



Working as a Community

Unitots

9/4/2016

This Week's Theme: The purpose of this lesson is to understand that everyone has a part to play in order to make our community work!

Teacher Insights: This weekend as we celebrate Labor Day, we will take a moment to explore the idea that all of us together are needed to work as a community. Everyone has their part to play and our lesson this weekend will reinforce that idea as well as honor all of those people who work in our community in service to us all!

Unity Writings

By allowing your own light to shine, you serve as a beacon to draw others to their own light.

Richard and Mary-Alice Jafolla, The Quest

We need to stir up the faith to believe that we are in spiritual unity with the whole; that our mind is a channel through which great ideas flow; that we can find this substance-first in the form of ideas, guidance, and the creative sill of our hands, and second, as the outward manifestation of the means of exchange, the money to do what needs to be done.

Eric Butterworth, Discover the Power Within You

Scripture:

Overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." -Mark 5:36 (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: Loving 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 address for updates?

Pre-session Activity: The Unique Me

Materials: play dough

As your class arrives and is signed in, offer them some play dough and share with them the idea that we all have unique and special talents to share with our community. Ask them to an image of themselves and their family. When they are complete with that picture, have them complete the following sentences:

- We are the same because:
- I am unique (or special) in my family because:

Be sure to take time as a class to share your answers!

Bonus Pre-session activity: A special Good-Bye card is available for the children to sign, or draw a picture for Rev. Jan Stromseth. We will do this next week as well so that as many children as possible have a chance to sign the card. It will be given to her on her final Sunday at UCOP - September 18th.

Sacred Circle: We All Work Together

- **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 helpful**
- **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. 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!

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:

Today in our meditation we are going to give and receive God's love. I invite you to breathe slowly and close your eyes. Focus on your heart center... Pause... Feel how full your heart is with God's love. It is within you so that you can share it with everyone. Now feel this light going from your heart and shining out into the world...Pause for as long as your group can maintain the silence...

Your love lights up the world. Now, feel everyone's light shining back to you... Pause... When you stay open to God's light in your heart, you are blessed. Thank you, God, for your love and light. Amen. Now bring your attention back to this room. When you are ready open your eyes.



Story Time: I Can Help- By David Costello

You will find today's story in your tubs. An important part of our lesson today will be to encourage the understanding that everyone has their own unique role to play in our community. The story for today is a guessing game that will allow the children to interact with you while you read it. The idea is that they will guess what each character did to help

Summary:

When a duck gets lost in the grasses near his pond, a monkey helps him find his way. In turn, monkey is rescued by giraffe, giraffe by gorilla, gorilla by sunbird, sunbird by elephant, and elephant by the original duck. A wonderful story about how everyone has something to give to help one another.

Discussion Questions:

- What happened in the story?
- Who helped who?
- What was everyone good at in helping? What did they do?
- What do you like to do to help someone?
- What happens when we help people around us?

Creative Experience:

Story Book Musical Chairs

Materials: Chairs, Pictures of the characters from our story, Music

Arrange the chairs in a circle and place one of the pictures of the characters from our story on each chair. Be sure to have one fewer chair than you have children. Begin the game by playing the music and having the children walk around the chairs and look at the pictures. After everyone has made their way around the circle at least once, stop the music. The child that doesn't have a chair chooses one chair to remove and describes what that character did to help in our story. The game will continue until everyone has had a chance to remove a chair.

Bonus Activity: We will practice this prayer as a group for the next 2 weeks, and we will recite it to Rev. Jan on September 18th when we are on the platform.



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 power of your presence in our lives and how we always have access to that power in our lives. 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.