrine.

CELEBRATE by remembering his teachings as we perform ceremony of pouring tea over Baby Buddha.

CLOSURE

Planning ahead

- Duplicate wheel page and spokes page. Cut out spokes.
- Large poster paper and marker for blind men's "elephant."
- Supplies for Shrine:
 - Baby doll
 - Tea

- Poster board
- Tape
- Large rectangular baking pan
- Tissue paper
- Sample tissue paper flower
- Set up to show short video clip

Leader's Guide

Hear the Story of the Buddha:

Today we are celebrating the birthday of Buddha. I'll tell you his story and how he came to be called Buddha.

(Share the following story or the "Story of Buddha" video link.)

Buddha was born far away in India, a very long time ago. He was named Prince Gautama. When he was born, his father the king called for a wise man to come and tell the little prince's future. The wise man said, "When your son grows up, he will either become a great king who will conquer all of India, or he will leave your kingdom to become a great religious leader."

The king said, "I want my son to become a great king. I shall give him everything he desires so he will never want to leave." He ordered that the prince should never be allowed to leave the palace grounds alone, and should never see illness, old age or death.

As Gautama grew up, he had everything he wished for. He married a beautiful princess and they had a beautiful baby boy. He was very happy. Then, one day he called his faithful charioteer, Channa. He said, "Channa, harness the chariot. I want to see what is beyond the palace grounds."

As they were driving through the woods, he saw a man lying on the road in pain. He asked Channa, "What is the matter with him?" Channa explained that the man was sick and in pain. Soon they saw another man, bent over with a cane and wrinkled skin. The prince said, "What is the matter with that man?" to which Channa answered that he was old, that all people become old if they live a long time. Finally, they came upon a man lying by the road as if asleep. "What is wrong with this man," asked Gautama. "He is dead," said Channa. "What does "dead" mean?" Channa replied, "I cannot tell you, but it happens to all people, whether they are rich or poor."

Gautama said, “why should people be born at all if they are going to suffer so? What can people do? Life is a riddle.”

That evening, the prince could not enjoy feasting with the princess. He thought, “how can I enjoy all that I have while others are suffering so?”

The next day, Gautama saw a man with a yellow robe, a shaved head and a begging bowl. He was walking around silently begging for food. “Who is he?” Channa said, “He is a monk. Monks go high into the mountain and think about their religion. They only come to the cities to beg for food.”

Gautama decided he would cut his hair, put on the yellow robes, and leave the comfort of his home to live like a monk. He thought, “If I live like a monk, perhaps I will learn the truth about suffering and how people ought to live.” He quietly left the palace and started on his journey. He came upon some monks and said to them, “Teach me how to find wisdom.” They said, “You must improve your soul to gain wisdom. The only way to improve your soul is to make your body suffer. You must starve your body.”

Gautama went with the monks to live in the woods. He got so thin he could put his hand on his belly and feel his back bone. One day he fainted from hunger. Then he decided he would not starve himself anymore. “I can not think clearly about religion when my body is so weak.” So, the monks left him.

Gautama was still determined to understand the riddle of life. He saw a Bo tree and said, “I will sit under this tree until I gain wisdom!” He sat for hours and hours. He thought about all the things he had been taught, and all the things he had seen and done. Suddenly, ideas and wisdom came to him like a great light!

After that people called him “Buddha,” because in India the word Buddha means “one who has found the light.” The light that Buddha found was not the kind you can see with your eyes. It was an inward light that makes you feel peaceful and helps you to think more clearly. Buddha’s ideas become a new religion called “Buddhism.” Today there are millions of people who follow the Buddhist religion.

Buddha taught that even though hard things come to everyone, you can feel peaceful inside yourself anyway. You can choose to live in ways that are right and good. In the past, people were always told to pray to gods and make sacrifices, but Buddha said that prayers were useless, and that there was no need for priests. He said each person could be religious by living

a good life. Most Unitarian Universalists would agree with Buddha, that being religious means living a good life. *(Show UU belief statement)*

Buddha gave eight rules for living. He called the rules the Noble Eight-fold Path. The symbol for the Noble Eight-fold Path is a wheel with eight spokes, one for each rule. Let us find out what these eight rules are.

(Show the Wheel page, and let children pick spokes, one at a time, to read aloud and then tape to the Wheel.)

Buddhism is a very peaceful religion. Buddha taught that killing and fighting are useless and wrong. Some Buddhists will not even hurt an insect.

There were religious leaders in Buddha's day who said, "I know what God is like and what God wants!" There are people like that today, too. But Buddha was not like that. One day a group of men came to Buddha. They were having a big argument over whose ideas about God were the right ones. They wanted Buddha to tell them who was right. Buddha told them this story:

The Blind Men and the Elephant:

Tell this story or read the book, having the children draw the parts for the elephant—wall, tree, snake etc. on the big paper as you tell it.

Once a king said to his servant, "Find me six men who were born blind and bring them to me. Then bring me an elephant." The servant did this. The king said to the blind men, "Here stands what we call an elephant. I want each of you to touch the elephant and tell me what an elephant is like."

The first blind man touched the side of the elephant. He said, "Your majesty, an elephant is like a wall!" *(Draw a wall for the elephant's body)*

The second blind man felt the elephant's leg. He said, "No, an elephant is really like the trunk of a tree." *(Draw tree trunk legs)*

The third blind man felt the trunk, and declared, "You are both wrong, an elephant is like a snake!" *(Draw a snake for a trunk)*

The fourth man felt the elephant's ear. He said, "It is clear that an elephant is like a fan." (*Draw a fan for the ear*)

The fifth blind man felt the elephant's tusk. He said, "You are all such fools! An elephant is really like a spear." (*Add a spear tusk*)

The sixth blind man felt the elephant's tail. He said, "I have the real truth about the elephant—it is like a rope." (*Complete the drawing with a rope tail.*)

The blind men began to quarrel loudly, until the king commanded them to be silent.

This is how Buddha ended his story. Then he turned to the men who had come seeking his advice and said, "We are all like blind men in this world. We can not see God. No one knows for sure what happens after we die. Each of you may be partly right in your answers. Let us not quarrel over what we cannot be sure of."

Buddha was such a kind and wise man that sometimes people asked if he was a god or an angel. Buddha would always answer, "No, I am just a person who searched for wisdom." Buddha traveled up and down India teaching for 45 years. Then he gathered his followers around him, gave his final message and died. His followers were very sad, but his ideas live on today.

Make Flowers and Decorate Shrine:

After Buddha died, many people wanted to believe that he was a god who came into the world in the form of a human being. Legends grew up that when he was born, angels appeared to hold the baby Buddha in a golden net. They said to the mother, "Be joyful Queen, a mighty son is born to you!" Then four kings arrived and held the baby on a silver pillow, while people came from all over to worship him. The baby is said to have stood up and taken seven steps in each direction to examine the whole universe. As he did this, an angel held a white umbrella over his head and strewed flowers in his path. He is said to have declared in a voice like the roar of a lion, "I will bring new understanding to the world and be a savior!" The angels sang, and sweet tea rained down from the sky.

Does this story remind you of any other famous birth stories? This story is much older than the one about the birth of Jesus.

Today, Buddhists are divided into two groups. One group thinks of him as a human being, and the other thinks of him as a god to whom they can pray. What do you think Buddha would have thought about that?

In Japan, millions of people celebrate Buddha's birthday by going to the temples and pouring tea over statues of the infant Buddha. They bring fresh flowers to the shrine and have parades. Today we will decorate a shrine for the infant Buddha.

See the page "Making a flower shrine."

Celebrate:

Put baby Buddha in the shrine and have tea and a ladle ready. Ask the children to each think of one thing Buddha taught. You could remind them of the Wheel or the elephant story.

Each child takes turns pouring tea with a ladle over the doll, first telling the group something that Buddha taught.

After the pouring of the tea, hold up the Buddhist blessing and say it together:

May all beings be happy and at their ease.

May they be joyous and live in safety.

Show UU belief statement:

"Unitarian Universalists believe being religious means living a good life."

Additional Resources:

Videos:

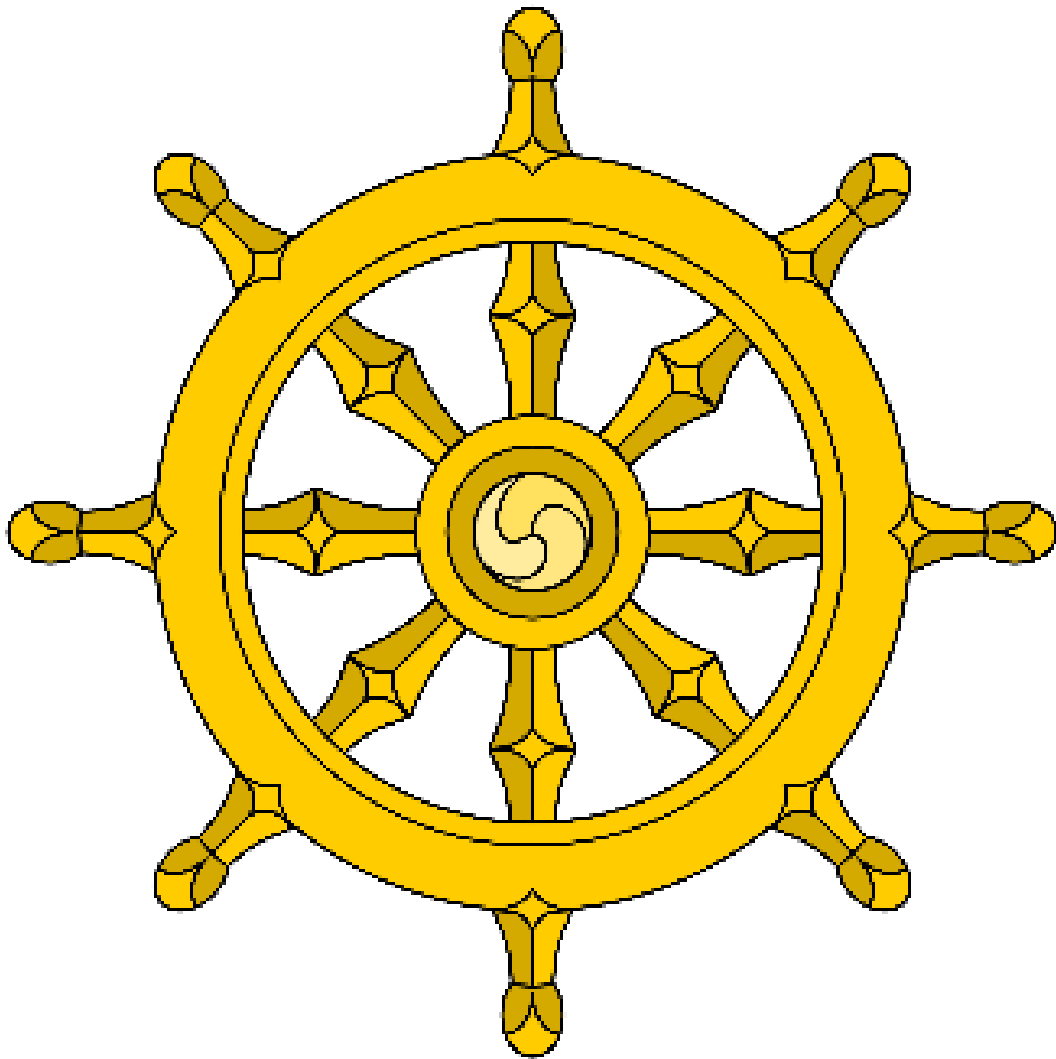
The Story of Buddha (5:20)

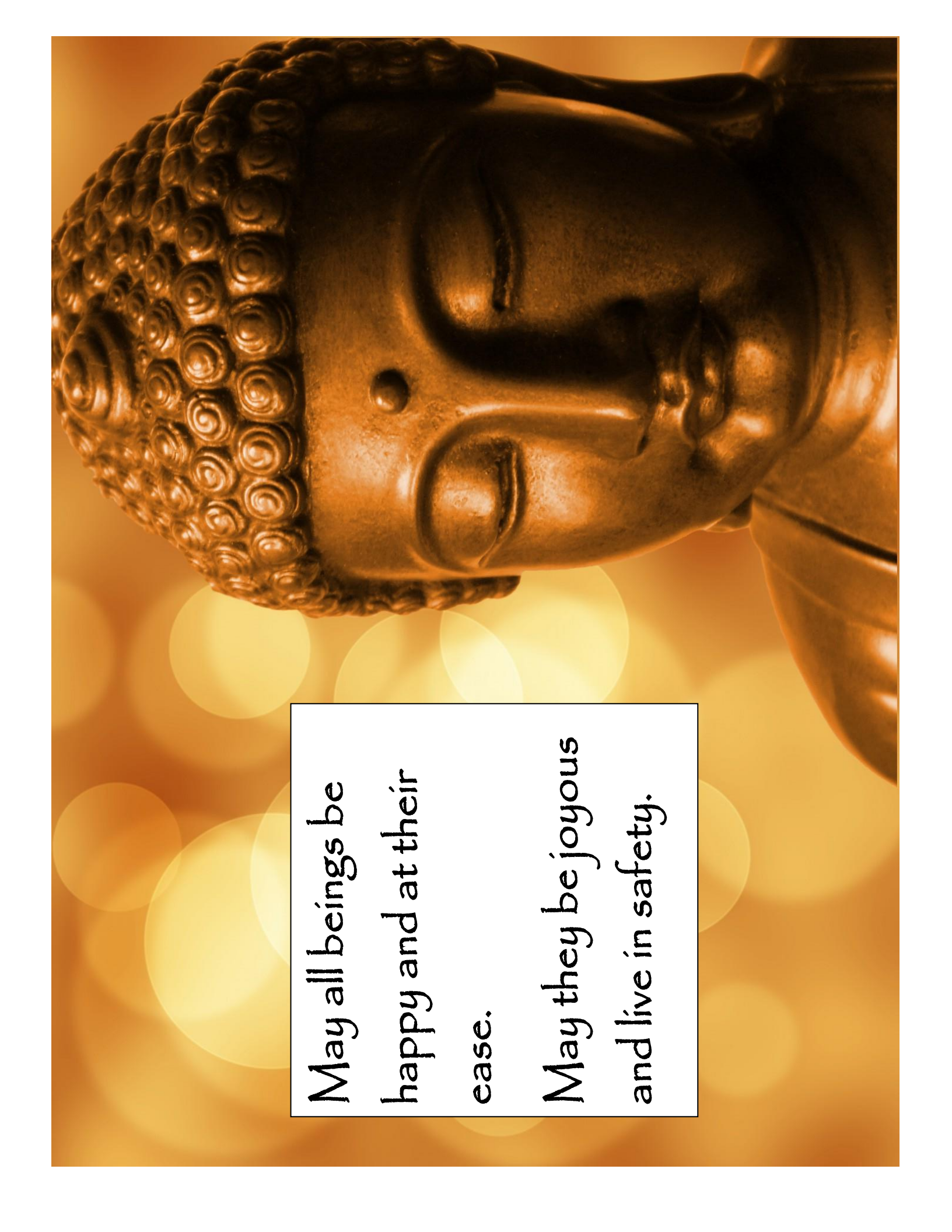
<https://www.youtube.com/watch?v=3gK4VO9roE>

Books:

The Blind Men and the Elephant, by Karen Backstein

Buddha's Birthday



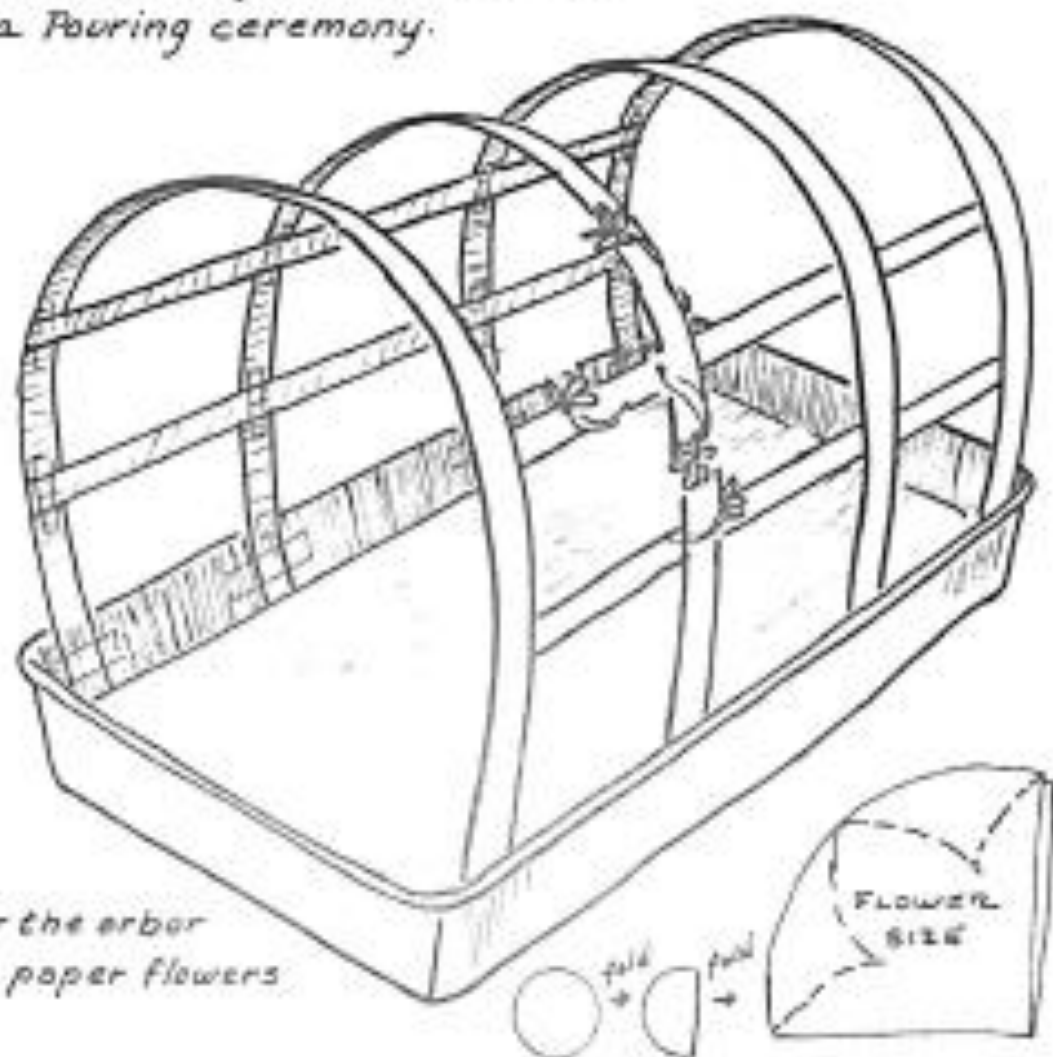


May all beings be
happy and at their
ease.

May they be joyous
and live in safety.

MAKING the FLOWER SHRINE

in which to place a waterproof baby doll to represent the Baby Buddha for the Tea Pouring ceremony.




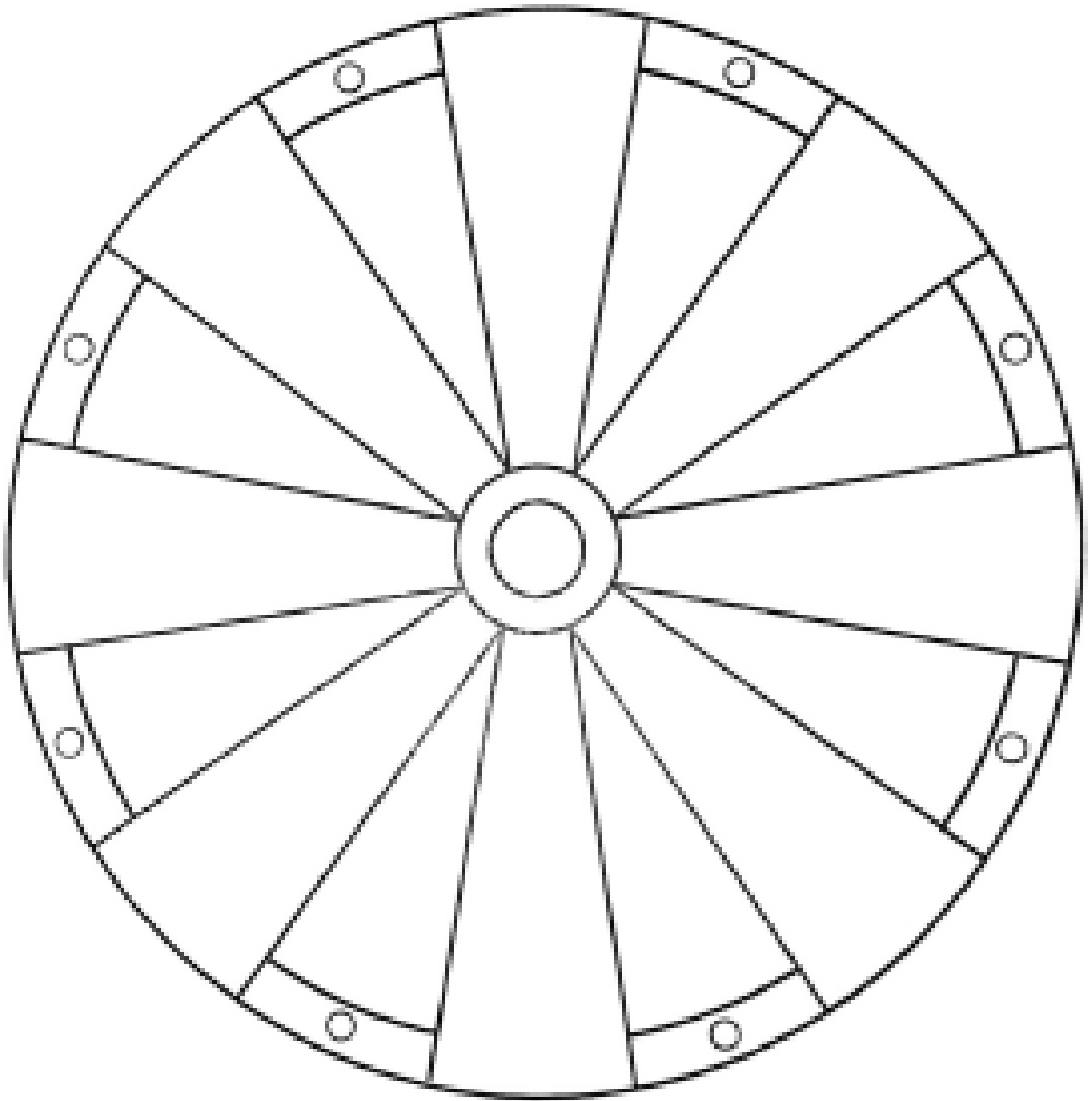
*Cover the arbor
with paper flowers*

BASE: 9x13 cake pan

TRELLIS: 4 white posterboard strips $\frac{3}{4}$ " x 26" and
4 strips 12" held in place with transparent
tape. Leave top open to allow tea pouring.

FLOWERS: cut from several layers of folded tissue paper.
Use assorted colors.

ATTACH FLOWERS: twist to shape  and attach with scotch
tape, or florist wire, or green pipe cleaners; or
string the blossoms on green yarn and wind
around the trellis.



The WHEEL of the LAW
Symbol of the EIGHT-FOLD Path

SPOKES for the WHEEL of the LAW

(to be out out)

Meditate.

Try to see what
is right and wrong.

Try to be calm.

Don't harm any
living creature.

Try to do
what is good.

Speak the truth.

Earn your living
in an honest way

Don't do anything
to be ashamed of.



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Japanese Children's Day

May 5th

the Purpose:

To experience the delight of Japanese Children's Day through making carp kites and kimono doll bookmarks; to emphasize the need for gentleness, courage and determination in both boys and girls.



Unitarian Universalists:

Believe that both boys and girls need to have gentleness and courage.

the Plan

GATHER

SHARE stories of gentleness, courage and determination

HEAR about Japanese Children's Day

MAKE carp kites

MAKE kimono doll bookmarks

CELEBRATE outside with kites and dolls

CLOSURE

Planning ahead

- Copies of carp template
- Toilet paper rolls

- Crepe paper
- Copies of kimono doll bookmark template
- Cardstock
- Markers
- Scissors
- Tape
- Optional: rice cakes or other treat
- Set up to show short video clip

Leader's Guide

Share Stories:

1. Show the picture of the carp.
In Japan, a fish called koi or carp is a symbol of bravery, strength and determination. This is because it has the fighting spirit to swim against strong currents, and even up waterfalls. Every year it swims upstream and overcomes obstacles to lay its eggs.
2. Next, share stories of courage and determination:
Can you remember a time when you did something that took courage and determination? Maybe it was something you had to try to do over and over again, but you didn't give up. Maybe it was something that was scary, but you did it anyway. (encourage children who wish to share their stories.)
3. Now show the peach blossom picture. Explain that in Japan peach blossoms are a symbol of gentleness and caring.
4. Share stories of gentleness:
Can you remember a time when you did something that took gentleness and caring? Maybe taking care of a sick person or pet? Maybe you cheered someone up who was worried or sad? Encourage those who wish to share.

Hear About Japanese Children's Day:

We've talked about times we need courage and times we need gentleness. In Japan the symbol of courage, the carp, is used on a holiday on May 5th called Children's Day.

On this day many Japanese families hang fish kites on long bamboo poles outside their homes. When the kites fill with wind, they look like fish swimming in the air. Families fly one carp for each member of the family. At one time, the holiday was called Boy's Day, and a carp was

flown for each son in hopes the boys would be brave like the carp. But now it is called Children's Day, because we know that girls can be just as brave and courageous as boys.

Girls have always had a special festival in March called Girl's Doll Festival, or the Peach Blossom Festival. The girls would arrange and display beautiful dolls with peach blossoms, a symbol of gentleness. They would prepare special candies and sing songs.

The Japanese of long ago chose important qualities they hoped their girls and boys would have. Today we know that boys and men need gentleness and caring as well as courage. We also know that girls and women need courage and determination as well as gentleness. That is the only way we can have a better world. We all need both caring and determination, gentleness and courage to grow and become the best people we can be.

Make Carp Kites and Kimono Doll Bookmarks:

Now we can each make a carp kite and a kimono doll bookmark.

Provide children with the necessary printable templates from the websites in the resource section. Follow the directions on the templates to assemble the projects.



Celebrate:

Take the carp kites outside if the weather is nice. Share a snack of rice cakes.

Show UU belief statement:

“Unitarian Universalists believe that both boys and girls need gentleness and courage”

Additional Resources:

Carp Kite Craft

<http://www.dltk-kids.com/world/japan/m-koinobori.htm>

<http://www.japanesejoy.com/wp-content/uploads/Koinobori-to-decorate.pdf>

Kimono Doll Bookmark

<http://www.crayola.com/free-coloring-pages/print/kimono-doll-bookmark-coloring-page/>

Videos:

Children's Day Festival (1:13)

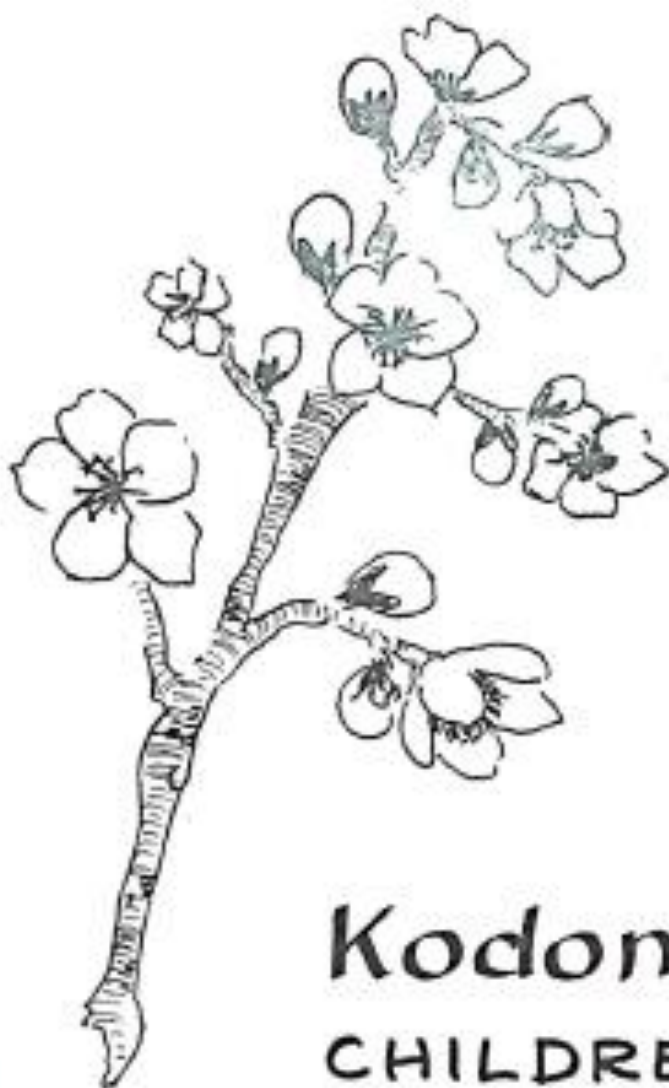
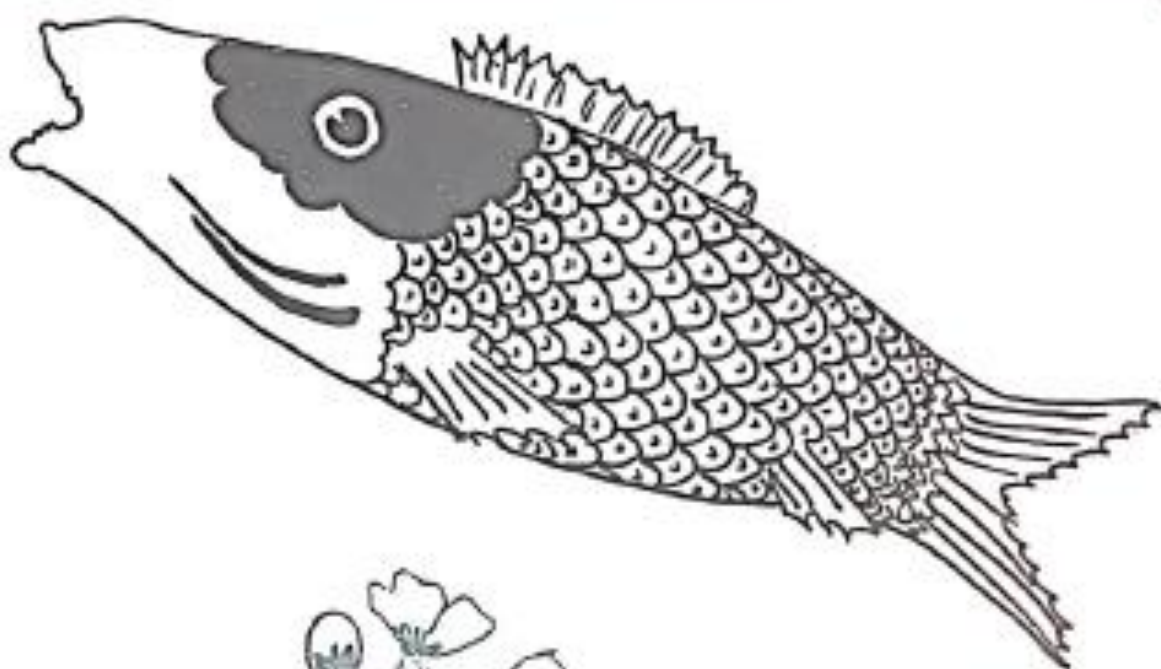
<https://www.youtube.com/watch?v=NEgsHt1lIZ0>

Kodomo No Hi (2:12)

<https://www.youtube.com/watch?v=FF1vlyya1gc>

Japanese Doll Festival (4:39)

<https://www.youtube.com/watch?v=oF0oxyw2uFc>



Kodomo no Hi
CHILDRENS' DAY





荷塘清趣

己丑年歲末示林孟并題





Mother's Peace Day

the Purpose:

To recognize Julia Ward Howe, a Unitarian, as a pioneer in the cause of Peace.



