

## FUUN FOR ALL AGES

*Supplementary materials for expanding on the worship service*

*18 October 2020*

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Dear All:

I will be providing materials to supplement the worship service that you may use before, during, or after the service, or independent of the service. This is another way that you may choose to connect as a family—on your own time and in your own way—in addition to our regular Sunday school schedule. This week's worship service description is below:

### **More Than Numbers**

*Rev. Diane Dowgiert*

How do we deal with the immeasurable loss of life from COVID-19? The numbers are staggering. Behind every number is a person with hopes and dreams, likes and dislikes, parents and grandparents, maybe siblings, children, and grandchildren. We'll look to some Buddhist teachings about death as we also raise the names and stories of some who have died.

My take on it here will be about how we support each other as we go through tough times together, how we hold on to our memories of those who came before us, how we tell stories about them. Sometimes we need help, sometimes they need help, and we do it together.

This Sunday is Family Games day at 10:30 a.m. via Zoom: <https://us02web.zoom.us/j/89770398199>. I hope to see y'all on Sunday!

Blessings.

Marguerite Mills

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*P.S. Be sure to check out page 2 for some refrigerator door-worthy information!*

## MARK YOUR CALENDARS!

October 31, Saturday

### HALLOWEEN PARADE

2-4 p.m., lower parking lot

Dress up your car. Dress up yourself. We'll be waiting, with a photo station and **FIVE!** candy chutes. (Awesome stuff, and you'll have to show up to see it!)

*Safety protocols will be observed: gloves, masks, social distancing, and individual wrapped candy that we have not touched.*

November 1, Sunday

### ANNUAL COMMUNITY CONVERSATION

10:30-11:30 a.m., Zoom: <https://us02web.zoom.us/j/86558123983>

Join the Children's Religious Education (CRE) committee, other parents, fellow congregants—any and all who are interested in our children and the volunteers who serve them—are invited to participate in this conversation that will inform our CRE program for the next year.

## 2020-2021 SUNDAY SCHOOL

### 1<sup>st</sup> Sundays—10:30 a.m.

Formerly Music with Karina, future program tbd

<https://us02web.zoom.us/j/86558123983>

### 2<sup>nd</sup> Sundays—10:30 a.m.

**PreK-1<sup>st</sup> Grade:** Story & Song

with Suzanne LeBeau & Susie Wilcox

<https://us02web.zoom.us/j/87288152140>

**2<sup>nd</sup>-4<sup>th</sup> Grade:** Minecraft Tools of Faith

with Marguerite Mills & Christopher Cotton

<https://zoom.us/j/94518102020>

**5<sup>th</sup>-8<sup>th</sup> Grade:** ChurchCraft & Minecraft

with Chas Sisk & Jason Plummer

<https://zoom.us/j/98572464291>

### 3<sup>rd</sup> Sundays—10:30 a.m.

**All Ages:** Family Games

with Christopher Cotton, Colin Guerrette,  
& Jason Plummer

<https://us02web.zoom.us/j/89770398199>

### 4<sup>th</sup> Sundays—10:30 a.m.

**PreK-1<sup>st</sup> Grade:** Story & Song

with Suzanne LeBeau & Susie Wilcox

<https://us02web.zoom.us/j/85217697987>

**2<sup>nd</sup>-4<sup>th</sup> Grade:** Minecraft Tools of Faith

with Marguerite Mills & Christopher Cotton

<https://zoom.us/j/94398891671>

**5<sup>th</sup>-8<sup>th</sup> Grade:** ChurchCraft & Minecraft

with Chas Sisk & Jason Plummer

<https://zoom.us/j/92332008761>

### 5<sup>th</sup> Sundays—10:30 a.m.

**All Ages:** Story & Song

with Marguerite Mills & Harmon Nine

Nov 28, 2020:

<https://us02web.zoom.us/j/81465722239>

Jan 31, 2021:

