

October



10.25.20

For Families,

This week, the first reflections will explore the concept of stories that are told, and the ones that are not. In the rest of this week's service, we hear musical contributions and reflections from John Kramer on African American classical composers.

This week family worship at 10:00 am, explores noise and communication. 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 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, holidays to acknowledge, things to explore and activities to try.

Sunday, October 25th—Listen mindfully and play a game of [One Word Story](#) (scroll halfway down to get to game instructions)

Monday, October 26th— To celebrate [National Pumpkin Day](#) try making a favorite pumpkin treat. Or decorating a pumpkin

Tuesday, October 27th – As we get ready for Halloween, [learn more](#) about this holiday and its origins

Wednesday, October 28th— Many of our families immigrated to this country, and other families continue to do so. Learn more and celebrate [national immigrants day](#)

Thursday October 29th— National Cat Day! Celebrate your favorite feline friend. <https://www.nationalcatday.com/>

Friday October 30th— Tomorrow is the pagan holiday of Samhain (sow-wen) Learn more [here](#)

Saturday October 31st: Halloween shares the day with a [Blue Moon](#). You might want to go outside and check it out.

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."

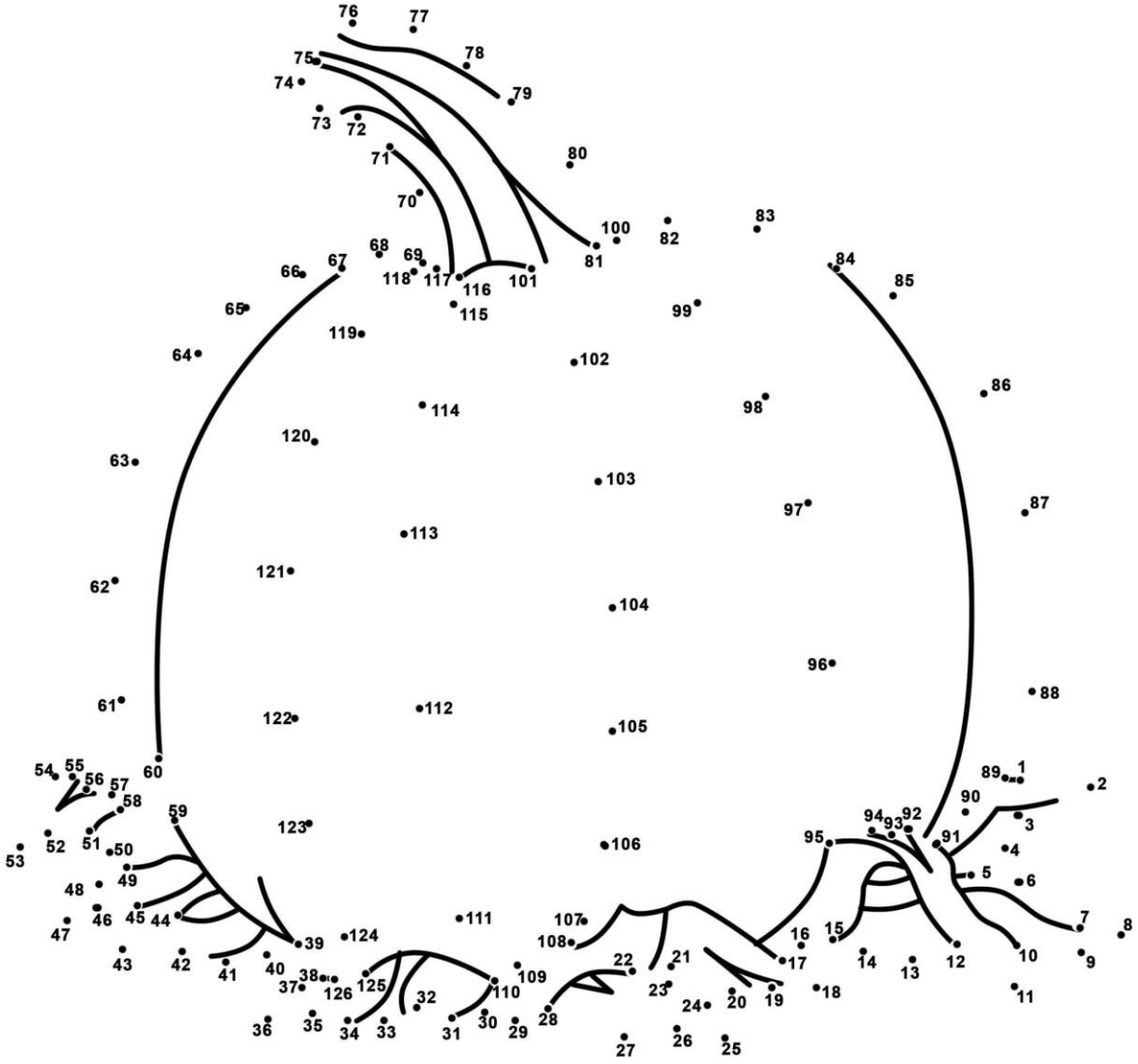
You might want to run through this a few times to get all the wiggles out.

