

FUUN FOR ALL AGES—CONNECTION WITHOUT ZOOM

14 February 2021

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... that 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.**

Meanwhile, this Sunday's Zoom gatherings are:

10:30 a.m.

PreK-1st Grade—Story & Song

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

with Suzanne LeBeau & Susie Wilcox

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

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

with Marguerite Mills & Christopher Cotton

5th-8th Grade—ChUrchCraft & Minecraft

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

with Chas Sisk & Jason Plummer

11:30 a.m.

Youth Group—9th-12th Graders—Cooking with Croissants

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

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

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

SAVE THE DATE!

SUNDAY, FEBRUARY 20, 2-3 P.M.

The Beloved Community Committee presents a [reading and discussion](#) of *Not My Idea: A Book About Whiteness* by Anastasia Higgenbotham, a picture [book](#) about racism and racial justice, inviting white children and parents to become curious about racism, accept that it's real, and cultivate justice.

Watch online and here for
the Zoom link.

7 February 2021

The Resilience of Love

Rev. Diane Dowgiert

The root word for *courage* is *cor* – the Latin word for *heart*. Love, being a matter of the heart, takes courage. It takes courage to nurture and develop the resilience needed for love that endures through good times and bad. On this day we celebrate the resilience of love in all the ways it manifests in our lives.

Table of Contents	Page
Introduction	3
Two Stories About Resilience & Overcoming Adversity	4
Nurturing A Pet	5
Life Recipes	6
Filling Your Buckets	8
Hearts to Give	9
Coloring Pages	10
Word Search	13
Appendix I. Principles & Sources (for both children and adults)	14
Appendix II. Chalices, Chalices, Chalices	16
Appendix III. 2020-2021 Sunday School & Youth Group Schedule	25
Appendix IV. Guest at Your Table	26

INTRODUCTION

The election is over. Now what?

You have reached your weight loss goal. Now what?

You have been accepted by your first-choice school. Now what?

You finally finished writing that poem. Now what?

The test is over. Now what?

The baby has arrived. Now what?

Your treatments are finished. Now what?

You earned your degree. Now what.

You closed on the house. Now what?

You just got the dog of your dreams. Now what?

You bought an electric car. Now what?

You just celebrated your first anniversary. Now what?

You have successfully cut sugar from your diet. Now what?

You just retired. Now what?

Ask yourself...

Where does resilience come from?
Where does love call you to next?
What does nurture have to do with it?

TWO STORIES ABOUT RESILIENCE & OVERCOMING ADVERSITY

The Farmer and the Donkey

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway-it just wasn't worth it to retrieve the donkey.

He invited all of his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. But many of our troubles can be stepping stones. Sometimes we can get out of the deepest wells by not stopping, not giving up!.

The Two Wolves

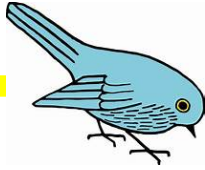
An old Cherokee was teaching his grandchildren about life. He said, "A battle is raging inside me... it is a terrible fight between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith."

The old man looked at the children with a steady gaze. "This same fight is going on inside you, and inside every other person, too."

They thought about it for a minute, and then one child asked his grandfather, "Which wolf will win?"

The old Cherokee replied: "The one you feed."

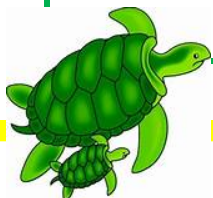
NURTURING YOUR PET



Nurture means to take care of someone or something. Think of a pet you have or that you would like to have. In the boxes below, write and/or draw how you will take care of—or nurture—them.



First, I will...	Then, I will...
Every day, I will...	Every week, I will...
I will always...	What else?



LIFE RECIPES

Materials for Activity

- Large index cards, one for each participant
- Pens or pencils
- Newsprint or a dry erase board and markers

Description of Activity

Each participant creates a “recipe” for him-/herself which reflects his/her formative experiences and life journey.

Hand out an index card and pens or pencils to everyone. Tell everyone that you will each make your own Life Recipe cards. Instead of listing food ingredients, our recipe cards will list the ingredients that make us who we are. This includes life experiences, relationships, feelings, and other aspects of life that have made you who you are.

Have the group list the components of a recipe, and write down their responses on newsprint or a dry erase board. You should end up with something like:

- which ingredients to include
- the amount of each ingredient so the proportions are right
- preparation and cooking instructions

Lead the group to create a practice “life recipe” for someone they all know. You can practice with a movie character, such as Dewey from the film *School of Rock*, or a popular fictional character whose story is known to all, such as Spiderman, or Santa Claus. You may invite suggestions. Refer to the sample recipe below, and follow these steps, writing the recipe on newsprint or a dry erase board:

- Pick a character.
- Encourage the group to name the recipe, e.g., “Dewey Delight.”
- Lead a discussion about what makes up this character. Ask participants to express the character’s “ingredients” in the form of experiences, life lessons, and relationships.
- Once you have a few ingredients, ask participants how much of each ingredient the recipe should call for. Be prepared for some lively debate as participants weigh which experiences and relationships are more or less important.
- Once you have a working list of ingredients, ask participants how to “cook” the character. Prompt with cooking terms such as preheat, melt, puree, add, fold in, in a separate bowl, sift, marinate, and sprinkle. Be prepared for the debate to continue as participants discuss the sequence of events, which ingredients are grouped together in what ways, and how long the character must bake.

