

FUUN FOR ALL AGES

Connection without Zoom

22 November 2020

Dear All:

These materials can supplement the worship service before, during, and/or after the service. *They can also stand alone and be used at any time you wish.* In this time of so many kinds of fatigue, the hope is that families, children, youth, adults, anyone of any age, alone or as a group... everyone can have one more way, a way that has nothing to do with Zoom, to stay connected. **This is our single greatest goal right now: To. Stay. Connected.**

Please stay in touch. If you have questions, suggestions, concerns, anything at all... I would truly love to hear from you.

Meanwhile, this Sunday's Zoom gatherings are:

10:30 a.m.

PreK-1st Grade—Join Suzanne LeBeau and Susie Wilcox for ritual, music, and story.

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

2nd-4th Grades—Join Marguerite Mills and Christopher Cotton to explore the tools of our faith, followed by some Minecrafting to fashion those tools.

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

5th-8th Grades—Join Chas Sisk and Jason Plummer to learn about different faiths while Minecrafting their houses of worship.

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

11:30 a.m.

9th-12th Grades—Youth Group (and pssst... there might be some Dungeons and Dragons there)

<https://zoom.us/j/94148119890?pwd=L1FYQXh0emp2TzJNUTZsWWxxZkt2Zz09>

Blessings.

Marguerite

Marguerite Mills

Director of Lifespan Religious Education

First Unitarian Universalist Church of Nashville

1808 Woodmont Blvd., Nashville, TN 37215

615-383-5760 ext. 3304

mmills@firstuunash.org

22 November 2020

Gratitude Sunday

Rev. Diane Dowgiert

Gratitude is a spiritual practice. A daily practice of pausing to give thanks is associated with improved health and increased happiness. When gratitude is shared in community, its effects are multiplied and amplified. Let us gather in thanksgiving.

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It is not happy
People who thankful
It is thankful
People who happy

It is not happy
People who thankful
It is thankful
People who happy





Stories!

Thankful, by Eileen Spinelli (author) and Archie Preston (illustrator), for preschool-grade 1

Two siblings look around and imagine the things they would be grateful for if they were a waitress (for comfortable shoes), or an artist (for color and light), or a doctor (for when patients get well), or a dancer (for the beat), or a crafter (for glitter and glue), or a queen (for afternoon tea), and so on.

On [YouTube](#), and on [Amazon](#), or check at your library.

The Thank You Book, by Mo Willems (author, illustrator), for grades 1-3

Gerald is careful. Piggie is not.
Piggie cannot help smiling. Gerald can.
Gerald worries so that Piggie does not have to.
Gerald and Piggie are best friends.

Piggie wants to thank EVERYONE. But Gerald is worried Piggie will forget someone... someone important.

On [YouTube](#), and on [Amazon](#), or check at your library.

Giving Thanks: A Native American Morning Message, by Chief Jake Swamp (author) and Irwin Printup Jr. (illustrator), for preschool-grade 6

Giving Thanks is a special children's version of the Thanksgiving Address, a message of gratitude that originated with the Native people of upstate New York and Canada and that is still spoken at ceremonial gatherings held by the Iroquois, or Six Nations.

On [YouTube](#), and on [Amazon](#), or check at your library.

James and the Giant Peach, by Roald Dahl (author) and Quentin Blake (illustrator), for grades 3-7

After James Henry Trotter's parents are tragically eaten by a rhinoceros, he goes to live with his two horrible aunts, Spiker and Sponge. Life there is no fun, until James accidentally drops some magic crystals by the old peach tree and strange things start to happen. The peach at the top of the tree begins to grow, and before long it's as big as a house. Inside, James meets a bunch of oversized friends—Grasshopper, Centipede, Ladybug, and more. With a snip of the stem, the peach starts rolling away, and the great adventure begins!

On [YouTube](#), and on [Amazon](#), or check at your library.

The Book Thief, by Markus Zusak, for grade 7 and up

Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement.

On YouTube a [summary](#) and [an interview with the author](#) (that some may find difficult to watch), the book on [Amazon](#), or check at your library.

Outwitting History: The Amazing Adventures of a Man Who Rescued a Million Yiddish Books, by Aaron Lansky, for adults

As a twenty-three-year-old graduate student, Aaron Lansky set out to save the world's abandoned Yiddish books before it was too late. Today, more than a million books later, he has accomplished what has been called "the greatest cultural rescue effort in Jewish history." In *Outwitting History*, Lansky shares his adventures as well as the poignant and often laugh-out-loud stories he heard as he traveled the country collecting books. Introducing us to a dazzling array of writers, he shows us how an almost-lost culture is the bridge between the old world and the future—and how the written word can unite everyone who believes in the power of great literature.

