

October



10.11.20

For Families,

This week, the first reflections will explore the ways in which the smallest contributions can be magnified, if enough of us take part. In the rest of this week's service, we hear voices from UU the vote.

This week family worship at 10:00 am, offers another parable, this one on what is real and what might be imagined. We meet in the worship Zoom Room. As we experiment with how this will work in shared space, please offer your feedback. Log on to our worship link www.tinyurl.com/wusworship just before 10 a.m. and type "the secret password" into the chat. You will then be sent into the family worship breakout room.

Page two of this pew/couch pack has suggestions for celebrating a week's worth of some familiar or unfamiliar holidays and ideas for engaging in thoughtful or fun activities. These are for home use as a resource and contain linked materials.

Page Three has a link to learning the yogic practice of Bee Breath and that is followed by printables for this week.

Welcome to you all,

Rebecca (Kelley-Morgan)

She/hers/they/theirs

What Shall We Do with Our Week?

Ideas for sharing with your family, things to explore and activities to try.

Sunday, October 11th This is **National Coming Out Day**. As Unitarian Universalists we celebrate diversity in many ways. Enjoy the 28 second video from [#RepTheRainbow](#)

Monday, October 12th—Indigenous People’s Day Learn about the people who lived here before European contact. <https://en.wikipedia.org/wiki/Massachusetts> Or visit the National Museum of the American Indian virtually. <https://americanindian.si.edu/>

Tuesday, October 13th- In honor of Earth Sciences week learn what kind of minerals (from the around the planet) go into making a [smartphone](#)

Wednesday, October 14th— National Fossil Day Did you know that the state fossil of Massachusetts are fossilized dinosaur tracks? You can learn a lot about fossils in the junior paleontologist guide [here](#)

Thursday October 15th—Global Handwashing Day. Handwashing is really important now and always. Learn more here [here](#) Can you keep track of how many times you wash your hands today?

Friday October 16th— World Food Day is observed today. How can we help? What can we do to end hunger? Kids can find out more here. [here](#)

Saturday October 17th: Sweetest Day

Sweetest Day is a day to be sweet by sharing a kind thought, a small gift or a gesture of kindness. It’s a day to give a card with a sweet message to someone you appreciate. Little gifts of candy and other sweets are shared, as well. How can you be kind? What sweetness can you share?

BEE breath Meditation: Silent meditation allows us to listen deeply for the small, still voice within, but there are other kinds of meditation that make that kind of listening space within, too.

This week, try learning a yogic breathing technique called Bhramari (BRA-mer-ee) Breath, also known as *Bee Breath*, in order to bring about a state of calm, relaxed presence. With Bee Breath, we close our ears, eyes, and mouth, and make a buzzing sound at the back of the throat in order to experience only the vibrations of our own breath in our heads. What an interesting sound!

[This tutorial](#) shows how it's done. (Note: The speaker calls the technique "Bhramari *Pranayama*," which means bee *breath exercise* in Sanskrit.)

If you need to use the wiggles out exercise to get ready, it is below

Centering for young children: Listening

"I wiggle my fingers, I wiggle my toes, I wiggle my shoulders, I wiggle my nose.

Now no more wiggles are left in me, so I'll be as still as still can be."

You might want to run through this a few times to get all the wiggles out.