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

Sit comfortably in your chair or on the floor.

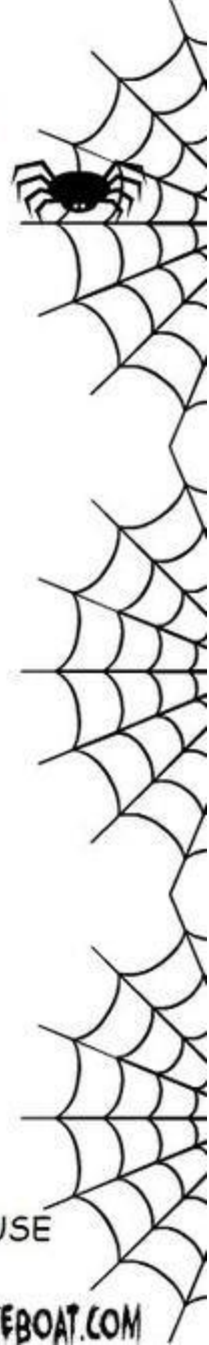
Put your hands on your lap or on your knees.

Sit up nice and tall.



HALLOWEEN WORDSEARCH

N E E W O L L A H R B R Q R N
I Q H N R O C Y D N A C M G V
E T T V W C O S T U M E A U R
A Y X H F I C D X O M S R V E
E F V I G M T C H M M P O S B
Z Y M F Z I J C O R L O U P O
S V M X E T R N H R B O N U T
K S A A A H S F S Q H K K M C
S T E E L T Q H B D B Y W P O
A S R Y E T O Y E D F C W K B
M T C R S R D T W S T L H I G
O A S O R N N F B B C R Q N C
A A H O A U A L O J S A I L R
L G R C A G I Z C G Z Z R C E
W N Q H H U K W W L Q F I Y K



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|-------|---------|--------|---------------|
| GHOST | PUMPKIN | FRIGHT | COB WEBS |
| WITCH | MONSTER | HORROR | CANDYCORN |
| TRICK | COSTUME | SCREAM | HALLOWEEN |
| TREAT | SPOOKY | BOO | OCTOBER |
| CANDY | SCARY | MASKS | HAUNTED HOUSE |



ANCIENT PRACTICE OR MODERN TREND?

Samhain vs. Halloween



Many of the things that we think of as Halloween activities in the Western world originated from Pagan traditions, like dressing in costume and going door to door trick or treating. Some say that people dress in spooky costumes on this day to blend in with the spirits roaming around. Even carving jack-o'-lanterns and leaving them on the porch is a remnant of the Pagan tradition of carving turnips and other vegetables and lighting them up with a candle outside to guide the spirits of the dead on their visit back to the earthly plane.

Word Search

Find the following words in the word search:

- Samhain
- Sabbat
- Altar
- Ancestor
- Celtic
- Harvest
- Spirit
- Ritual

P S P I R I T B V C
 C S A M H A I N Z E
 D D A L T A R I D L
 Y S U H R N U A A T
 E A Z A I C D R L I
 G B C R T E T P A C
 P B V V U S X L P T
 W A R E A T Y V I K
 P T G S L O K J W H
 O M H T U R I W D S

WAXED LEAVES



You can preserve a piece of fall to last through the winter months by making a wax leaf garland.

- Collect naturally fallen leaves from outside in your yard or on a hike.
- Melt down candle wax (we like to use recycled stubs of old candles) very carefully on the stove. Ask for help!
- Dip each leaf in the (HOT) wax and lay them to dry on parchment paper.
- Tie a string around the stems of the finished leaves to make a garland.

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?