Sample Life Recipe: Dewey Delight

Dewey's ingredients and instructions might look something like this:

- 3 cups love of rock music from years of listening
- 4 cups experience playing guitar
- 1 cup rejection by band
- A dash of humility from falling in front of the crowd during a stage dive
- 1/4 cup living with a "sell-out"
- 1/4 cup poverty
- 1/2 cup vague feeling of determination
- 3 cups realizing that he admires and loves his students
- 3 tbs realization that students are better musicians than he
- 1 tsp insecurity from lack of teaching experience
- 1 tbsp fear of headmistress
- 1 cup wanting to show up his old band at Battle of the Bands
- 4 cups feeling absolute glee from playing show

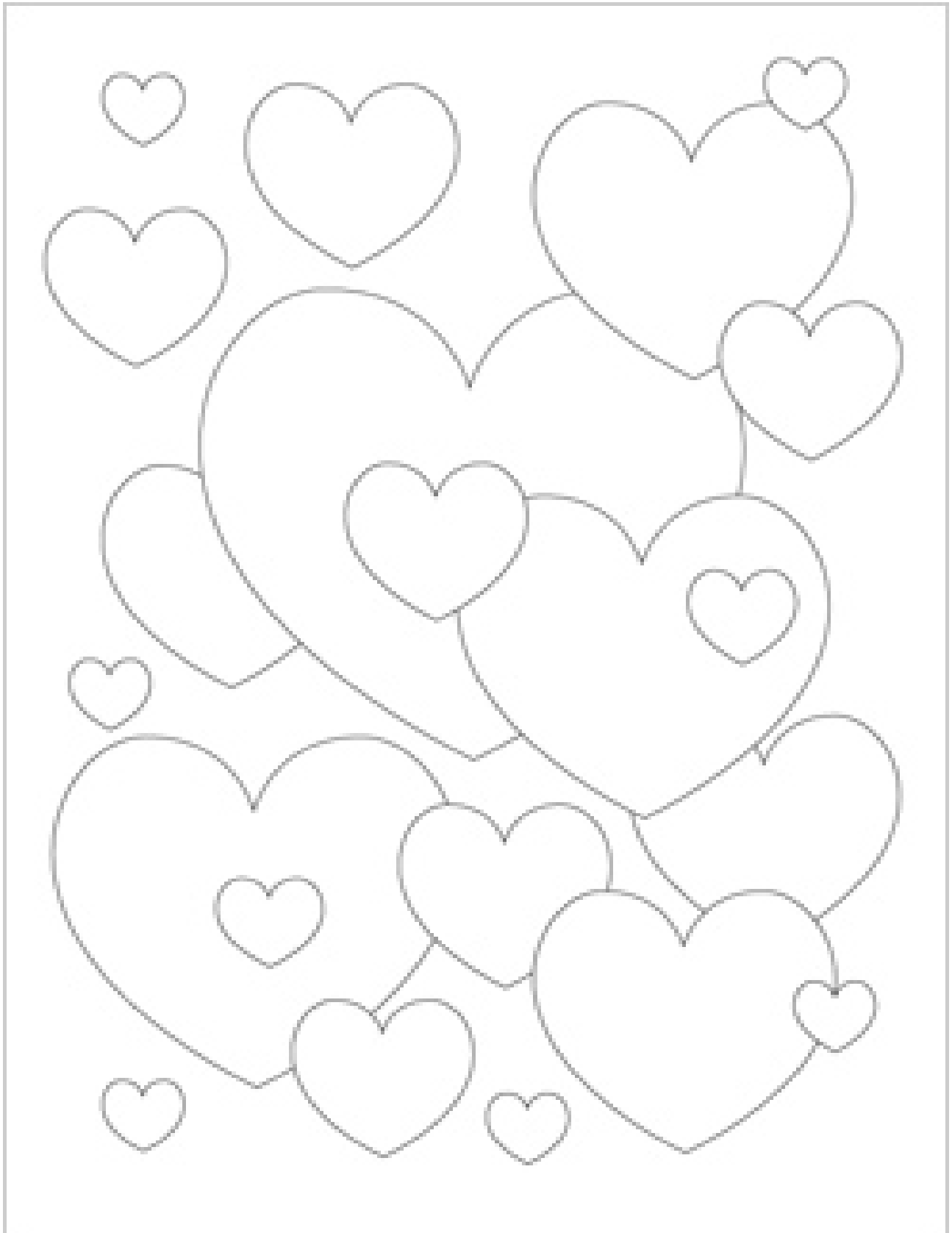
Bring to a boil love of rock music and experience playing guitar; let simmer for ten years. Next, fold in rejection by band. In a separate bowl, combine dash of humility, living with a sell-out, and poverty. Blend the two mixtures. Marinate for a few weeks. Grease a loaf pan with vague feeling of determination. Pour in batter and bake for a month.