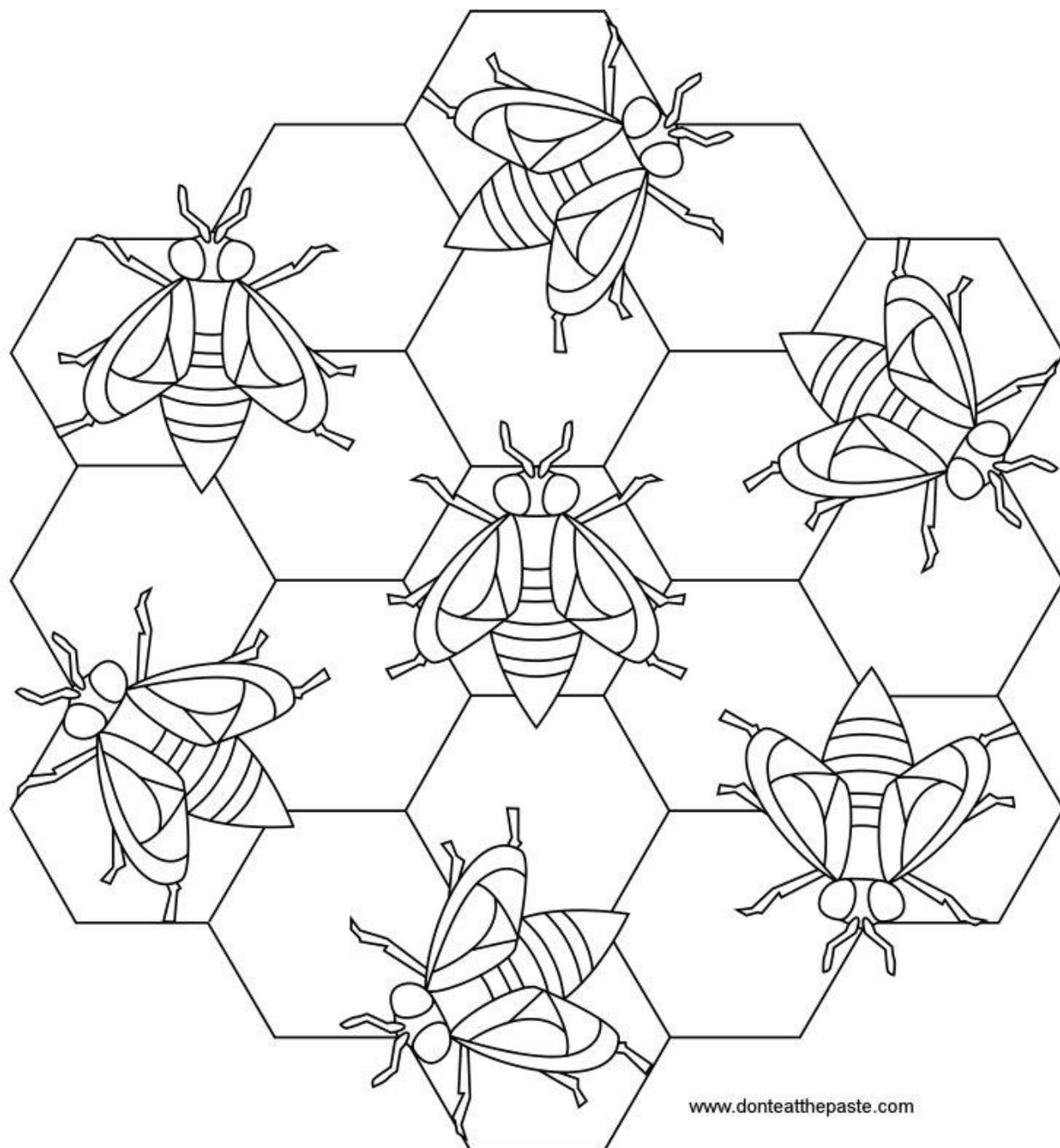
"Now, with all the wiggles out of us, let's get into our meditation positions.

Sit comfortably in your chair or on the floor.