Unitarian Universalists:

Believe that problems can be solved without violence.

the Plan

GATHER

HEAR about Unitarian Julia Ward Howe and Mother's Day

SHARE stories and poems about peace

MAKE peace rocks and pinwheels

CELEBRATE sing "I've Got Peace Like a River"

CLOSURE

Planning ahead

- Rocks
- Paint or colored sharpies
- Copies of pinwheel template
- Scissors
- Markers
- Pencils
- Straight pins
- Book "Peaceful Pieces"
- Set up to show short video clips

Leader's Guide

Hear about Julia Ward Howe and Mother's Day:

Start by playing "Battle Hymn of the Republic." Ask if anyone has heard the song before?

This song is the "Battle Hymn of the Republic," and was written by Julia Ward Howe. She was a famous Unitarian. She was a writer, poet and speaker. She fought against slavery, and it was during the Civil war that she wrote "Battle Hymn of the Republic." She also fought for fair laws for women. She started the very first Mother's Day, but it was nothing like the celebration we have today. She made it a day when women from all over the world would work for peace. Peace was the real reason for Mother's Day in the beginning, but most people don't know that today. I'll tell you what happened.

In 1870 the Franco-Prussian war broke out in Europe. Julia Ward Howe was horrified by this war because she said it was fought over a problem that could easily have been settled without killing people. She thought to herself, "Mothers should step into these matters of war. It is mothers who have the babies and raise the children. They do not want to waste human lives. Women must try to get the leaders to use peaceful ways to settle conflicts."

Now, in those days most people thought women should stay out of politics, but that didn't stop Julia Ward Howe. She wrote a paper calling for women of the world to unite and work for peace. She went to London to organize a Woman's Peace Conference. She wanted to speak at peace meetings in London and Paris, but the men who ran the meetings refused to let her speak because she was a woman.

She didn't give up. She rented her own meeting hall and held her own meeting, but not many people came. She was disappointed and returned to the United States, where she came up with another idea. She started a festival which she named "Mother's Day"—a special day when women the world over would speak out for peace. She chose June 2 because the weather would be good for holding rallies outdoors and it would be in the midst of flower season.

For many years after that, Mother's Day was celebrated on June 2 as a day for peace in Boston, New York, Philadelphia, and other cities in the United States, as well as in England, Scotland and Switzerland.

Then, in 1906, a woman named Anna Jarvis proposed that Mother's Day be celebrated on a different date and in a different way. She wanted it to be a day for honoring mothers, and she chose the second Sunday in May because that was the anniversary of her mother's death.

Congress settled the matter in 1913 by voting for Anna Jarvis' plan, making the second Sunday in May a national holiday to honor mothers.

Julia Ward Howe's idea of a day for peace was soon forgotten. Yet her spirit lives on, because today all over the country people organize for peace. They sing songs and hold rallies, carry banners and make speeches. For every war and conflict in the world, there are mothers and other people having peaceful protests, fighting non-violently for peace.

Read from "Peaceful Pieces":

The book "Peaceful Pieces" has several poems and pictures of quilts about peace. Choose a couple selections ahead of time and share them now. You may continue to share some more as the children work on their crafts.

Make Peace Rocks:

In 2009 an artist in New York named Alison Ciarlante started painting peace rocks. This is what she said:

"It all started on April 1st, 2009. I was having a bad day, so I decided to paint a picture to make it brighter. I took a rock and painted a Peace symbol on it. It felt really good to paint it and I gave it to my husband to put somewhere to make someone's day. By the time he got back from spreading the Peace rock I had painted another 20 Peace rocks and declared that I wanted to spread a million Peace Rocks all over the world...It feels good to give and it creates a little magic in my life and the person who finds the Peace Rock. I hope that whoever finds a Peace rock that it will remind them to have inner Peace."

Using paints or permanent markers, decorate some peace rocks. You can take some home, place them around the church grounds, or give them to people in the congregation.

<http://sasa-peace-rocks.blogspot.com/2010/09/peace-bells-across-hudson-peace-rocks.html>

Make a Pinwheel for Peace:

The first Pinwheels for Peace were started in 2005 by high school art teachers Ann Ayers and Ellen McMillan.

“Imagine... millions of pinwheels spinning in the wind – pinwheels in the United States, Great Britain, South America, Australia, the Middle East, Canada, Africa, Europe and Asia; pinwheels all over the world! – big pinwheels, small pinwheels; pinwheels of all shapes and sizes – colorful pinwheels, decorated with drawings, paintings, collages, photographs – pinwheels with words of peace and harmony written on them – fields of pinwheels, pinwheels along roadsides, in schoolyards, in parks, pinwheels EVERYWHERE!”

Children can decorate the printable template pinwheel, then cut out and assemble. This requires a pencil with an eraser and a straight pin.

[http://www.pinwheelsforpeace.com/Pinwheels for Peace/pinwheel template.html](http://www.pinwheelsforpeace.com/Pinwheels_for_Peace/pinwheel_template.html)

Celebrate:

Show video and sing “I’ve Got Peace Like a River.”

Show UU belief statement:

“Unitarian Universalists believe that problems can be solved without violence.”

Additional Resources:

Videos:

Battle Hymn of the Republic with lyrics (4:15)

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

I've Got Peace Like A River Kids Charge Song (1:31)

<https://www.youtube.com/watch?v=N2R4D6qhaD8>

I've Got Peace Like A River with lyrics (1:51)

<https://www.youtube.com/watch?v=1NIZO57W0eE>

The Great Peace March (4:05)

<https://www.youtube.com/watch?v=IY4WmJPdnRE>

Imagine (3:53)

<https://www.youtube.com/watch?v=YkgkThdzX-8>

Websites:

Peace Rocks

<http://sasa-peace-rocks.blogspot.com/2010/09/peace-bells-across-hudson-peace-rocks.html>

Pinwheels for Peace

[http://www.pinwheelsforpeace.com/Pinwheels for Peace/pinwheel template.html](http://www.pinwheelsforpeace.com/Pinwheels%20for%20Peace/pinwheel%20template.html)



Julia Ward Howe

1819-1910

Mother's Day Proclamation

*Arise, all women who have hearts, whether your baptism be that of water or of tears!
Say firmly: "We will not have great questions decided by irrelevant agencies, our husbands
shall not come to us, reeking with carnage, for caresses and applause.*

*"Our sons shall not be taken from us to unlearn all that we have been able to teach them
of charity, mercy and patience. We women of one country will be too tender of those of
another country to allow our sons to be trained to injure theirs."*

*From the bosom of the devastated earth a voice goes up with our own. It says, "Disarm,
disarm! The sword is not the balance of justice." Blood does not wipe out dishonor nor
violence indicate possession.*

*As men have often forsaken the plow and the anvil at the summons of war, let women now
leave all that may be left of home for a great and earnest day of counsel. Let them meet
first, as women, to bewail and commemorate the dead. Let them then solemnly take counsel
with each other as to the means whereby the great human family can live in peace, each
learning after his own time, the sacred impress, not of Caesar, but of God.*

*In the name of womanhood and of humanity, I earnestly ask that a general congress of
women without limit of nationality may be appointed and held at some place deemed most
convenient and at the earliest period consistent with its objects, to promote the alliance
of the different nationalities, the amicable settlement of international questions, the
great and general interests of peace.*

**Julia Ward Howe
Boston, 1870**

Mother's Peace Day



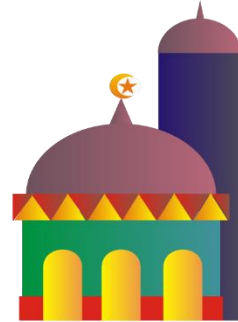
Eid al-Fitr/Eid al-Adha

the Purpose:

To introduce children to one of the most important holidays in Islam.

Unitarian Universalists:

Believe that it is important to understand other people's religions.



the Plan

GATHER

HEAR about the Quran

LEARN about Eid al-Fitr: Ramadan and the month of fasting

OR

LEARN about Eid al-Adha: the story of Ibrahim and the festival of sacrifice

WRITE in Arabic

PREPARE the feast

CELEBRATE with feasting

CLOSURE

Note: Because the Islamic calendar is 11 days shorter than ours, the holidays continue to move backward through the seasons. Celebrate Eid al-Fitr as a spring holiday for 2018-2025, then switch to the Eid al-Adha. One of the two should usually be in the Spring.

Planning ahead

- Copy of Quran
- Markers
- Paper
- Supplies for feast:
 - Humus
 - Falafel
 - Pita bread
 - Fresh fruit
 - Plates, napkins, cups, utensils
- Set up to show short video clips

Leader's Guide

Hear about the Quran:

The Quran is the holy book of Islam. Muslims believe it contains the word of God, just as most Christians believe the Bible is the word of God. They believe God wrote the Quran before the creation of the world, and that the Angel Gabriel recited verses and chapters of it to Muhammad over 23 years. Muhammad did not write down the verses but told them to his followers who wrote them down and eventually assembled them the writings into a book after Muhammad's death.

What does the Quran say? Here's a list of some of the things that are in the Quran. *(Show list)*
What would you like to hear about first?

Use the following points to answer their questions. Be sure to point out that many of these things are similar to what the Christian bible says, and that just because it is in the Quran or Bible doesn't mean that all followers take all parts literally.

1. The Right Way to Live: Believe in God. Believe in angels and the Quran. Give to your relatives and to the poor. Set slaves free. Pray in the proper way. Keep your promises and be patient.
2. The Last Day on Earth: A great trumpet shall blast, the earth will shatter, the heavens will melt, the sea will dry up. The bones of the dead will rush together, souls will be

reunited with their bodies. God will appear and judge each person according to their deeds, and then send them to heaven or hell.

3. Angels: God created angels. We can not see them. They are his servants. They keep a record of every person's actions in a book.
4. Gambling and Drinking: are strictly forbidden.
5. Men and Women: Men have power over women because God made men superior to women.
6. Jesus: Jesus worked miracles. He was one of God's prophets, but he was not God's son.
7. Heaven and Hell: In heaven, trees are laden with fruit and fine horses are saddled and ready to be ridden. There are fountains and rivers of milk, wine and honey. There are silk clothes and beautiful girls. Hell is a place of scalding water, black smoke and burning winds.
8. Forbidden Foods: It is forbidden to eat meat from a pig—ham, bacon, pork. It is forbidden to eat blood, or animals that were killed in sacrifice to any other God than Allah.

Learn about Eid al-Fitr:

Ramadan is the ninth month of the Islamic calendar. In the Quran, it says that this is when the Angel Gabriel first visited Muhammad. The Quran says that everyone should spend that month fasting. The rule for Ramadan is that you can not eat or drink anything during the daytime, but you can at night. Muslims believe that fasting during Ramadan is a way of making up for bad things they may have done during the year. The Quran says that fasting doesn't count with God if the person who is fasting tells lies or is not sincere. During Ramadan you are supposed to read through the entire Quran and go to the Mosque often to pray. It is a special time for giving to the poor. *(Show video clip)*

Eid al-Fitr is the first day of the new month and is a time for feasting and celebration at the end of Ramadan. Today we will have a feast, too!

Learn about Eid al-Adha:

Eid al-Adha is called the Festival of Sacrifice. It is the second of the two main holy days in Islam. It celebrates the willingness of Ibrahim to sacrifice his son for God. This story is found in the Old Testament of the bible, so is common to the Jewish and Christian religions as well. Ibrahim is Abraham. Here is the story:

One of the main trials of Ibrahim's life was to face the command of God to sacrifice his dearest possession, his son. Upon hearing this command, Ibrahim prepared do as God asked. Meanwhile, the Devil tried to convince him not to. Ibrahim drove Satan away by throwing pebbles at him. When Ibrahim tried to cut his son's throat, he was astonished to see that his son was unharmed and instead, he found a ram which was slaughtered. He had passed the test by his willingness to carry out God's command.

Eid al-Adha also takes place after Hajj, an annual Islamic pilgrimage to Mecca. *(Show Picture)* All Muslims that are able are expected to make the pilgrimage at least once in their lifetime. This is one of the five pillars of Islam. In commemoration of Ibrahim's rejection of Satan, stones are thrown at symbolic pillars during the Stoning of the Devil during Hajj rites.

Traditionally on Eid al-Adha, an animal is sacrificed such as a cow, goat or sheep. The meat is divided into three portions: one for the family feast, one for neighbors, relatives and friends, and one portion for the poor.

(Show video clip)

Eid al-Adha is a day for feasting and celebration. Today, we will have a feast, too.

Write in Arabic:

The Quran was given to Muhammad in Arabic, so Arabic is especially important to Muslims. Here is part of the Arabic alphabet. *(Show alphabet page)* Let's write our names in Arabic. *(Show instruction page)*

Prepare the Feast:

Children can help set the table and put the finishing touches on food preparation. Most of the foods should be readily available from the store, you may want to fry falafels fresh that morning. Humus, falafel and pita bread are suggested, though any middle eastern foods would be fine.

Celebrate:

Before the meal, hands should be washed. Bring around a pitcher of water and a basin. Pour water over the children's hands as they are held above the basin. Pass around a towel.

Enjoy the Feast.

Show UU belief statement:

“Unitarian Universalists believe that it is important to understand other people's religions.”

Say goodbye in Arabic:

“Assalamu alaykum” (ah sa lah mu a lay kum)—Peace be with you.

The response: “Alaykum assalam” (a lay kum ah sa lahm)—Unto you be peace.

Additional Resources:

Videos:

5 Ramadan and Eid al-Fitr Facts (4:40)

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

What is Eid al-Fitr (1:03)

https://www.youtube.com/watch?v=DeU7BIXOY_Y

Story of Prophet Ibrahim (2:21)

<https://www.youtube.com/watch?v=N3jMUmPZhcg>

Eid al-Adha (1:37)

<https://www.youtube.com/watch?v=fY-5cC4vFEk>

Eid al-Fitr



The End of Ramadan, the holy month
of fasting

Eid al-Adha

عيد الأضحية

عيد الأضحية

Festival of Sacrifice

What Does the Quran Say About....

- The Right Way to live?
- The Last Day of the world?
- Angels
- Gambling and Drinking?
- Men and Women, equal or not?
- Jesus?
- Heaven and Hell?
- Forbidden Foods?

CALLIGRAPHY

"Beautiful writing" ~



*Two ways of writing
"By the name of God, the
Compassionate, the Merciful."*

__WRITE YOUR NAME in ARABIC!__

1. Write your name from right to left.

JAN would be NAJ

2. Write according to the SOUNDS in your name instead of just the letters. For instance:

FRANCIS - put in an S for the C because it sounds the same (there is no C in Arabic.) So it becomes -

FRANSIS or SISNARF

3. Now - match up the Arabic letters to your respelled name!

1. JAN

2. NAJ

3. ج ا ن

1. STEVEN

2. NEVETS

3. س ت ر ف ي ن

copyright 1993
Brotman - Marshfield

1. FRANCIS

2. SISNARF

3. ف س ا ن س ي س

These instructions for beginners were prepared
with the assistance of Sari Abul-Jubein.

