

UNITY CHURCH OF OVERLAND PARK

I Am the Light!

Unitots & 1st

11/6/2016

This Week's Theme: This week we are wrapping up our Fall Faith learning by celebrating the gift that we all are. We listen to the guidance from God, to call upon our skills to share our love and make a difference in the world. We shine our light! Loving communication is the key to share my love with my friends and family!

Teacher Insights:

This Sunday our story and activities will focus on the concept of love. The feeling of love for yourself and others is God. God is love. As you tell yourself that you are loved, remember that everyone else is loved too. We can shine forth our light of love because we know it makes a situation better when we do. It is our love that creates peace in the world. If we choose peace, then others can feel our love and they can choose peace too. Imagine someone that you have trouble getting along with. Now imagine that you are surrounding them with God's love. The love you feel for yourself is shining forth to this person, filling them with peace. It is through God's love that we can change the world! When you lead with love, you have the opportunity to share your gifts and give others permission to do so as well.

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: Loving Hearts

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?

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- Any special needs that we should know about? Allergies?
- Can we have your email address for updates?

Pre-session Activity: I Am Love Puppets!

This morning, as the children arrive, give them a paper bag and show them the various materials to decorate them with. Invite them to create a character or depict themselves that represents God's love in action! Ask them what are some of their talents, and how can their character demonstrate these gifts. They will be using these later for the Creative Expression. Allow the children to create whatever they want.

Sacred Circle: We Love Each Other

- **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 Am Love!
- **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:

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

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- **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.

Meditation:

circle holding
:

The Lord is my Shepherd,
God walks with me always.
Outside me, within me
God walks with me all ways!

spinning

All ways, all ways,
God walks with me all ways!
All ways, all ways,
God walks with me all ways!

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Now let's just stand for a few moments in our circle, not making a sound as we feel God's love surrounding us like the soft wool around a sheep.

love! Amen.

Thank you, God, for your

Story time: "I Love You the Purplest" by Barbara Joosse

Discussion Questions:

- What is happening in the story between the two boys?
- What are they wondering about?
- How did the mother love each of the boys?
- What were some of the different ways the mother loved her sons?
- How does your mother/father/grandmother show love for you?
- What do your parents love about you?
- What do you love about your parents?

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- How do you show your parents love?

Creative Expressions: I AM the Light!

Invite the children to bring their puppet they created from earlier in the hour, to the circle. Explain to them that part of being Love is to shine their light. Ask them to think about what it is that makes them special, how do they shine their light to others? Each child will have the opportunity to use their puppet to act out what they do to shine. If they want to pair up with another child, that is perfectly fine. There will be a puppet stage set up for them to act this out.

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 to learn about the law of giving and receiving. 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.