<https://us02web.zoom.us/j/86352116223>

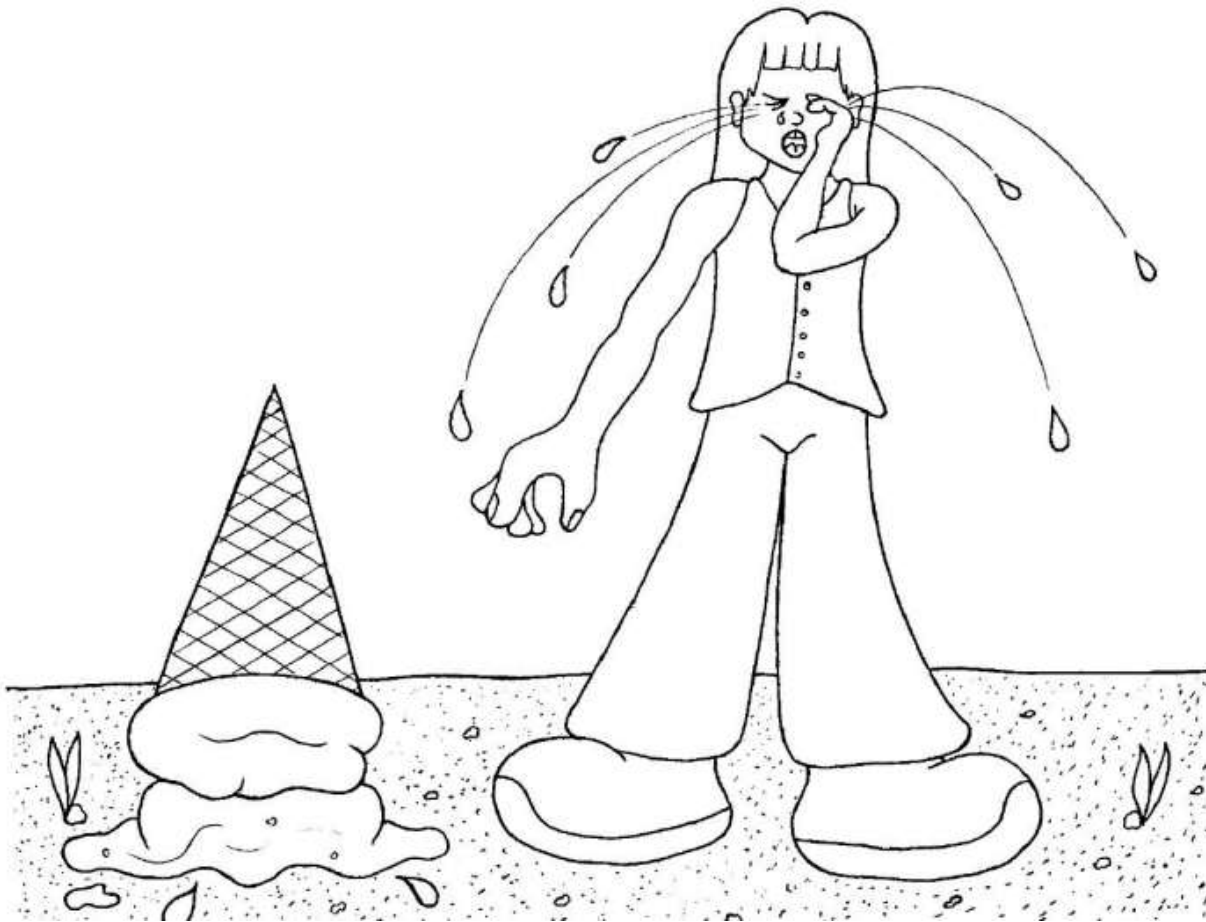
Empathy—or understanding how someone else might be feeling—is how you can know that they may need some help:

Name: \_\_\_\_\_ Class: \_\_\_\_\_

[www.keepyourchildsafe.org](http://www.keepyourchildsafe.org)

### What Is Empathy?

Empathy is the caring emotion. It means the ability to put yourself in someone else's shoes in order to feel what they are feeling. For example, if you saw a little girl cry because she dropped her ice cream on the ground, you might feel empathy towards her because you could relate to her sense of sadness. You might even feel a tinge of sadness yourself. This feeling of sadness or happiness because of what others experience is called empathy.