SEE HOW EASY IT IS?

ARABIC LETTERS

Corresponding to English sounds

A ا	B ب	D د	
E (ee) ي Also I and Y	F ف Also V	H ه	
J ج	K ك Also QU	L ل	
M م	N ن	R ر	
S س	SH ش	T ت	
TH - <u>thin</u> ث	TH - <u>that</u> ذ	W-U و Also OO	Z ز



Pilgrims at the Al-Masjid al-Haram on Hajj in 2008

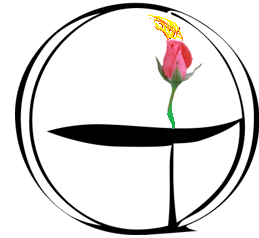


Pilgrims performing *Stoning of the devil* ceremony at 2006 Hajj

Flower Communion and Closing Day

the Purpose:

To share the UU tradition of a Flower Communion and to celebrate the completion of the Holidays and Holy Days year together.



Unitarian Universalists:

Believe that each person is unique and has gifts to bring to the community.

the Plan

GATHER

LEARN about the UU Flower Ceremony

DECORATE flowers while sharing

PLAY UU card game and reflect on the year

CELEBRATE with completion of the flower communion

CLOSURE

Planning ahead

- Vase with bouquet of flowers
- Print copies of several different flower coloring pages
- Markers, colored pencils
- UU card game from the First Day lesson
- Set up to show short video clips

Leader's Guide

Learn About the UU Flower Communion:

The Flower Communion celebrates beauty, human uniqueness, diversity, and community. In this ceremony, everyone in the congregation brings a flower. Each person places a flower on the altar or in a shared vase. The congregation and minister bless the flowers, and they're redistributed. Each person brings home a different flower than the one they brought. Originally created in 1923 by Unitarian minister Norbert Capek in Czechoslovakia, the Flower Communion was introduced to the United States by Rev. Maya Capek, Norbert's widow.

If children have brought flowers from home, have them add their flowers to a communal vase.

Decorate Flowers and Sharing:

Have several different flower coloring pages available. Provide coloring supplies and encourage children to decorate one or more flowers while sharing.

Because this is the last class of the year, it is a good time to look back on the year and reflect. What holidays do the children particularly remember? What were some of their favorite activities? Did they learn any new words? Try new foods?

Play UU Card Game:

Take out the UU card game from the beginning of the year. Play again, this time using it to remind the children of what they have done and learned. If some children want to color more flowers, and others want to play the card game, that is fine, but try to keep the conversation connected.

Celebrate:

Place all the colored flower pages by the vase with flowers. Share these words from Norbert Capek:

"Infinite Spirit of Life, we ask thy blessing on these thy messengers of fellowship and brotherly love. May they remind us that, amid diversities of knowledge and of gifts, to be one in desire and affection, and devotion to thy holy will. May they also remind us of the value of comradeship, of doing and sharing alike. May we cherish friendship as one of thy most precious gifts. May we not let awareness of another's talents discourage us, or sully our relationship, but may we realize that whatever we can do, great or small, the

*efforts of all of us are needed to do thy work in the world.
Amen."*

Next, say

"Our hope in this community comes from the gifts we each give freely to one another. You are now invited to take with you a flower, different from the one you brought. May you know that the gifts that you bring to this place are unique and valuable. And may you know that no challenge is so great as to make beauty or love impossible."

You may wish to play a UU hymn from the resource section while children take flowers (real and/or paper) one at a time.

Share the UU belief statement:

"Unitarian Universalists believe that each person is unique and has gifts to bring to the community"

Close and Say Goodbyes!

Additional Resources:

Videos:

From You I Receive (1:12)

https://www.youtube.com/watch?v=k7a0Lei2OCA&index=20&list=PLOvyvDrJVBONNqT8x_3itf_BAS1K3ztIM

Spirit of Life (2:45)

https://www.youtube.com/watch?v=EcFZ32EHexY&index=12&list=PLIY-sqO_EorXay-JWIHuPqRNaBwO4EgwL

Websites:

Flower Coloring Pages

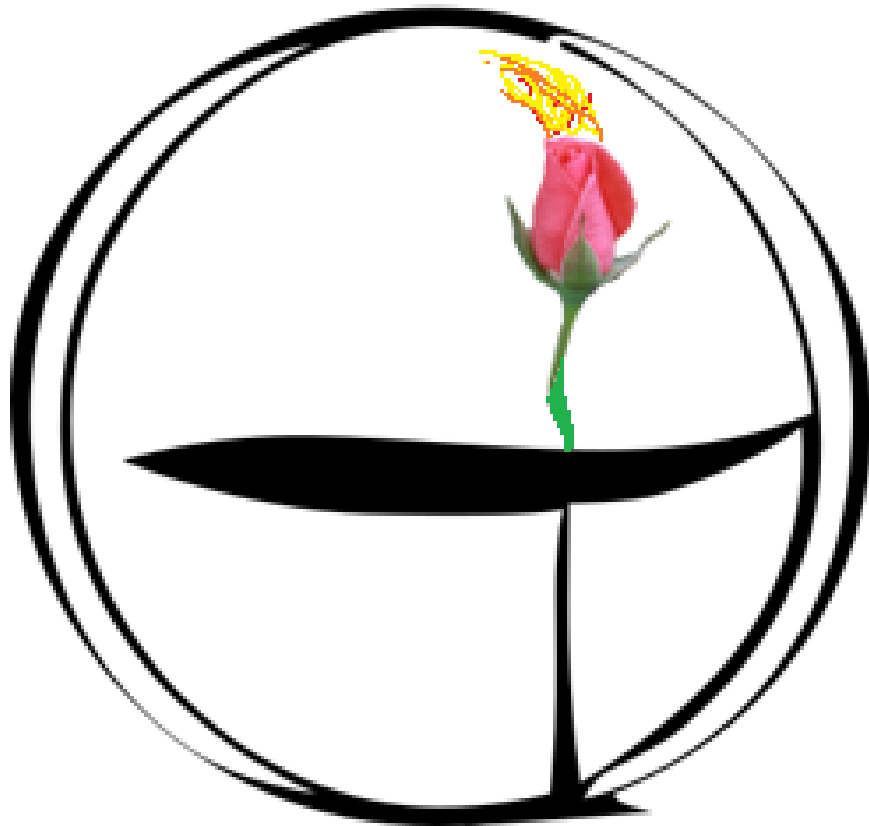
<http://www.supercoloring.com/coloring-pages/flowers>

<https://www.bestcoloringpagesforkids.com/free-printable-flower-coloring-pages-kids.html>

For more information

<https://www.uua.org/worship/holidays/flower-ceremony>

Flower Communion



Closing Day

Unitarian Universalists Believe...

The following pages have all the Unitarian Universalists Believe statements ready to be printed out. They are arranged so that if you were to print them on colored cardstock as indicated at the top of each page, they would go in rainbow order throughout the year. In our class, we used these to form a border around the class bulletin board, stapling a new one up each week. Alternatively, the original curriculum suggested hanging the statements from a ribbon, adding a new one each week. These could be used as window decorations or hang from hooks in the ceiling.

*Unitarian Universalists believe . . .
. . . that, under the sky, all people are
one family.*

First Day

*Unitarian Universalists believe . . .
. . . that we can work together to
change the world.*

UNICEF Day

*Unitarian Universalists believe . . .
. . . in forgiving others, and in trying
to right the wrongs we have done.*

Rosh Hashana

*Unitarian Universalists believe . . .
. . . that it's important to remember
and honor our ancestors.*

Día de los Muertos

*Unitarian Universalists believe . . .
. . . that each one of us should think
through our own religious beliefs.*

Diwali

*Unitarian Universalists believe . . .
. . . in the power of love and hope, and
that when you act as if good things
will happen, they often do.*

John Murray Day

*Unitarian Universalists . . .
. . . rejoice in the harvest, the sun and
rain, and all the seasons of nature.*

Sukkot

*Unitarian Universalists believe . . .
. . . that all people should be free.*

Hogbetsotso

*Unitarian Universalists believe. . .
. . . in gentleness and compassion
toward all living things.*

St. Francis Day/Henry Bergh Day

*Unitarian Universalists believe . . .
. . . that religions are born from
people's needs and longings.*

Maulid al Nabi

*Unitarian Universalists . . .
. . . Respect the interdependent web of
life of which we are a part.*

Indigenous People's Day

*Unitarian Universalists believe . . .
. . . that people have always been
looking for the great truths about life
and death.*

Dance of the Deer

*Unitarian Universalists believe . . .
. . . that it is up to each of us to fight
evil.*

Dussehra

*Unitarian Universalists believe . . .
. . . that people should have the right
to choose their own religion.*

Hanukkah

*Unitarian Universalists believe . . .
. . . that we have a responsibility to
protect religious freedom.*

UU Pilgrimage

*Unitarian Universalists believe . . .
. . . In celebrating the rhythms of the
natural world.*

Imbolc

*Unitarian Universalists . . .
. . . Celebrate the change in seasons
and the natural cycles of the Earth.*

Yule

*Unitarian Universalists believe . . .
. . . that we can all help to make
good things happen.*

Chinese New Year

*Unitarian Universalists believe . . .
. . . that no one really knows for sure
what is beyond death.*

Powamu

*Unitarian Universalists believe . . .
. . . In the power of unity, the im-
portance of community and the right
to self-determination and opportuni-
ty for all.*

Kwanzaa

*Unitarian Universalists believe . . .
. . . that we all can change and grow.*

Our New Year

*Unitarian Universalists believe . . .
. . . that girls and boys are equally
important.*

Susan B. Anthony Day

*Unitarian Universalists believe . . .
. . . that Jesus was a loving teacher
who helped people to understand
each other.*

Mardi Gras

*Unitarian Universalists believe . . .
. . . we each have wisdom and gifts to
share with the world.*

Día de los Reyes

*Unitarian Universalists believe . . .
. . . that all people should be free, in
body, mind and spirit.*

Fete du Vodun

*Unitarian Universalists believe . . .
. . . in the power of love to triumph
over evil.*

Holi

*Unitarian Universalists believe . . .
. . . in taking a stand against
injustice.*

MLK Day

*Unitarian Universalists believe . . .
. . . we should always stand up for
what is right.*

Purim

*Unitarian Universalists believe . . .
. . . that, as we share other peoples'
celebrations, we feel closer to them.*

St. Patrick's Day

*Unitarian Universalists believe . . .
. . . that boys and girls need to have
both gentleness and courage.*

Japanese Children's Day

*Unitarian Universalists believe . . .
. . . that we should care about other
people's feelings.*

Nowruz

*Unitarian Universalists believe . . .
. . . that problems can be settled
without violence.*

Mother's Peace Day

*Unitarian Universalists believe . . .
. . . we can each have our own ideas
about God.*

Festival of Masks

*Unitarian Universalists believe . . .
. . . that it is important to understand
other people's religions.*

Eid al-Fitr/Eid al-Adha

*Unitarian Universalists believe . . .
. . . that, although Jesus died, his love
and teachings live on.*

Easter

*Unitarian Universalists believe . . .
. . . that each person is unique and
has gifts to bring to the community.*

Flower Communion

*Unitarian Universalists believe . . .
. . . in freedom for all people.*

Passover

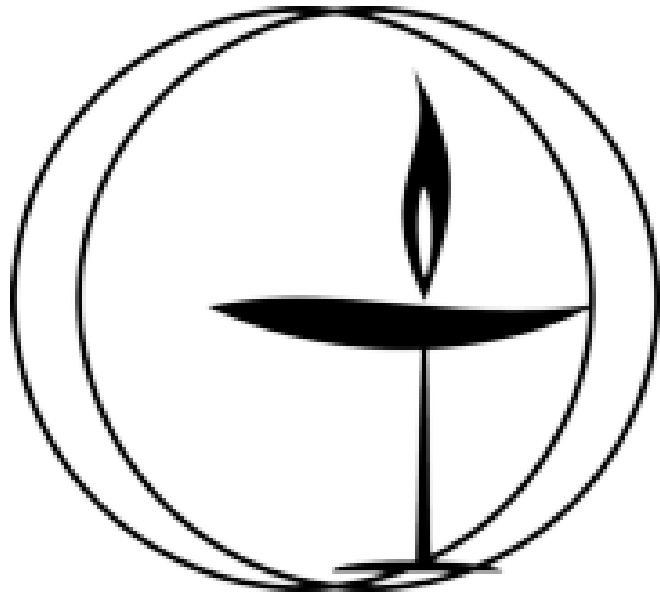
*Unitarian Universalists believe . . .
. . . in being friends with the Earth,
rather than conquering it.*

Earth Day

*Unitarian Universalists believe . . .
. . . that being religious means living
a good life.*

Buddha's Birthday

Holidays and Holy Days



Summer Edition



Acknowledgements:

I would like to thank Charlene Brotman for allowing me to use her “Holidays and Holy Days” as inspiration for this curriculum. She has also generously given me permission to do a rewrite and update of the original curriculum, so look for that to come out in August of 2018!

I would also like to thank Karen Hager, for being an excellent mentor and friend. Check out her awesome RE materials at <http://www.imagine-re.com>

And finally, I’d like to thank my wonderful wife Liz, for her continual support and encouragement in everything I do.

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Introduction

I began teaching the Holidays and Holy Days curriculum to the 4th and 5th graders of my congregation about 10 years ago. It has been by far my favorite curriculum to teach. Every Sunday is a new and exciting holiday party! Over the years, I have adapted the lessons in the curriculum, adding some, removing others, and tweaking them a bit. The original curriculum was written in 1983, by Charlene Brotman and Barbara Marshman. In it the authors state,

"Holidays are the natural, age-old vehicle of religious socialization. Their festivities tell a story which children absorb with delight, through experiences far more than through words. Decorations, colors, costumes, dances, lights, songs, foods, festivity, gifts, excitement, pageantry, solemnity, ceremony, and ritual-it is of these that tradition is woven, that memories, beliefs, values, fears, hopes, and reverence are transmitted. A holiday is not something to talk about... it's something to DO."

The original curriculum, as well as the new Summer Edition, emphasizes how Unitarian Universalists draw from different sources for inspiration and wisdom. The six sources we affirm and promote are:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Each holiday includes a “Unitarian Universalists Believe...” statement that emphasizes UU beliefs and values. Through this, all of our seven principles are covered.

- 1st Principle: The inherent worth and dignity of every person;
- 2nd Principle: Justice, equity and compassion in human relations;
- 3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations;
- 4th Principle: A free and responsible search for truth and meaning;
- 5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6th Principle: The goal of world community with peace, liberty, and justice for all;
- 7th Principle: Respect for the interdependent web of all existence of which we are a part.

Holidays and Holy Days Summer Edition expands on the original curriculum by adding 13 new lessons. These holidays come from all over the world and from several religious traditions. Duanwu and Tanabata/Qixi come from Japan and China. Krishna Janmashtami is celebrated by Hindus around the world, but especially in India. Some holidays show how ancient pagan traditions became incorporated into more recent traditions of Christianity, such as Nemoralia and the Assumption of Mary, or Ivan Kupala Day and the Summer Solstice.