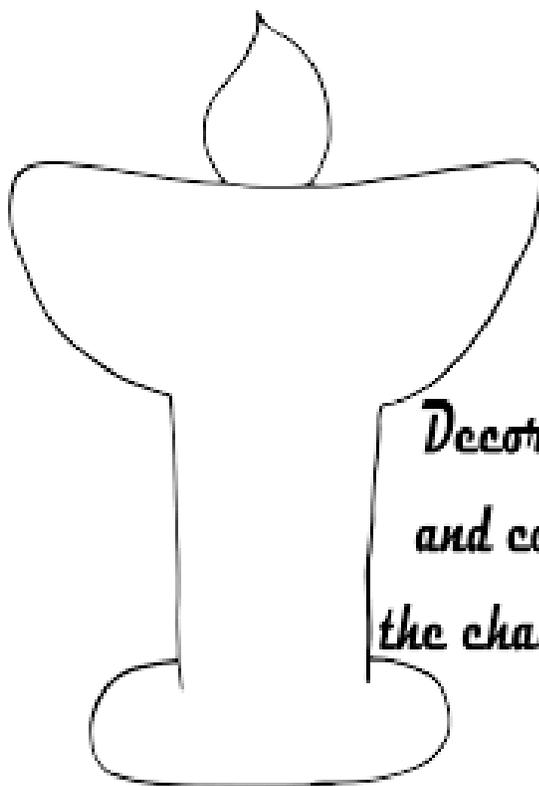
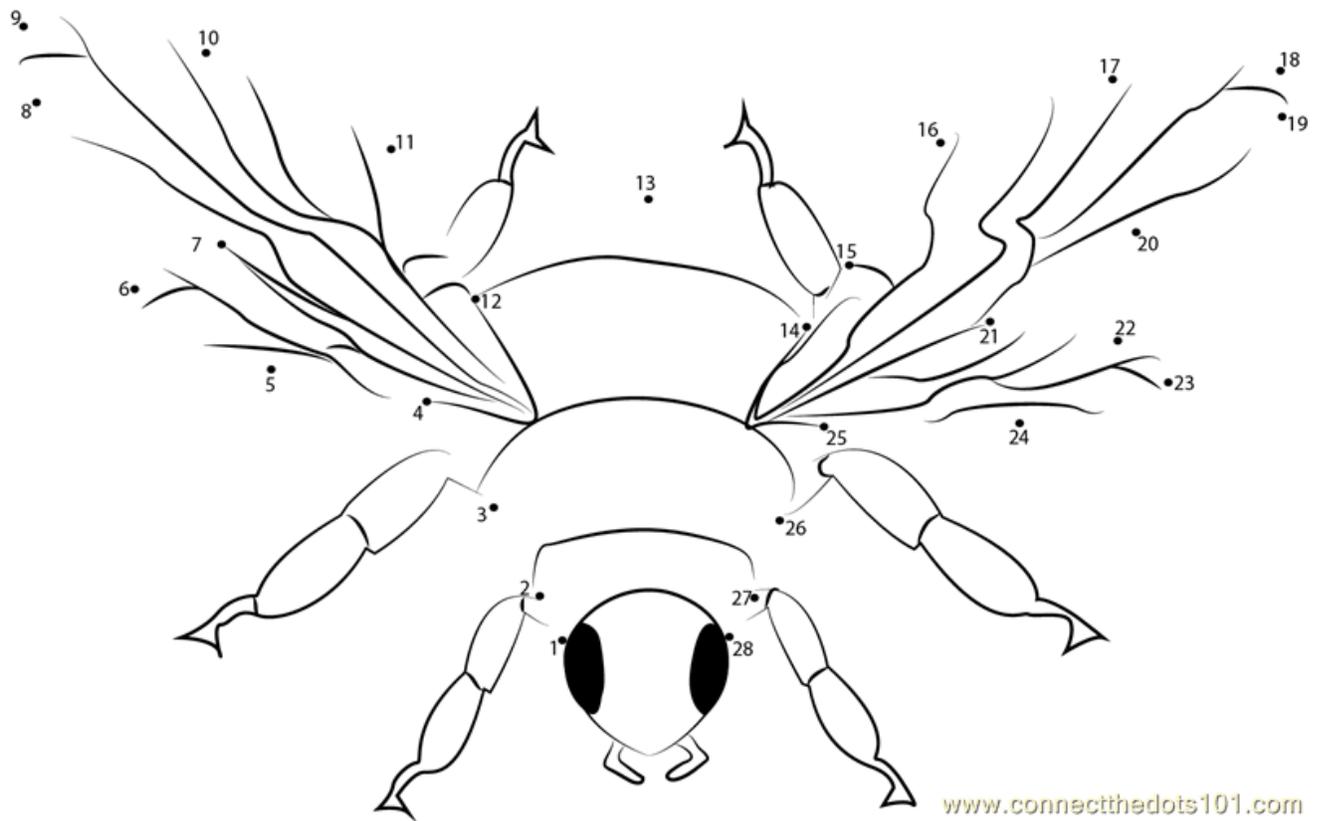
Put your hands on your lap or on your knees.