1. Describe a time when you've felt empathy toward someone else, meaning that you felt sad or happy because you could sense what they were feeling:

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2. What do you think is the purpose of empathy?

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3. Empathy is just like any other skill: the more we practice it, the stronger it gets. What are some ways you might work to expand your empathy by showing care and concern for others.

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How might you comfort someone who is grieving:

# Generosity Worksheet

List ways you can use your senses to help others.

	Heart:
	Brain:
	Hands:
	Eyes:
	Mouth:
	Ears:

Try some meditation about someone you care for, someone who might help you through tough times, someone who you might help through tough times:

## Sharing Friendship

- 1** Sit mindfully, with your spine straight and body relaxed. Close your eyes. Take three soft, slow, **mindful breaths**.
- 2** Think of someone or something that makes you happy. Maybe it's a person you love or a special pet.
- 3** Imagine your feelings for that person or pet as golden rays of light in your heart. Breathe in and out, and imagine sending the golden light to a friend who needs kindness. See your friend smiling.
- 4** With your next out-breath, send your golden light to someone you don't know very well. See that person receive your light.
- 5** Now breathe in and out, and share your golden rays with someone you feel grumpy towards. Watch your kindness help that person.
- 6** Finally, share your golden light with everyone in the world. Imagine everyone laughing together.
- 7** Smile with that happy feeling. Take three more soft, slow, **mindful breaths** before you open your eyes.



Send good wishes, good vibrations, a prayer to people you care for:

**Loving-kindness**

- 1 Sit mindfully, with your spine straight and body relaxed.
- 2 Hold your hand over your heart, and repeat to yourself: "May I be happy. May I be safe. May I be peaceful. May I be kind."



3 Now think of a friend or family member.  
Repeat to yourself:  
"May you be happy.  
May you be safe.  
May you be peaceful.  
May you be kind."

4 Now imagine people you don't know yet.  
Repeat to yourself:  
"May you all be happy.  
May you all be safe.  
May you all be peaceful.  
May you all be kind."

- 5 Continue your day knowing that everyone wants to be happy, just like you do.

**An Interview.** Interview an older relative or friend. You can write down their answers, or you can record them (audio and/or video). Then put it in a safe place where you can find it when you want to remember them. Here are some questions you might use:

Were you named after a family member or does your name have a special meaning?

Do you have a nickname that your siblings or friends call you? How did you get the nickname?

Where were you born? What was your house like as a child?

How did your family spend time together when you were young?

What was your favorite subject or teacher in school?

What is the most important lesson that your parents taught you?

What did your friends do for fun when you were young? Did you have a best friend?

Did you have a favorite toy as a child?

Did you get an allowance? How much was it and what did you spend your money on?

Did you ever get in trouble as a child or teenager? Did you have a curfew and what time was it? Did you ever miss curfew?

Have you had a job? What was your first job?



What did you want to be when you grew up?

What was your first car?

Where have you lived? Tell me about your first house.

Where have you traveled? What is your favorite city to visit? Do you have a favorite family vacation memory?

What impact has religion had on your life?

How do you handle stress?

What could you tell me that I would be surprised to learn about you?

What is the earliest memory that you have?

What makes you happy?

Have you owned any pets? What was your first pet?

What is different about growing up today than when you were a child?

**Dinner Table Memories.** Learning more about family and friends is a great way to create more memories. Try some of these questions around the dinner table:

- Would you rather be able to breathe underwater like a fish or fly like a bird?
- If you could have dinner with your favorite movie character, where would you dine, and what would you eat?
- If you could have one superpower, what would it be and why?
- If you could only have one food to eat every day at every meal, what would it be?
- If you could switch places for one day with another family member, who would it be and why?
- If you could be an animal, what animal would it be and why?
- If you could take three things with you on a desert island, what items would you choose?
- If you could be cast in any movie, what movie would you want to be in?
- What makes you feel really loved?
- What are you thankful for?
- Would you rather play in the sand or play in the snow?
- What is something that you would like to learn still?
- What is your favorite thing to do?
- Describe your perfect day!