Our UU principles and values are emphasized throughout the lessons. For example, the 5th and 6th principles are exemplified by the Fourth of July in the United States, and by Picnic Day in Australia. Both are celebrations of independence and freedom. Our 1st and 2nd principles are shown in our celebration of Father’s Day and World Friendship Day, where we celebrate each person as special and strive to treat all people kindly and with friendship. On Pi approximation Day (7/22) we pay homage to the wisdom of math and science, illustrating principle 4, the search for truth and meaning. Wrapping up the summer lessons, we end with a Water Communion, a common service for many UU congregations.

I hope you enjoy using Holidays and Holy Days: Summer Edition with your congregation. Please feel free to contact me with questions, comments or suggestions for revision at rcraine@hotmail.com.

Duanwu

The Dragon Boat Festival

the Purpose:

To introduce children to the traditional Chinese Dragon Boat Festival



Unitarian Universalists:

Believe in celebrating the virtues of love and loyalty.

the Plan

GATHER

HEAR about the legend of Qu Yuan

MAKE and decorate dragon boats

MAKE protective sachets

PLAY catch the dragon's tail

CLOSURE

Planning ahead

- Make sample dragon boat and sachet
- Dragon and sachet supplies
 - Copies of dragon template on cardstock and coloring supplies to decorate
 - Scissors and tape
 - Potpourri, fabric, fusible bond tape, iron and board, ribbons
- Bandanna or scarf for the dragon's tail
- Optional—book or video set up for telling the story, sticky rice treats

Leader's Guide

The History of the Dragon Boat Festival:

The Dragon Boat Festival is a traditional Chinese festival dating back more than 2,000 years! It is celebrated on the fifth day of the fifth lunar month in China. This is usually sometime in June. There are a few different stories about the origin of the festival, but the best known is the story of Qu Yuan.

Qu Yuan (340–278 BC) was a patriotic poet and a loyal official of the state of Chu. He was the number one advisor of the King and dedicated his whole life to assisting the king to build the State of Chu stronger. Some of the other officials of the kingdom were jealous of Qu Yuan and spread lies about him, accusing him of treason. Finally, the king dismissed and exiled him.

During his exile, Qu Yuan wrote many poems showing his love and passion for his country, some of which are still very famous in China. In 278 BC, a warring neighbor, the Qin State conquered the capital of Chu. On hearing of the defeat, Qu Yuan in great despair threw himself in the Milo River on the 5th day of the 5th lunar month.

When the local people heard of Qu Yuan's death, they were very sad, and rowed out on the river to search for his body but were unable to find him. To preserve his body, the locals paddled their boats up and down the river, hitting the water with their paddles and beating drums to scare evil spirits away. They threw lumps of rice into the river to feed the fish, so that they would not eat Qu Yuan's body. An old Chinese doctor poured special wine into the river to poison the monsters and to protect Qu Yuan.

Since then, people in the Milo River area have followed similar practices to commemorate Qu Yuan on the fifth day of the fifth lunar month. Rowing boats developed into dragon boat racing, the lumps of rice became sticky rice dumplings (zongzi) traditionally eaten during the festival, and wine is now drunk in honor of the great and loyal patriot Qu Yuan.

In other parts of China, the story of Wu Zixu, another loyal advisor who was betrayed by his king but remained devoted to his country is popular. And in yet a third legend, a young girl named Cao E is celebrated for her devotion to her father, as the legend has her throwing herself in the river after him.

Although the origins of the Dragon Boat Festival vary regionally, they all involve some of the most important traditions in Chinese culture like virtue, spirit, loyalty, honor, and love. They have been told and passed down from one generation to the next.

Make Dragon Boats:

A good template for the dragon boat can be found online at the link below. Children can decorate the canoe template and the dragon head and tail. Then cut out and assemble the canoe, cut out the head and tail and attach to the canoe using glue or tape.

<https://mummyshymz.files.wordpress.com/2013/06/printable-dragon-boat-craft.pdf>

Make Protective Sachets

During Dragon Boat Festival, children normally wear scented sachets to ward off evil. It is usually wrapped in a silk cloth and sometimes embroidered with exquisite patterns. Multicolor silk threads are attached to the sachet as tassels, making the sachet more appealing.

Provide a selection of pre-cut fabric squares, approximates 3" in size. Place 3 strips of fusible bonding tape between two fabric swatches along three of the edges. Assist children with ironing the 2 pieces together. Children can then fill the sachet with potpourri, herbs, or rice that has been infused with scented oils. Using another strip of fusible bonding tape, an adult should carefully iron the last seam in place. Colorful ribbons can now be tied around the sachet for decoration.

Game—Catch the Dragon’s Tail

This traditional Chinese version of tag is best played outside. Have the children line up with their hands on the shoulders of the child in front of them. The person in front is the dragon’s head. The last one in line has a scarf or bandanna tucked into the back of their pants, making a tail. The goal is for the head to catch the tail, while everyone stays attached and the rest of the dragon moves to keep the tail away from the head. When the tail is captured, that child becomes the next “head” and everyone moves one spot back in line, and play continues.

Additional Resources and Optional Activities:

Share a snack of sticky rice treats. Read a story or watch a video about the Dragon Boat Festival.

Recipe for Zongzi (Rice Dumplings)

<http://yireservation.com/recipes/red-bean-sticky-rice-dumpling-zongzi/>

Videos:

Legend Behind the Dragon Boat Festival (2:07)

<https://www.youtube.com/watch?v=VzFDHluxp8>

Dragon Boat Festival and its tragic origins (2:41)

<https://www.youtube.com/watch?v=UYtZ6KX-lkM&t=83s>

Books:

Awakening the Dragon: The Dragon Boat Festival, by Arlene Chan

For more information: Top 3 Dragon Boat Legends

<https://www.chinahighlights.com/festivals/dragon-boat-festival-history.htm>

Father's Day

the Purpose:

To learn about Father's Day and how it is celebrated around the world. To honor the important men in our lives.

Unitarian Universalists:

Value the gifts of all the special people in our lives.



the Plan

GATHER

HEAR about the history of Father's Day in this country

LEARN about how Father's Day is Celebrated around the world

MAKE "you rock!" paperweight gifts

EXPLORE take a nature hike

CLOSURE

Planning ahead

- Make sample paperweight
- Several large smooth rocks, crayon pieces, with paper removed, oven mitts and baking sheet, hot plates/pads and newspaper
- Optional—book *"Celebrating Father's Day: Father's Day is for Special People,"* by Donna Marriott

Leader's Guide

The History of Father's Day:

The first observance of a "Father's Day" in the United States was held on July 5, 1908, in Fairmont, West Virginia. In December 1907, a mining disaster nearby killed 361 men, 250 of them fathers, leaving around a thousand fatherless children. Grace Golden Clayton, who was mourning the loss of her own father at the time, suggested that her pastor Robert Thomas Webb of the Methodist Episcopal Church honor those fathers lost in the mining accident. This observance never caught on elsewhere.



Grace Golden Clayton



Sonora Smart Dodd

A couple years later, it was Sonora Smart Dodd of Spokane, Washington who would become known as the first to establish Father's Day in the U.S.. Her father, the civil war veteran William Jackson Smart, was a single parent who raised six children. After hearing a sermon about Mother's Day in 1909 at Central Methodist Episcopal Church, she told her pastor that fathers should have a similar holiday to honor them. She initially suggested June 5, her father's birthday, but the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday in June. Several local clergymen accepted the idea, and on June 19, 1910, the first Father's Day, "sermons honoring fathers were presented throughout the city".

Father's Day around the World:

Perhaps the earliest known "Father's Day" is the Feast of St. Joseph, held on March 19th in honor of Joseph, the husband of Mary, "father" to Jesus. Taking place during Lent, these are typically meatless feasts. In Sicily a tradition is to carry dried fava beans, which legend has it helped save the people during a time of famine.



Nativity Scene: *all-free-downloads.com*



Canna Lily: *Posted to Wikimedia by Mokie*

In Thailand, Father's Day is celebrated on December 5, the birthday of the late king Bhumibol Adulyadej (Rama IX). This is celebrated by giving their father or grandfather a canna flower, which is considered a masculine flower. Thai people will wear yellow on this day to show respect for the late king, because yellow is the color of the day for Monday, the day King Bhumibol Adulyadej was born.

Around the world Father's Day is celebrated at different times, but most countries have a Father's Day, and many celebrate by spending time with their loved ones, perhaps sharing a meal or going on a hike, and giving small gifts to honor the men in their lives.

Make “Dad Rocks” Paper Weights:

This activity requires careful adult supervision as rocks will be very hot! Place stones on a baking sheet and bake stones in hot oven (350F) for 15-20 minutes. Place several layers of newspaper on top of a heat proof surface. With the oven gloves, remove hot stones and place on your work surface. Take your crayon and gently rest it on your stone and move it across a little – letting the crayon melt and pour down the sides. Repeat with the next color. The colors will mix and mingle beautifully. Let the stones cool off. You will find a small pool of crayon will have collected at the bottom, you may wish to give this a good rub, so that it doesn't come off when used as a paperweight. Once cool, add a message in black sharpie if you like, such as “You Rock!”

Nature Hike:

In Mexico City, Father's Day is celebrated with a 21k city wide race. No need to run 21k, but do head outside and enjoy the weather (unless it is raining, then perhaps an indoor game of relay race would be better!)

Resources:

Book: “Celebrating Father's Day” by Donna Marriott

<https://www.amazon.com/Celebrating-Fathers-Day-Special-Series1999/dp/1574715755>

Video: Making rock paper weights

<https://www.redtedart.com/melted-crayon-rocks-gifts-that-kids-can-make/>

Midsummer/Summer Solstice

the Purpose:

To learn about the summer solstice and the midsummer celebrations around the world.

Unitarian Universalists:

Celebrate the cycles of nature and the web of life.



the Plan

GATHER

LEARN about the Summer Solstice

READ "The Longest Day" By Wendy Pfeffer

MAKE Stone Henge Models from salt dough

DANCE around the maypole

CLOSURE

Planning ahead

- Materials for Stonehenge
 - 2 cups flour, $\frac{3}{4}$ cup water, 2 $\frac{1}{2}$ to 3 cups sand, 1 tablespoon white glue
 - Measuring cup, Mixing container, Black acrylic paint or poster paint (optional)
- Book "The Longest Day" by Wendy Pfeffer
- Crepe paper streamers for the maypole dance
- Optional—video set up to show short clips of Stonehenge and maypole dance

Leader's Guide

About the Summer Solstice

The summer solstice, also known as the first day of summer, the longest day of the year, or midsummer, was celebrated long before people knew what actually caused it. Practically every culture observes the solstice. June 21 is when the summer solstice is celebrated in the northern hemisphere, although it can occur a day before or after. It is the day when the sun reaches its highest point during the year, directly overhead at noon above the Tropic of Cancer, 23.5 degrees north of the equator. The further north you go, the earlier the sun goes up, and the later it goes down until, in the far north, it never sets at all.

Read "The Longest Day" By Wendy Pfeffer

From School Library Journal:

*Grade 1–4—From the traditions of the Chumash Indians of California, to the Big Horn Medicine Wheel of Wyoming and the Polar Bear Swim of Nome, Alaska, this book introduces the celebrations and traditions surrounding the longest day of the year. It tells about the observance of Midsummer's long hours of sunlight, noted in folktales and mythology from ancient times to the present. Colorful cartoon figures in watercolor-washed spreads celebrate in locations from Europe to North America, and a diagram of the shaded positions of the Earth in relation to the Sun gives readers a view of seasonal changes. The text introduces both tradition and some science. A companion to Pfeffer's *The Shortest Day* (2003), *We Gather Together* (2006), and *A New Beginning* (2008, all Dutton), the book concludes with "solstice facts" and crafts. Thirteen celebrations of the sun are included with basic information—just enough to interest young children.—Mary Elam, Learning Media Services Plano ISD, TX*

Make Stonehenge Models from Sand Dough

Stonehenge, located in England, is an ancient prehistoric site. It is thought to have been a place of worship for the summer as well as the winter solstice. The giant stones are believed to have stood in the same spot since 3,000 to 2,000 BC. The stones are positioned to align with the sunrise on the two annual solstices. If you stand in just the right place inside the Stonehenge circle, you can see the sunrise through the Heel Stone, which stands just outside the circle to the north-east.

Stonehenge at Sunrise, 2005



To make your own model of Stonehenge, here's what you'll need:

2 cups flour

$\frac{3}{4}$ cup water

2 $\frac{1}{2}$ to 3 cups sand

1 tablespoon white glue

Measuring cup

Mixing container

Black acrylic paint or poster paint (optional)

Begin by mixing flour and water, kneading to make a dough. Add two cups of sand and continue to mix. Add glue. Continue to add sand until you reach the desired consistency. If you add too much and the dough becomes dry, just add a little water or glue. Add a dash of black paint if more realistic color is desired.

To make Stonehenge:

- Take a small chunk of dough and mold it into a vertical block. A single upright stone is called a monolith. Press the base and the top to flatten so the monolith will stand on its own.
- Make more monoliths of the same height and arrange in a circle on a paper plate.
- Make thinner, horizontal stones. These are called lintels. Each lintel connects 2 monoliths to make a trilithon. Permanently attach horizontal stones with white glue.
- Continue until you have made all the structures you want. Allow to air dry. Once dry, 2-3 coats of sealer like Mod Podge can be added to waterproof your masterpiece.

Stone Hinge from inside the stone circle, looking out at the Heel Stone, 2005



Stonehenge by Blaeu 1645





Maypole Dancing in Basque Country, 2012

Dance around the Maypole

It has been a centuries old tradition in Scandinavian countries to dance around a Maypole at midsummer. The Swedish word for Maypole is *midsommarstang*.

You will need to have an even number of dancers. Dancers start in a circle around the maypole, each holding the end of a streamer. Count them into two groups...one, two, one, two... When the music starts, the “ones” go clockwise while the “twos” go counter clockwise around the pole. Each group alternates going in and under the other group’s streamers. It may be helpful to watch a video first, and practice once without the streamers.

If you have access to a pole, you can add 10’ ribbon streamers to it to make a maypole. Alternatively, the teacher can be the “maypole.” Cut crepe paper streamers about 8’ in length, one for each child. The teacher holds the ends together about chest height, and the dancers wrap up the teacher!

Resources:

Video:

Summer Solstice at the North Pole:

<https://www.youtube.com/watch?v=ZZcafg-meJA>

Maypole Dance at London May Fayre:

<https://www.youtube.com/watch?v=XYhAFHaYp0M>

Website:

Make a miniature maypole. See the link below for instructions.

<http://www.kixcereal.com/kix-cereal-make-a-miniature-maypole-craft/>

Fourth of July



the Purpose:

To celebrate Independence Day.

Unitarian Universalists:

Believe that all people should be free and have a say in what concerns them.

the Plan

GATHER

HEAR about the history of Independence Day

MAKE balloon & bottle confetti shooters

PLAY capture the flag and/or 4th of July Bingo

Eat a red white and blue snack

CLOSURE

Planning ahead

- Gather supplies for confetti shooters
 - Empty plastic water bottles
 - Colored tape (red, white and/or blue)
 - Balloons (red, white and/or blue)
 - Scissors
 - Colored paper (red, white and blue)
- Two flags for capture the flag
- Print out 4th of July Bingo cards

- Snack materials
 - Red and blue berries
 - Whipped topping
 - Clear plastic cups, spoons, napkins

Leader's Guide

The History of Independence Day

On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress. Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.

The Declaration of Independence was actually a letter to King George that had been written on July 2 by Thomas Jefferson. It was a formal explanation of why the Continental Congress voted to declare independence from Great Britain. It was meant to justify a revolt against the British, with a list of charges against the British king.

The main problem is that the colonists were angry they were being taxed by the British government, and they had no vote or voice in the decisions that affected them. The moment the declaration was signed it marked the beginning of all-out war against the British.