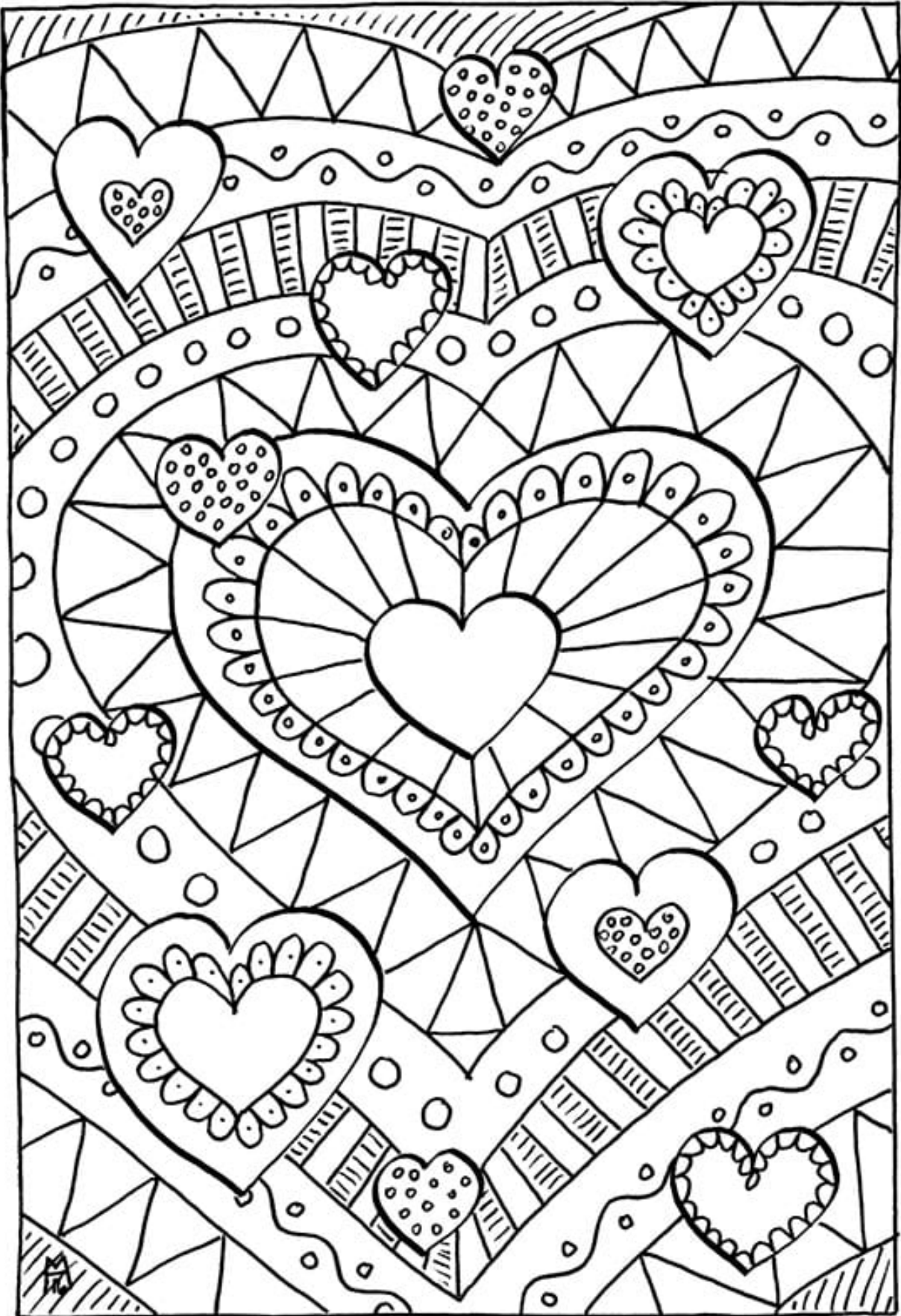
For icing, combine love for students, realization that they are good musicians, insecurity, fear of headmistress, and wanting to show up old band. Smear icing on loaf. Serve with a garnish of absolute glee from playing show.

Send participants off to write their own Life Recipes on the index cards. Have them reconvene at an agreed-upon time, and invite volunteers to share some names, ingredients, and processes from their recipes. You may use these questions:

- How would you describe your recipe to a friend with whom you would share this meal?
- Do you think you are fully cooked now? What other ingredients might you add? When will you really be "done"?
- Are you simply a set of ingredients? Can you have strong teachers and powerful experiences and still form your own beliefs and choose your own path?
- Think about the balance we spoke of earlier: between the individual and the community. How many ingredients do your relationships to people make? How many ingredients are life events? Are some ingredients parts of your personality?
- Is there something inside you that stays present, no matter what life experiences you encounter? If so, what do you call that part of you? How was it created: by nature, nurture, or divinity? What keeps that part of you intact? However intact, is it possible for this part of you to change?
- What is the relationship between cooking and transformation? Is this an apt metaphor for life?

WRITE THE THINGS YOU LOVE ABOUT SOMEONE IN THE HEARTS, THEN GIVE IT TO THEM.









creativity

Word Search

Find some of the things we all need to nurture and care for ourselves.