Sit up nice and tall.

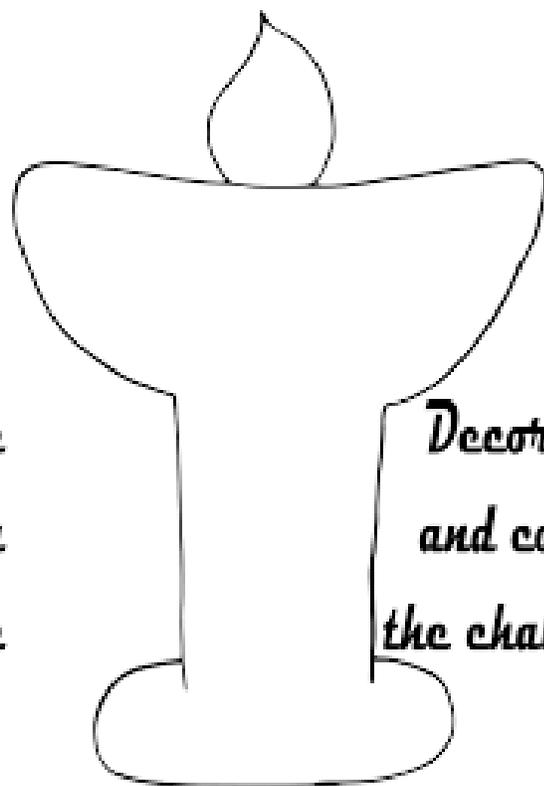
Close or focus your eyes in front of you.



It takes a lot of Bees to make honey! Color the hive



*Decorate
and color
the chalice*



*Decorate
and color
the chalice*

Sound Effects

E	A	S	A	A	M	H	A	I	E	E	E	E	A
W	H	A	P	H	K	S	L	P	E	A	S	Z	S
M	K	H	A	H	T	S	A	A	P	Z	A	W	L
E	A	W	A	H	A	H	S	A	L	C	M	H	A
A	Z	E	B	H	L	W	S	E	A	P	B	A	M
R	A	O	L	H	P	K	H	A	P	O	W	M	H
A	M	S	O	K	S	S	A	E	A	A	P	S	P
S	L	A	O	T	C	C	L	B	E	B	E	E	P
T	E	S	P	E	U	P	R	M	L	E	H	A	K
A	L	S	A	M	A	O	P	A	Z	A	E	P	S
S	A	P	C	Z	I	A	E	I	S	H	M	E	R
M	O	O	B	A	K	S	L	L	Z	H	A	C	E
A	E	M	A	R	H	H	K	W	P	P	S	A	G
S	S	S	S	I	H	P	R	U	B	O	H	E	H

KABLAM
 CLASH
 SLAM
 KABOOM
 SPLAT
 KAZAM
 WHEEEEE
 GASP
 ZAP
 ZIP
 BLOOP
 HISSSS
 WHAP
 POW
 CRASH
 WHAM
 AIEEEE
 AHFFF
 BEEP
 BURP

Play this puzzle online at : <http://thewordsearch.com/puzzle/109592/>

You might remember this from last week. Keep listening this week for any of these sounds. Check them off as you hear them. Share with a family member or friend. Who hears the most of these sounds? When? Where?

There's a lot of talk about voting. Everyone who is over 18 can vote. This week, people can start voting early in Massachusetts. Why is that a good idea? Ask an adult you know.