The first signature on the Declaration of Independence was John Hancock's. The myth is that he wrote his name large so that King George would be able to read it without his glasses. Today, when people ask for your "John Hancock" they are really asking for your signature.

Today, the 4th of July is celebrated with picnics, parades, concerts, fireworks, and flags.

Other countries celebrate their independence as well, but not on the 4th of July. For example, Canada celebrates Canada Day on July 1st, while Mexico's Independence Day is called Grito De Dolores and is celebrated on September 16.

Make Confetti Shooters

- Cut the plastic bottle about a third from the top. Place bottom of bottle in recycling.
- Use colored tape to fold over the cut plastic edge of the bottle top.
- Place colored balloon over the narrow neck of the bottle.
- Cut red, white and blue paper into small pieces.
- Place confetti in balloon. Aim bottle opening, pull back balloon, and release confetti!

Play Capture the Flag and 4th of July Bingo

Depending on the time, the weather and the energy level of your group, you may choose to play Capture the Flag, Bingo or both.

Bingo: There are several free printable bingo games for the 4th of July available online. Two links to good ones are provided at the end of this lesson. Just choose a version to print out and be sure to have tokens of some sort for kids to cover their squares with. Variations: You can play that the winner has a row filled out, just the four corners, or the complete card.

Capture the Flag: Here is one version of the rules

- Divide into two teams.
- Make sure everyone understands all rules and knows where the boundaries are located.
- Demonstrate safe tagging: light touch, on the back or shoulder.
- Divide the playing field in half and designate two small “zones” on both sides to hold people who are tagged. There can also be a designated circle on each side where the flag is placed.
- Each team tries to take the other team’s flag and return across the center line without being tagged.
- When guarding the flag zone or the holding zone, a defender must be at least 2’ away from the zone boundaries.
- If a player is tagged while on their opponent’s side they must go to the holding zone on their opponent’s side.
- If a player who has stolen the flag is tagged, the flag is returned to the flag zone, and the player goes to the zone.
- A player can be freed from the holding zone when a teammate crosses the center line and tags the player; both players then receive a free walk back to their side.
- A player can only free one teammate at a time.

- If an opposing player can get both feet into the flag zone without being tagged, they can remain there without safely (without getting tagged) before attempting to cross the center line.

Make and Eat a Tasty Treat

Provide pre-washed and cut strawberries, blueberries and whipped topping. Have children fill the bottom of their cup with one type of berry, then a layer of whipped topping, and finally top with the other berry. Then eat your red white and blue treat!

Resources

Websites:

Printable 4th of July Bingo

<https://lilluna.com/free-4th-of-july-bingo-printable/>

<https://studiodiy.com/2013/07/02/free-printable-july-4th-bingo/>

Video:

School House Rocks 4th of July (3:03)

<https://www.youtube.com/watch?v=zmSVnP-oDRs>

Ivan Kupala Day



the Purpose:

To introduce children to the Slavic holiday Ivan Kupala Day.

Unitarian Universalists:

Celebrate the wonders of nature and the life-giving properties of water and fire

the Plan

GATHER

HEAR about the history of Ivan Kupala Day

MAKE flower wreaths

PLAY water games

BUILD a "bonfire" to jump over

CLOSURE

Planning ahead

- Gather supplies for wreaths
 - Paper plates
 - Colored paper
 - Templates for leaves and flowers
 - Scissors
 - Glue or double sided tape

- Supplies for water games
 - 4 buckets, 2 filled with water
 - 2 large sponges
 - Water balloons

- Supplies for bonfire
 - Fire wood/kindling
 - Tissue paper flames (if not having a real fire)
 - Optional marshmallows/s'more fixings

Leader's Guide

The History of Ivan Kupala Day

Ivan Kupala Day is celebrated in many Slavic countries, like Russia and the Ukraine. It started as a pagan festival, on or around midsummer. Prayers are given to the Slavic god, Kupala. Water is said to become “friend” to the fire and both are thought to have magical cleansing properties on this day. The role of water as a nourisher of life is honored. Women will bathe in lakes and streams, and people gather the morning dew, which is thought to have healing properties. Herbs and plants are gathered, and women make wreaths to from them. Unmarried women float them on the lake or river, and if they sink it means they will not marry that year. Large bonfires are made to honor the sun god. If you jump over the fires, it will give you good luck. Couples will hold hands and jump over the fire together. If hands stay clasped, it means their marriage will last.

Another legend associated with the day is that of the flower of fern. At midnight, a magical fern is supposed to flower and if one finds it in the woods and has the strength to pick it, the earth will open and magical treasures will be yours!

When Christianity came to the Slavic countries, the festival became known as Ivan Kupala, to honor John the Baptist, who baptized Jesus in water. It was a way to incorporate the new religion with the ancient traditions involving water. Ivan means “John” in Russian.

Make Flower Wreaths

- Cut the center out of a paper plate.
- Decorate with paper cut out leaves, attach with glue or double sided tape
- Add paper cut out flowers
- A variety of excellent printable templates and detailed instructions can be found at [firstpalette.com](http://www.firstpalette.com) by following the link below



Photo used with permission

https://www.firstpalette.com/Craft_themes/Nature/paperflowerwreath/paperflowerwreath.html

Play Water Games

1. Sponge Relay

Divide the children into two teams. Each team has a full bucket of water and a sponge. At the other side of the (field/room/play area) is an empty bucket. The first child from each team takes the sponge full of water and runs to the empty bucket, and wrings out the sponge. The sponge is then passed to the next in line. The game ends when the first team has transferred all of the water from their full bucket to the empty one.

2. Water Balloon Toss

Have children start out standing close together and gently toss the water balloon to each other. After one time around, everyone takes a step farther apart. Repeat. When the balloon bursts, start again with a fresh balloon. Repeat till all are soaked.

Build a Bonfire

If you are fortunate enough to have an outdoor fire pit on your property, a real fire and toasting marshmallows or making s'mores is an excellent way to end the lesson. If this is not an option, consider having a symbolic fire made of sticks and tissue paper flames. In this case, kids can have fun jumping over the "flames," and they could even pretend to toast marshmallows.

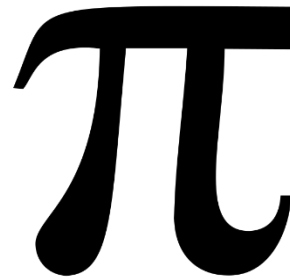
Resources:

Video:

For a taste of the Slavic culture, watch this video of a traditional folk song sung by the band Ivan Kupala with Ukrainian folk art paintings as a backdrop. (3:40)

<https://www.youtube.com/watch?v=LL4R35Ay50o>

Pi Approximation Day (7/22)



the Purpose:

To learn about the number Pi and to celebrate Pi approximation day

Unitarian Universalists:

Are inspired by science, mathematics and the natural world

the Plan

GATHER

Measure pies to calculate pi

Read "Sir Cumference and the Dragon of Pi"

PLAY Pi card game

Eat some pie

CLOSURE

Planning ahead

- Gather supplies:
 - String
 - Rulers
 - Calculator
 - Various circular objects or cut out circles

- Book “Sir Cumference and the Dragon of Pi”
- Copies of Pi page
- Deck of cards
- Pie to eat

Leader's Guide

The History of Pi

The number Pi is a mathematical constant. It is found by calculating the ratio of a circle's circumference (the measurement around the outside of the circle) to its diameter (the distance across the circle.) It is approximately equal to a value of 3.14159 and has been represented by the Greek letter " π " since the mid-18th century. It is also called Archimedes' constant.

Being an irrational number, π cannot be expressed exactly as a fraction, and its decimal representation never ends and never settles into a permanent repeating pattern. Still, the fraction $22/7$ is and the decimal 3.14 are commonly used to approximate π .

Many ancient civilizations recognized the value of calculating pi, including the Egyptians, Chinese, Babylonians and Greeks. Today, in addition to using pi in math class, pi is important for electrical engineers, airplane design, GPS, and even in medicine when studying the structures of the eye!

Pi Day is celebrated on March 14 (3.14.) Pi Approximation Day is July 22 ($22/7$) and if you would like to have two pies, try celebrating Two Pi Day on June 28 (6.28.) To celebrate, people have contests to see who can memorize the most digits in pi, and of course, make and eat pies!

Measuring Pi or Pie

Provide children with a variety of circular objects to measure. Plates, pans, cups and hula hoops work well. Included at the end of this lesson are some printable pictures of pies and other circles that can be cut out as well. Using a string and ruler, show children how to carefully measure the circumference of each circle. Use the ruler to measure the diameter. Using a calculator, divide the circumference by the diameter. Compare your results. Discuss why they might not be quite the same (inaccurate measuring, not perfect circles etc.) Divide 22 by 7 and notice that it is not quite the same as Pi. Next read the story “Sir Cumference and the Dragon of Pi,” by Cindy Neuschwander.

Play Pi Card Game

This game is a bit like Crazy Eights or Uno, but the goal is to play the digits of pi in order. First, print out the first hundred digits of Pi to use as a reference. Next remove the tens, queens and kings from a deck of cards. Aces will be 1, and jacks will be 0. Deal seven cards to each player. If you have a lot of players, you may want to use two decks of cards. The first player may either play a 3 or draw a card. If they are still unable to play, the next player must now put down a 3 or draw. Once a 3 is played, the next number must be a 1. As the cards are played, fan them out accordion style so it is easy to keep track of where in Pi you are. Play continues until a player is out of cards, or until the draw pile is depleted, at which point the player with the fewest cards left wins.

Pie Time!

Bring a ready-made pie or even “moon pie” snacks. Or, if time allows, have kids assemble a quick no bake pie. One easy one is a simple chocolate cream pie. Bring individual sized ready-made pie crusts, chocolate pudding (already chilled) and whipped topping. Kids can spoon pudding into their pie shell, top and eat. You could even have some sprinkles to go on top.

Resources

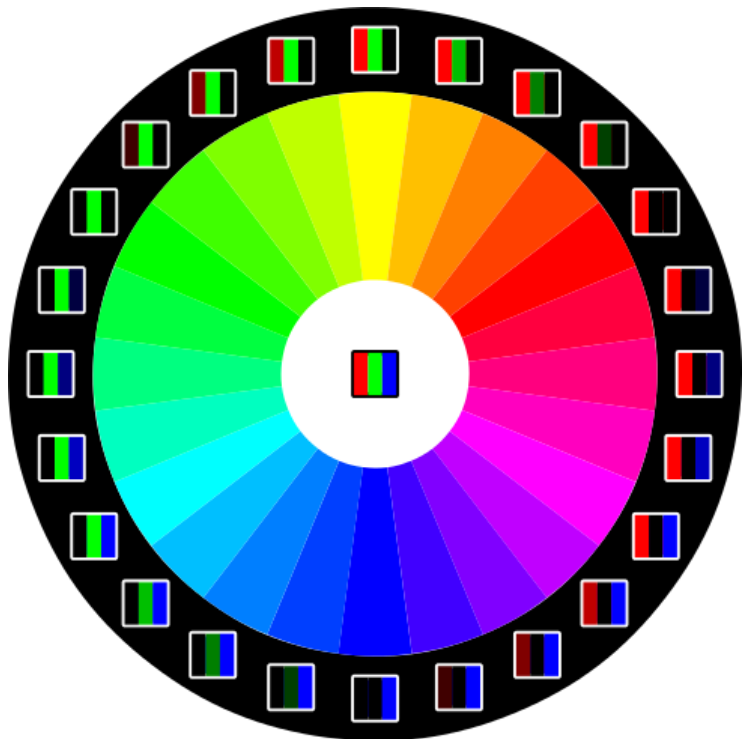
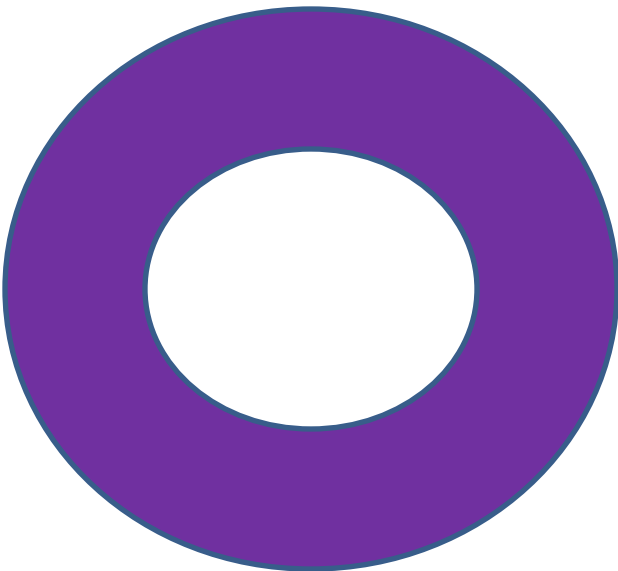
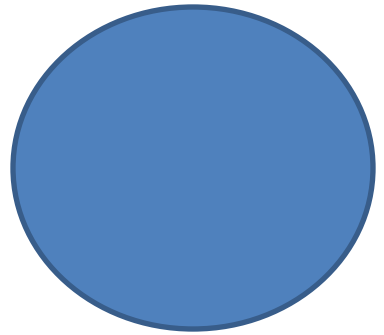
Video:

Pi Song (1:01)

https://www.youtube.com/watch?v=eDiSYp_51iY

Printout Pages:

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The Heracleia



the Purpose:

To learn about the ancient Greek hero Heracles while enjoying some friendly competition outdoors.

Unitarian Universalists:

Believe in the strength and perseverance of the human spirit over hardships

the Plan

GATHER

HEAR about the history of the Heracleia

SHARE a story about Heracles

PLAY Olympic Games

EAT pomegranate snack

CLOSURE

Planning ahead

- Gather supplies for Olympics
 - Ropes, hula hoops, Frisbees, ball
 - sacks or pillow cases
- Story to share about Heracles
- Pomegranate

Leader's Guide

The History of Heracleia

The Heracleia were festivals of ancient Greece honoring the divine hero Heracles, or Hercules as he is more commonly known today. Celebrated in late July or early August, the festival included many athletic and musical contests as well as sacrifices and feasting.

Who was Heracles? In Greek Mythology, Heracles was the son of Zeus, king of the gods, and the mortal woman Alcmene. As a demi-god, he was known for his incredible strength. His life was filled with troubles though, and he had to overcome many obstacles. Hera, Zeus's jealous wife, went out of her way to make Heracles miserable. The name Heracles means "Glory of Hera." Heracles' rash decisions and great strength often got him in trouble, but he had a strength of character as well, and worked hard to make up for the damage he had done.

It was believed that after Heracles died he went to Olympus, home of the gods. Here he married Hebe, the personification of youth. Because of this Heracles is sometimes worshipped as a god and sometimes as a dead hero.

Share a story about Heracles

Share a story about Heracles from a book of Greek Mythology or show a video clip. See the resource section for suggestions.

Olympic Games

The Olympic Games have their origin as much as 3,000 years ago in ancient Greece, where they were held to honor the Olympian gods. Set up your own kid Olympics to honor the ancient Greeks and the strength of Heracles. Here are some ideas:

1. 3-legged race—tie pairs of children together and race!
2. Sack race—you just need a burlap sack (or a pillow case will do)
3. Discus toss—who can throw a discus (Frisbee) the farthest?
4. Shot put—you can use a tennis or baseball and see who can throw the farthest.
5. Long Jumps—set out a few hula hoops in the grass. Have the children line up and take turns jumping into each hoop, and then returning to the beginning of the line. After each child has had a turn, move the hula hoops a bit farther apart and repeat.

