

UNITY CHURCH OF OVERLAND PARK

Do Unto Others!
(Fall Faith Week 4)
Unitots (3's and 4's - K)
10/23/2016

This Week's Theme: This week we will explore how we can become aware of how we can treat others the way we would like to be treated.

Teacher Insights: The class will focus on the concept of both giving and receiving and reminding them of the simple yet powerful teaching of the Golden Rule! If we have trouble with forgiveness, or we can't somehow speak up for ourselves, if we only listen to the inner voice of God, the answers and courage are there, just waiting. God always provides us what we need to grow. When we forgive, we take ourselves off the hook as well. And we can turn our attention back to what brings us joy.

Unity Quotes and Writings:

Render to what is. Say "yes" to life — and see how life suddenly starts working for you rather than against you.

- Eckhart Tolle

Don't learn to let go, to give up, to make room for the things we have prayed for but not desired.

- Charles Fillmore

Scripture

In everything do to others as you would have them do to you; for this is the law and the prophets.

- Matthew 7:12 (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!

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Pre-session: I Give Kindness

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.

o At the Sign-in table ask:

- Please print names
- Does your child have a **registration form** filled out?
- Any special needs that we should know about? Allergies?
- Can we have your email for updates?

Pre-session Activity: Giving and Receiving

Materials: White paper and crayons, hearts to hand out to congregation

As children enter, invite them to draw a picture of themselves doing something kind for someone. Once they have completed that picture, help them to think of a time that someone did something kind for someone else. Have them draw a picture of representing the other person's kindness on the back of their first picture. Remind the children that when we show kindness toward others, they are more likely to show kindness to us.

Sacred Circle: Give Unto Others

- **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:** I see through clear eyes of love and faith and find God present everywhere no matter what!
- **NEW Introductions/Namaste/Hugs:** In turns, have each student stand and, one at a time in a circle say "Namaste" and put their hands in a prayer position, bowing to their neighbor on their left and then give them a hug. The child receiving the hug in turn repeats the greeting with their neighbor.
: "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!

Our basic heart agreements are:

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**Gentle Hands
Open Hearts
Walking Feet
Listening ears
Kind Words**

- **Love Offering:** Divine Love, Blesses and multiplies, 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.

Song: Jesus Loves the Little Children

**Jesus loves the little children
All the children of the world
Red, Brown, Yellow, Black and White
They are precious in his sight
Jesus loves the little children of the world**

Meditation:

Isn't that a wonderful song? And now it's time to sit down and get real quiet for our meditation. Now let's take a slow deep breath in.... and slowly and quietly let it out.

I invite you to place your hands on your heart, like this; close your eyes... and say, "I care for myself in my heart."

Now let's say "I am filled with a loving heart."

Now let's say

"I treat others with a loving heart".

If we sit really, really still, we might be able to feel the beating of our hearts under our hands.

Thank you, God. Let's say that together: Thank you, God.

Story time: The old man and his grandson (The wooden bowl)

There once was a grandpa who lived with his family. As Grandpa grew older, he began to slobber and spill his food. So the family had him eat alone. When he dropped his bowl and broke it, they scolded him and got him a cheap wooden bowl. Grandpa was so unhappy. Now one day the young grandson was working with wood. "What are you doing?" Mom and Dad asked. "I'm making a wooden bowl," he said, "for when you two get old and must eat alone." Mom and Dad then looked sad and realized how they were mistreating Grandpa. So they decided to keep quiet when he spills his food and to let him eat with the family.

A golden-rule story should have an easily expressed moral. "We need to imagine our actions being done to us ()." Others might give the moral as "Different generations can respect and learn from each other" or perhaps "How we can unthinkingly hurt those we love."

Ask: the children what they think the moral is. They may come up with different answers that are equally insightful.

Creative Expression: Golden Rule Certificate

Materials: Construction paper, paper pre-printed with Golden Rule, glitter, crayons, glue sticks, scissors

You will find colored paper and pages with the Golden Rule printed on them. Assist children to glue their certificate on colored paper. The colored paper should serve as a frame for their Golden Rule. Invite the children to decorate their frame with glitter and/or crayons. They may take their Golden Rule home and hang it somewhere special.

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Closing Prayer:

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

- o Return the teacher tub and all supplies to the Resource Room
- o Sign out by writing the number of children you had on the Teacher Sign-In Sheet.
- o At 11 put the sign-in sheets in your supply tubs.
- o Put the love offering in the envelope in your tubs.