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

BOOKS

CLOTHING

EXERCISE

FAMILY

FOOD

FRIENDS

HOME

LAUGHTER

MUSIC

SLEEP

WORK

APPENDIX I. PRINCIPLES & SOURCES

The Rainbow Principles

Chorus

We are all the colors of the rainbow

Each of us unique yet united as a whole

Every single you a blessed individual

Together we live these rainbow principles

RED!

Stands for respecting other people

ORANGE!

Offering fair and kind treatment

YELLOW!

Puts the yearning in your learning

GREEN!

Grow in your search for truth & meaning

Chorus

BLUE!

Believe in what you are achieving

INDIGO!

Insist on freedom, love, and peace

VIOLET!

Value the web that does not cease

Chorus

(This is also a [song by Mindy Simmons](#) that your kids may already know.)

The Seven Principles *

We the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

*** As of January 24, 2021, First UU Nashville has adopted the 8th Principle:**

8. Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

CHILDREN'S SOURCES

Our values come from many sources:

- ∞ The sense of wonder that we all share;
- ∞ Women and men of long ago and today whose lives remind us to be kind and fair;
- ∞ Ethical and spiritual wisdom from the world's religions;
- ∞ Jewish and Christian teachings that tell us to love others as we love ourselves;
- ∞ The use of reason and discoveries of science;
- ∞ The harmony of nature and the sacred circle of life.

SIX SOURCES

The living tradition which we share draws from many sources:

- ∞ Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- ∞ Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- ∞ Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- ∞ Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- ∞ Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- ∞ Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature

APPENDIX II. CHALICES, CHALICES, CHALICES

Make your own chalice



Materials:

- Small clay flowerpot with detached saucers
- Embellishments: markers, paint, stickers, ribbon, whatever you like
- Tea light
- Glue gun, optional

Instructions

- Decorate the pot and saucer as you like
- Turn the flowerpot upside down and place the saucer on top (see picture)
- If you wish, glue the saucer to the pot
- Place the tea light in the saucer

Then light your chalice and say some words, and don't forget to extinguish it. You might use a chalice lighting and a chalice extinguishing from the following two pages. Or on the page after that, you might write your own!

SELECTED CHALICE LIGHTINGS

A Child's Chalice Lighting of Gratitude for the Earth

By Karen G. Johnston

What if when
I light the chalice,
you hear an invitation
to welcome gratitude
for the earth?

This week, as I got ready to light the chalice,
my family talked about blessings
from this planet.

Here is my list:
[list 3-7 things]

And now, with this flame of hope
shedding light in your heart:
what is *your* list?

Welcoming the Stranger

By Tracy Bleakney

A child journeys far from home
Fearful and brave,
in need of safe harbor.
Guided by this chalice, may we seek to understand the causes of flight.
Like the comfort of a candle flickering in a window of darkness,
Let us welcome this child into our home with
warmth, nourishment, and love.
Would we not want the same for our own child,
lost and alone in a strange land?

Many of the Past Generation and Many of Today...

By Sophia Lyon Fahs

Many of the past generation and many of today have found three abiding values in prayer: the quiet
meditation on life,
the reaching out toward the universal and the infinite,
and the courageous facing of one's profoundest wishes.
Let parents sense and share with their children the glory and mystery of everyday things.
Let them look with sympathy upon humanity's age-long dilemmas.
Let no questions be taboo.
The next generation can ill afford to have the deeper values deleted from the book of life.

SELECTED CHALICE EXTINGUISHINGS

As Breath to Song

By Becky Laurent, adapted

As flame is to spirit, so spirit is to breath, and breath to song. Though we extinguish this flame for now, may we tend it in our hearts until we light it again.