Snack

Enjoy a snack of fresh pomegranate seeds. You may wish to have the seeds already liberated, but it might also be fun to show the kids the whole fruit. It can be messy. One method is to score the pomegranate along the ridges and crack it open over a bowl of water. The seeds will sink to the bottom. Then drain and you are ready to eat.

Resources

Books:

The first three are good collections of Greek Mythology, the last two are shorter, simpler stories about Hercules aimed at the lower grades, but they may better fit the time available.

1. *Greek Myths for Young Children*, by Heather Amery and Linda Edwards
2. *Child's Introduction to Greek Mythology: The Stories of the Gods, Goddesses, Heroes, Monsters, and Other Mythical Creatures*, by Heather Alexander and Meredith Hamilton
3. *D'Aulaires' Book of Greek Myths*, by Ingri d'Aulaire and Edgar Parin d'Aulaire
4. *DK Readers L3: Greek Myths*, by Deborah Lock
5. *Twelve Labors of Hercules* (Step into Reading,) by Marc Cerasini

Website: for more background information on Hercules

<https://www.ancient.eu/article/733/the-life-of-hercules-in-myth--legend/>

Videos:

How to prepare a pomegranate

<https://www.youtube.com/watch?v=5BExPRwPdAs>

Disney's Hercules, the song "Zero to Hero" (2:16)

<https://www.youtube.com/watch?v=yOL-EJZimp0>

Hercules and the 2-6 labors (12:00.) This is one in a series of 12 minute episodes about the 12 labors of Hercules. You may want to share just one task. The first on this video is defeating the hydra and only lasts a few minutes.

<https://www.youtube.com/watch?v=iLsI369r3T4>

World Friendship Day



the Purpose:

To celebrate the gift of friendship

Unitarian Universalists believe:

We can work together in friendship to build a more peaceful world

the Plan

GATHER

HEAR about the history of friendship day

MAKE friendship bracelets

HEAR a story about friendship

PLAY cooperative games

CLOSURE

Planning ahead

- Gather supplies for friendship bracelets
 - Embroidery floss or yarn
 - Beads and buttons
 - Scissors
 - Tape
- Story to share about friendship
- Blindfolds for cooperative game

Leader's Guide

The History of Friendship Day

Though originally Friendship Day was begun by the Hallmark Card Company (in order to sell more greeting cards,) in 2011 July 30th was established as International Friendship Day by the General Assembly of the United Nations.

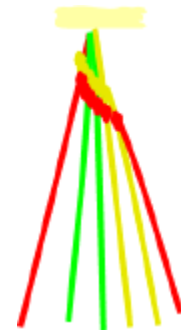
What does it mean to be a friend? Lead a discussion with the children about why having and being a good friend is important. Here are some of the things friends do:

- Remember important things (birthdays, accomplishments, etc.)
- Are reliable.
- Do kind things for one another and use kind language.
- Help out when a friend is sad or has a problem.
- Like to spend time together.
- Have fun with one another.

Make Friendship Bracelets

One way to express your friendship is to make and give friendship bracelets. There are many kinds, from simple to complex. Here are directions for one kind:

- Take 3 strands of yarn each about 6' long
- Fold in half and knot in the middle (now you have 6 strands)
- Tape the knot to a table
- Starting from left to right, use the left most string make two knots around each of the other strings
- At the end of that, the string used for knotting is now on the right most side of the project
- Again, starting from left to right, pick up the next string and knot all the way across
- Continue this process of taking the left most string and double knotting all the way across the other strings until your bracelet is long enough to tie around your wrist
- Tie a simple knot in the end and then tie it around your friend's wrist!



There are many variations. In the resources section are a couple of good websites and a video link that can help the leader pick out a few styles of bracelet that might work well for your class. Embellish with beads and buttons, or for the very young and easily frustrated, simply stringing beads might be sufficient.

Share a Story about Friendship

There are several excellent stories about friendship that can be used in this lesson. Here are a just a few possibilities:

1. Enemy Pie, by Derek Munson

It was the perfect summer. That is, until Jeremy Ross moved into the house down the street and became neighborhood enemy number one. Luckily Dad had a surefire way to get rid of enemies: Enemy Pie. But part of the secret recipe is spending an entire day playing with the enemy!

In this funny yet endearing story, one little boy learns an effective recipe for turning your best enemy into your best friend. Accompanied by charming illustrations, Enemy Pie serves up a sweet lesson in the difficulties and ultimate rewards of making new friends.—amazon

2. Best Friends for Frances, by Russell Hoban.

Frances doesn't think her little sister, Gloria, can be her friend. But when Frances's friend Albert has a no-girls baseball game, Frances shows him a thing or two about friendship—and a thing or two about what girls can do. Along the way, Frances discovers that sisters can indeed be friends . . . maybe even best friends.—amazon

3. Frog and Toad are Friends, by Arnold Lobel

From writing letters to going swimming, telling stories to finding lost buttons, Frog and Toad are always there for each other—just as best friends should be. --amazon

Play Cooperative Games

1. Human Knot—a classic cooperative game

To play the human knot game, start by standing in a circle with your hands by your sides. Then, have everyone grab someone else's hand in each of theirs, making sure no one grabs their neighbor's hand. Double check that no one is holding the same person's hands twice. Once you've done this, you should have a giant knot. Take turns moving and bending until the knot untangles, and don't let go of each other's hands!

2. Minefield—a cooperative trust building exercise

Establish a “minefield” by distributing cones, cups or other items to make an obstacle course. Have children partner up, and one child is blindfolded. The other child must guide their partner through the minefield using only verbal cues. After successful completion, switch roles.

Resources

Video:

How to make friendship bracelets (5:00)

<https://www.youtube.com/watch?v=YujvDp5BJ78>

Cute animal video for friendship day (2:16)

<https://www.youtube.com/watch?v=vUSsY8fnH2Y&list=RDvUSsY8fnH2Y&t=64>

Websites:

Making friendship bracelets

<http://adventures-in-making.com/diy-friendship-bracelets-for-beginners/>

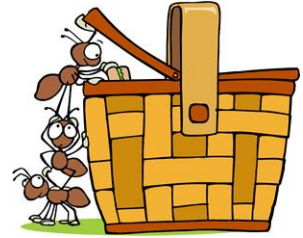
Books about friendship for kids

<https://delightfulchildrensbooks.com/2013/08/29/friendship-childrens-books/>

Picnic Day

the Purpose:

To learn about Picnic Day in Australia, and to celebrate by going on a picnic!



Unitarian Universalists:

Believe in the worth and dignity of all people, and that all people should be free

the Plan

<p>GATHER</p> <p>HEAR about the history of picnic day</p> <p>MAKE food for a picnic</p> <p>GO for a nature walk/picnic outside</p> <p>PLAY going on a picnic</p> <p>CLOSURE</p>

Planning ahead

- Gather supplies:
 - Large picnic basket and picnic blanket(s)
 - Plates/napkins/forks etc.
 - Sandwich fixings and sandwich wrap
 - Fruits and veggies
 - Drinks

Leader's Guide

The History of Picnic Day

In Northern Australia the first Monday in August is celebrated as Picnic Day. It may have begun as a celebration of freedom for the Chinese railway workers. These workers were brought to Australia in the 1800's and worked under horrible conditions building the railroad in the Northern Territory. When they were released and given enough money to return to China, many of the railway workers decided instead to settle in Australia and had a first celebratory Picnic Day on the banks of the Adelaide River.

Later, in the 1940's, there happened to be a day of racing. It was so popular that it became known as the Hart's Range Annual Race, and people requested that Picnic Day be named as a holiday to coincide with a day of racing.

Activities that are common on Picnic Day, in addition to Picnicking, include various types of races and contests. Playing ball games, having sack races, even racing lizards are common past times.

Prepare Picnic Food

Kids will enjoy preparing their own food for the picnic. Make sure children wash their hands before food preparation. Provide a variety of options for sandwiches—bread, lettuce, tomato, cheese, hummus, etc. Allow children to make their own sandwich and wrap it to put in the basket. You may want to label each one with tape. Have various fruits and veggies that kids can help wash, peel, cut and pack. You may want to pack juice boxes or water bottles.

Go on a Nature Walk and Have a Picnic

Hopefully you are in an area where you can easily walk someplace nice, and the weather is cooperating. Enjoy a nature walk on the way. Find a nice spot to lay out your blanket and have a picnic! If you are unable to go outside, take a pretend nature walk and picnic inside on your picnic blanket. If you are stuck indoors, you may want to be prepared with a couple of back up games/activities. See the resources section for additional ideas.

Play "Going on a Picnic"

This popular picnic game, (often played on long car trips,) begins with the first person saying, "I'm goin' on a picnic and I'm taking..." That person starts with the letter "A". The second person repeats the first part of the sentence, repeats what the first person is bringing and then adds something starting with the letter "B". This continues around with everyone starting with the first part of the sentence and repeating what the previous people brought and adding the next letter of the alphabet. See how far you can get!

Bring a ball or a rope for added outdoor fun. Or pretend you are lizards and have a lizard race!

Resources

Websites:

About Picnic Day

<http://www.aussiedigest.com/society/picnic-day-in-australia.php>

Variations Picnic Games

<http://activeafterschool.ca/activities/im-going-picnicfind-rule>

<https://plentifun.com/games-to-play-at-picnic>

Tanabata/Qixi Festival

the Purpose:

To celebrate the Japanese holiday Tanabata, and the Chinese holiday Qixi.

Unitarian Universalists believe:

In the power of love and the strength of hope

the Plan

GATHER

HEAR about the Tanabata/Qixi Festival

WATCH the story of the Cowherd and the Weaver Girl

MAKE streamers with wishes to hang from branches

MAKE Orizuru—paper cranes (for health and long life)

CLOSURE



Planning ahead

- Gather supplies
 - Origami paper
 - Long strips of colored paper
 - Device to watch story on

Leader's Guide

The History of Tanabata/Qixi

Have you ever wished upon a star? The Japanese Tanabata festival is also known as the Star Festival. It originated from the Chinese Qixi Festival. It celebrates the meeting of the deities Orihime and Hikoboshi (represented by the stars Vega and Altair). According to legend, the Milky Way separates these lovers, and they are allowed to meet only once a year on the seventh day of the seventh lunar month. The celebration varies between July 7 and August 7.

Watch the Story

Use a laptop, tablet or even a smartphone to share one of the versions of the story “The Cowherd and the Weaver Girl” around which this festival is based. Two versions are included in the resource section, although others exist. Alternatively, you could print out one of the many versions on the web to read to the children.

Here is a summary of the plot: Orihime is the daughter of the sky king (or queen.) She is a wonderful weaver. She falls in love with the mortal cow herder, Hikoboshi. In some versions they have two children. Then she is taken back to the sky by the powerful sky deity. In some versions this is because the lovers stopped working and this angered the sky king. In other versions, it was just time for her to return to the heavens, for she was not mortal. The cow herder tries to follow. In some versions, a flock of magpies help him. To keep them apart, the deity creates a great river in the sky—the Milky Way. The lovers become the stars Vega and Altair but are only allowed to meet one day a year.

Make Streamers to Hang from Branches

One of the main traditions of Tanabata is that people write their wishes on small, colorful strips of papers and hang them on bamboo branches. The Japanese term for these papers is tanzaku. Some people decorate bamboo branches with paper decorations and place them outside of their houses. In some regions people float bamboo leaves or lanterns down the river.

Supply long strips of colored paper and have children decorate by writing or drawing their wishes on them. Hang from a tree or around the classroom.

Make Orizuru

Throughout Asia, the crane has come to be a symbol of happiness, good fortune, health and youth. An ancient Japanese legend says that anyone who folds 1000 origami cranes will be granted a wish by the gods. Use the video tutorial in the resources section to help guide your class make their cranes. This video is good because he explains what he is doing, shows you, and shows the paper directions, so it is very clear. It can be paused as you model each step for the children. You may not have time to make a thousand, though!

Resources

Websites: For more information on Tanabata/Qixi

<https://www.nippon.com/en/features/jg00097/>

<https://qz.com/1062110/chinese-valentines-day-what-is-the-story-behind-gi-xi-%E4%B8%83%E5%A4%95-and-how-is-it-celebrated/>

https://www.theepochtimes.com/the-cowherd-and-the-weaver-girl_835790.html

Videos:

Tabata Story--Star Festival (2:35)—with English subtitles

<https://www.youtube.com/watch?v=EKOZ2mvh-SY>

The Story of The Cowherd and the Weaver (3:25)—this version is beautiful, no words, just music and pictures

<https://vimeo.com/168147358>

Instructions for making origami cranes (5:59)

<https://www.youtube.com/watch?v=Ux1ECrNDZl4>

Book:

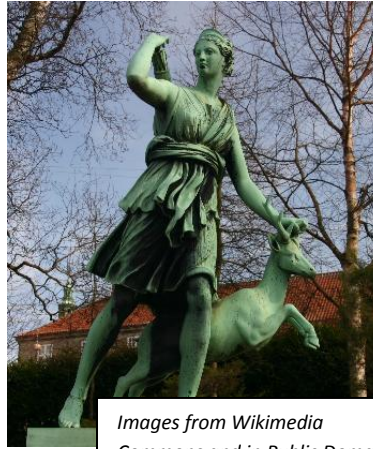
Cowherd Boy and Weaver Girl, by Teri Tao

<https://www.amazon.com/Cowherd-Weaver-Enchanted-Tales-China-ebook>

Nemoralia and the Assumption of Mary

the Purpose:

To celebrate the ancient festival of Nemoralia and to learn how elements of this tradition are found in the Catholic holiday, the Feast of Assumption



Images from Wikimedia Commons and in Public Domain



Unitarian Universalists believe:

That the strength and wisdom of women is just as important as that of men

the Plan

GATHER

HEAR about Nemoralia and the Feast of Assumption

MAKE lanterns and ribbons

HAVE a procession

PLANT a Mary garden

EAT--assumption salad

CLOSURE

Planning ahead

- Gather supplies for crafts
 - Small glass jars (baby food jars work well)
 - Scissors
 - White glue
 - colored tissue paper
 - Tea candles (real or electronic)
 - Ribbons
- Make or bring supplies to make Assumption Salad
 - Red leaf lettuce
 - Orange slices
 - Raisins
 - Simple dressing
- Supplies for Mary Garden
 - Cups
 - potting soil
 - herbs or flowers (marigolds, rosemary)
 - cardstock cut out of Mary

Leader's Guide

The History of Nemoralia

Nemoralia was an ancient Roman holiday, also called the Festival of Torches. It was a time to honor the Roman Goddess Diana, the goddess of the moon and of the hunt. Diana was especially important to women, who would wash their hair and dress in flowers on this day. Around the middle of August, on a full moon, worshippers would form a procession carrying torches and candles down to a sacred lake called Lacus Nemorensis, which was thought to be Diana's Mirror. During this festival, hunting and killing animals was not allowed. Offerings were made to Diana, such as fruit, and statues of animals. Ribbons were tied to trees, often with prayers or wishes written on them.

Later, as Christianity spread through the region, this festival eventually was incorporated into the Catholic Feast of the Assumption of the Virgin Mary. According to Christians, when Mary,

the mother of Jesus died, she was “assumed”--body and soul--into heaven. So the Feast of Assumption is to honor Mary’s “heavenly” birthday. All over the world Catholics attend Mass, have processions or parades as well as feasts. The Feast of Assumption is also associated with the summer harvest. It is celebrated on August 15th.

Make Lanterns and Ribbons

Make lanterns to use in your procession, as would be done during Nemoralia or during parades for the Feast of Assumption. Cover the outside of a glass jar with a thin layer of white glue. Take pieces of colored tissue paper and cover the outside of the glass jar. Place a tea candle (or electric tea light!) inside the jar.

Have a selection of ribbons available for the children to choose from. Encourage them to take a couple ribbons and write down prayers or wishes on them. These can be tied to the lantern or worn by the children during the procession.

