Welcome!

Family Spiritual Practices

October 28 and 29, 2014

UUA Faith Development Office
Presenters
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Co-hosts
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“Housekeeping”

Before we begin, please:

- Mute your mic.
- Turn off ("stop") your camera.
“Housekeeping”

Audio problem? Log out of FUZE and call in by phone:
(201) 479-4595; meeting no. 25487599

Recorded webinar and slides will be posted online:
www.uua.org/re/teachers/webinars
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Find the chat box:
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“Housekeeping”

• Jot questions/comments in the chat box during presentation.
• Watch the chat box for links and information; cut/paste to your computer.
Blessed is the fire that burns deep in the soul
– Eric A. Heller-Wagner
Getting Started...

• What is the purpose of Spiritual Practice?
• What benefits can such practice and ritual bring to the family unit?
Morning Rituals

- **Yoga**
  - Poses for waking & centering
- **Meditation & Prayer**
  - Chalice lighting
  - Setting the intention for today
  - Positive visualization
  - Focus on breath
- **Music**
  - Playing favorite music during morning routine
Rituals During the Day

• Opportunities for Gratitude
• Journal Writing
• Turning Toward Spirit
• Meditation Moments & Mindfulness
• UU Prayer Beads
• Time in Nature
• Music
Dinnertime Traditions

Prayer and Meditation
Mealtime Rituals

Opportunity for Spiritual Connection...

• Breakfast – set intentions for today
• Lunch – check in with yourself & spirit
• Dinner – reconnect with family & share

Possible Rituals...

• Chalice Lighting
• Spoken Blessing
• Gratitude Offering
• Joys & Concerns
• Holding Hands
• Music

Bless the FOOD before us, the FAMILY beside us, and the LOVE between us. Amen
Read me a story,
tuck me in tight,
say a bedtime prayer, and
Kiss Me Goodnight.
Evening ~ Bedtime Rituals

- Prayers & Blessings
- Joys & Concerns
- Gratitude Offerings
- Intentions for Tomorrow
- Character Building Stories
- Evening “Yawning” Yoga
- Meditation
- Music
Creating Order and Connection: Hand Work as a Contemplative Practice
Exercise for the Brain?

Neuroscience is beginning to explain that crafting:

calms the mind, reduces stress, and promotes a sense of well-being and peace.
Humans have always crafted.

Hand work and other forms of crafting are still part of some traditional "whole child" teaching methods like Waldorf.
Teaching and learning to sew is engaging work.
Seeing one's work take shape in the art of sewing is compelling.
Sewing and other forms of hand craft help children learn a positive, calming behavior that they enjoy doing.
Creating order and pattern--something out of nothing--engages people of all ages.
Great for boring meetings or waiting rooms.
Learning how to go back and fix a mistake while sewing is particularly fascinating to kids.
Plastic sewing circles from the craft store can be sewn with embroidery thread or yarn.
Some children and adults enjoy freehand sewing.

Younger children often prefer to sew over drawn on shapes.
Freehand mandala.

Creating a symmetrical pattern coming out from center.
Embroidery hoop, burlap, needlepoint thread.
Sewing Corner, for home or church.
Cooperative labyrinth sewing project
Worship activity for all ages: Calm and focus.
Other Contemplative Hand Work

Mandalas: Coloring and creating.
"Stained glass" mandala coloring books
Mandala coloring sheets and colored pencils
Using stones, shells, beads, marbles, coins, etc. 
...to create mandalas.
Staying Connected with Youth

- A few notes about parenting tweens and teens
- Maintaining and gaining practices
- Invitations
- Altars
Nature Altar
Elements Altar
Youth Altar
Your children are not your children. They are the sons and daughters of Life’s longing for itself. They come through you but not from you, And though they are with you yet they belong not to you.

- from Kahlil Gibran, “On Children”
Questions?
Comments?
Keep sharing ideas:

REACH-L email list
Facebook page: Liberal Religious Educators
Upcoming FDO Webinars

November
Military Ministry Toolkit for Congregations
Gail Forsyth-Vail and Shawna Foster
Tues. 11/18 1 pm; Wed. 11/19 9 pm (Eastern)

December
Professional Development Opportunities for Religious Educators
Jan Gartner
Tues. 12/16 1 pm; Wed. 12/17 9 pm (Eastern)

Email: faithdevwebinar@uua.org
This webinar has been recorded and will be posted online at

www.uua.org/re/teachers/webinars