Daring Vision

By Maureen Killoran

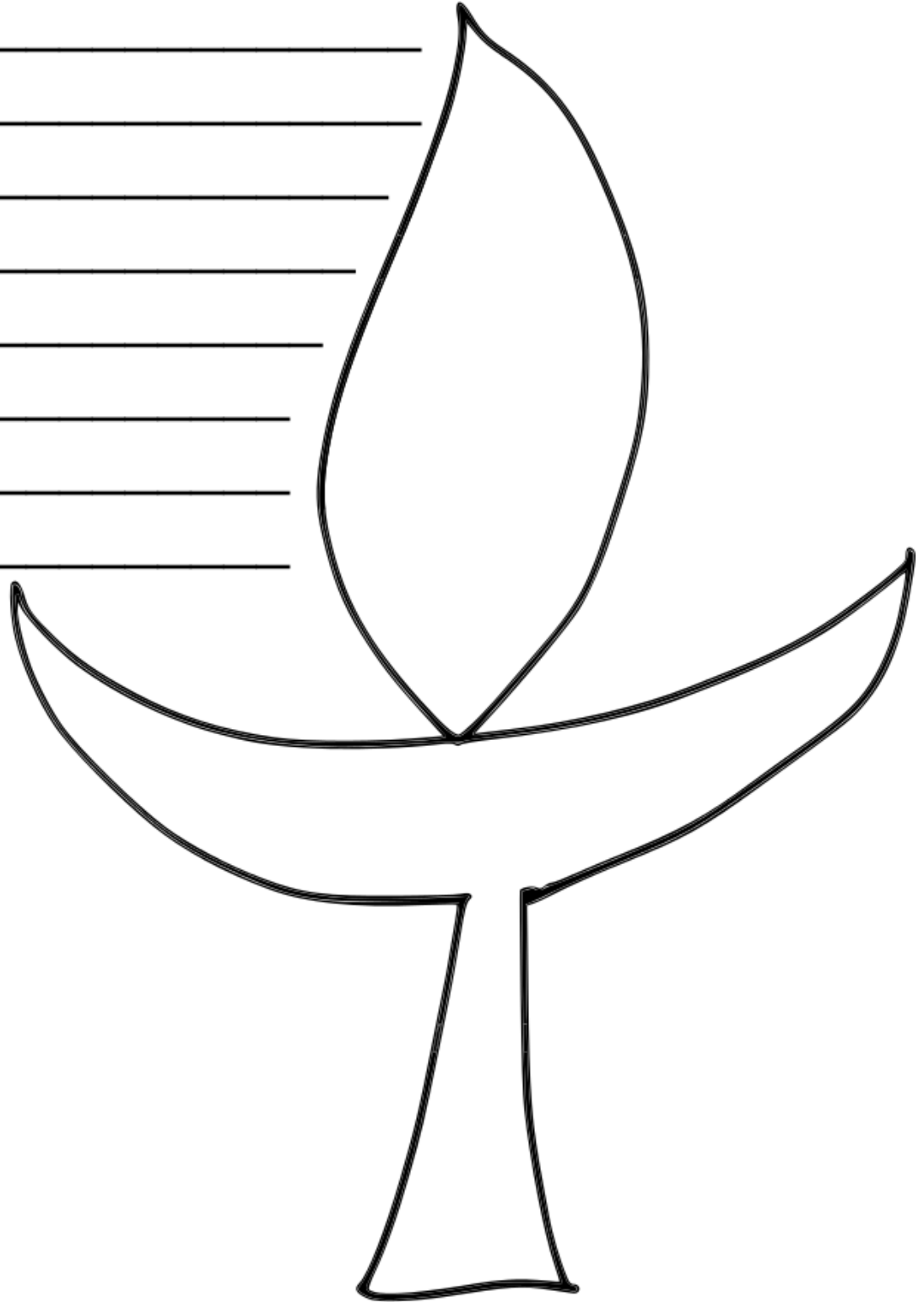
We extinguish this chalice flame,
daring to carry forward the vision of this free faith,
that freedom, reason, and justice
will one day prevail in this nation and across the earth.

It Becomes More

By Amy Zucker Morgenstern

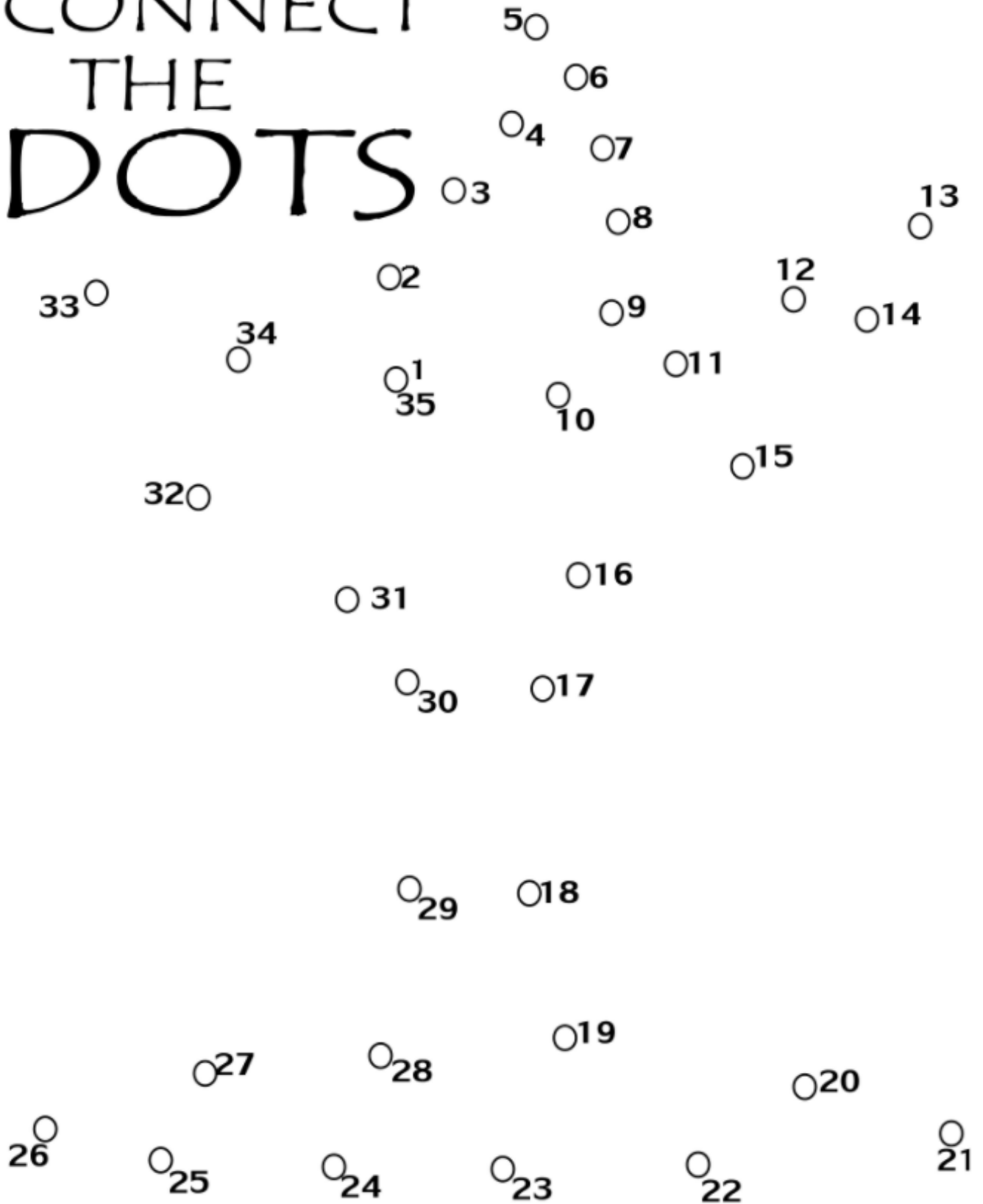
When we take fire from our chalice, it does not become less.
It becomes more.
And so we extinguish our chalice, but we take its light and warmth with us,
multiplying their power by all of our lives, and sharing it with the world.