Have a Procession

Go for a nature walk with your ribbons and lanterns. If you are lucky enough to have a pond or stream nearby, consider walking to it and looking at “Diana’s Mirror.” See how many animals you can spot on the way.

Plant a Mary Garden

A Catholic tradition to honor the unselfish and holy life of Mary is to plant a Mary Garden. This tradition began in Europe during the middle ages as missionaries spread stories about Mary and flowers that were named after her. Plant your flowers or herbs in a cup with an image of Mary to complete your little Mary Garden.

Eat Assumption Salad

Fresh greens and fruits would be eaten both during the Feast of Assumption and Nemoralia, as the holidays occur during the harvest season. Prepare this simple salad ahead of time, or have the children assemble it.

- Fill a large bowl with washed red leaf lettuce (or other local, in season greens of your choice)
- Add orange segments (seedless cuties or tangerines work well)
- Sprinkle with raisons
- Serve with a simple oil and vinegar based dressing (on the side—for kids)



Ceiling of the "Assumption of Mary" in Santa Maria Immacolata a via Veneto (Rome) /
image from Wikimedia Commons. Photo attributed to user [Livioandronico2013](#).



The statue of Diana, Roman goddess of the hunt and wild animals at the Bayou Bend Collection and Gardens in the River Oaks neighborhood of Houston, Texas

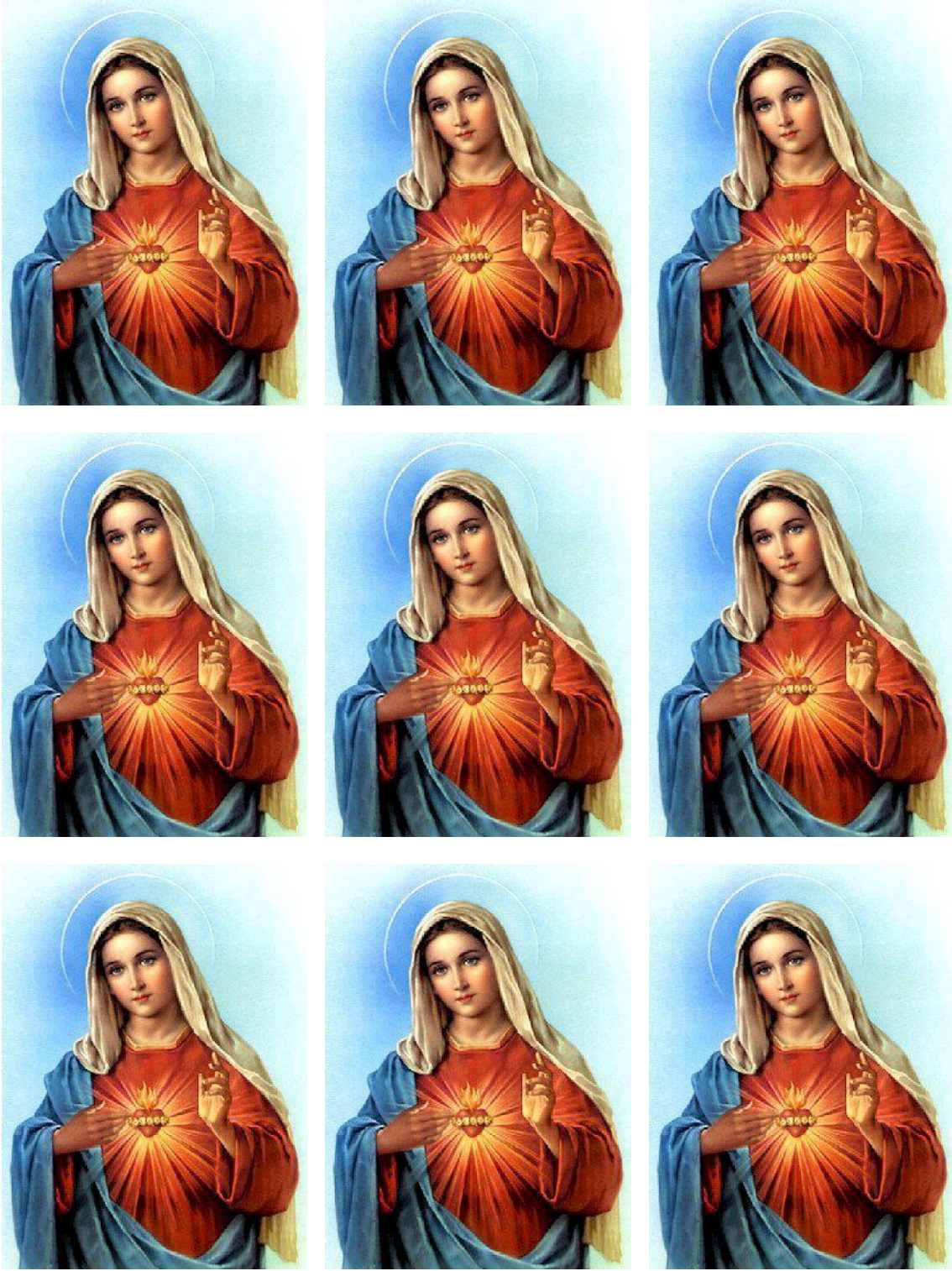
Image from Wikimedia Commons, in the public domain.



Virgin Mary statue at the Church of St. Joachim in Beacon, New York

Image from Wikimedia Commons attributed to [Dylan.cronk](#)

These images of Mary can be printed on card stock and used for the Mary Garden.



This image was taken from Wikimedia Commons and is a 19th century painting of unknown origin that is in the public domain.

Krishna Janmashtami



the Purpose:

To celebrate the birth of Krishna, the 8th avatar of Vishnu

Unitarian Universalists:

Celebrate the value of love, compassion, playfulness, responsibility, music and dance

the Plan

GATHER

HEAR about the life of Krishna

HEAR the story of Krishna and the Pot of Butter

DECORATE a curd pot

MAKE butter

BREAK the Dahi Handi

CLOSURE

Planning ahead

- Gather supplies:
 - Small clay pot
 - Paints and brushes
 - Small glass mason jar
 - Heavy cream
 - Plastic pot filled with treats or small prizes

Leader's Guide

The History of Krishna Janmashtami

Janmashtami is a Hindu holiday that is celebrated by over 900 million people around the world. It celebrates the birthday of Krishna, the 8th avatar of Vishnu.

Krishna is considered the Hindu god of love and compassion. It is said that Mother Earth, unable to bear the burden of sins committed by evil kings and rulers, asked Brahma the Creator for help. Brahma prayed to the Supreme Lord Vishnu, who assured Brahma that Vishnu would soon return to earth to rid the world of evil.

When Krishna was born, his uncle, an evil ruler, wanted him dead. But the gods helped protect Krishna and his family. Krishna was raised as a cowherd. As he grew up, he became a skillful flute player, and was adored particularly by the women of his village. Eventually, he fulfills his destiny and destroys his evil uncle.

Krishna is typically depicted as having blue skin, holding his flute and sometimes is accompanied by a cow. One of the most widely loved of the Hindu deities, he may also be shown as an infant or child engaging in playful pranks, such as stealing butter.

As one of the principal gods of Hinduism, he is seen as loving and loyal, playful and good natured, and a model of ethical behavior. He is also the god of music and dance.

Krishna's birthday, called Janmashtami, is one of Hinduism's most popular holidays and is celebrated throughout the Hindu world. It takes place in August or September. During the festival, the faithful engage in prayer, song, fasting, and feasting to honor Krishna's birth. Children often dress up as Krishna and act out stories of his youth.

Hear the Story of Krishna and the Pot of Butter

This is a much beloved tale of a mischievous young Krishna causing trouble by stealing butter: Krishna loved butter as a child. The whole of his village was tired of his mischief when it came to stealing butter. His mother used to tie it high up from the floor to hide it from naughty Krishna. One day when his mother was out, Krishna gathered all his friends. With their help, he reached the pitcher of the butter and they all had a good time eating it. Engrossed in their mischief, they did not realize when mother came back. Everybody else ran for their lives but Krishna got a good thrashing. Moral – Never disobey your elders.

You can show the class a short cartoon version by following the link in the resource section. It is not quite the same (there is no thrashing) but it is one of many times Krishna was caught stealing butter as a child.

Decorate a Curd Pot

Use paints to decorate small curd pots. Use mini terra cotta pots available at the Dollar Tree or craft stores. Only use non-toxic paints to decorate the outside of the pot. While the pot is drying, kids can go on to make the butter. After the pot is dry, if you are going to put butter in it, line the inside with tin foil first, as there is probably a drainage hole at the bottom!

Make Butter

Give each child an 8 oz. mason jar. Fill half way with heavy whipping cream. Shake. After a couple minutes it should start to thicken into whipped cream. It is ok to take a break for a minute, but then continue shaking until the butter starts to form, separating into buttermilk.

Break the Dahi Handi

Dahi Handi is a festive team sport during Krishna Janmashtami. Dahi means curd or yoghurt, and handi means earthen pot. An earthen pot filled with butter, yoghurt or often other treats like money and candy is hung high in a hard to reach place. Think Piñata. Young men form teams and make human pyramids to try to reach or break the pot. The event is based on the legend of Krishna stealing butter as a baby. This is actually dangerous, though you can show them how it is done in one of the video links in the resources section. For this class let's use a small plastic pot filled with treats. Healthy treat options might be packages of crackers or goldfish, stickers or little tangerines. Hang the pot from a tree outside, and have kids bat at it blindfolded like a piñata until it tips/breaks. DO NOT let them make a human pyramid!

Resources

Videos:

All you need to know about Krishna Janmashtami (2:56)

<https://www.youtube.com/watch?v=vvOAbi20Lxs>

Krishna and the Pot of Butter (4:38)

<https://www.youtube.com/watch?v=gq0hiQZmFPc&t=184s>

Water Communion

the Purpose: to celebrate the UU tradition of the water communion

Unitarian Universalists believe:

We can all work together to make the world a better place



Photo attributed to José Manuel Suárez

the Plan

GATHER

HEAR about the UU tradition of a water communion

SHARE a water communion of our own

EXPERIMENT with water

PLAY water games

CLOSURE

Planning ahead

- Gather supplies:
 - Water pitcher and bowl
 - Pennies, eye droppers or pipets, paper towels
 - Wax paper, tape, food coloring, drinking straws
 - Side walk chalk, buckets of water

Leader's Guide

The History of the Water Communion

The Water Communion, also sometimes called a Water Ceremony or Ingathering, was first used at a Unitarian Universalist (UU) worship service in the 1980s. Many UU congregations now hold a Water Communion once a year at the beginning of the new church year, typically late August or early September.

Members bring to the service a small amount of water from a place that is special to them. Additional water is provided for those who may have forgotten. At some point in the service, people one by one pour their water together into a large bowl. As the water is added, the person who brought it may tell why this water is special to them. The combined water is symbolic of our shared faith coming from many different sources. It is often then blessed by the congregation, and later boiled and used as the congregation's "holy water" in child dedication ceremonies.

The Water Ceremony

If you can, have children bring water with them to class, but have a pitcher of water ready. Have a bowl to collect water. Have the children share about their summer, and what their water represents to them, and add it to the communal bowl or pour it from the pitcher. End the ceremony by reading this poem by Kayle Rice, found on the UUA website and printed here with permission of the author.

ALL RIVERS RUN TO THE SEA

By Kayle Rice

*It starts with a drop,
Then a trickle...
A burble, a rush of water, bubbling toward its destination;
And finally the wide, endless sea.
All rivers run to the sea.
Today you brought water
Poured it into a common bowl.
Though our experiences have differed,
These waters mingle, signifying our common humanity.
Today you came
And shared in this sacred community.
May you depart this sacred space,
Hearts filled with hope for new beginnings;
A fresh start.
Go forth, but return to this community,
Where rivers of tears may be shed,
Where dry souls are watered,
Where your joy bubbles,
Where your life cup overflows,
Where deep in your spirit you have found in this place a home.
All rivers run to the sea.*

Experiments with Water

“If there is magic on the planet, it is contained in the water. “

— J.B.S. Haldane, scientist, humanist

Water plays an important role in many religions and cultures. It is essential for life. The water cycle is important for growing our food. It is used for washing and in many religions for spiritual purification. It can be a powerful destructive force as well. Many cultures attribute spirits or gods to the rivers, oceans and rain. Let’s examine some of the “magical” properties of water.

Give each child a penny, a cup of water and an eye dropper. Ask how many drops of water they think can fit on the penny. Next have them try it. As they carefully add drops, the water should start to form a large bubble. This is the property of **cohesion**—the tendency of water molecules to stick together. Point to this lesson’s “UU’s Believe” statement—we can “stick” together (like water molecules) to make the world a better place.

Play Water Games

1. Water Drop Races

Add a drop of food coloring to two of the cups of water (use two colors.) Tape a piece of wax paper to the table. Divide the children into two teams and equip each child with a drinking straw. Place an equal number of water drops in a line down the middle of the wax paper. Each team tries to blow all of their colored drops to the other side first.

2. Chalk Painting

Take a couple buckets of water outside with some sidewalk chalk. Dip the chalk in the water and enjoy “painting” the walkway with chalk.

Resources

Websites:

1. The UUA has excellent resources about the water communion

<https://www.uua.org/worship/holidays/water-communion>

2. This site has several other science related activities that can be done with water.

<https://littlebinsforlittlehands.com/water-science-activities-kids-stem/>

Additional Resources

It is important to develop consistent rituals for the opening and closing of your time together. Here is are the ones I like to use with this age group, though you can find lots more online.

Also, the UU belief statements for each lesson are included here. In our class, we print them on different colored card stock and each lesson we add one to make a rainbow border around our bulletin board.

UU Chalice Lighting

We light this chalice to remind ourselves:

To treat all people kindly
Because they are our brothers and sisters;

To take good care of the earth
Because it is our home;

To live lives full of goodness and love
Because that is how we will make our world
The best place it can be.

Extinguishing the Chalice

We extinguish this chalice,
But not it's spirit
May it warm are hearts
Until we meet again

*Unitarian Universalists believe . . .
. . . in celebrating the virtues of love
and loyalty.*

Duanwu

*Unitarian Universalists believe . . .
. . . .that we can work together in
friendship to build a more peaceful
world.*

World Friendship Day

*Unitarian Universalists . . .
 . . . value the gifts of all the special
 people in our lives.*

Father's Day

*Unitarian Universalists believe . . .
 . . . in the worth and dignity of all
 people, and that all people should be
 free.*

Picnic Day

*Unitarian Universalists. . .
 . . . celebrate the cycles of nature
 and the web of life.*

Midsummer/Summer Solstice

*Unitarian Universalists believe . . .
 . . . in the power of love and the
 strength of hope.*

Tanabata/Qixi Festival

*Unitarian Universalists believe . . .
. . . that all people should be free and
have a say in what concerns them.*

4th of July

*Unitarian Universalists believe . . .
. . . that the strength and wisdom of
women is just as important as that of
men.*

Nemoralia/Feast of Assumption

*Unitarian Universalists . . .
 . . . celebrate the wonders of nature
 and the life-giving properties of
 water and fire.*

Ivan Kupala Day

*Unitarian Universalists. . .
 . . . celebrate the value of love, com-
 passion, playfulness, responsibility,
 music and dance.*

Krishna Janmashtami

*Unitarian Universalists . . .
• . . find inspiration in science,
mathematics and the natural
world.*

Pi approximation Day

*Unitarian Universalists . . .
• . . believe that we can all work
together to make the world
a better place*

Water Communion

*Unitarian Universalists believe . . .
. . . in the strength and perseverance
of the human spirit .*

The Heracleia