

October



10.4.20

For Families,

This week, the first reflections will explore the aspects of listening. Although we who are hearing, listen with our ears, many of us listen with our eyes, or our hands, or our other senses. But all of us can listen with our hearts.

The second reflections expands on this concept, with thoughts on discernment.

This week family worship at 10:00 am, also explores listening for the difference between noise and communication. We meet in the worship Zoom Room. As we experiment with how this will work in shared space, we will ask families for feedback. Please log on to our worship url www.tinyurl.com/wusworship by 10 a.m. and type “the secret password” into the chat. Heather will then send you into the family worship breakout room.

Page two 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 begins the children’s activities and printable for this week.

The last page has a suggested ritual for blessing of the animals (including stuffed and inanimate ones) that you can and your children can do at home.

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 4th Saint Francis Day, when Saint Francis is remembered in Christian Churches Saint Francis has been the inspiration for animal blessings for many years. Did you know that San Francisco was named for him? Hear one of [the stories here](#). And go to the end of this pew pack for a blessing you can do at home.

Monday, October 5th—Wear blue shirts for National Stomp out Bullying Day. This is a good time to learn more about bullying and how to end it. Get some ideas [here](#).

Tuesday, October 6th- Mad Hatter Day! Try one of these fun things to do!
[Celebrate Mad Hatter's Day](#)

Wednesday, October 7th— What is in the neighborhood? Do you know about the geology of the Middlesex Fells? Or what type of rocks you might find? Some help if you decide to go exploring can be found [here](#).

Thursday October 8th— Listen to your heart. Do some exercise to get your heart rate going. And then sit still. What does your heart sound like?

Friday October 9th— This is the season of Pumpkins. How about some pumpkin spice playdough to bring some autumn inside? [Pumpkin Playdough](#)

Saturday October 10th: I LOVE YARN Day. What can you do with yarn? Do you know someone who can teach you to knit? Or go [here](#) to learn from an eight year old knitter. *Pro tip—if you don't have knitting needles, chopsticks will work.

Centering for young children: Listening

Caregivers—Begin with a Meditation Fingerplay to center your family. Invite the children to follow along.

The script follows

“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.

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

This month (and today) we are practicing listening. Listen to the chime, that I ring, and when the sound stops and the silence begins, raise your hand.”

If you have a metal chime use that, or you can use an app on your phone.

Invite everyone to listen to the chime for several iterations. You may also invite listening to other sounds.

St. Francis of Assisi Word Search (see what you can find-this one is harder)

5 8 A H Y O D K C A E 1 A 8 H R 5 O B F R K T 8
 Y 2 D 1 W T L N N G I R N 5 A B Y C Y R P 2 C S
 T G D A E D T K A B K 5 B W P P 8 G P A V P S O
 B L Y S A P G I L E S T B A I 5 O 5 K N C D A D
 G N G 1 L G A N N D G I R A R F T K 8 C D T N O
 S G T C T E N B P I 2 D V T S 2 L A G I Y R F Y
 P D A W H C K R K E B O R N V 2 O L 5 S P K R N
 E Y B B Y L L K L D D N L 2 B 1 H R 2 I N W A T
 T E E L K B T Y V R B E N 1 Y P Y H 5 A 5 H N C
 E F R G O I Y 1 D K W O S B T N V A H N D T C Y
 R 8 N A 1 O 2 I C E I R 2 A P G K P Y 5 2 2 I 1
 C D A I 1 A 8 1 R V H L K W T T G P K O D D S 8
 N A R F O 2 S S G Y K W D P B A E A P H P C C P
 L N D 2 2 L T H E K I N G O F F E A S T S 1 O 5
 H H V C C E G W Y G F 1 O L H K P 1 Y 8 T P T G
 8 P G 2 W R K 5 P R V G T F D Y 5 B E 5 L S N F
 K K W W S B D V F H F S C E 1 Y D S R H 8 R N 8
 T D H W E R P G A V I L 2 A S S R V A F Y 1 D O
 8 Y V I F O 8 R Y B A T K S E A E H 2 E G 2 O L
 8 Y F L 1 W W 1 F E 5 H O T P 5 2 G P 2 H 2 G I
 8 W F S H N K A A R S D R D O 2 G L O V E 8 D E
 C 5 F K R B P W I T O H B A V A L H 1 G C 1 P Y
 8 P I N T K I 8 5 B T L C Y D W D E P V G S Y B
 L E V I T A L Y G N F I B 8 I D C V Y P 2 V V 1

1228 25 Bernard Born brown died Feast day Franciscan
 Giles Italy love Peter San Francisco The King of Feasts Wealthy

Saint Francis and the Wolf.



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/>

Listen this week for any of these sounds. Check them off as you hear them. Share with a family member or friend.

Blessing of Our Animal Friends

CREATING THE SPACE: This feels a little more special when the setting is carefully put together. Create a blessing space. Perhaps a colorful cloth on a table, some elements of nature, leaves and acorns. A candle, a bowl of water, and something to dip in it (a flower with a sturdy stem, a fern, a cutting from a tree).

WHO RECEIVES THESE BLESSINGS: You may bless any and all animals in person or by proxy. You may also bless the ones that are inanimate, the stuffed teddies and whales etc.- that we cherish as well. And of course, we bless the people too!

THE BLESSING: Dip the flower/other into the water, shake off most of the drops and very lightly sprinkle the animals and people present as you say

Name and Name, by the water of life, and all that grows and changes, we bless each other with love and companionship. May you/we live together in health and wellness, may your/our time together be special to us all.

OTHER IDEAS: You may use the words I have provided or make up your own. To prepare for the blessing, you might want to talk about you family pets, and tell the story of their arrival in your home.

Or if you do not have family pets, you might want to talk about the animals that live all around us and how important they are to our world. The ones we know and the ones we may never see.

And lastly if there are beloved inanimate animals, bless them for the comfort they provide, and the hands that cuddle them.

FAITH CONNECTIONS: Use this opportunity to talk with your child about why we as Unitarian Universalists value all life, animals included. You may wish to explore the idea of people and animals speaking different languages and experiencing the world differently. And for the animals in our home, with us, continuing to find ways to love and be loved.