Write your own chalice lighting!

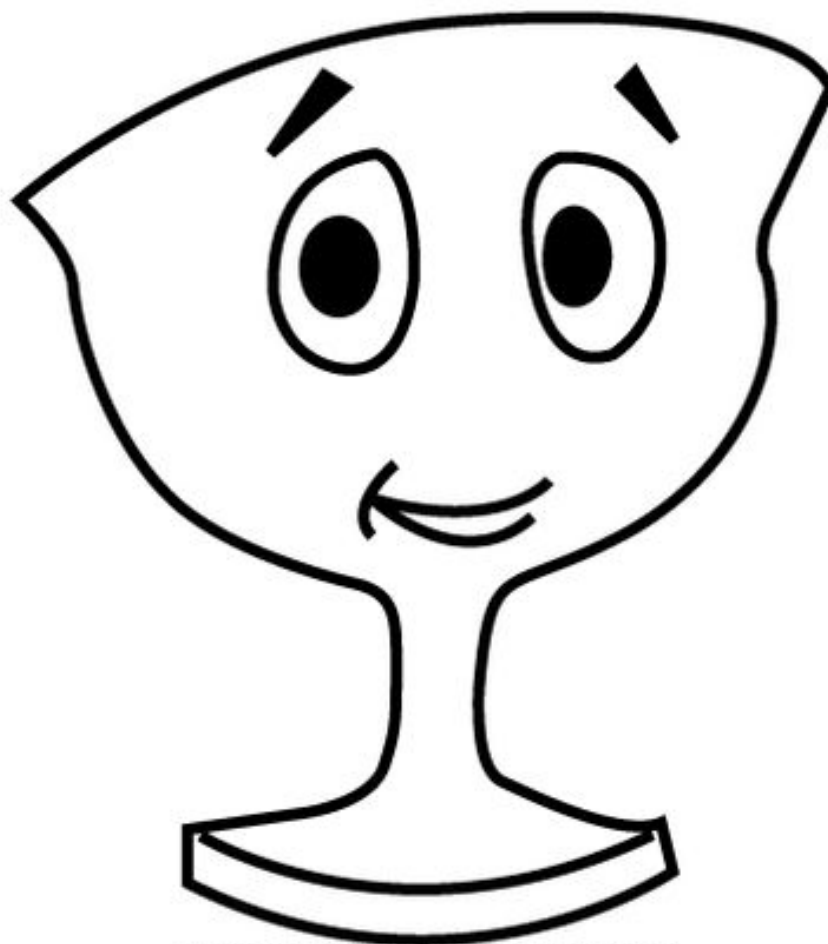


Name _____

CONNECT THE DOTS



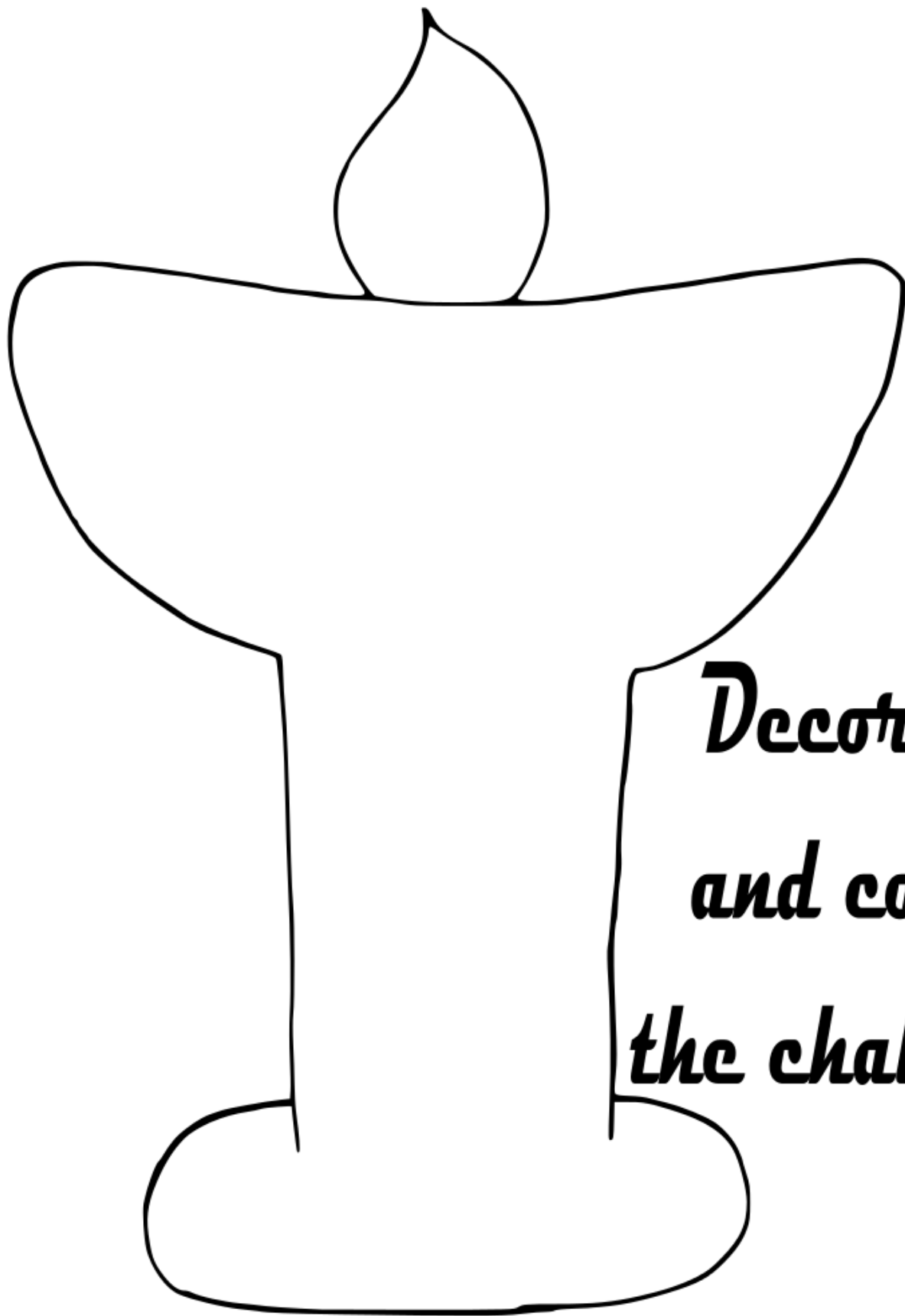
