

Creating a Peaceful World

Unitots

2/5/12

This Week's Theme: How do I create peace in my world?

Teacher Insights: The annual Season for Peace and Non-Violence began on January 30th and will run through April 4th. Today in our classes we will honor that by exploring ways to put our peacemaking tools in action. The main focus for this Sunday will be to empower all of us to live the 5th Unity Principle: to make a difference by living the truth that we know. In addition to learning about creating a peaceful world, we will also be exploring our February interfaith holidays as well!

Unity Quotes and Writings:

Although peace begins with each of us, if we don't have clarity on how to develop it, most of us fall short in our attempts to achieve it.

-Rita Marie Johnson

Peace-Harmony and tranquility derived from awareness of the Christ consciousness. "Peace I leave with you; my peace I give unto you" (John 14:27). Steadfast affirmations of peace will harmonize the whole body structure and open the way to attainment of health conditions in mind and body.

- *The Revealing Word*, Charles Fillmore

Scripture

How very good and pleasant it is
when kindred live together in unity!

-Psalm 133:1 (NRSV)

Unity Principles: (today's principle is highlighted)

- 1: God is all Good and active in everything, everywhere.
- 2: I am naturally good because God's Divinity is in me and in everyone.
- 3: I create my experiences by what I choose to think and what I feel and believe.
- 4: Through affirmative prayer and meditation, I connect with God and bring out the good in my life.
- 5: Practice, Practice, Practice. I do and give my best by living the Truth I know! I make a difference!

Pre-session: Peace Is The Way

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Make sure you create a sacred space at the tables in your rooms. You can do this by lighting the Christ candle and then placing sacred objects around it.

Greet Parents and Children. As much as possible try to greet parents at the sign-in table.

- At the Sign-in table ask:
 - Please print names
 - Does your child have a **yellow registration form** filled out?
 - Any special needs that we should know about?

Pre-session Activity: Peace Treasure Map

Materials: Poster Board, Magazines, Scissors, Glue Sticks

As your class arrives and is signed in for the day, invite the class to create a peace collage by cutting out images and words from magazines that represent peace or give them peaceful feelings and gluing them to the poster board. Share with the class that we can use boards like these to help us visualize something that we want to achieve in our lives or in our world. We will leave the poster in your rooms to help the class visualize a peaceful world for the entire season for peace and non-violence.

Sacred Circle: Peace Begins With Me

- **3 Ohms:** In order to synchronize our energies, have the children sit in a circle and begin sacred circle with 3 ohms.
- **Who is Jesus for us in Unity?** Our way-shower, the great master of love.
- **Affirmation:** Peace begins with me! I am peaceful!
- **Introductions/Affirmations:** In turn, have each student stand say their name and a characteristic they bring to the classroom. For example, "I am Brandon and I bring peace to the circle today." All the children warm up their hands and put their hands in the prayer position, bow, and say, "Namaste' _____, you are _____!"
Namaste' means: "The light in me sees the light in you."
- **Heart Agreements:** Heart Agreements establish the boundaries of how everyone in the group agrees to "show up" in Sunday school. They are not being TOLD how they must show up; they are telling YOU how they have agreed to show up. During the course of the lesson, you may refer back to the Heart Agreements. For example, if a group of kids is perpetually talking while you are speaking, then you may say to the class as a whole, "What was our heart agreement about listening to speakers?" And let the kids tell you!

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Our basic heart agreements are:

Gentle Hands
Open Hearts
Walking Feet
Listening ears
Kind Words

- **Love Offering:** Divine Love, Blesses and multiples, all that I have, all that I give and all that I receive. And I am joy-filled and grateful. FYI: students may place lots of things besides money in the love offering basket: joy, friendship, peace, love, etc.

Meditation:

Now let's find a comfortable place to sit, close our eyes and take a deep breath. As you breathe, picture your heart and feel the peacefulness that is within it.

Whatever I am feeling, God is there.

I am okay just as I am.

I feel God's peace in my heart.

I feel God's peace.

I feel peace.

I am peace.

Peace...Peace...Peace.

Let's spend a few moments in this powerful, quiet place knowing that God is with us. Pause in the silence for 10-30 seconds, or as long as the group remains centered. Thank you, God, for the peace in our hearts. Amen.

Story time: Jesus Calms the Storm

You will find today's story in your tubs. In this story, we find Jesus in the middle of the sea with his disciples. He is tired from spending the day speaking and teaching, so he lays down to sleep. While asleep a strong storm develops and the

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disciples wake Jesus to help them. This story helps illustrate for us one of the most powerful tools we have for peacemaking, our own creative power. We know that we have the ability to create our world around us and this story will help illustrate how our words can change our perception of events occurring around us!

Discussion Questions:

- What is happening in this story?
- What is the weather like?
- What do we know about the disciples? How were they feeling? Why?
- What do we know about the Jesus? What was Jesus doing in the boat at first?
- What did Jesus ask the disciples before he calmed the storm?
- Then what did Jesus do? What happened?
- Who can tell us about a time when you were worried about something that turned out to be okay?
- If there is a storm going on around you, what can you do to help yourself feel peaceful and safe?
- Next week, if you find yourself in a scary, angry, or noisy situation, what one think will you remember to say to yourself that will help you feel peaceful again?
- How can you remember and express the peace of Christ within you?

Creative Expressions:

Gifts of Peace

Materials: Paper plates, magazines, scissors, glue sticks, stickers

For this activity, the paper plate will represent each child's world. Invite them to select images from the magazines or stickers representing things that represent peace in their own worlds. Encourage the children to adhere the items to their "worlds". Children may then choose to either post their "world" in the classroom or take the "world" home to share with their families.

Closing Prayer:

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Let us pause for a moment in silence. We send thoughts of love to everyone in the world. Pause.

Father Mother God, thank you for this time together. In this moment we choose to create a wonderful world for all. We allow our Christ light to shine out for the world to see and speak words of love and peace into our world. We are grateful. Thank you God! Amen.

Teacher Reminders: Please HELP

- Return the teacher tub and all supplies to the Resource Room
- Sign out by writing the number of children you had on the Teacher Sign-In Sheet.
- At 11 put the sign-in sheets in your supply tubs.
- Put the love offering in the envelope in your tubs.
- Feel out the "Hums and Areas for Improvement" sheet found behind your curriculum in your tub. Leave the completed sheet in the tub for Brandon to collect after Sunday!