On YouTube [an interview with the author](#), the book on [Amazon](#), or check at your library.

Gratitude for All... Journals, Exercises, Crafts

Tips for practicing gratitude:

- Have fun
- Be creative
- Be consistent
- There's no wrong way to do it
- Start looking everywhere for things to be grateful for
- Share what you're grateful for with someone else

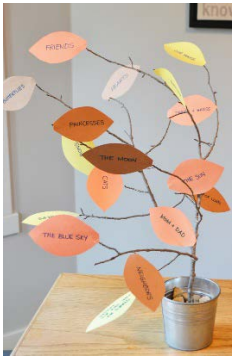
Gratitude Exercises. See the following pages for more information on some of these exercises.

- **Journal About Gratitude.** Take a few minutes every day to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.
- **Write a Letter.** Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them and send it.
- **Visit Someone You Appreciate.** Write a letter to someone you appreciate as described above, but instead of mailing it, deliver the letter in person. Don't tell them why you're visiting! Read them the letter, and then give it to them to keep it as a memento.
- **Say "Thank You."** Keep your eyes open throughout the day for reasons to say "thanks." Try to recognize the small actions people do every day that might be overlooked, such as a colleague who always goes the extra mile, or a friend who always seems willing to listen.
- **Take a Gratitude Walk.** Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed. Perhaps take some photos and start a Photo Gratitude Journal.

Three Good Things. A [gratitude journal format](#) in PDF that you can print.

Make a Photo Gratitude Journal. Simply take pictures and place them in a paper journal, use Instagram, or keep them as stories on your phone. Note what you are grateful for with each photo, for example: beautiful autumn leaves, my feet that took me on a lovely walk, my [pet] who has become an "essential worker," a gift from [friend, family member, etc.] that reminds me of them, a meal that I cooked and enjoyed serving to [friend, family member, etc.], and so on.

Make a Grateful Tree. Do this yourself or with others, as you wish.



Materials:

- Construction paper for leaves
- Scissors
- Twigs or tree branches
- Based on what kind of tree you want to make (see photos above):
 - A vase and rocks to add stability to the tree
 - Yarn to hang the leaves from a branch
 - Poster board or butcher paper with a tree trunk drawn on it and glue to stick the leaves on the tree
- Your grateful heart(s)

Directions:

1. Make a leaf cutout (or a few for variety) to use as your template. Trace the rest of the leaves on a bigger sheet and cut them out.
2. Punch a hole at the top of each leaf and loop a piece of string through each.
3. Put stones in a vase and stick the tree branch there.
4. Draw or write about things you are grateful for on the leaves. You could also find some old photos and make a visual tree instead of writing things down.
5. Hang the leaves from the branches.

Create a ritual by placing the tree on/next to your dinner table. Have everyone pick a leaf and recall, either silently or aloud, what it means to them. If you wish, write a new leaf whenever moved to do so.

Keep a Gratitude Jar. This is a simple way to cultivate the habit of being mindful of the good things in your life. Each day or week, write down one thing for which you're grateful and put it into the jar where they collect as a reminder of the good things in your world. Keep the Gratitude Jar for yourself, with your partner, child(ren), friends, or anyone you choose.

1. Start with an empty plastic jar. A peanut butter or mayonnaise jar can work well, but you can also go with something larger if you have it. Plastic jars are your best bet because they won't break if accidentally dropped.
2. Anything goes for decoration: torn tissue paper, yarn, glitter, construction paper, buttons, bottle caps, and photos, color paper and apply it, glue whole crayons all the way around the jar pick affirming words to cut from magazines and glue them to the jar, cover it with cut-out photos of your family. Make it your own and have fun!
3. Don't forget the lid. This is a great place for your label the jar or really stake a claim to it with something like Lori's Jar of Good Things, or David's Jar of Gratitude, or The Harris Family Gives Thanks.
4. Make the slips. Cut out blank squares of paper on which to write things for which you are grateful. You can also use a small notebook for this if the pages will easily tear out and fold small enough to fit quite a few into the jar over the coming days.
5. Kick it off. Start the gratitude process by writing one thing for which you're grateful and putting your slip(s) in the jar.
6. Add a slip to the jar each day, ritualizing it at the same time, maybe dinner or bedtime. If you have a bad day, read some of the slips and see if that enables you to think of something you were grateful for that day. Perhaps you're simply grateful for your Gratitude Jar on such a day.

Put an extra holiday twist on the practice by keeping it going from Thanksgiving through the New Year. Then on New Year's Day, sit down and go through the gratitude jar, literally counting the blessings and resolving how to appreciate and celebrate them in the coming year.