**KIDS: Color "Alice the Chalice"
and draw her a flame!**



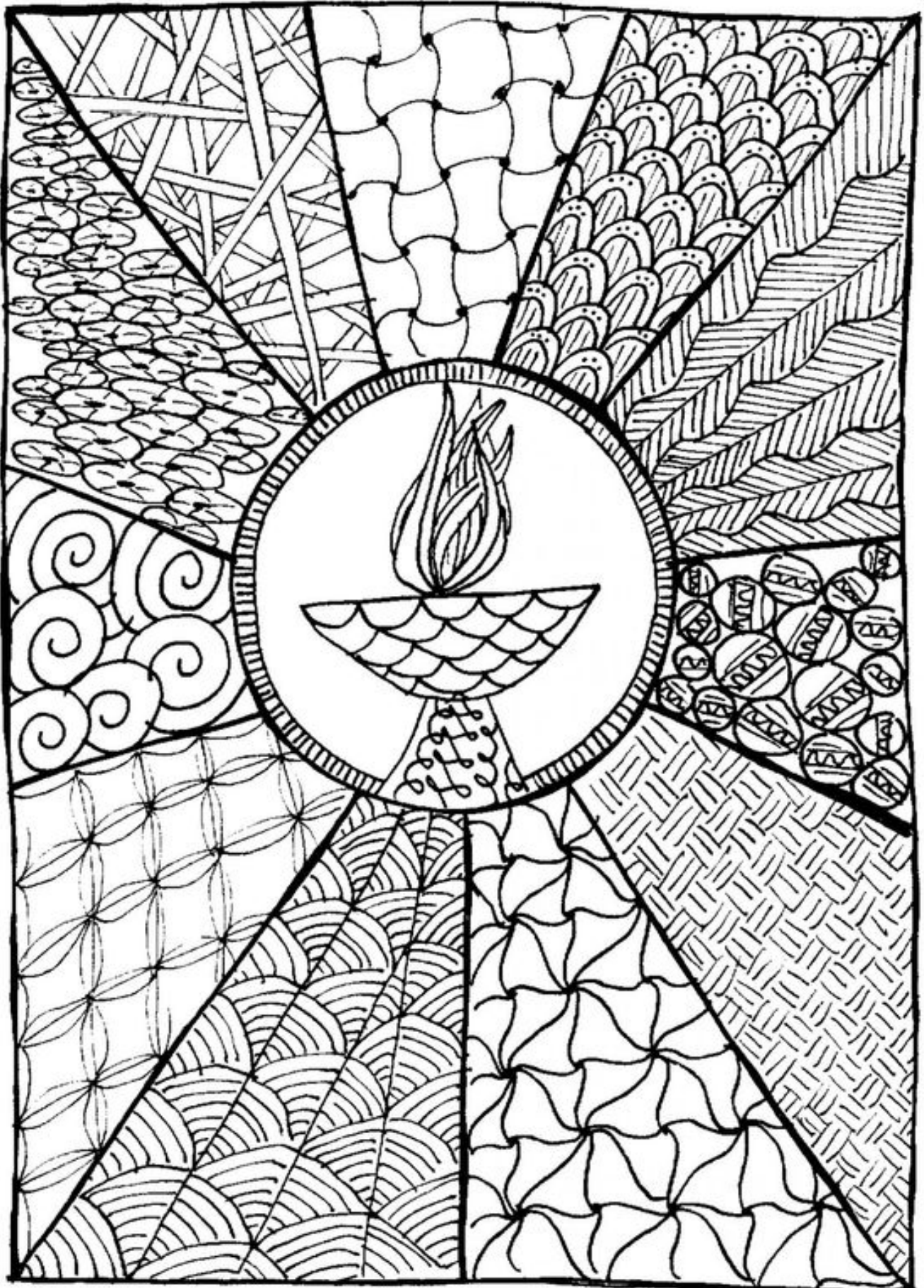
"Alice the Chalice" Copyright 2004 Peter Bowden



"Alice the Chalice" Copyright 2004 Peter Bowden. Permission granted to copy for use as activity pages in Unitarian Universalist church services and religious education programs. For more resources like this one visit www.UUPLANET.com.



*Decorate
and color
the chalice*



ell 2015



APPENDIX III. 2020-2021 SUNDAY SCHOOL & YOUTH GROUP SCHEDULE

1ST SUNDAYS @ 10:30 A.M.

PreK-1st Grade—Special Topic

<https://zoom.us/j/92777181330>

2nd Grade and up—Special Guest

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

2ND SUNDAYS @ 10:30 A.M.

PreK-1st Grade—Story & Song

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

with Suzanne LeBeau & Susie Wilcox

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

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

with Marguerite Mills & Christopher Cotton

5th-8th Grade—ChUUrchCraft & Minecraft

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

with Chas Sisk & Jason Plummer

3RD SUNDAYS @ 10:30 A.M.

All Ages—Family Games

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

with Christopher Cotton, Colin Guerrette, & Jason Plummer

4TH SUNDAYS @ 10:30 A.M.

PreK-1st Grade—Story & Song

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

with Suzanne LeBeau & Susie Wilcox

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

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

with Marguerite Mills & Christopher Cotton

5th-8th Grade—ChUUrchCraft & Minecraft

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

with Chas Sisk & Jason Plummer

SUNDAYS @ 11:30 A.M.

Youth Group (9th-12th grades)

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

with Shannon Hayes, Elizabeth Leiserson, Holly Mueller

APPENDIX IV: GUEST AT YOUR TABLE

The [Unitarian Universalist Service Committee \(UUSC\)](#) is a nonprofit, nonsectarian organization advancing human rights together with an international community of grassroots partners and advocates. [Guest at Your Table \(GaYT\)](#) is their longest-established fundraising and educational program for congregations. See the [story for all ages](#) for information about this year's program. Many of you received a package with GaYT boxes (If you don't have a box, UUSC has a [template](#) you can use to make one.)

2020-2021 Theme: *The Meaning of Home*

For many of us, our relationship with home has intensified this year. The pandemic has given many of us new appreciation for, and concerns about, the places we call home and the centrality of these places in our lives.

This year during Guest at Your Table, we invite you to witness stories of our partners around the world as they tell you about home. Our partners in Central America are working to make sure no one is forced to flee their home due to violence or economic devastation. Our partners in Alaska, Louisiana, and the Pacific are fighting for their homes and ancestral lands against the ravages of extractive industries and climate change. And our partners in Burma, Bangladesh, and beyond are working tirelessly to support the rights of the Rohingya ethnic minority of Burma after facing government backed genocide in their homeland.

Here are some ideas about how to fund your box:

- Adults put \$X worth of quarters per child in a cup (rolls of quarters come in \$10 at the bank!). Each time a child is caught being on-task/kind/helpful, put a quarter in and tell them why.
- Adults assign extra tasks that can be done to earn \$ for the box.
- Adults discuss with children putting in X% of any money into the box (even 1%!) instead of into the piggy bank.
- Adults discuss with children matching funds for any kid money they put in (i.e. a child gives \$1 of their own money, and a parent matches it).
- Picking up trash in your neighborhood.
- Instead of having a family treat (say ice cream) this week, we're going to put that \$ into the box
- Helping a neighbor.

We'll work on donations into our boxes from February 7-May 16. The week of May 16, you can either send a check to FUUN (memo line Guest at Your Table/Kids), or you can Venmo your donation to FUUN member Jennifer Hackett (@Jennifer-Hackett-4), who will write one big check from whomever wants to donate that way.

~ Jennifer Hackett for The Committee for the Larger Faith