My First Gratitude Journal: Fun and Fast Ways for Kids to Give Daily Thanks by Creative Journals for kids, for Kindergarten-grade 4. This sweet journal offers kids daily prompts for writing and drawing about what they're grateful for — and it makes for a wonderful keepsake, too. Available on [Amazon](#) and elsewhere.

A Year Full of Gratitude. Five to ten minutes a week is all you need to feel the effects of keeping a gratitude journal. You can purchase a new journal, write yourself an email, or simply write in your day planner or smartphone's Notes app. Make it sacred, but don't overthink it. If the practice stresses you out and becomes another thing on your to-do list, the purpose is lost. Try working your weekly gratitude sessions into your Sunday rituals, for example, and see if you notice a shift in your approach to and experience of life..

1. One family member I am grateful for is. . .
2. A friend I cherish is _____, because he or she. . .
3. I am grateful for my house/apartment because. . .
4. One freedom I often take for granted is. . .
5. A book that has meant a lot to me is recently is. . .
6. I appreciate the following things about my job/work. . .
7. My favorite part of my body is my _____ because. . .
8. The thing I love most about my town or city is. . .
9. I am so thankful to my parent(s) for. . .
10. One of my favorite animals or pets has been _____ because. . .
11. I am grateful for access to healthy and delicious food. For example. . .
12. A positive aspect of today's weather is. . .
13. One song I love is _____ because. . .
14. I have had some wonderful teachers in my life. Currently, I'm grateful for. . .
15. One simple pleasure that I value is. . .
16. One of my most worthwhile purchases has been my. . .
17. One of my greatest life lessons was. . .
18. An artist or author whose body of work continually inspires me is. . .
19. A skill I have that makes me special is. . .
20. My favorite television show (or movie) lately has been _____ because. . .
21. One thing I appreciate about myself is. . .
22. Three things about my health that have been going well for me are. . .
23. A few things I appreciate about mornings are. . .

24. One thing that was a disappointment at the time, but turned out to be a blessing in disguise was. . .
25. One person I don't talk to very often, but I know I can count on is. . .
26. My favorite thing about coming home at the end of the day is. . .
27. One of the best things about being married/single/in a relationship is. . .
28. One piece of technology I can't live without is. . .
29. One way I have bettered myself in the past month is. . .
30. One piece of advice or a quote that has stayed with me is. . .
31. The best part of today was. . .
32. One body part that I love but often take for granted is my. . .
33. My favorite adventure/vacation was _____ because. . .
34. One talent I have been blessed with is. . .
35. Looking around me right now, I am grateful for. . .
36. In contrast to one of my hardest days, I am grateful for today because. . .
37. I'm grateful for this gratitude journal because...
38. One thing I love about my daily schedule is that. . .
39. One life hack I have picked up that has yielded positive results is. . .
40. My favorite way to exercise is _____ because when I do it, I feel. . .
41. One way I have been trying to slow down is _____, and it has allowed me to appreciate. . .
42. I am grateful for the abundance in my life; I have enough money that I am able to. . .
43. One thing that always makes me feel better when I'm down is. . .
44. An everyday item that I depend on but rarely am grateful for is. . .
45. I wouldn't be where I am today without this person's help and support. . .
46. One generous thing I did recently was. . .
47. One activity I want to engage more in is. . .
48. I know I'm not alone in this life because. . .
49. What I know to be true is. . .
50. Nature is abundant with gifts, and one particularly beautiful element of nature is. . .
51. One thing I am really looking forward to is. . .
52. One way I'm better today than I was one year ago is. . .

To: _____

Thank you for being my _____

I'm grateful for you because...

1. _____

2. _____

3. _____

I think you are special because _____

You make me laugh when _____

I have fun with you when _____

You are important to me because _____

When I think about you, I feel _____

From: _____

2020-2021 SUNDAY SCHOOL

1st Sundays @ 10:30 a.m.

All Ages

Visit with a Special Guest

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

2nd Sundays @ 10:30 a.m.

PreK-1st Grade—Story & Song

with Suzanne LeBeau & Susie Wilcox

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

2nd-4th Grade—Tools of Faith & Minecraft

with Marguerite Mills & Christopher Cotton

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

5th-8th Grade—ChUrchCraft & Minecraft

with Chas Sisk & Jason Plummer

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

3rd Sundays @ 10:30 a.m.

All Ages—Family Games

with Christopher Cotton, Colin Guerrette, & Jason Plummer

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

4th Sundays @ 10:30 a.m.

PreK-1st Grade—Story & Song

with Suzanne LeBeau & Susie Wilcox

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

2nd-4th Grade—Tools of Faith & Minecraft

with Marguerite Mills & Christopher Cotton

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

5th-8th Grade—ChUrchCraft & Minecraft

with Chas Sisk & Jason Plummer

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

5th 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>